

Newsletter

February
Edition
2026



Photo taken from the worldwide web

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



Q'wemtsín
HEALTH SOCIETY

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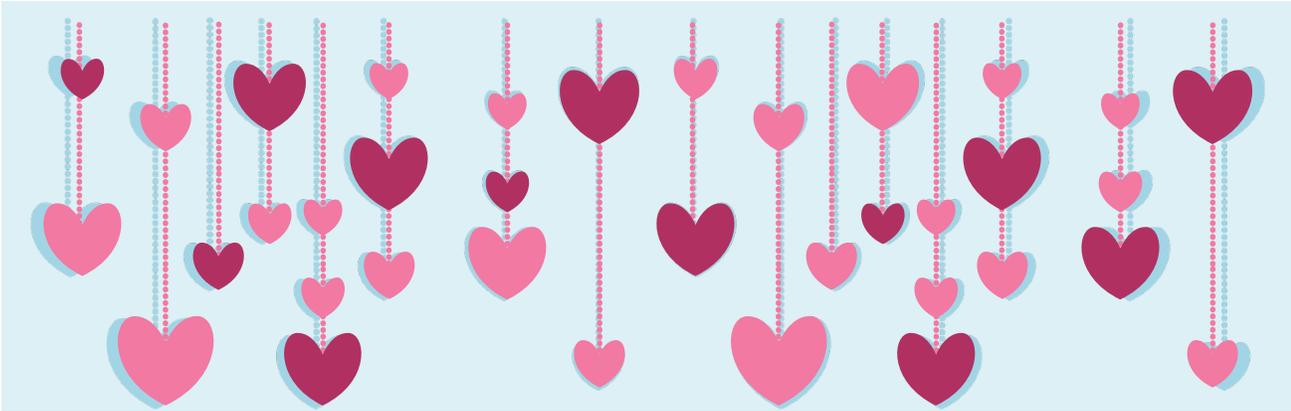
Kamloops Resources Numbers



Q'wemtsin Health Society is proud to support the professional growth of our staff. We are pleased to highlight Evelyn, who recently transitioned from Community Care Aide to Medical Office Assistant this past fall.

Evelyn comes from the Stswecem'c Xget'tem (Canoe Creek) First Nation's reservation but has grown up and worked in Secwepemcul'ecw. Evelyn enjoys working with Q'wemtsin and meeting new community members. She looks forward to continuing on working with such an amazing team at Q'wemtsin and learning more along the way.

With four years of experience in community health, Evelyn possesses an intimate knowledge of our patient workflows and community culture. This transition ensures that our front-office operations remain rooted in the same compassionate care that Evelyn provided in the field for years. Please join us in congratulating Evelyn on this new chapter!



COHI VALENTINE'S DAY PARTY

Come down to Qwemtsin Health Society where the COHI team is putting on a Valentine's Day open house for the kids and their families

Crafts and Circle Time

Snacks, games and prizes

Oral Health Information

For more info:
250-314-6732
and ask for
Crystal or Lindsay

FEBRUARY 12, 2026

11:00 A.M. – 2:00 P.M.

130 CHILCOTIN RD

Happy Valentine's Day



Calling All Artists!



ENTER TO WIN!

We are looking for coloured drawings (pencil crayon / marker / paint / crayon) of your favourite family activity. What do you love to do together as a family? Show us your creativity!

Drop off your artwork at either Health Center or email photo to:

tiffany@qwemtsin.org

qwemtsin.org

- Each submission will be entered into a draw for a chance to win an Annual Family Pass to the WildLife Park
- Deadline: February 6, 2026 | Draw Date: February 11, 2026



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Did you know?



Vitamin D

“The Sunshine Vitamin”

Winter is often when people think about adding Vitamin D supplements to get through the cloudy days without as much sunshine to absorb Vitamin D.

However, this vitamin benefits us to take daily all year long to help our bodies stay healthy.

