

NEWSLETTER

SPRING
EDITION
APRIL
2026



photo taken from the world wide web

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



Q'wemtsín
HEALTH SOCIETY

Employee Profile

IN THIS ISSUE

Employee Profile

QHS 25th Anniversary
Celebration

Easter Weekend Office
Closure Notice

Hospital Bed for Sale

QHS Safety Notice

Connection in the
Kitchen with Harley
recap

FNHA Medical Supplies
and Equipment Benefit

Easter Coloring Sheet

National Oral Health
Month - Gingivitis/
Periodontitis
Information

April-Stress Awareness
Month

April- Earth Day

QHS April Calendar

FNHA Mental Health
Resources

Primary Care Resources

Kamloops Resource
Numbers



Christine is a proud member of the Nuxalk Nation (Bella Coola) and has called Secwepemcul'ecw home since 1999. Deeply connected to her Indigenous roots, Christine draws daily inspiration from her culture which guides her values and approach to life. As the devoted mother of five children and a loving grandmother, she cherishes her family and the traditions they uphold together.

Christine's journey into healthcare began in 2002, when her compassion and desire to serve her community led her to become a care aide. Her early experiences sparked a lifelong commitment to caring for others, particularly elders, whose wisdom and stories she treasures deeply. Recognizing the importance of continued learning, Christine returned to school in 2008 to study practical nursing, further expanding her skills and expertise. From 2009 to 2024, Christine worked as a Licensed Practical Nurse (LPN), dedicating herself to supporting elders in various long-term care homes in Kamloops.

In July 2025, Christine joined Q'wemtsin Health as a home care nurse, returning to her commitment to community-based care. In this role, she continued to foster meaningful connections with clients and their families, ensuring they receive comprehensive, respectful, and culturally grounded support.

In February 2026, Christine started her new role as a psychiatric nurse, bringing her unique perspective and empathy to her new role. She currently divides her time between Q'wemtsin Health, where she works part-time on Wednesdays, Thursdays, and Fridays, and Hillside Psychiatric Center, where she further develops her clinical expertise. In both settings, Christine is known for her compassionate approach, cultural awareness, and commitment to advocating for mental health resources—especially within Indigenous communities.

Christine's philosophy of care is rooted in empathy, respect, and a belief in holistic healing. She actively works to reduce the stigma surrounding mental health, empowering her clients and their families to find hope, strength, and resilience.

 QHS • Open House



25 Year Anniversary Celebration!

Come and join Q'wemtsin Health Society as we celebrate our 25 year long journey towards the promotion of healthy Secwepemc individuals, families and communities.

When: April 1, 2026

Time: 11:00 a.m. - 2:00 p.m.

Where: 130 Chilcotin Road

Light refreshments served, door prize draws, and swag giveaways.

This is a free event, where everyone is welcome!

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Easter Weekend Office Closure



**Q'wemtsin Health Society & Skeetchestn Health
Centre will be closed during the Easter Holiday**

Dates Closed:

Friday, April 3rd & Monday, April 6th

**Reopened: Tuesday April 7th, 2026
for regular business hours**

**If you have any
questions or concerns
please contact QHS at
250.314.6732**



Q'wemtsín
HEALTH SOCIETY

HOME HOSPITAL BED FOR SALE



• CONTACT KATE DAVID, ELDERS ASSISTANT •

CALL
EMAIL

(250)373-2493 EXT 216
ELDERS.ASSIST@SKEETCHESTN.CA



Re: Weapons

Out of respect for all staff and clients, weapons of any sort, will not be permitted in the building. As QHS is a place of healing, we respectfully request that all clients accessing QHS for health care services leave anything that may be considered a weapon at home.

We thank you for your understanding.

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org

4

 qwemtsin.org



Q'wemtsín
HEALTH SOCIETY



Connection in the Kitchen with Harley!

Our amazing group of ladies have been a great set to learn new recipes and skills in the kitchen with!

With our first 3 weeks done we have made some amazing Muffins, Quiches, Mediterranean Bowls, Chicken Noodle soup and Biscuits.

We have 5 sessions left in our 8 week program with plenty more delicious recipes planned!



Medical Supplies and Equipment Benefits



First Nations Health Authority
Health through wellness

First Nations Health Benefits offers you a comprehensive Medical Supplies and Equipment (MS&E) plan to support you on your wellness journey.

MS&E items and services are required by many people for short or long-term needs and can be essential in supporting your health and wellness.

Did you know?

There are over 400 MS&E items and services available to you.

Your MS&E benefit offers you a comprehensive list of items and services based on your needs and eligibility.

