

Newsletter

September
Edition
2025



Sunset • Kamloops • Credited by Lindsie Manywounds

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



Q'wemtsín
HEALTH SOCIETY

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Mullein (*Verbascum Densiflorum*)



Photo retrived from World Wide Web

The common mullein can be found all over in Kamloops and surrounding areas. It may be in your yard, and you may have mistakenly take it as weeds. This vaguely honey scented flower that can grow up to more than 1.22m in height provides medicinal property in our traditional remedies. It has been used to treat asthma, coughs, tuberculosis, and related respiratory problems. Moreover, in its various forms, this plant can also treats hemorrhoids, burns, bruises, and gout. The plant has been ingested, applied topically, and smoked. The yellow flowers were once used as a source of hair dye.

When harvesting mullein, be sure to avoid leaves that are yellow, tough, or showing signs of disease or insect damage. Flowers are best to be harvest when fully open but not yet wilted or brown. Always wear gloves, if possible, as the fuzzy leaves can make the skin feel irritated.

Traditional Salmon Preparation and Preservation



Photo retrieved from World Wide Web

What you need:

Choice of fish

Fish cutting knife

Salt

Brown sugar

Oven rack & red cedar wood

How you do it: (The fish will take about 5 to 6 hours to cook, depends on its size)

1. Prior to preparing the fish, it is important to have a strong fire going. Make sure the fire is hot and with lots of coals to cook the fish
2. Remove the fins and head, then create two slits near the fish tail
3. Cut down the top of the fish by running the knife right along the spine and bones. Ensure the majority of the meat is on the flesh side of the salmon. Flip and repeat. Then remove the center part of the fish, including the bones and the organs and give them back to the river for the animals and our earth
4. Clean the fish really well, remove any bloody parts, white flesh and stomach lining, then lay the fish on oven rack, add salt and brown sugar to taste
5. Create red cedar strips. These strips are used to hold the fish in place over the fire and add flavour as the fish cooks. Lay two strips vertically onto the longest parts of the fish. Lay three strips of the cedar horizontally to secure the fish in place, then put the fish on to the BBQ stick
6. Place the fish over the fire about a foot from the firepit, with the two cedar strips firmly into the ground (meat side facing the fire). Securing it in place with two blocks of wood. By this time, the fire should be burning at the appropriate temperature
7. One person should always remain in charge of watching this cooking process. Sometimes the fish can start to slip off the stick and fall into the fire, or birds might try to have a snip of it
10. It is important to let the fish cook slowly if you want the fish to be juicy. When the fish has about 1 or 1 1/2 hours left to cook, turn the fish around to cook the back side of it
11. After about 5 - 6 hours of patience, your fish should be ready. Now have a taste and enjoy the pay out of your hard work!

Staff Profile - Tiger

Celebrating 20 years of service and loyalty

Home Care Aide



Tiger has been with us since August 2005. She has always been the one that our people relied on. You ask for her help, she's right there with her arms and heart wide open. Tiger has one of the role model work ethics, and it earns her a great reputation in our community. She cares for her clients like her family, she's easy to talk to, and certainly has a tiger like strength to serve our elders. She also is one of the most giving people out there. Anything she receives she'd rather share it with those in need than keep it to herself. Her selflessness sparkles throughout the community and into the world, the impacts she has made with her service changes lives on a daily basis.

Tiger has a huge passion for our country sport - Hockey. She is one of the biggest fans of the Canucks. You can ask her any question about the games and she'll likely have an exciting conversation with you. On her spare time, she branches out to continue her service in our communities. Many days, she works tirelessly to make sure people she cares about are taken care of. Her love for the people goes beyond imaginable.

Q'wemtsin Health is honored to have Tiger as one of our long time loyal employees of 20 years. Her dedication is one of the major contributions of our home care department at QHS. Her role is crucial and essential to the team, and our communities. Most of you probably have already met her or have seen her around, let's continue to share your happy smiles whenever you see her!



