

Newsletter

June
Edition
2025



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road
Kamloops BC, V2H 1G3

qwemtsin.org

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KEY PTSD SYMPTOMS

1

RE-EXPERIENCING THE TRAUMATIC EXPERIENCE

- Flashbacks
- Nightmares
- Repetitive Images
- Physical Sensations like sweating, pain, or trembling

2

SITUATIONAL AVOIDANCE

- Avoiding thoughts, feelings, places, and people that trigger reminders of the traumatic event

3

AROUSAL AND REACTIVITY

- Irritability and angry or aggressive outbursts
- Feeling tense or "on guard"
- Difficulty sleeping or staying asleep

4

COGNITION AND MOOD

- Difficulty concentrating
- Having trouble remembering key elements of the traumatic event
- Feeling anger, guilt, or shame

MEASLES

What you need to know

Measles is a highly contagious virus that can be very serious.
Vaccination is the most effective way to prevent transmission and illness.

Symptoms

Rash



Cough



Red,
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90% of people who haven't been vaccinated or had measles before will be infected if they are around someone who is sick with measles.

Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: healthgateway.gov.bc.ca

What else can you do?

- ✓ Stay home if you are sick.
- ✓ Wash your hands to protect others.
- ✓ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- ✓ Stay up-to-date on your Measles vaccine.



First Nations Health Authority
Health through wellness



TKEMPLUPS.CA

NATIONAL INDIGENOUS



PEOPLES DAY

JUNE 21ST | TTES ARBOUR, 345 POWWOW TRAIL



Q'wemtsín
HEALTH SOCIETY

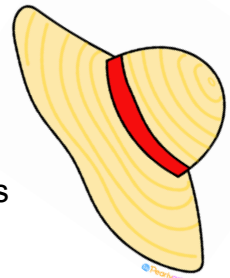
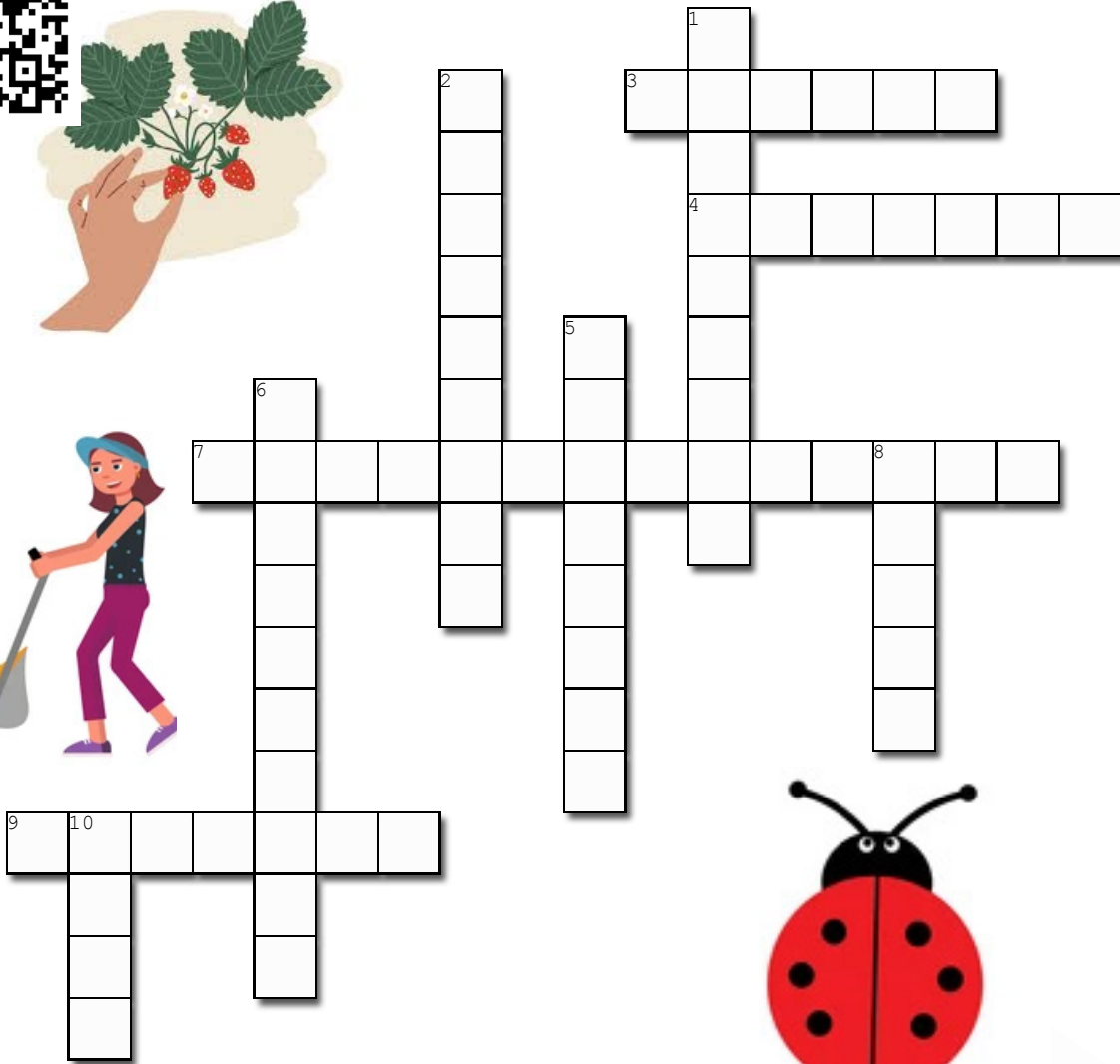
Q'wemtsín Health Society
will be closed
Friday June 20th
in lieu of
National Indigenous Day
Saturday June 21st

