

Newsletter

March
Edition
2025



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road
Kamloops BC, V2H 1G3

qwemtsin.org

IN THIS ISSUE

World Water Day

World Oral Health Day

Did you know?
-Mhealth app

Did You Know?
-Accessing Client PHN

Ladies Day

Empower Her Event

International Womens Day at
TRU

Medicine Making In
Skeetchestn

QHS Privacy Policy

Crisis response & Health
Emergency Support

24hr Suicide and Mental Health
Crisis Support

FNHA: Support to Smoking and
Vaping

St. Patrick's Day Coloring Page

March Calendar

Primary Care Services

Resource Numbers

2

First Nations' Drinking Water

73% of First Nation water systems are at high or medium risk of contamination. Close to 120 communities are on boil-water advisories.

+0.5% If the tax rate for Canada's corporations was raised from 15% to 15.5%, we could fix our First Nations' water systems.

Doing better, together.
Alternative Federal Budget 2013

policyalternatives.ca/afb2013
#afb2013

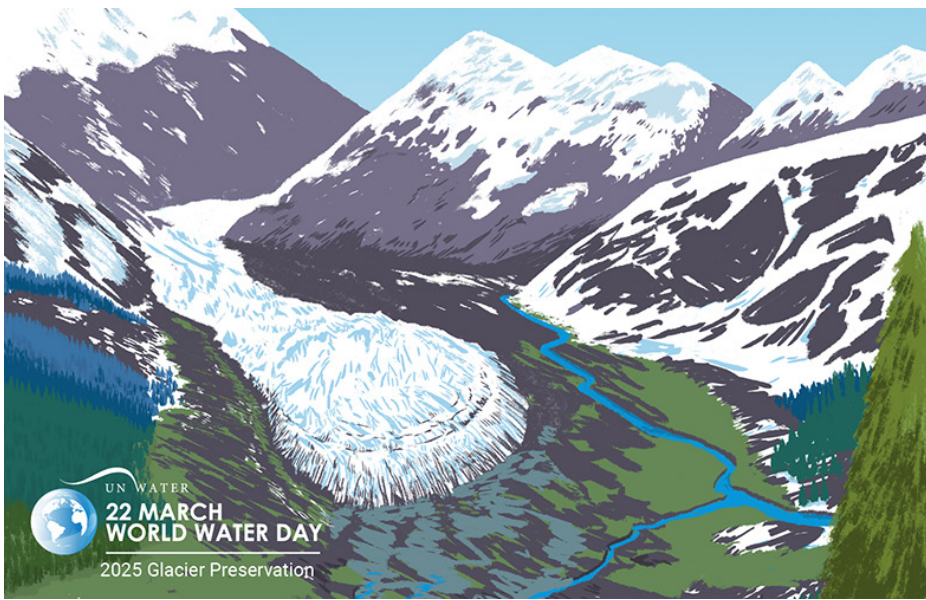
GOOD ORAL HEALTH IS A WIN-WIN-WIN!

MIND

MOUTH

BODY

World Oral Health Day
20 March



Key messages for World Water Day 2025

Glaciers are melting faster than ever. As the planet gets hotter due to climate change, our frozen world is shrinking, making the water cycle more unpredictable and extreme.

Glacial retreat threatens devastation. For billions of people, meltwater flows are changing, causing floods, droughts, landslides and sea level rise, and damaging ecosystems.

Glacier preservation is a survival strategy. We must work together to reduce greenhouse gas emissions and manage meltwater more sustainably for people and the planet.



HOW TO KEEP YOUR SMILE HEALTHY Just for kids!

DID YOU KNOW THAT TAKING CARE OF YOUR TEETH HELPS
KEEP YOUR WHOLE BODY AND MIND HAPPY TOO?

Follow these tips from Toothie to learn how to take
great care of your teeth and keep smiling!



BRUSH EVERY MORNING AND NIGHT



Use a **fluoride toothpaste**.



Brush all the sides and surfaces
of your teeth for **2 minutes**.



After brushing, spit **don't rinse**.

VISIT THE DENTIST REGULARLY



The dentist will ask you
to **open your mouth wide**.