Q'wemtsín
HEALTH SOCIETY



Q'wemtsín
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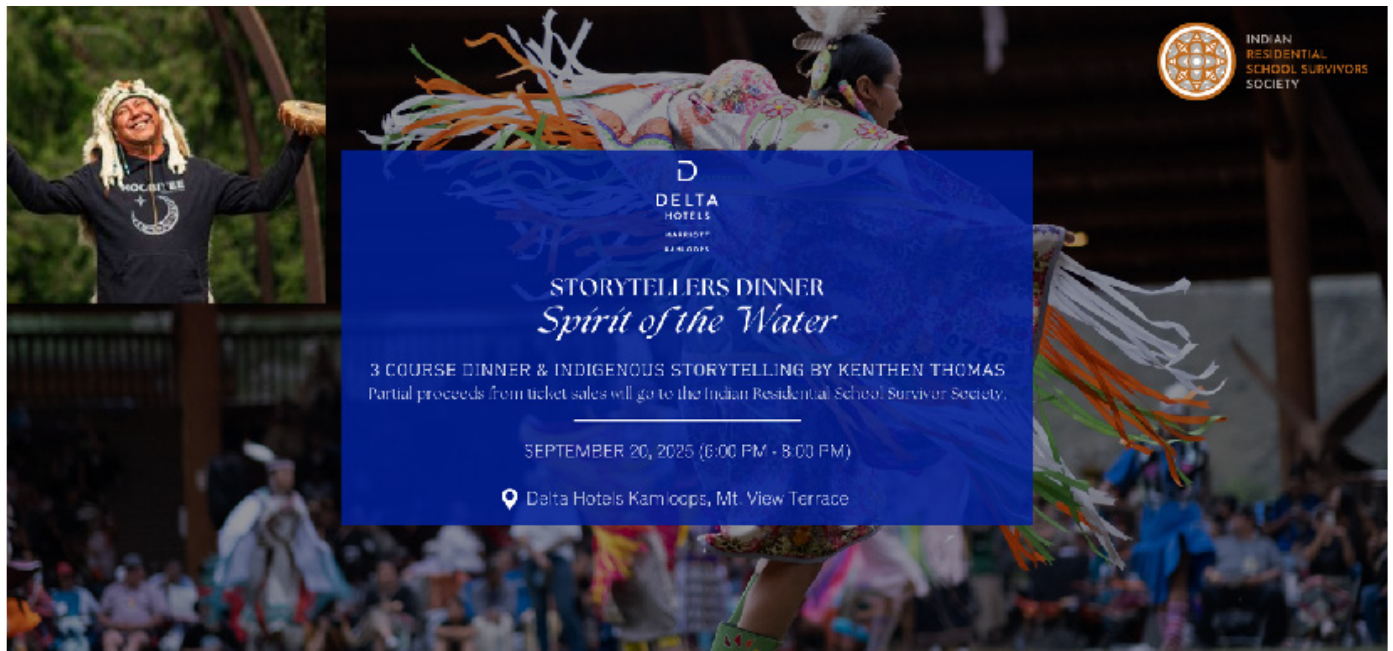
Photo credited by Colleen L



Photo credited by Colleen L

Q'wemtsin Health Society values local vegetations that have been blessed by the creator and ancestors. We make our best effort to maintain the health and growth of our natural resources.

In the photo above is one of the plum trees located in our “secret” garden. This year, we have been gifted by the creator to have plentiful bounty of fruits to harvest. The blessings have been shared with our communities and members. This, we give thanks to the creator, ancestors, and the people that put their hard work, and care into taking care of the garden.



Delta Hotel Kamloops is hosting a great community event in September, in partnership with the Indian Residential School Survivor Society (IRSSS). A Storyteller's Dinner is going to be held on September 20th on the Mountview Terrance. Knowledge Keeper and Storyteller - Kenthen Thomas, will lead guests through an educational evening of the 'Spirit of the Water'.

A three-course dinner by Chef Mitch Shafer will be featured, throughout an evening of connection, learning and cultural honoring.