Vitamin D is an essential fat-soluble vitamin that is needed for calcium absorption, strong bones, immune function, nerve and muscle functions, and anti-inflammatory effects.

It can be obtained through diet such as eggs, milk, and fish or made in the skin during exposure to sunlight or taken as a supplement.

The daily dose of Vitamin D supplements varies for infants to adults. Infants and children can be given 400iu once daily with the drop formulation -but be careful as it is a “drop” only. Always follow the package recommended dosing.

The usual dose for adults is 1000 to 2000 iu once daily (most products are 1000iu per tablet). It is especially helpful for people over 50 years of age when bone loss may be increasing. If you have kidney issues, you need to discuss Vitamin D with your doctor first.

Vitamin D is available as an over-the-counter purchase or covered through Plan W with the Pharmacist’s help at your pharmacy.

For more information
contact Lisa at:
lisa@qwemtsin.org
or call 250-374-6732



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Cookie Day at the Skeetchestn Health Centre

Skeetchestn Health Centre held cookie making day with ladies from the Skeetchestn community.

Participants each made their own batch of cookies from sugar cookies, shortbread and chocolate chip one batch with even only sprinkles no chocolate!

The day was spent with stories, laughter and connection. We look forward to having another cookie day-with community.



Please watch for upcoming events at the Skeetchestn Health Centre



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Top 10 tips for picky eaters

01.

Plan family mealtime

Eat meals at the table as a family. Do not offer food while your child is playing, watching television or walking around.

02.

Be a role model.

Your child will eat better and be more willing to try new foods if they see others at the table eating the same foods. Family members, including older siblings are important role models for healthy eating.

03.

Eat at regular times.

Offer three meals and up to three snacks at regular times each day. Offer only water between meals and snacks. This will keep your child hydrated and will also make sure that they don't fill up before mealtime.

What if my child won't eat? If your child refuses to eat at snack or mealtime, offer food only at the next scheduled time. Stick to this rule even when your child refuses supper and has to wait until breakfast. If children eat less at one meal, they will make up for it and eat more at the next meal.

04.

Promote happy mealtimes.

Your child will eat better if they are enjoying mealtime. Children are more likely to have a happy mealtime if you don't pressure them to eat.

05.

Avoid distractions.

Meals and snacks should be served away from distractions like the television or computer. Mealtime is for eating and interacting with the family. Do not have toys at the table or on your child's tray. Leave toys, books, television and music for playtime before or after meals.



Top 10 tips for picky eaters

06.

Prepare one meal for the family.

Make sure you offer food in the correct texture and size of pieces for your child. Remember it is the parent or caregiver's job to offer the food and it is your child's decision whether they will eat or not. Your child will be more willing to try new foods if they know they will not get their favourite foods when they refuse dinner.

09.

Try, try again.

Continue offering new foods even if your child has said no to them before. Offer these foods on different days, at different meals and in different recipes. It can take as many as 15 times for a child to try a food and like it. Don't give up!

07.

Listen to your child.

Trust that your child knows when they are hungry and full.

08.

Don't pressure, praise, reward, trick or punish.

Children who want to be independent will not eat well if they feel pressure. Allow your child to decide if or how much they will eat from the foods offered. Trust that they will eat if they are hungry.

10.

Limit mealtime.

Allow your child a maximum of 30 minutes to eat the meal. After this time, put the food away and let your child leave the table. Offer food again at the next scheduled meal or snack time. Extending mealtime too long will not make your child more likely to eat and does not create a healthy and happy eating environment.



Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food → Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

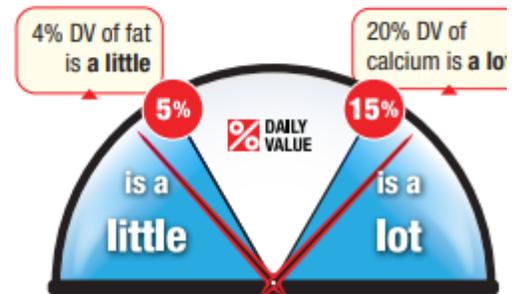
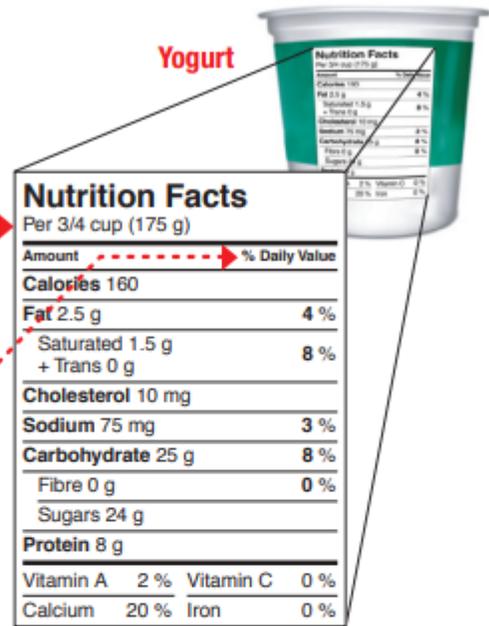
2 READ the % DV → The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
 15% DV or more is a **LOT** } This applies to all nutrients.

3 CHOOSE
 Make a better choice for you. Here are some nutrients you may want...

- | | |
|----------------------------|----------------|
| less of | more of |
| • Fat | • Fibre |
| • Saturated and trans fats | • Vitamin A |
| • Sodium | • Calcium |
| | • Iron |

Here is an example of how to choose:
 You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!



© Her Majesty the Queen in Right of Canada, represented by the Minister of Health, 2011.
 Également disponible en français sous le titre : Utilisez le tableau de la valeur nutritive : % de la valeur quotidienne.
 HC Pub.: 100539
 Cat.: H164-127/2011E-PDF
 ISBN: 978-1-100-19881-1



How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

1 LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

Cracker A

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
Calories 90	
Fat 4.5 g	7 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 280 mg	12 %
Carbohydrate 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

Cracker B

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
Calories 90	
Fat 2 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 90 mg	4 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

2 READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

Cracker B has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

3 CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.





HEART DISEASE IN WOMEN | DID YOU KNOW?



Heart disease is on the rise and is the **#1 killer for women worldwide.**



Men and women may have different symptoms during a heart attack. These symptoms may not be recognized in more than half of all women.



Women and men can have **different types of heart disease.**



Pregnancy complications and earlier menopause are some specific risk factors for women.



Women living with diabetes are **3 times more likely to die from heart disease compared to men.**



There is a lot we can all do to **prevent or lower the risk of heart disease.**



WEARREDCANADA.CA

@CWHHALLIANCE

#HERHEARTMATTERS



To take care of others, you need to first take care of yourself. **Start the conversation. Visit WearRedCanada.ca or talk to your healthcare provider.**

Pink Shirt Day

Join the Annual movement in wearing a pink shirt on February 25, 2026, in support against bullying.

This year's theme is "Sprinkle Kindness" Emphasizing sharing kindness, inclusion, and compassion.





• Notice



Office Closure

Q'wemtsin Health Society and the Skeetchestn Health Centre will be closed the following date and time for Family Day.

Date: Monday, February 16th
Time: 8:30am to 4:30pm

If you have any questions or concerns please call QHS at 250.314.6732 or Skeetchestn Health Centre at 250.373.2580