The dentist will check your
teeth are growing properly.



The dentist will help keep
your teeth **clean and healthy**.

EAT HEALTHY FOOD AND AVOID SUGARY DRINKS



Too much **sugar is bad** for everyone.



Sugary drinks and unhealthy
snacks between meals can
cause holes in your teeth
if you have them too often.



Our **mouths and bodies are stronger** and happier when we
have healthy food and drinks.

4



World Oral
Health Day
20 March

worldoralhealthday.org

#WOHD25

#HappyMouth



FDI World Dental Federation

HOW TO PROTECT YOUR MOUTH as you get older

**DID YOU KNOW THAT AGEING CAN IMPACT YOUR ORAL HEALTH,
WHICH IN TURN CAN AFFECT YOUR OVERALL WELL-BEING?**

Understanding these changes and taking preventive steps can help you stay healthy, happy, and maintain your quality of life.



ADOPT GOOD ORAL HYGIENE HABITS



Most oral diseases are preventable; therefore, pain and infections can be avoided by brushing twice a day with fluoride toothpaste and cleaning between the teeth. Additionally, it is essential to clean removable dentures daily.

REDUCE THE RISK OF FALLS



If a tooth becomes loose, or if a denture no longer fits properly, go to the dentist as soon as possible. The jaw contributes to balance.

ENJOY HEALTHY AND DIVERSE FOODS



Prepare well-balanced meals and avoid eating snacks, particularly those rich in sugar, between meals. Limit sweet treats to the end of the meal.

AVOID DRY MOUTH



Chew sugar-free gum, suck sugar-free hard candies, drink water with meals, drink small amounts of water regularly throughout the day, use alcohol-free mouth rinse, and use a lip balm to soothe cracked or dry lips.



**World Oral
Health Day**
20 March

worldoralhealthday.org

#WOHD25

#HappyMouth





- CLIENT PRIVACY

Did you know?

You can access test results online using the Mhealth app?

Apple play:

<https://apps.apple.com/ca/app/meditech-mhealth/id1143209032>



Samsung and google play store:

<https://play.google.com/store/apps/details?id=com.meditech.PatientPhm>



If you need assistance setting up the app please contact:

Megan Rosette

250-314-6732

megan@qwemtsin.org

qwemtsin.org



Q'wemtsín
HEALTH SOCIETY



- CLIENT PRIVACY

Did you know?

If you're needing your PHN # you can visit the ICBC drivers licensing office at 937 Concordia Way.
Kamloops, BC

If you have any questions

Contact:

Megan Rosette

megan@qwemtsin.org

250.314.6732

qwemtsin.org



Q'wemtsín
HEALTH SOCIETY



Ladies Day!



Save the Date
May 30th, 2025
11am - 2pm
Delta hotel: 540 Victoria Street

- ~ Catered lunch
- ~ Keynote Speaker
- ~ Artisans Market
- ~ Wellness & Info Booths
- ~ Amazing Door Prizes

Registration will be required for attending the event, as well as needing transportation (SIB, WPCIB, TTES)

Registration will be open from April 1st - May 16th 2025

To register call Lindsie
at Q'wemtsin Health Society:
250-314-6732
or email

lindsie@qwemtsin.org

qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

WE PROGRAM PRESENTS THE 3RD ANNUAL
INTERNATIONAL WOMEN'S DAY:

EMPOWER HER EVENT



REGISTER

Enjoy interactive workshops and
inspiring guest speakers as we come
together to build connections, foster
belonging, & empower one another.



8 MARCH 2025

448 TRANQUILLE RD. 9AM-4PM
#AccelerateAction

EVENT HIGHLIGHTS:

- FREE BREAKFAST AND LUNCH
- INSPIRATIONAL STORIES
- GIFTS FOR PARTICIPANTS



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

March 8

International Women's Day



Panel Discussion

11 a.m. - 12:30 p.m.



Zine Making Workshop

12:30 p.m. - 2 p.m.

 TRU Makerspace



TRU Library Makerspace



/ February 2025

MEDICINE MAKING WORKSHOP AT SKEETCHESTN HEALTH CENTRE



Skeetchestn Health Centre had a medicine making workshop with community members from Skeetchestn, this workshop was hosted by Lindsie. Participants learned how to make Juniper Salve and Mullein Salve. This was a fun day of learning, connecting and sharing stories with one another.