To complete the crossword visit
First Voices



Name: _____

Pellspénts- mid summer month



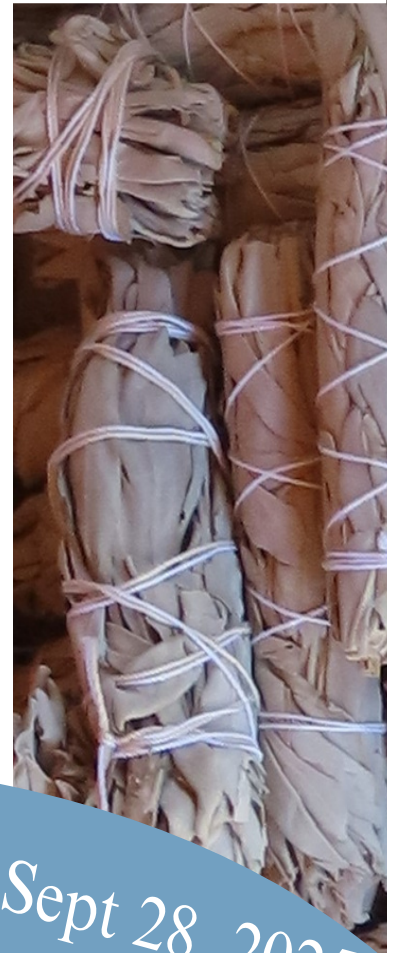
Across

- 3. Cutting hay/grass
- 4. Dance
- 7. Summer
- 9. warm temperatures, weather or climate

Down

- 1. fun
- 2. Sunny
- 5. (to) pick berries
- 6. insect
- 8. To dig root foods, corms
- 10. Hat





Kweseltken Market Season June 1 - Sept 28, 2025

Join Us
Sundays

8:30am - 1:30pm

Free Admission and Everyone Welcome

- No Long weekend Markets
- BC Farmer Market Coupons Available
- Hand Crafted Artisanal items
- Fresh Produce and Homemade Goods



New Location: 520-185 Chief Eli Larue Way, Kamloops, BC
See Map for additional information

For more information Contact:
(250) 214-2436 or kweseltkten@cfdcfcifn.com



Across from **ANTCO** and Tim Hortons
Join Us Sunday 8:30-1:30 PM

No Market Long Weekends*

Free Admission
Everyone Welcome

New Location: 520-185 Chief Eli Larue Way, Kamloops, BC

ABC's of Anxiety

6 Ways Anxiety Impacts Children

Anxiety is an emotion felt in the body that can result in physical symptoms like stomachaches, headaches, and rapid breathing. Excessive anxiety is one of the most common mental health concerns for children and adults, affecting upwards of 20% of children and adolescents.

Anxious youth can present in different ways. Most are quiet, well-behaved, and try to stay out of the spotlight of attention. Others can become avoidant and act out if they are asked to engage in something that makes them fearful or anxious (fight or flight). Both scenarios can result in children failing to receive the help they need. Sadly, untreated anxiety can lead to decreased quality of life, missed opportunities in career and relationships, depression, and increased substance use.

Anxious children may:

- Worry excessively and seek reassurance from their parents, peers, or educators. While it is normal for children to seek comfort, anxious children do so more often and in non-threatening situations.
- Avoid anxiety-inducing situations and refuse to do things, which is not a helpful way of coping with stress.
- Function at a lower level than their peers due to challenges with time management, organization, and focus.
- Experience more conflict with their families or depend more on parents to get their needs met.