What my plan covers

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

- Braces and splints
- General MS&E
- Hospital beds
- Low vision aids
- Ostomy supplies
- Wound care supplies
- Bathing and toileting aids
- Cushions and protectors
- Hearing aids and repairs
- Prosthetics and supplies
- Lifting and transfer aids
- Foot orthotics and orthopedic shoes
- Oxygen, sleep and breathing aids
- Offloading boots (air casts)
- Surgical stockings and pressure garments
- Urinary supplies and devices
- Walking aids and wheelchairs
- Diabetic and heart patient devices

What my plan does not cover

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

- Household items (e.g., air conditioner)
- Home renovations (e.g., ramps, stair lifts)
- Sports equipment (e.g., treadmills, exercise items)



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

How Do I Access Coverage?

There are certain steps you can take to access your coverage, avoid out-of-pocket costs and get the items you need quickly. If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

1

If your doctor, nurse practitioner or other health care provider suggests an MS&E item, ask them for a prescription or written recommendation.

2

Ask your pharmacist or MS&E provider if they are registered with PBC for direct billing.

3

Talk to your pharmacist or MS&E provider about which items and services are fully covered by your MS&E plan.

4

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

If you have any questions about your Medical Supplies & Equipment plan or how to access coverage, please call [1-855-550-5454](tel:1-855-550-5454).





THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES



DENTAL
HYGIENE
CANADA.CA

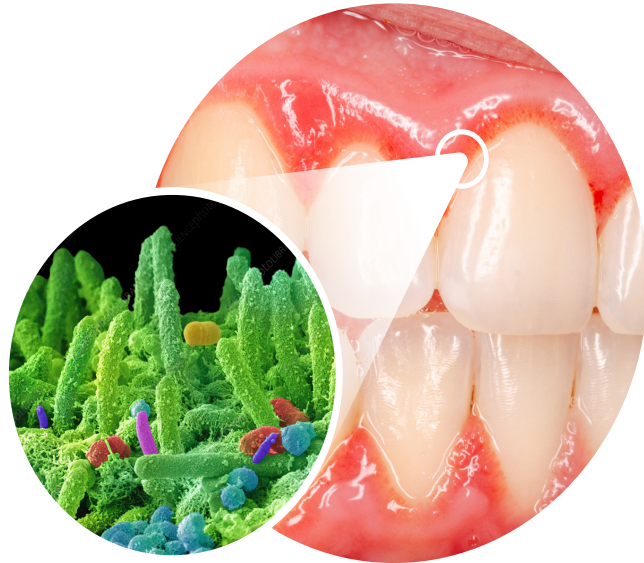
Gingivitis: A Red Flag You Can't Ignore



It's estimated that 7 in 10 Canadians will experience gingivitis, a form of gum disease, in their lifetime.

What is gingivitis?

Gingivitis is a mild infection caused by harmful bacteria in dental plaque, which accumulates at and below the gumline where your teeth and gums meet. When you don't brush your teeth regularly, these bacteria grow and your gums, or gingiva, become inflamed. Your teeth may even feel a bit "furry" when you run your tongue over them. Because gingivitis is often not painful, it can remain undetected until you see your dental hygienist. Your dental hygienist is there to help you take care of your gums so that they remain firm and pink and form a tight collar around each tooth.



What are the signs of gingivitis?

1 Red and puffy or swollen gums

2 Tender gums when chewing

3 Bleeding gums when brushing or cleaning between the teeth

4 Bad breath





THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES



DENTAL
HYGIENE
CANADA.CA

Periodontitis: Don't Wait Until It's Too Late

What is periodontitis?

Periodontitis is a severe form of gum disease that damages the soft tissue and destroys the bone that supports your teeth, eventually leading to tooth loss. It affects not only a person's oral health, but also their overall health as it may increase the risk for certain medical conditions such as [diabetes](#), rheumatoid arthritis, and [heart disease](#). Periodontitis can be mild, moderate or severe.



10%

of Canadians are living with severe periodontitis.

What are the causes of periodontitis?

Periodontitis typically begins with gingivitis, a mild gum infection caused by the build-up of harmful plaque biofilm and calculus on the teeth and under the gums. Left untreated, this infection eventually causes the gums to pull away from the teeth and form periodontal pockets that trap and grow more bacteria, eroding the supporting bone.

What other factors contribute to periodontitis?

Although bacteria beneath the gumline are the primary cause of periodontitis, other factors can increase its severity.