Tickets can be purchased through

<https://tinyurl.com/n3wmzp9j>

QHS Health Fair 2025

Come and Join us



Q'wemtsin
HEALTH SOCIETY



Photo credited by Candice Camille • 2024

Q'wemtsin

Sept. 25th, 2025

Time: 11am - 3pm

Location:

130 Chilcotin road



Photo credited by Candice Camille • 2024

Skeetchestn

Sept. 18th, 2025

Time: 11am - 2pm

Location: Skeetchestn

powwow arbour

VISION BENEFITS



First Nations Health Authority
Health through wellness

First Nations Health Benefits & Services (FNHBS) offers you a comprehensive vision care plan to support you on your wellness journey.

Getting a regular eye exam is necessary to maintain good eye health and to check the eyes and brain for diseases. If you wear prescription contacts or eye glasses it is important to update your prescription regularly.

Did you know?

Approximately 80% of visual impairment is either preventable or curable with treatment.

Your vision care plan offers you access to regular preventative services, such as eye exams, to protect and maintain your eye health.

What my plan covers



Your plan covers certain vision care services and items under the following categories:

- > Sight tests and eye exams; and
- > Prescription eyewear and repairs.

What my plan does not cover



Some items and services that are not covered by your vision plan include, but are not limited to:

- > Prescription eyewear accessories or supplies (e.g., contact lens solution, glasses cases)
- > Surgical procedures (e.g. laser eye surgery)



To have your vision care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit www.pac.bluecross.ca, to login to your member profile.



How do I access coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your exam, eyewear options and billing details with your provider.

1

Ask your provider if they are registered with PBC so they can bill PBC directly.

2

Check if your vision care provider requires payment up front.

3

Talk to your vision care provider about which items and services are fully covered by your vision care plan.

4

If you purchase your glasses or contact lenses online, request reimbursement through PBC.

If you have any questions about your vision plan, about how to access coverage, or need travel assistance to access your vision care, please call FNHBS at **1-855-550-5454**.

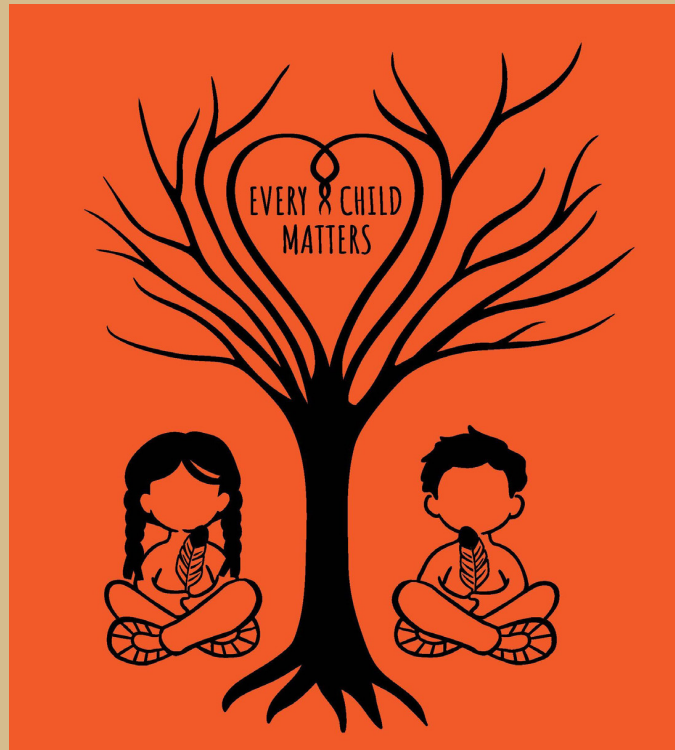
NOVEMBER 2023



Truth and Reconciliation

Every Child Matters

September 30, 2025



orangeshirtday.org
2025 Orange Shirt Day Design Contest

To witness and honour the
healing journey of the survivors and
their families, and to commit to the
ongoing process of reconciliation.