If you would like to sign up for our next workshop please call the Skeetechestn Health Centre at 250.373.2580 or email leeanne@qwemtsin.org

QHS





PRIVACY POLICY

This document outlines how we protect the privacy of your personal information and medical record. Everyone working for QHS is required to adhere to the protections described in this document. If you have any questions regarding our privacy practices, please contact the QHS Office Manager or the Health Director.

1. Collection, Use and Disclosure of Personal Information

What personal information do we collect?

We collect the following personal information:

- Identification and Contact information (ie. name, address, date of birth, Personal Health Number, and emergency contact information.)
- Health information (ie. symptoms, diagnosis, medical history, test results, reports and treatment, record of prescriptions, that is required for your care.)

Limits on collection

We collect only the information that is required to provide you with care, to administrate the care that is provided, and to communicate with you. We do not collect any other information, or allow information to be used for other purposes, without your express (i.e., verbal or written) consent – except where authorized to do so by law.

When and to whom do we disclose personal information?

Implied consent for provision of care: By virtue of seeking care from us, your consent is implied (i.e., assumed) for your information to be used by this office to provide you with care, and to share with other providers who are involved in your care.

Relevant health information is shared with other providers involved in your care. These other providers may include (but is not limited to) other physicians and specialists, pharmacists, lab technicians, nutritionists, naturopaths, physiotherapists and occupational therapists. Only the information that is required to provide you with care will be shared.

Disclosures authorized or required by law: There are limited situations where we are legally required to disclose your personal information without your consent. These situations include (but are not limited to) reporting infectious diseases and reporting fitness to drive, or as is required by a court order.

Disclosures to all other parties: Your express consent is required before we will disclose your information to third parties for any purpose other than to provide you with care or unless we are authorized to do so by law. Examples of disclosures to other parties requiring your express consent include (but are not limited to) provision of your medical information to insurance companies or to a third party that is performing an independent medical examination. If you wish your personal information to be provided to third parties such as insurance companies, you must complete the *Authorization to Release Health Care Information* form and hand it to the QHS Receptionist.

Can you withdraw consent?

You can withdraw your consent to have your information shared with other health care providers or other parties at any time, except where the disclosure is authorized or required by law. Withdrawal of consent must be provided in writing and directed to the QHS Health Director. However, please discuss withdrawing your consent with your physician or nurse involved in your treatment first.

2. Accessing Your Personal Information

How do you access the personal information held by QHS?

You have the right to request access to the personal information we have on record about you. If you request a copy of your personal information and there are no limitations on providing it to you, we will provide it to you at a reasonable cost. To request a copy of your personal information, please complete the *Authorization to Release Health Care Information Form* and submit it to the QHS Receptionist.

Limitations on access

In limited circumstances, as authorized or required by privacy laws, we may not be able to provide you with all of the information that you request. For example, we may not provide you with copies of a record if it would reveal personal information about another person, or if it would create a significant risk to you or another person.

What if you feel your record is not accurate?

We make every effort to ensure that all of your information is recorded accurately. If you believe that there is an inaccuracy in your record, please direct your concern in writing to the QHS Health Director.

3. Protecting and Retaining Your Personal Information

How secure is your information?

Safeguards are in place to protect the security of your information. These safeguards include a combination of physical, technological and administrative security measures that are appropriate

to the sensitivity of the information. These safeguards are aimed at protecting personal information against loss or theft, as well as unauthorized access, disclosure, copying, use, modification, or destruction.

How long do we keep information?

We retain client records as required or authorized by law and professional regulations.

How do we dispose of information when it is no longer required?

When information is no longer required, it is destroyed in a secure manner, according to set procedures that govern the storage and destruction of personal information.

4. Complaints Process

If you believe that QHS has not replied to your access request or has not handled your personal information in a reasonable manner, please set out your concerns in writing to the QHS Health Director.