We can help children remember that when it comes to anxiety, it's best to **ACT** as taking action on our anxiety reminds us that we can fight our fears by facing them.

Anxiety can impact the lives of children, teens, and adults in these 6 ways:

Affect: Emotionally and physically – what we feel in our body

Behaviour: Behaviourally – what we do/our actions, like avoiding or seeking reassurance.

Cognition: Mentally – what goes through our mind, like worrisome thoughts.

Dependence: Relying on parents – over time, children depend too much on their parents.

Excess/Extreme: Anxiety is problematic when it's considered excessive or extreme related to a situation.

Functioning: How a child manages each day's tasks and activities.

Note: The pattern of these experiences varies in each child and from situation to situation, but generally anxious children are impacted in all six domains.



I AM
GRATEFUL





Q'wemtsín
HEALTH SOCIETY

Skeetchestn Welcome Baby Celebration



You are invited to our Welcome Baby
Celebration!

Date: Tuesday, June 3, 2025

Time: 5pm-7pm

Place: Skeetchestn Community School

For more information call the Skeetchestn
Health Centre at 250.373.2580



- 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



JUNE IS
**MEN'S
HEALTH
MONTH**

CANADIAN
**MEN'S
HEALTH**
FOUNDATION

MENTAL HEALTH CHECKLIST



Chronic stress and anxiety can impact your mental and physical health, and quality of life. When these warning signs start to pile up or become more intense, consider booking a check-in with a mental health professional.

THOUGHTS:

- ☐ Overly negative thoughts
- ☐ Concentration problems
- ☐ Difficulty focusing
- ☐ Dwelling on the past
- ☐ Excessive worrying

BEHAVIOURS:

- ☐ Avoidance
- ☐ Withdrawing from relationships / work
- ☐ Working too much
- ☐ Using substances to cope
- ☐ Binge drinking
- ☐ Overeating or not eating enough

EMOTIONS:

- ☐ Doubting yourself
- ☐ Anxiety / panic
- ☐ Irritability / anger / frustration
- ☐ Sadness
- ☐ Flat / numb

BODILY REACTIONS:

- ☐ Sleep disruption
- ☐ Changed appetite for food or sex
- ☐ Racing heart rate / chest tightness
- ☐ Muscle tension / headaches
- ☐ Shortness of breath / rapid breathing
- ☐ Fatigue
- ☐ Digestive changes / discomforts

Did You Know?

Q'wemtsin Health Society
is having a
photo competition!

*The theme of the competition is
wild and free in our
community*

How it works:

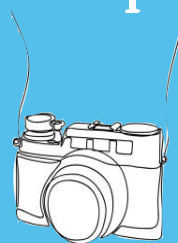
Share your favourite photo of you
and your Family Celebrating life in our
Secwepemc
communities.

If your photo is selected to be featured
in our

monthly newsletter you will win an
Instax Mini Camera!

Have your photo in by : June 30, 2025!

For your chance to win!



*Win
Me!*

For more information
contact QHS at
250.314.6732

Photo submissions sent
via email to:
alexis@qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

BAKED SALMON

IN GARLIC CRUST WITH DIJONNAISE



WHAT YOU'LL NEED

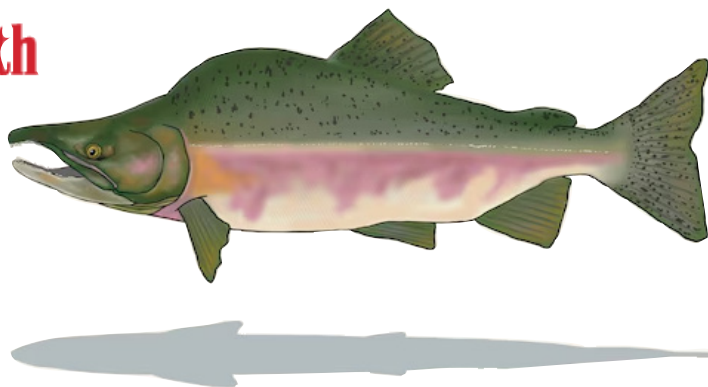
- 2 tsp olive oil
- 2 tsp minced garlic
- 1 cup bran-flake cereal, pulsed fine
- 2 tsp paprika
- 1 tsp minced dill, plus ½ tsp
- 2 (5 oz) skinless salmon fillets
- ¼ cup whole plain Greek yogurt
- 1 tsp Dijon mustard
- ½ tsp prepared horseradish
- 2 tsp lemon juice, plus lemon wedges for serving
- 8 cups kale, Swiss chard, and/or spinach