Truth and Reconciliation Day

Every Child Matters

September 30, 2025

Skeetchestn Health Centre and
Q'wemtsin Health Society will
be closed September 30, 2025



Honoring Residential School
Survivors and the on going process of
Reconciliation



Q'wemtsín
HEALTH SOCIETY

Annual General Meeting

Notice is hereby given that the Annual General Meeting of the members of Q'wemtsin Health Society will be held as follows:

Date: Friday, September 26th, 2025

Time: 1pm to 3pm

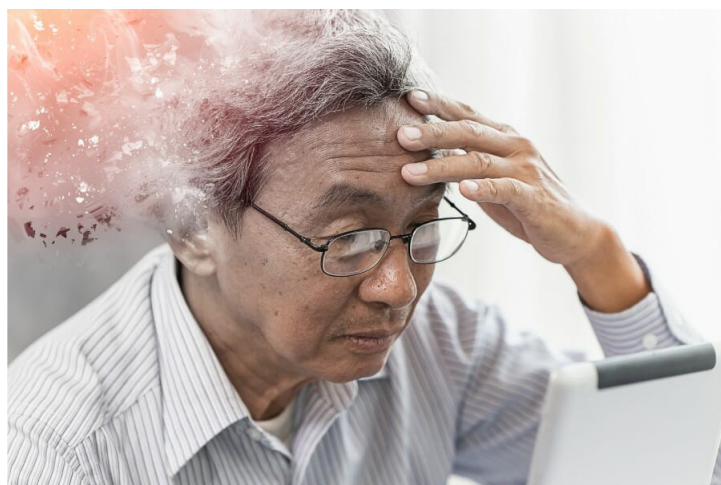
Location: Q'wemtsin Health Society Boardroom
130 Chilcotin Road, Kamloops BC

For the Purpose of:

1. Receiving the report of the Society Auditor and reviewing the financial statements for the year ended March 31, 2025.
2. Appointment of the Society Auditor for the ensuing year.
3. Receiving the report of Directors.
4. Transacting such further and other business as may properly come before meeting.

on behalf of the Board Directors

Alzheimer Support & Education



Caregiver Education -

In Person Workshop -

Topic - Creating a safe home environment: Identifying and minimizing risks

- Wednesday, September 10th - 1pm to 3pm

Topic - Understanding behaviour changes

- Wednesday, September 17th - 12pm to 4pm

Topic - Understanding behaviour changes

Online Workshop - (To Learn More: www.alzbc.org/online-education)

Topic - Considering the transition to long-term care

- Wednesday, September 10th - 2pm to 3:30pm

Topic - Strengthening long-term care from within - the power of resident and family councils

- Wednesday, September 17th - 2pm to 3:30pm

Research connects: Blood and tears: Latest updates on biomarkers with Mari de Marco

- Wednesday, September 24th - 2pm to 3:30pm

Support Group -

In person:

Every 1st Thursday of the month - 10am to 12pm/12:30 to 2:30pm

Every 2nd Tuesday of the Month - 10am to 12pm

There are more online support options, please visit www.alzbc.org/support-groups

How to register: First Link® Dementia Helpline at 1-800-936-6033 (English) 1-833-674-5003 (Punjabi, Hindi and Urdu) or 1-833-674-5007 (Cantonese)



Mental Health Support

24 hour supports

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat.
Phone (toll-free): 1-855-242-3310
Website: hopeforwellness.ca

KUU-US Crisis Line Society provides crisis services for Indigenous people across BC.
Phone (adults and Elders): 250-723-4060
Phone (Youth): 250-723-2040
Phone (toll-free): 1-800-588-8717
Website: www.kuu-uscrisisline.com

Métis Crisis Line is a service of Métis Nation British Columbia.
Phone: 1-833-MétisBC
(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support for victims of family or sexual violence. This service also provides [information and referrals](#) for all victims of crime. Phone: 1-800-563-0808
Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.
Phone: 1-800-784-2433

Indian Residential School supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society provides health and cultural supports. Phone: 250-996-3813
Email: nakozli.elders@outlook.com

Carrier Sekani Family Services provides health and cultural supports.
Phone: 250-567-2900 Ext. 2047
Email: slarozque@csfs.org

