

Newsletter

August
Edition
2025



Baby Welcome 2025 • Drum Ceremony • Credit by QHS staff

Q'wemtsin Health Society •
250.314.6732
130 Chilcotin Road
Kamloops BC, V2H 1G3
qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

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- Marie Gagnon

Resource

Oregon Grapes (*Mohania aquofolium*)



Photo retrived from World Wide Web

Oregon grape (*Berberis aquifolium* or *Mahonia aquifolium*) is a medicinal herb from the Berberidaceae plant family. Long ago, American Indian tribes in the Pacific Northwest used Oregon grape for many ailments, including stomach problems, hemorrhages, tuberculosis, and arthritis. Some current uses of Oregon grape include treating psoriasis, improving insulin sensitivity, and lowering heart disease risk.

The Oregon grape should be ready for picking in the Okanagan area about now. They grow on a spikey bush similar to holly. It produces blackish-blue, very sour and tarty (some might find it unpleasant-tasting) edible berries that look like tiny grapes. The golden yellow roots of the plant are used for their medicinal properties. Some suggest they go well with venison as a red wine style sauce because of their sour tastes, most people make jelly with them.

"They're the most challenging for sure, but they have a lot of potential." ----- Anonymous

Montana Huckleberry BBQ Sauce

Summer is here & Berries are ripe!

Check out this delicious and easy Montana Huckleberry BBQ Sauce

Ingredients:

- 1 1/2 cups of ketchup
- 1/3 cup of brown sugar
- 1/4 cup of molasses
- 1/4 cup of raw honey
- 1 2/3 cups of huckleberries (frozen or fresh, can sub with blackberries or blueberries)
- 2 large sweet peppers (chopped)
- 1 whole garlic (small minced)
- 2 teaspoons of chilli peppers
- 1 1/2 teaspoons of paprika
- 2 teaspoons of dried mustard
- 1 teaspoon of salt
- 5 tablespoons of salted butter
- 1 tablespoons of garlic powder

Directions:

1. In medium saucepan, combine all ingredients except butter
2. Cook covered on medium-low heat stirring until fully combined and hot (almost boiling), then remove from heat
3. Stir in butter until completely melted, then let cool for at least 10-15 minutes
4. Transfer to blender (take caution with hot liquid!)
5. Blend until large pieces are fully incorporated into sauce
6. Taste test (can add more seasoning according to personal preference) & ENJOY!



Photo retrieved from World Wide Web



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Staff Profile

Medical Office Administrator



Photo credit by Bailie's family member

Bailie S. has been known as one of the easiest going human beings out there. She is professional and is proficient at problem solving when teamed up with her supervisors. She also has a great sense of humour that is hard to resist. She was hired in fall 2024 as a Medical Office Administrator. Prior to joining QHS, she was a Health Care Assistant with Interior Health for 8 years, and was well known for her compassionate heart.

Bailie is a wonderful people person, and loves to help those that are in need. Most people who meet her would instantly smile, because she has one of the most welcoming spirits. She is one of those people that once you've met, you won't forget!

She has a passion for beading and farming. She loves her chickens to bits, if you see her chasing her hens in the yard, you know she's having fun.

Please give her a warm welcoming smile when you see her in the office or the community. She would love to smile back at ya!



Q'wemtsín
HEALTH SOCIETY

Baby Welcome 2025

Q'wemstin Health Society holds baby welcome ceremony every year for our communities and band members. This year, we had a lovely baby welcome ceremony at Moccasin Square Gardens on July 8th. We had two families join us to receive their baby blankets. We were honoured to have Myron Thomas who is a respectable Counsellor of Tk'emlúps te Secwépemc to emcee the ceremony. Our very own Community Health Nurse - Sarah Bennett and the team have worked in great balance to assure the smooth running of the event. In the end, children played, adults connected, and babies embraced and welcomed.



Baby Rosa • Photo credit by QHS staff



Baby Kayson • Photo credit by QHS staff

In the photo above, we have baby Kayson held by his mother, accompanied by his father on the left hand side, and grandmother Tanya on the right hand side. At the front is the great-grandmother who was the one wrapping the blanket.

In the photo to the left is baby Rosa held by her father and looking at her grandmother.

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.



Visit safemedicationuse.ca for more information.



SafeMedicationUse.ca



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Did you know?

Measles cases are on the rise in BC, it is better to prevent over cure!