Tobacco and marijuana use, and vaping



Chronic diseases and stress



Medications that reduce saliva flow or cause gum overgrowth



Hormonal changes



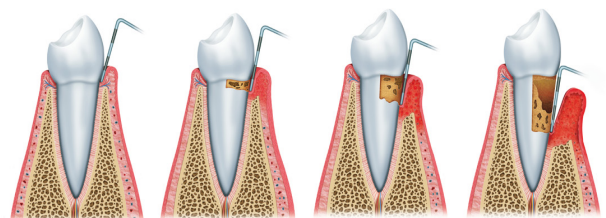
Poor nutrition



Genetics

What are the signs of periodontitis?

- 1 Red, swollen gums that bleed easily
- 2 Receding gums
- 3 Gums that have pulled away from the teeth, creating deep pockets around them
- 4 Pus between the teeth and gums
- 5 Persistent bad breath or a bad taste in the mouth
- 6 Painful chewing
- 7 Teeth that feel loose, shift or fall out



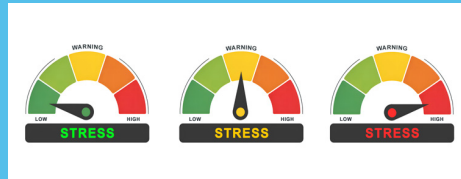
Healthy Mild Moderate Severe

Easter Coloring Sheet

QHS • Information



Did you Know?

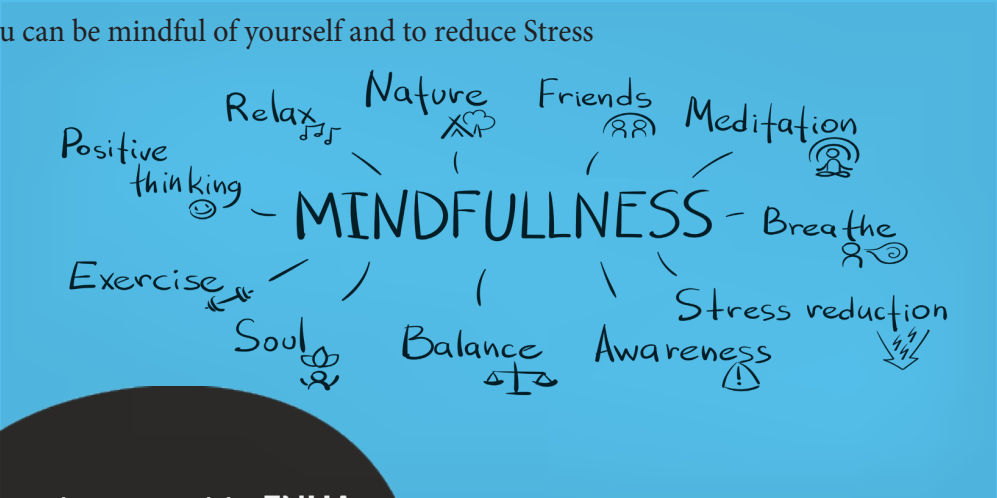


April is Stress Awareness Month.

Stress can come from major life events good and bad, stress affects us all in different ways. Stress also contributes to unhealthy habits such as smoking, poor eating habits, stomach aches, insomnia, consumption of alcohol. Stress can carry risks of long term health conditions like heart disease, high blood pressure, stroke, or immune and circulatory complications.

It is important we know what the factors and effects are in order to help ourselves and each other to reduce stress and the health risks.

Ways you can be mindful of yourself and to reduce Stress



Scan to connect to FNHA Mental Health Resources



f qwemtsin.org



Q'wemtsin
HEALTH SOCIETY

QHS • Information



Did you know?

April 22, 2026 is World Earth Day!

Earth Day Activities:

- Plant a tree
- Re-use bottles to make plant holders
- Create a compost bin
- Donate or upcycle clothes and toys
- Make a bird feeder
- Reduce water, electricity use
- Bike, walk instead of driving



Happy Earth day

For more ideas and information on Earth Day scan the link:



I2



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY



April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Doctor ND	2 Doctor	3 Office Closed	4
5	6 Office Closed	7 CST	8 Doctor ND	9 Doctor Footcare	10	11
12	13 Doctor CST Footcare	14 CST	15 Doctor ND	16 Doctor footcare	17	18
19	20 Doctor CST	21 CST	22 ND	23 Footcare	24	25
26	27 Doctor CST Footcare	28 CST	29 Doctor	30		
Legend: SIB - Purple / 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@syilx.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-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health Region

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

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/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-healthsubstance-use>



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
----------------	----------------

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 Rescuse.....	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