Gitanmaax Health
Phone: 250-842-6320 or Email: robert.ryan@gitanmaax-health.ca

Gitan'yow Human Services provides health and cultural supports.
Phone: 250-849-5288
Email: director@gitan'yowhealth.ca

Indian Residential School Survivors Society (IRSSS) is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.
Phone 604-985-4464 or (Lamathut Crisis Line Support 24/7 toll-free): 1-800-721-0066
Website: www.irsss.ca

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience.
Phone (toll-free): 1-866-925-4419

Kispinax Health provides health and cultural supports.
Phone: 250-842-6236 Email: tbaskin@kispinaxhealth.ca

Nuu Chah Nulth Tribal Council provides health and cultural supports.
Phone: 250-724-3939 or Email: richard.watts@nuuchahnulth.org

Okanagan Nation Alliance provides health and cultural supports.
Phone: 250-787-0095 Ext 228
Email: TCarpenter@syik.org

Sik-E-Dakh Health Society provides health and cultural supports.
Phone: 250-842-6876
Email: andrew@sikedakh.org

Tsow-Tun Le Lum Society provides confidential outreach services such as counselling, cultural supports and personal wellness programs.
Phone 250-390-3123 or (toll-free): 1-888-403-3123
Website: www.tsowtunlelum.org

Other culturally-safe supports

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area. Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult. Phone: 604-872-1234

Foundry virtual access [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.
Phone (no area code): 310-6789.

Youth supports

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or Text: TALK to [686868](#).
Texting support for adults available by texting TALK to [741741](#).

Youth in BC offers crisis support available for youth 25 and under. Website: [youthinbc.com](#).

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960

Website:

<https://www.fraser-health.ca/health-topics->

Interior Health Region

Phone: 310-MHSU (6478)

Website:

<https://www.interior-health.ca/health-and-mental-health-and-substance-use/mental-health/adult-mental-health-services>

Island Health

Phone: 1-888-885-8824

Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789

Website:

<https://www.northern-health.ca/services/m>

Vancouver Coastal

Phone: 8-1-1

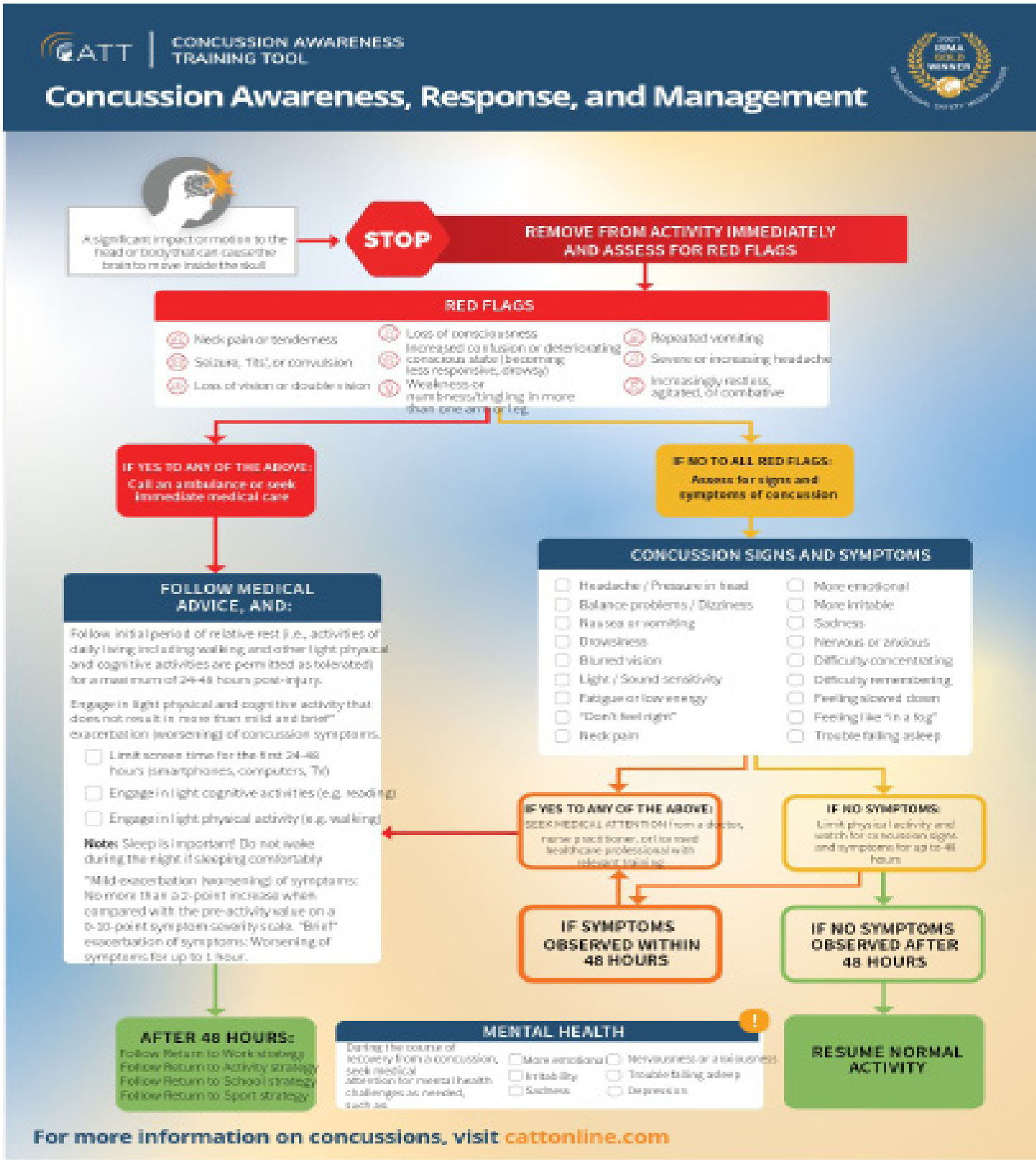
Website: <https://www.vch.ca/en/health-topics/mental-healthsubstance-use>