We offer Measles Vaccine at our Clinic

1, Call your public health nurse to check your's and your family's immunization records to determine how many measles vaccine you already have and still need (Two vaccines is recommended as it is 95% effective)

2, Book your appointment with us

Call QHS today to
check your eligibility
and book your
appointment with us
@ **250-314-6732**





How to activate your Member Profile

Did you know?

You do not need to activate your Member Profile to claim your benefits. Simply show your Status Card to dental, vision and medical supplies and equipment providers.

If you are already covered by a **group benefits plan** administered by Pacific Blue Cross, instead of activating your FNHA profile, sign in or activate your Member Profile using your group plan's Policy and ID number. You should be able to see both your group plan and FNHA Policy 40000 in your profile.

What is your Member Profile?

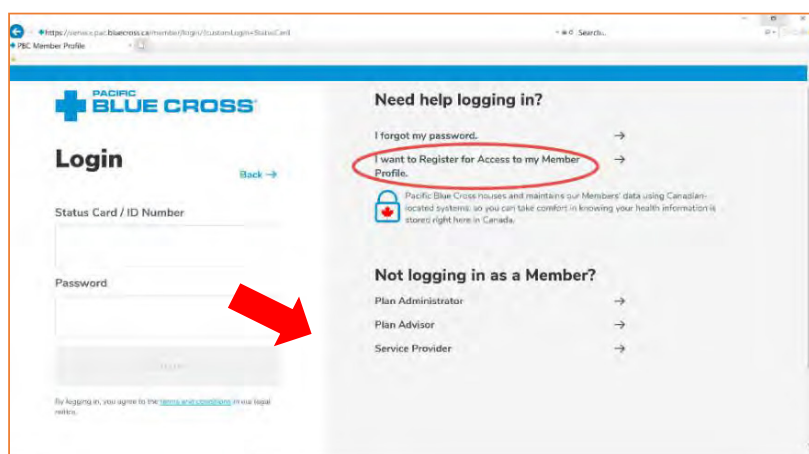
As a client of the First Nations Health Authority (FNHA), you automatically get a Pacific Blue Cross Member Profile as part of our Health Benefits Program. Your profile is unique to you. Your Status Number doubles as your Pacific Blue cross Member ID number.

You can sign in to your Member Profile any time to:

- look up your dental, vision and medical supplies and equipment benefits
- keep track of how much you've claimed for each benefit
- submit claims online
- set up direct deposit payments to your bank account
- print or email a copy of your Pacific Blue Cross Member ID card
- find vision care providers who offer direct billing

Getting started

Go to pac.bluecross.ca/fnhaclient and click **I want to Register for Access to my Member Profile**:



Follow the same steps to activate your child’s Member Profile.

If your child is over 18 months of age but too young to activate a Member Profile, create a profile by entering your child’s:

- Status Number
- first and last name
- birthdate

Enter your email address as the contact. A child under 18 months of age will appear in your Member Profile as a dependent.

How to activate your profile

Enter your Status Card Number. Click Continue.

Then, type in your:

- first and last name on your Status Card
- contact email address
- birthdate

PACIFIC BLUE CROSS

Register for your Member Profile

Please enter your Status Card Number.

You can find your Status Card Number on your Status Card.

Status Card Number *

CANCEL CONTINUE

PACIFIC BLUE CROSS

Register for your Member Profile

In order to complete your registration, please fill out all requested fields and ensure you have verified the information for accuracy.

Once completed, you must accept the User Agreement and click the Register button to finalize your request.

First Name * E-mail *

Last Name * Confirm E-mail *

Birthdate *

Next, choose 3 security questions and answers. Pacific Blue Cross will ask these to confirm your identity if you forget your password. Choose a hint for each one, in case you need help to remember the answer.

Question	Answer	Hint

Blue Cross Membership Profile Activation - Step by Step

- ☑ Check the first box if you want to subscribe to the Pacific Blue Cross Member newsletter (optional). If you leave this box blank, you will still receive important emails about your account and claims confirmations.
- ☑ Click on the second box **I accept the User Agreement and Privacy Policy** (required).
- Click on the blue button **Register for Caresnet**.

☒ By checking this box, I consent to receive emails about healthy service, savings and coverage from Pacific Blue Cross. These emails are sent out to Pacific Blue Cross Members and include valuable savings along with information on Pacific Blue Cross benefits, insurance offerings, health information and our community initiatives. You can withdraw your consent and unsubscribe at any time.

☒ I accept the **User Agreement** and **Privacy Policy**.