HOW TO MAKE IT

1. Preheat your oven to 350°F. In a bowl, mix 1 tsp olive oil, garlic, bran flakes, paprika, 1 tsp dill, and ½ tsp salt. Rub this mix into both sides of the salmon. Transfer the fish to one half of an oiled baking sheet; bake for 10 minutes.
2. As the salmon bakes, in a small bowl mix the Greek yogurt, Dijon, remaining dill, horseradish, and half the lemon juice. In a large bowl, combine the greens, remaining lemon juice, and rest of the olive oil. Season to taste with salt and pepper.
3. Using oven mitts, remove the salmon from the oven, transfer the greens to the other side of the baking sheet, and bake everything until the salmon is medium and the greens wilt, 5 to 10 minutes. Serve with lemon wedges and yogurt sauce. Feeds 2

Salmon dominates when it comes to sponsoring your oomph. A tiny 200g slab of the pink stuff will give you well over your RDA of vitamins B6 and B12, which help your body release energy from the rest of the food you eat. So you'll get all the zip from the rice in that sushi roll.

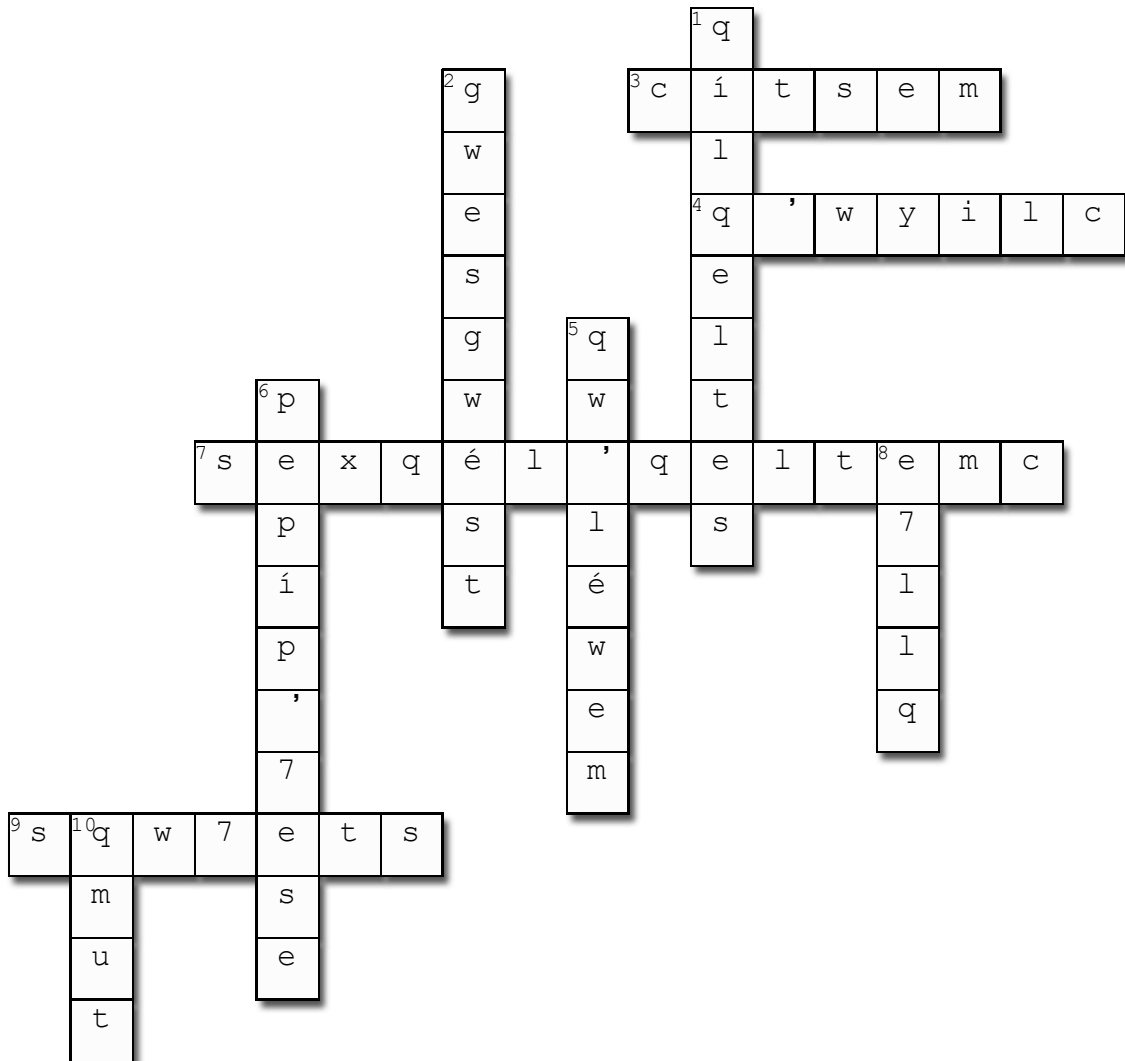
Men'sHealth



Answer key

Name: _____

Pelltspéntsk- mid summer month



Across

- 3. Cutting hay/grass (cítsem)
- 4. Dance (q'wyilc)
- 7. Summer (sexqélqeltemc)
- 9. warm tempertures, weather or climate (sqw7ets)