Sunset • Pass Lake • Photo credited by J.T.B

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Both Offices Closed	2 CranioSacral Therapy	3 Naturopath	4 FootCare	5	6
7	8 Doctor CranioSacral Therapy FootCare	9 Doctor CranioSacral Therapy	10 Naturopath	11 FootCare	12	13
14	15 Doctor	16 Doctor	17 Naturopath * Doctor	18 * Doctor FootCare	19	20
21	22 Doctor	23 CranioSacral Therapy	24 Naturopath	25 FootCare	26	27
28	29	30 Both Offices Closed				
Legend: SIB - Orange / QHS - Blue * Starting Sept. 17, 2025, we will welcoming Dr. Whiting to our team						



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
	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	Avee Health (Online Dr.) <ul style="list-style-type: none"> • www.avee.health/booking
	Kipp-Mallery iMedicine Services -Landmark Location <ul style="list-style-type: none"> • (226) 930-6500 • 207-755 McGill Road • Monday to Friday 9:00 am – 5:30 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

	must be willing to switch to using their pharmacist
	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 <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

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
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Kuu-us Crisis Line Society

Adults.....	250-723-4050
Youth.....	250-723-2040
Toll Free.....	1-800-588-8717

Aboriginal Training & Employment Centre.....	250-554-4556
Ashcroft Training & Employment Program.....	250-453-0093
Cultural Support Counselling.....	1-888-403-3123
Hope for Wellness.....	1-855-242-3310
Kamloops Aboriginal Friendship Society.....	250-376-1296
Native Youth Awareness Centre.....	250-376-1617
Kamloops Native Housing Society.....	250-374-1728
Le7 te Melamin Health Society.....	250-571-1000
Native Court Worker.....	1-855-221-5728
Secwepemc Cultural Education Society.....	250-371-7965
Shuswap Nation Tribal Council.....	778-471-8200
Tsow-tun Le Lum (helping House) Society.....	250-390-3123

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)

Wendy Datria/ Collen	1-877-288-5688
Liimichif Otipeniswak.....	250-554-9486