CANCELREGISTER FOR CARESNET

If you see the box below, congratulations! You've now activated your Member Profile.

PACIFIC BLUE CROSS

Register for your Member Profile

You have successfully registered for CARESnet access.

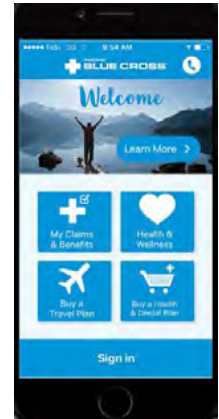
A temporary password has been emailed to you. You must use this temporary password the first time you sign in to CARESnet.

Please close this window and sign into CARESnet when you receive your temporary password.

CLOSE

Next step: create your personal password

**Something not working?
Call us at 1.855.550.5454**



Did you know?

You can also activate your Member Profile on the Pacific Blue Cross mobile app at pac.bluecross.ca/mobile.

Create your new password

Check your email account.

- You should see an email from Pacific Blue Cross with the subject line **Activate your Member Profile**.
- Click on the temporary password link to go back to the Pacific Blue Cross member sign-in page.
- Type in your Status Card number and click the **Login** button to choose your new password.

Click **Login with your new password**.

Choose a strong password

Your new password:

- must be between 8 and 255 characters long
- can include any combination of letters, symbols and numbers EXCEPT the following: <, > .

Congratulations on activating your Member Profile. Click on the Account menu and follow the steps to print your ID card or sign up for direct deposit.

COHI

Children's Oral Health Initiative

COHI year 2025/2026 is coming soon. Please be on the look out for the consent forms for our new COHI parents/caregivers. The next page contains general information on COHI services and it's benefits.

If you have children or are caring for a child who is at the age of 7 or under in the next school year 2025/2026, please contact our COHI/ Dental department to sign up for oral health care.



Photo provided by COHI parent



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

COHI Services



Fluoride Varnish

- Is applied to your child's teeth up to four times a year
- Helps prevent cavities by making the outside layer of the teeth stronger
- Can start as soon as your child has teeth
- Teeth are wiped dry and the varnish is applied with a small brush
- Fluoride varnish will not be applied if your child has an allergy to wood resins (colophony). Wood resins are found in many products such as sunscreen and chewing gum. It is not a common allergy.
- Takes only seconds to apply

Sealants

- Help protect teeth from getting cavities
- Deep pits and grooves on the top of back teeth are sealed
- Do not require freezing
- Are easy to do
- Last a long time

BEFORE



AFTER



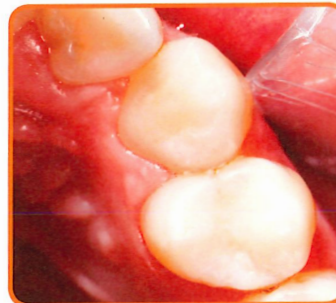
Temporary Fillings (ART/IST)

- Treat tooth decay in children as young as one year of age
- Don't require freezing
- Are pain free
- Are done quickly
- Keep the tooth healthy until the child is old enough to have a permanent filling
- May reduce the need for dental treatment in hospital under a general anesthetic

BEFORE



AFTER



The Role of Protein in Women's Health

Dr. Melissa Bradwell, ND



Photo retrieved from World Wide Web

While not a new word, the word protein certainly has popped up in conversation a lot more lately, and with good reason. More than just aiding in muscle growth, protein is important for so many other reasons. Protein is essential for body weight management because the muscle that protein builds will burn fat and calories at rest. Protein also aids in helping the body feel full, which prevents over-eating. To stay healthy, proteins use antibodies which our immune system uses to fight pathogens.

Eating adequate protein throughout life aids in the development of strong bones and sets the stage for healthier bones as we age. After menopause, bone mass density decreases, so having strong bones and healthy muscle mass as we enter into menopause is really beneficial.

Some signs that indicate the body needs more protein are:

- Feeling unusually tired, weak or increased irritability
- Brittle or damaged hair and nails, flaky, dry skin
- Being hungry a lot of the time
- Getting sick or staying sick for longer periods of time
- Slow wound healing

Women's Health - Protein

At different times in our lives and with different activity levels, our body has different protein requirements. As children grow and develop, see hormonal changes in puberty, pregnancy, lactation, and menopause, the recommended levels, of protein intake increases. As a general rule of thumb after adolescence until menopause, women require 1g of protein for every kg of body weight. These levels increase in pregnancy, and after menopause can increase by 50% to 1.5g/kg. These levels can be hard to achieve without conscious thought and focus on nutrition. Below is the list of protein levels in common foods to help make these targets easier to reach.

