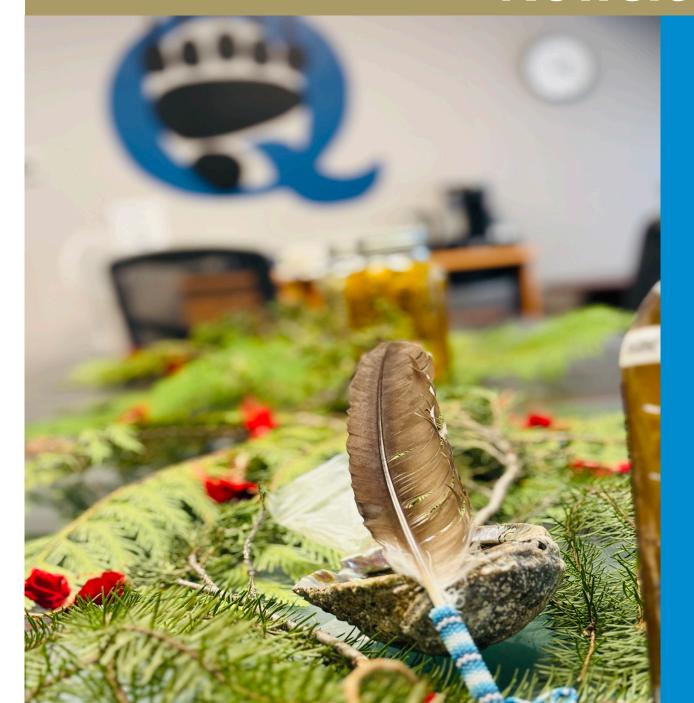
Newsletter



October Edition 2025

Traditional Medicine • QHS • Credited by QHS Staff

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



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Resource Numbers

Sage (Salvia officinalis)



Photo retreived from World Wide Web

"Smudge the head to think good things;
Smudge the eyes to see good things;
Smudge the mouth to speak good things;
Smudge the ears to hear good things;
Smudge the heart to feel good things;
Smudge the hands to make good things;
Smudge the feet to walk in beauty;

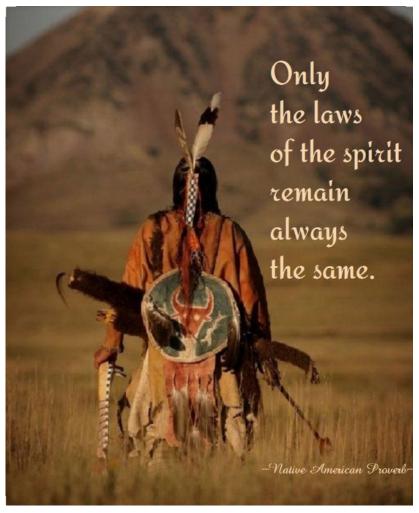
Smudge the legs to walk through life in a good way.."

-----Ernest Philip, 1930-2023

---- Connie Leonard ----

Traditional knowledge keeper / lifelong Indigenous peoples' advocate/ former elected leader

Sage smudging alone with the presence of ceder, tabacco, and sweet-grass has been a valuable ritul that's deeply embeded in our culture for generations. This wisdom continues to remind us the importance of the purpose and meaning of basic humanity. It is our duty as The People of the Land to go forword with the changes of the seasons and the world accompanied with our ancestors in our heart.



"Everything's so simple, and we make everything so complicated. That's why we're confused"
----- Vickie Downey, TEWA/ Tesuque Pubelo

Photo retreived from World Wide Web

The creator designed a very simple set of Laws for us to follow. If we follow these simple things, we will be happy. If we don't follow these simple Laws, our life become complicated.

For example:

- Respect Mother Earth
- Love One Another
- Be Truthful
- Give To Your Brothers and Sisters
- Be Gentle With Each Other
- Be Happy

Following these simple Laws will have great rewards





QHS has our very own Clinical Pharmacist - Lisa

What is a Clinical Pharmacist?

