

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



Q'wemtsín
HEALTH SOCIETY

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Sage (*Salvia officinalis*)



Photo retrieved 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 cedar, tobacco, and sweet-grass has been a valuable ritual that's deeply embedded 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 forward with the changes of the seasons and the world accompanied with our ancestors in our heart.



Photo retrieved from World Wide Web

*“Everything’s so simple,
and we make everything so
complicated. That’s why we’re
confused”*

*----- Vickie Downey,
TEWA/ Tesuque Pueblo*

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



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Q'wemtsin Health Society

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 professionals.

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
- 3) 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



*Happy Sunshine
Happy Heart
Happy Minds*



Registration Booth



Event Posters



Face Painting Booth



Vendors and Students

*Balanced Health
Balanced Life*

*Health
for the Mind and Soul*



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

Application Deadline: November 2, 2025

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



First Nations
Health Authority

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



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HEALTH SOCIETY

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 among elders.



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DRUG ALERT

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 is a non-opioid tranquilizer with effects similar to xylazine. It is up to 200 times stronger than xylazine.

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



• HARM REDUCTION

Did you know?

**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



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DENTAL BENEFITS



First Nations Health Authority
Health through wellness

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



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

- > 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



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

- > 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.

2

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

3

Make sure any prior approval requests for items or services have been approved.

4

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





Q'wemtsín

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~ Brush Your Teeth ~
~ oOooOooOoo ~

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 retrieved 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 Doctor Naturopath	2 Doctor Footcare	3	4
5	6 Doctor	7 Doctor Craniosacral Therapy	8 Doctor Naturopath	9 Doctor	10	11
12	13 Office Closed 	14 Doctor Craniosacral Therapy	15 Doctor Dental Naturopath	16 Doctor Footcare	17	18
19	20 Doctor	21 Doctor Craniosacral Therapy	22	23 Footcare	24	25
26	27 Doctor	28 Doctor Craniosacral Therapy	29 Doctor Dental Naturopath	30 Doctor Footcare	31 	
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 [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>



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



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

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