INTERIOR REGION
First Nations Health Authority

CRISIS RESPONSE & HEALTH EMERGENCY SUPPORT

CRISIS RESPONSE

Mental Wellness Incident: Attempted or completed suicide, tragic fatality or injury, multiple deaths or homicide, and missing persons.
Toxic Drug Poisoning: Overdose and/or death.

HEALTH EMERGENCY

Environmental Disasters: Catastrophic events including flooding, forest fire, earthquake, landslide, industrial explosion, hazardous material spill, etc.
Pandemic Illness: COVID-19, hoarding, bedbugs.

Who Can Enact Supports?

Chief, Council, Health Director or the Community Engagement Coordinator.

Chief, Council, Health Director, Community Engagement Coordinator, Community and/or Nation Emergency Program Coordinator.

Who to Contact

To access Crisis Support, contact Storme Sandy, Crisis Response Lead, at 1-778-694-4957 or Storme.Sandy@fnha.ca or 1-833-751-2525 or IRSupports@fnha.ca

To access Health Emergency Support, contact the Regional Health Emergency Management Team, at 1-877-440-1140 or IREOC.OPS@fnha.ca

Assessment



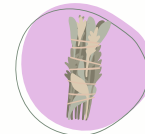
Who, what, where, when, why, how?



What supports are needed?



What supports are already in the area?



What mental health or traditional supports are needed?

Connection to Wellness Supports

FNHA Traditional Supports
FNHA Mental Health Clinicians - One on One Sessions, Group Sessions, Grief and Loss Debriefing, Critical Incident Debriefing
IRSSS - Grief and Loss Debriefing, Critical Incident Debriefing, Traditional Supports

Short Term Crisis Fund Requests

Potentially available to assist with:

- Traditional Wellness Supports
- Group Counselling Costs
- Grief and Loss Debriefing

Does not include:

- Individual circumstances such as travel
- Funeral costs, including feasts
- Home fire expenses

HELP IS AVAILABLE - AS OF NOVEMBER.30TH 2023

24HR SUICIDE AND MENTAL HEALTH CRISIS SUPPORT: CALL OR TEXT #9-8-8

Immediate, confidential, judgement-free and trauma-informed services provided by trained crisis responders, please reach out.



INTERIOR REGION
First Nations Health Authority





First Nations Health Authority
Health through wellness

SUPPORT TO SMOKING AND VAPING



FNHA HEALTH BENEFITS

Nicotine Replacement Therapy

nicotine patches, gum, lozenges, inhalers and mouth spray.

You can get these directly from visiting a pharmacist. Your Doctor, Nurse Practitioner or Pharmacist can help you choose which works best for you.

What coverage is available?

The BC Smoking Cessation Program pays for drugs and products to help you quit the use of commercial tobacco. First Nations Health Benefits through Pacific Blue Cross (PBC) pays for additional NRT products. You can get help from both programs at the same time.

Prescription medications: you must visit a doctor or nurse practitioner first.

MAKE A PLAN

The first step toward quitting commercial tobacco for good is to decide that you want to go for it. Once you have made that decision, the next step is to make a plan.

Set a date, be aware of your triggers (things that make you want to smoke, such as morning coffee, hanging out with friends and so on) and prepare healthy snacks and other items to help you through your quit.

TALK TO SOMEONE

It is always helpful to talk about your decision to quit with a health professional, a quit coach, an Elder or even a family member or friend.

Talk to someone who knows what you are going through and can give you support and guidance. Professional "quit coaches" are available by phone or instant chat, 24 hours a day, on the website QuitNow.ca, BC's free quitting resource site.

NEVER GIVE UP!

It generally takes at least three serious attempts at quitting before a person becomes a lifetime non-smoker and for many people it takes six or more tries. If you are not successful the first time you try to quit, don't give up.

Learn from the experience and get back on track right away. Some people can quit on the first try and some find it takes many attempts before they are successful.

CHALLENGE YOURSELF

December 11-17th, 2023



Quit Week BC lets you make attempts at quitting AND participate in a contest to win one of three \$150 prizes!