A Clinical Pharmacist is a healthcare professional who specializes in improving medication therapy to enhance patient outcomes. They work directly with healthcare providers and patients to ensure that medications prescribed contribute to the best possible health outcomes.

What Can a Clinical Pharmacist do?

Clinical Pharmacists play a crucial role in the healthcare system by providing medication therapy evaluations and recommendations to patients and other healthcare professinals.

Here are some of the services that are available at QHS:

- 1. Medication reviews
- 2. Educate on medication purpose, proper use and side effects
- 3. Therapeutic drug monitoring
- 4. Identify and resolve polypharmacy risks (when you take 5 or more medications each day)

Please Contact QHS at 250-314-6732 to book an appointment

Prevention & Screening in Adults

AGE 25

Tetanus Immunization
 Age 15, repeat every 10 years.

Discuss with your doctor if you did not get childhood vaccinations

Cervical Cancer

Repeat every 3-5 years

AGE 40

Cholesterol

Talk to your doctor about screening intervals

- Diabetes
- Breast Cancer

Repeat every 2 years until age 74

AGE 50

Prostate Cancer

Talk to your doctor about what is right for you

- Colon Cancer
 Repeat every 2 years until age 74
- Shingles Vaccine

For all adults:

- 1) A healthy diet
- 2) Exercise and daily movement
- Social connections / mental health
- 4) Stop smoking
- 5) Limit alcohol
- 6) Prevent substance abuse
- 7) Check blood pressure at least yearly
- 8) STI Screening

AGE 55

Lung Cancer

Currently smoking or a smoking history of 20 years or more

AGE 65+

- Aortic Aneurysm
- Osteoporosis
- Pneumococcal Vaccine

All Ages

- Yearly Flu and COVID shots recommended by Public Health
- Tetanus and Diphtheria (Td)
- HIV Screening (blood test) every 5 years





Registration Booth





Event Posters



Face Painting Booth

Health for the Mind and Soul



Venders and Students

Balanced Health Balanced Life



Elder's Wisdom Interaction with Youth



Traditional Medicine





Employment Opportunity Licensed Practical Nurse – Permanent Full-time

Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 24 years, becoming a pivotal agent in supporting health and wellness for the Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band.

Purpose:

To work in collaboration with a multidisciplinary team by performing routine nursing services such as assessments, development of care plans, and provision of personal and nursing care to clients in the home and community setting.

Responsibilities:

- Assessments and referrals plans, delivers, and evaluates professional nursing services in homes to individuals and/or groups
- Provides health education and treatment services to individuals, caregivers, and groups to increase knowledge regarding health and to promote and enhance community health status
- Coordinates home and community services with outside agencies
- The incumbent will be required to step into the role of care aides or other nurses should they be away ill
 or on vacation
- Performing other related activities as required

Qualifications and Skills:

- Recognized certification as a Licensed Practical Nurse
- Registered with the BCCNM and licensed to practice in the Province of British Columbia
- Experience as a Home and Community Care Nurse an asset
- Ability to adapt clinical and professional skills to the home and community environments
- Must be in good health and physically able to move (sit, stand, bend and lift) intermittently throughout the workday lift, push, pull and move a minimum of 22 kilograms (50 lb.)
- Excellent verbal, written, and organizational skills
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

Requirements:

- Current CPR/First Aid certification for Health Care Providers
- Criminal Records Check (vulnerable sector) will be required
- Possess valid British Columbia driver's license and submit current drivers abstract

Please forward your cover letter and resume along with three employment references to:

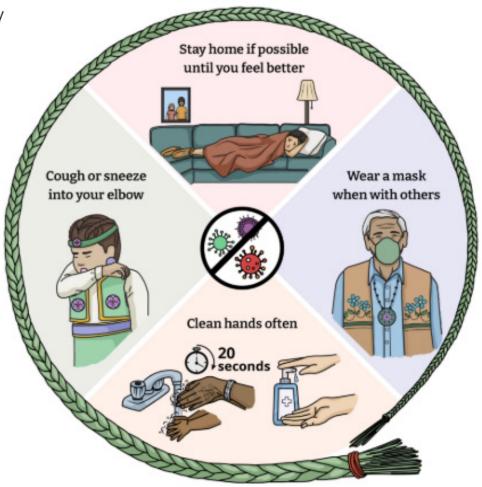
Q'wemtsin Health Society
Attn: Bobbi Sasakamoose
130 Chilcotin Rd.
Kamloops, BC V2H 1G3
E-mail: bobbi@qwemtsin.org

bi@qwemtsin.org Application Deadline: November 2, 2025

Only those who are short-listed will be contacted. We thank you all for your submissions.



Tips to help protect yourself and others during the flu season:



- Eat traditional foods from our land
- Participate in culture activities to support well being
- Move regularly, find something you like and "Just Do It!"
- Stay connected with loved ones and nature
- Keep up with your vaccines
- Wash your hands often
- Sneeze or cough into your elbow, NOT your hands! Turn away from others
- Clean and disinfect frequently touched surfaces
- Wear a well fitted, high quality mask



Respiratory Syncytial Virus Awareness Week (RSV)

October 12 - 18, 2025

The Canadian Society of Respiratory Therapists (CSRT) celebrates Respiratory Therapy week annually to educate the public about the varied roles and responsibilities of respiratory therapists and to raise awareness of the significant contribution made by respiratory therapists across our healthcare system. --- Interior Health B.C

What is RSV?

Respiratory Syncytial Virus is a highly contagious respiratory virus that can affect people at all ages.

What causes RSV?

There are two main types of RSV - RSV/A and RSV/B. These types of RSV can circulate at the same time and can vary from year to year.

How does RSV spread?

RSV can spread through contact with a person ill with the disease, or by touching a contaminated surface.

People at high risk of RSV -

Nearly ALL children will have an RSV infection before the age of 2. Some people are at higher risk for RSV related complications, including:

- Premature infants
- Infant with chronic lung or heart disease
- Children with neuromuscular disorders
- People of any age with weakened immune systems
- Infants under 6 months of age living in remote communities
- Adults 60 years of age or older who are residents of nursing homes and other chronic care facilities

Risk of hospitalization -

RSV is the most common cause of pneumonia and bronchiolitis in infants requiring hospitalization. Risk of hospitalization increases with age, particularly amoung elders.









Kamloops

DOWN contains medetomidine and fluorofentanyl

Looks Like: Purple chunks and pebbles

Sold as: Down, Dope, Fentanyl

Contains: Fluorofentanyl (31%)

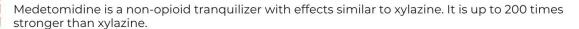
Medetomidine (3%)

Risk: High risk of overdose

Dizziness and confusion

Nausea, amnesia, sleepiness, nodding out for a long time

Smoking is not safer than injecting



Medetomidine can lead to complicated and long lasting overdose symptoms. Medetomidine suppresses respiration and has potentially dangerous cardiovascular effects.

The combination of fluorofentanyl and medetomidine can lead to significant sedation. Overdose symptoms may last beyond administration of naloxone.



If you have a drug that looks like this, get it tested before using. Drug checking is available in Kamloops Monday to Friday from 8:30-12:00 and 1:00-4:30 at Ask Wellness- 433 Tranquille Road (back entrance)



Consider these additional tips if you are going to use drugs

- Find more drug checking locations at www.drugchecking.ca
- Be aware of risks if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site
- Start with a small amount and wait before taking more
- Space out your doses
- Carry naloxone and know how to use it
- Call 211 or visit bc211.ca to find services near you
- Get the LifeGuard App lifeguarddh.com

Alert in effect until October 8th 2025

Harm Reduction | Population Health

Local
Substance Use Services
310-MHSU
Kamloops Drug Checking
250-299-7219
Kamloops OPS
250-377-6500



Q'wemtsin Health Society offers a Needle Clean-Up Hotline.