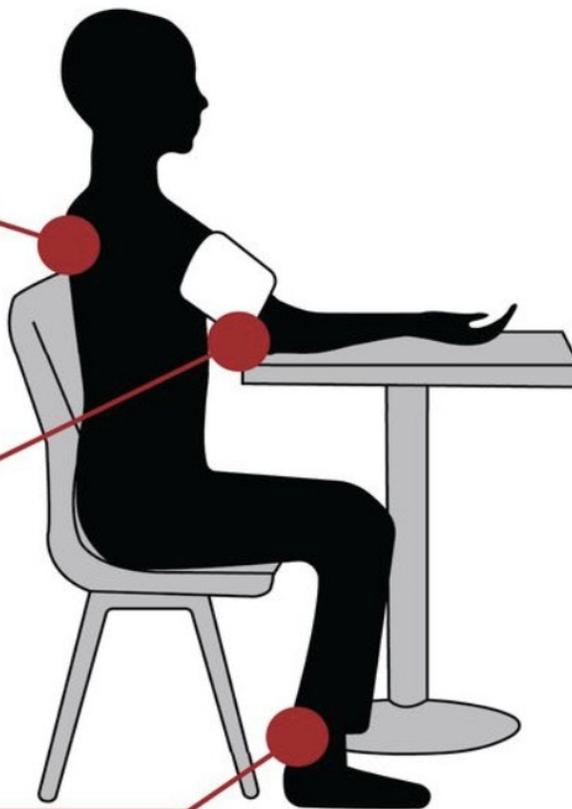
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Optimal blood pressure measuring technique:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of the cuff 3 cm above elbow crease
- ✓ Ask patient not to talk or move during rest period and between measurements
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Proper preparation:

- Quiet and calm room
- No caffeine, tobacco, or exercise in the 30 minutes before the measurements

Appropriate equipment:

- Validated automated BP device (see <https://hypertension.ca/public/recommended-devices> or ask a pharmacist)
- Wide range of cuff sizes to select the appropriate size



Standardized protocol:

- If feasible, observe a rest period of 1–5 minutes before measurements
- Measure BP 3 times at 1-minute intervals
- Average and record all values



February 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CST Footcare	3 CST	4 Dr	5 Dr Footcare	6	7
8	9 CST Dr	10 CST	11 Dental	12 Footcare	13	14
15	16 Closed Family Day	17 CST	18 Dr ND	19 Dr Footcare	20	21
22	23 CST Footcare Dr	24 CST	25 ND Dental	26 Footcare	27	28
Legend: SIB - Orange / QHS - Blue / WPCIB - Green ND-Naturopath CST-Craniosacral Therapy Dr-Doctor						



First Nations Health Authority
Health through wellness

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): 250-723-4050
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 or 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: nakazdli.elders@outlook.com

Carrier Sekani Family Services

provides health and cultural supports. Phone: 250-567-2900 Ext. 2047
Email: slarocque@csfs.org

Gitanmaax Health

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

Gitanyow Human Services

provides health and cultural supports. Phone: 250-849-5288
Email: director@gitanyowhealth.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

Kispiox Health

provides health and cultural supports. Phone: 250-842-6236 Email: tbaskin@anspayaxwhealth.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: 250-707-0095 Ext 228
Email: TCarpenter@sylix.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

Primary Care Services

In Person	<p>Urgent Primary Care and Learning Centre</p> <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
	<p>Kinetic Energy Medical Clinic</p> <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
	<p>Kleo's Pharmacy</p> <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
	<p>Ashcroft Urgent and Primary Care Centre</p> <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	<p>Avee Health (Online Dr.)</p> <ul style="list-style-type: none"> • www.avee.health/booking
	<p>Kipp-Mallery iMedicine Services -Landmark Location</p> <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	<p>Northshore Pharmacy and Care Clinic</p> <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

<p>Virtual</p>	<p>Northshore Pharmacy and Care Clinic</p> <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>
	<p>Enhanced Care Clinic (Go to Doctors.ca)</p> <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
	<p>FNHA Dr of the Day – 1-855-344-3800</p> <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
	<p>TIA Virtual Health Clinic</p> <ul style="list-style-type: none"> • Book online: Tiahealth.com • Virtual or Telephone appointments
	<p>Virtual Physicians at Health Link</p> <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.
	<p>Rocket Doctor</p> <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
	<p>VivaCare Telehealth</p> <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 Otopeniswak.....	250-554-9486