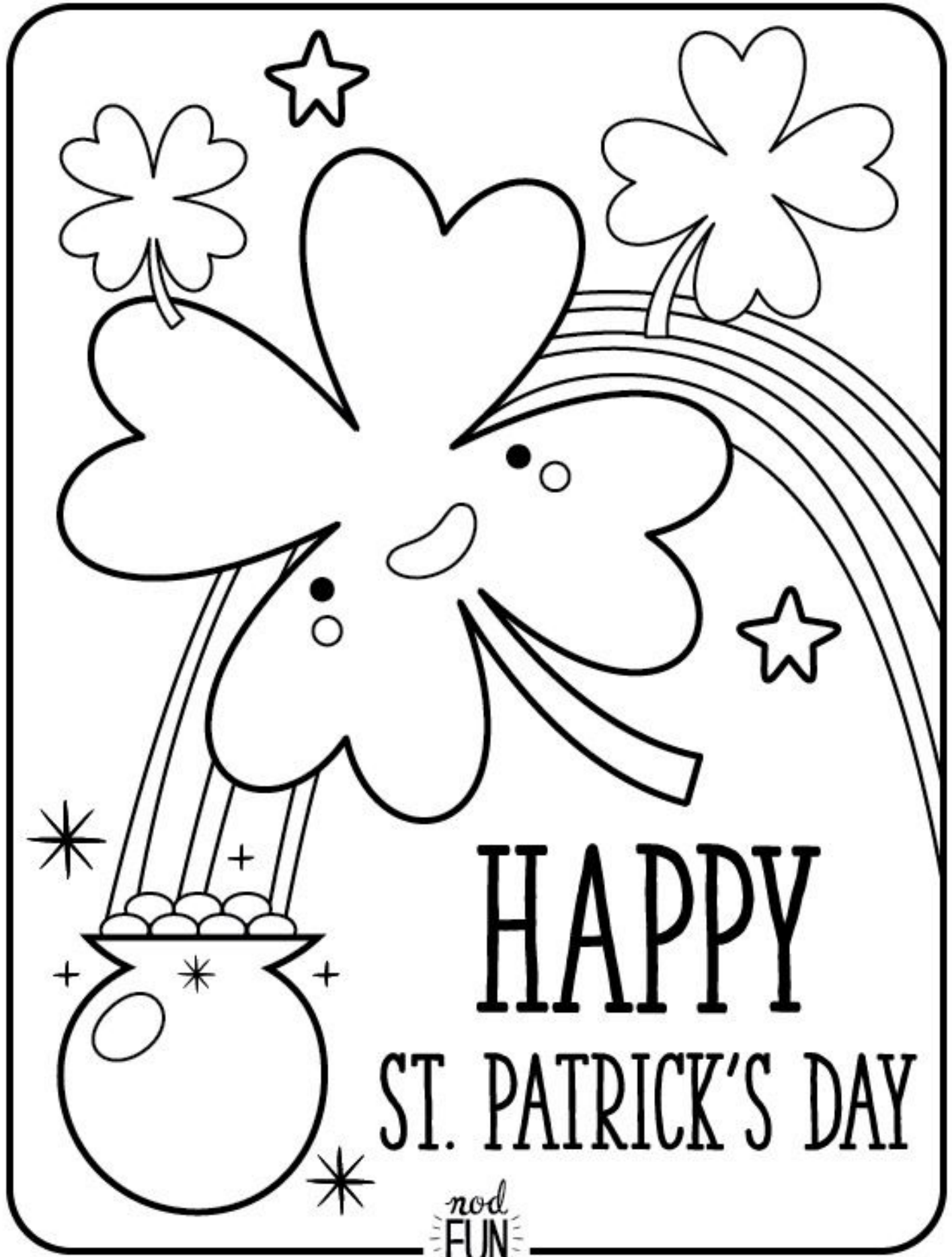
Sign up using the QR Code!

For more information or questions contact



First Nations Health Benefits
Phone: 1.855.550.5454
oEmail: HealthBenefits@fnha.ca

www.fnha.ca



HAPPY
ST. PATRICK'S DAY

nod
FUN



Q'wemtsin
HEALTH SOCIETY



March Peltkélayiten

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



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

Resource Numbers



Q'wemtsín
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'wemtsín 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)
-----------------	--------------------------