If you or someone that you know finds a needle or syringe within the community you can report it to have it removed in a safe and timely manner. The service will be available during regular office hours. If you need to make a report outside of regular office hours please leave a detailed message and the situation will be handled upon the office's re-opening.

To make a report or for further information on the Needle Clean-Up Hotline and Overdose Prevention please call:

Lindsie 250.314.6732

qwemtsin.org



DENTAL BENEFITS



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

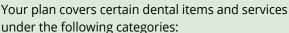
Oral health is directly linked to general health and wellness. Seeing an oral health care provider regularly can help you catch dental problems before they get too serious and require more extensive procedures.

Did you know?

Oral health can affect more than just your mouth? Dental infections can complicate certain health conditions, such as diabetes, heart disease and pregnancy.

With your comprehensive dental benefits, you have regular access to essential preventative dental services, such as exams and cleanings, to take care of your oral and overall health.

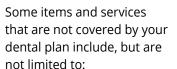
What my plan covers



- > Exams and X-Rays
- > Fillings
- > Bridges
- > Crowns, inlays, onlays, veneers
- > Dental surgery
- > Dentures
- > Night guards

- > Orthodontic services (coverage has age restrictions and medical criteria)
- > Periodontal services (e.g., cleanings, scaling or root planing)
- > Preventive services
- > Root canals and related services

What my plan does not cover



- > Cosmetic treatments
- > Implants
- > Ridge augmentation



To have your dental 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 treatment plan and billing details with your oral health care provider.

1

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

- Talk to your dental provider about which items and services are fully covered by your plan.
- Make sure any prior approval requests for items or services have been approved.
- Check if your dental provider requires payment up front.

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

NOVEMBER 2023



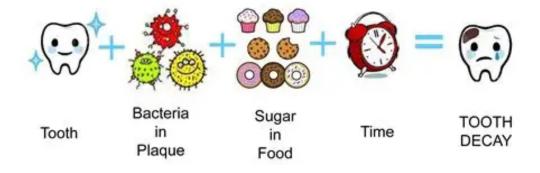
~ Brush Your Teeth ~ ~ 000000000 ~

Teeth decay happens to every body, especially in small young children. Halloween is in season, we can't prevent the kids from having candies, but here's what we can do to prevent cavity from forming:

- 1. Eat your daily candies quota at once rather than many times throughout the day, so there are no sugar bugs on the surface of teeth all day
- 2. Brush teeth after eating candies. If brushing teeth is not available, drink clear water (not sweetened or flavoured) afterwards
- 3. Control the amount of sugar intake throughout the day
- 4. Make sure to consistanly brush teeth at least 2 times a day with flouride toothpaste
- 5. Don't forget to floss!!



Photo retreived from World Wide Web



Wash Your Hands

It's the most effective way to prevent the spread of germs



Wet hands with running water.



Apply soap and scrub for at least 20 seconds.



Focus on palms, backs of hands, wrists, between fingers and under nails.



Rinse thoroughly under running water.



Dry hands with a single use towel.



Use the towel to turn off the faucet.



No soap and water?
Use hand sanitizer.



Apply enough product and rub all over hands until they're dry.







QHS Health Fair 2025 • Smudge Spread • Photographer - Candice Camille

			October			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Doctor	Doctor		
			Naturopath	Footcare		
5	6	7	8	9	10	11
	Doctor	Doctor	Doctor	Doctor		
		Craniosacral Therapy	Naturopath			
12	13 Office Closed	14	15	16	17	18
		Doctor	Doctor	Doctor		
		Craniosacral	Dental	Footcare		
		Therapy	Naturopath			
19	20	21	22	23	24	25
	Doctor	Doctor		Footcare		
		Craniosacral Therapy				
26	27	28	29	30	31	
	Doctor	Doctor	Doctor	Doctor	lkall a	
		Craniosacral Therapy	Dental	Footcare	Halloween	
			Naturopath			