Full Protein:

Beef & Bison: 3oz cooked = 22-27g Milk & yogurt: 1cup = 8-24g

- Jerky, nitrate/nitrite free
 - Cow's milk
 - Goat's milk
 - Yogurt, plain
 - Greek yogurt, plain
- Lean, ground
- Steaks, round
- Tenderloin, lean

Cheese: 1oz = 4-7g

- Brie
- Cheddar
- Cottage
- Feta
- Goat cheese
- Mozzarella
- Swiss

Eggs, whole: 2 large = 12g

Fish: 3oz cooked = 21-26g

- Cod
- Halibut
- Pike
- Salmon (canned or fresh)
- Snapper
- Tilapia
- Trout
- Tuna (canned or fresh)

Lamb: 3oz cooked = 22-27g

Pork: 3oz cooked = 22-27g

- Chops
- Lean, ground
- Ham, low sodium
- Tenderloin, lean

Poultry: 3oz cooked = 21-26g

- Chicken & turkey: breast, ground, thighs, wings
- Duck

Shellfish: 3oz cooked = 21-26g

- Clams
- Crab, not imitation
- Lobster, not imitation
- Mussels
- Oysters
- Shrimp
- Scallops

Whey protein powder: 1 scoop = 22-30g

Rice protein powder: 1 scoop = 22-25g

Hemp protein powder: 1 scoop = 22-25g

Some Protein:

Falafel: 3oz = 11g

Hummus: 1/3 cup = 5g

Quinoa: 1/2 cup cooked = 4g

Beans and legumes: 1/2 cup cooked, most are 7-10g

- Black beans
- Chickpeas
- Lentils
- Kidney beans
- Soy, whole: 1/2 cup = 14g
- Split peas
- Refried beans: 1/2 cup = 6g

Nuts and Seeds

- Almonds: 1/4 cup = 6g
- Brazil nuts: 1/4 cup = 5g
- Cashews: 1/4 cup = 5g
- Chia seeds: 2tbsp = 3g
- Flax seeds: 2tbsp = 3g
- Hemp seeds: 1/4 cup = 12g
- Hazelnuts : 1/4 cup = 4g
- Macadamia: 1/4 cup = 3g
- Peacans: 1/4 cup = 3g
- Peanut butter, natural: 2tbsp = 7g
- Pistachios: 1/4 cup = 6g
- Pine nuts: 1/4 cup = 5g
- Pumpkin seeds: 1/4 cup = 8g
- Sesame seeds: 1/4 cup = 6g
- Sunflower seeds: 1/4cup = 6g
- Walnuts: 1/4 cup = 4g



Photo retrived from World Wide Web

August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Dr. Massage	6	7 Foot care	8	9
10	11 Dr. Foot care CST	12 Dr. CST	13 Naturopath	14 Foot care	15	16
17	18 CST	19 Dr. CST	20 Naturopath	21	22	23
24	25 Dr.	26	27 Naturopath	28 Foot care	29	30
31						
Legend: SIB - Orange / QHS - Blue CST = CranioSacral Therapy						

Counselling Services

**Confidentially located in the Skeetchestn Health
Clinic**

When: every second Wednesday starting July 16

Contact: mariebranches25@gmail.com to book



MARIE GAGNON

Mental Health Worker, Intern
Clinical Counsellor

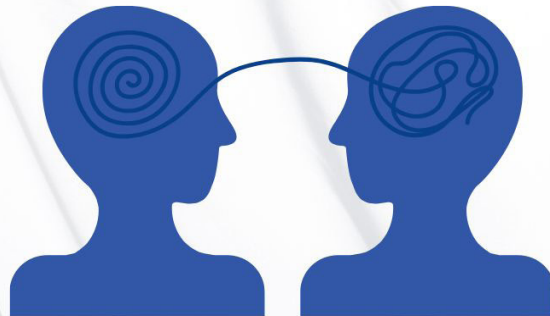
Retired RCMP Veteran

*Counselling offered in French &
English*

- Trauma & PTSD
- Anxiety, Stress, Depression, Grief
- Life Transitions & Personal Growth
- Addictions

Supporting:

- Adults | Youth (10+) | Couples | Seniors



Helping
you feel
better

www.branchescounsellingbc.ca



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'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.....	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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