Down

- 1. fun (qílqeltes)
- 2. Sunny (gwesgwést)
- 5. (to) pick berries (q'wléwem)
- 6. insect (pepíp7ese)
- 8. To dig root foods, corms (e7llq)
- 10. Hat (qmut)

World Elder Abuse Awareness Day

June 15



Q'wemtsín
HEALTH SOCIETY

Addressing Elder Abuse

Between 2019 and 2030, the number of persons aged 60 years or over is projected to grow by 38%, from 1 billion to 1.4 billion, globally outnumbering youth, and this increase will be the greatest and the most rapid in the developing world, and recognizing that greater attention needs to be paid to the specific challenges affecting older persons, including in the field of human rights.

Elder abuse is a problem that exists in both developing and developed countries yet is typically underreported globally. Prevalence rates or estimates exist only in selected developed countries — ranging from 1% to 10%. Although the extent of elder mistreatment is unknown, its social and moral significance is obvious. As such, it demands a global multifaceted response, one which focuses on protecting the rights of older persons.

Approaches to define, detect and address elder abuse need to be placed within a cultural context and considered along side culturally specific risk factors. For example, in some traditional societies, older widows are subjected to forced marriages while in others, isolated older women are accused of witchcraft. From a health and social perspectives, unless both primary health care and social service sectors are well equipped to identify and deal with the problem, elder abuse will continue to be underdiagnosed and overlooked.

Did you know?

By 2050, it is estimated that 1 in every 6 people will be aged 65 or over, increasing the vulnerability experienced by older persons to violence.

Around 1 in 6 people 60 years and older experienced some form of abuse in community settings during the past year.

Elder abuse can lead to serious physical injuries and long-term psychological consequences.

Elder abuse is predicted to increase as many countries are experiencing rapidly ageing populations.

Globally, 82% of the estimated deaths from the COVID-19 pandemic occurred in people aged 60 years or older

June Pelлтспэнтск



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Dr Foot care Craniosacral Therapy	3 Dr SIB Craniosacral Therapy SIB	4 Naturopath	5 Foot Care	6 Respiratory	7
8	9 Dr Craniosacral Therapy SIB	10 Dr Craniosacral Therapy	11 Naturopath	12 Foot Care	13	14
15	16 Dr Craniosacral Therapy SIB	17 Dr Craniosacral Therapy	18 Naturopath SIB	19 Foot Care	20 Office Closed	21 Indigenous Day
22	23 Craniosacral Therapy SIB Foot Care SIB	24 Dr SIB Craniosacral Therapy	25 Naturopath	26 Respiratory SIB	27 Craniosacral Therapy SIB	28
29	30 Dr Craniosacral Therapy SIB	CANADA DAY				

Primary Care Services

In Person	Urgent Primary Care and Learning Centre <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
	Kinetic Energy Medical Clinic <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
	Kleo's Pharmacy <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	Ashcroft Urgent and Primary Care Centre <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	Pharmasave – Riverbend <ul style="list-style-type: none"> • (236)421-4424 for nurse & to book appointment. • Virtual Doctor (236)421-4263
	Pure Pharmacy (Online Dr.) <ul style="list-style-type: none"> • doctor.purepharmacy.com
	Kipp-Mallery iMedicine Services -Landmark Location <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

Virtual	Northshore Pharmacy and Care Clinic <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>
	Enhanced Care Clinic (Go to Doctors.ca) <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
	FNHA Dr of the Day – 1-855-344-3800 <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
	TIA Virtual Health Clinic <ul style="list-style-type: none"> • Book online: Tiahealth.com • Virtual or Telephone appointments
	Virtual Physicians at Health Link <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.
	Rocket Doctor <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
	VivaCare Telehealth <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.....	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
Tsow-tun Le Lum Society	
Cultural Support Counselling.....	1-888-403-3123
Hope for Wellness.....	1-855-242-3310
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.....	1-833-638-4722
Kuu-us Crisis Line Society	
Adults.....	250-723-4050
Youth.....	250-723-2040
Toll Free.....	1-800-588-8717

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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