16

Legend: SIB - Orange / QHS - Blue / WPCIB - Green

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 provincewide 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: <u>youthinbc.com</u>

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-a

Interior Health Region

Phone: 310-MHSU (6478)

Website:

https://www.interior-health.ca/health-and-v 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



Primary Care Services

In Person	 Urgent Primary Care and Learning Centre (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 (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 (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 (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.) • www.avee.health/booking
	 Kipp-Mallery iMedicine Services -Landmark Location (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 • (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)
 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
• 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
Book online: Tiahealth.com
Virtual or Telephone appointments
 Virtual Physicians at Health Link 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
Virtual Services
Book online: https://rocketdoctor.ca/online-doctor-bc/
Available 24 hours a day, 7 days a week
VivaCare Telehealth
• 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



Emergency Assistance		Non Emergancy Convices	
Ambulance/Fire/Police	911	Non-Emergancy Services	^
Childrens Protective Services		Tk'emlúps Detachment250-314-180 Tk'emlúps Bylaw250-828-970	
Kids Helpline		Tk'emlúps Bylaw Cell778-257-260	
Kids Text Helpline		Kamloops City Detachment250-828-300	
Interior Crisis Line Network		North Shore Community Policing250-376-509	
First Nations emergancy services		Trotti Shore Commanity Folleng230 070 307	
Youth Peace Program			
Kamloops Urgent Response Team		BC Poison Control1-800-567-891	1
Kamloops Mental Health Intake		Nurse Line81	
Kamloops R.C.M.P. Victim Services		Nulse Lille01	Τ
Kamloops Y Emergency Services:			
Y Women's Emergency Shelter	(text)250-682-7931	Support Lines	
Children Who Witness Abuse	250-376-7800	Narcotics Anonymous1-800-414-029	6
Victim Services	250-320-3110	Phoenix Centre250-374-468	4
		Raven Program	
Aboriginal Services		Sage Health Centre	
O'wemtsin Health Society	250-314-6732	Smokers Health Line	3
Urban Native Health Clinic		SHOKEIS FICULTI EITC	•
		Substance Information & Referral Service1-800-663-144	1
Secwepemc Child and Family Services:		Mental Health & Information Support310-678	
153 Koootenay way.	250-314-9669	Kamloops Sexual Assault Counciling Center250-372-017	19
285 Seymour Street	250-461-7237	Anti Violence Hotline1-888-974-727	ر 8
Toll Free	1-866-314-9669	Victim Link BC (multilingual)1-800-563-080	18
		Victim Enik De (martinigaar)	
Aboriginal Crisis Response Services:			
Toll Free			_
Children & Youth	250-723-2040	Kamloops Kinetic Energy250-828-663	37
Elders & Adults	250-723-4050	Kamloops Urgent Care	6
Metis Crisis Response Servise:		North Shore Health Science Centre250-312-328	U
Toll Free	1_022_620_4722		
10II 11ee	1-055-050-4722	Royal Inland Hospital	
Kuu-us Crisis Line Society		Information250-374-511	11
Adults	250 722 4050		
Youth		Emergency250-314-228	
Toll Free			
10111166	1-000-300-0717		
Aboriginal Training & Employment Centre	250-554-4556	Indigenous Patient Navigator (RIH)	
Ashcroft Training & Employment Program	250-453-0093	Wendy Datricia/ Collen1-877-288-568	
Cultural Support Counselling	1-888-403-3123	Liimichif Otipeniswak250-554-948	6
Hope for Wellness			
Kamloops Aboriginal Friendship Society			
Native Youth Awareness Centre			
Kamloops Native Housing Society			
Le7 te Melamin Health Society			
Native Court Worker			
Secwepemc Cultural Education Society			
Shuswap Nation Tribal Council			
Tsow-tun Le Lum (helping House) Society		90099	
First Nations Health Authority	1 055 550 5454		
Health Benefits (Toll Free) Toll Free			
Email	<u>into@tnna.ca</u>		