

Q'wemtsín Health Society Newsletter



Remembrance Day



Q'wemtsín Health Society
&
Skeetchestn Health Clinic

Closed for Remembrance Day

Closed: Tuesday, November 11th
Reopened: Wednesday, November 12th

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**If you would like a copy of
the QHS monthly news-
letter please contact**

**Lee-Anne Deneault at
250.314.6732**



Skeetchestn Clinic Days

November 2014

Sunday	Monday	Tuesday Diane Procter SIB	Wednesday	Thursday Diane Procter SIB	Friday	Saturday
REMINDER: <u>All</u> appointments must be booked through Skeetchestn health Clinic at 250.373.2580						1
2 Daylight savings time 	3	4 Picku SIB	5 SIB Clinic Day Melissa Bradwell SIB Foot care & Dave McCullay	6	7	8
9	10	11 Remembrance Day QHS Office & SIB office Closed	12	13	14	15
16	17	18 SIB Clinic Day Karen Irving Picku SIB	19 SIB Clinic Day Melissa Bradwell	20	21	22
23/30	24	25 Picku SIB	26 Families and Tots Group	27	28	30

QHS FLU INFO.



Flu Symptoms include: fever, cough, sore throat, runny or stuffy nose, headache, muscle aches and extreme fatigue.

There are several ways to reduce your risk of getting the Flu:

- * **Get your flu shot**
- * **Cover your mouth and nose when you cough or sneeze**
- * **HAND WASHING!**
- * **STAY HOME IF YOU ARE SICK!**

If you would like your flu shot you can call QHS to book an appointment with any of our Community Health Nurses:
Sarah Bennett, Diane Procter or Christine Lessmann.

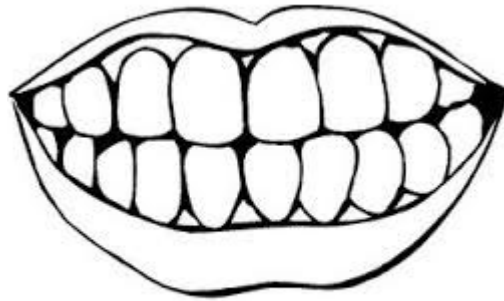
Call QHS at: 250.314.6732

Q'wemtsín Health Society will be hosting a Flu Clinic in November watch out for upcoming dates and times.

Q'wemtsín Health Society Dental Department

**The QHS Dental Department is a few weeks
away from opening!**

Healthy Teeth=Healthy Me



**Dental tip: Remember to brush your teeth twice a
day. Once in the morning and before bed.**

If you would like more information about the new dental clinic or would like to book an appointment, you can speak with our Dental Hygienist, Crystal Chartrand or COHI Aid, Natasha DeNeef.

Call QHS at: 250.314.6732

Being vegetarian or vegan does not always mean you are healthy. A balanced diet is important regardless of what nutritional restrictions one might have. When patients are looking to adopt a more vegetarian diet, protein is always where we start when we talk about maintaining that balance.

Each plant food has its own unique amino acid profile, from green leafy veggies to tubers, from barley to quinoa, from lentils to tofu, from macadamias to brazil nuts. By eating a variety of plant foods with 'incomplete proteins' throughout the day, we can easily get enough 'complete protein.' For lacto and ovo-lacto vegetarians, any food can be complemented by the high quality proteins in dairy products or eggs, but it isn't at all necessary to include animal foods to get enough protein in your diet.

In vegan protein combining, there are three broad categories: legumes, grains, nuts & seeds. These can be mixed and matched to get complete protein at any meal, or throughout the day. For instance, the amino acids in legumes (beans & lentils) are balanced by those in grains, nuts and seeds, and vice versa. Vegetables and fruits also contribute significant amounts of protein. A one cup serving of avocado, for example, has 3 grams of complete protein, and a medium potato with skin has 4 g. Vegans can easily get all the essential amino acids, through eating different combinations of grains, legumes, nuts & seeds, vegetables & fruit several times a day.

Food combining for complete protein isn't a scientific system, where you have to keep track and analyze everything you eat. It's a natural traditional way of eating, which most human beings have eaten and thrived on, for thousands of years. However, food combining for complete protein is important as our body is unable to make certain amino acids (which are the building blocks of proteins) yet they are essential for life. Thus they are called the **essential amino acids**. Because our bodies cannot manufacture these amino acids, they must be found in the diet. There are nine amino acids generally considered essential for humans. All essential amino acids can be found in vegetables, although care is needed to ensure proper levels in a strict vegetarian diet.

The nine essential amino acids as well as their functions include:

1. **Isoleucine (Ile)** – important for muscle production, maintenance and recovery after workout. Also involved in hemoglobin formation, blood sugar levels, blood clot formation and energy.
2. **Leucine (Leu)** – needed for growth hormone production, tissue production and repair, and prevents muscle wasting. Used in treating conditions such as Parkinson's disease.
3. **Lysine (Lys)** – aids in calcium absorption, bone development, nitrogen maintenance, tissue repair, hormone production, and antibody production.
4. **Methionine (Met)** - supports fat emulsification, digestion, arterial plaque prevention (heart health), and heavy metal removal.
5. **Phenylalanine (Phe)** – generates tyrosine synthesis and the neurochemicals dopamine and norepinephrine. Supports learning and memory, brain processes and mood elevation.

Continued on next page...

- 6. Threonine (Thr)** monitors bodily proteins for maintaining or recycling processes.
- 7. Tryptophan (Trp)** – produces niacin (Vitamin B3), and serotonin. Helps with pain management, sleep and mood regulation.
- 8. Valine (Val)** helps muscle production, recovery, energy, endurance; balances nitrogen levels; used in treatment of alcohol related brain damage.
- 9. Histidine (His)** - the 'growth amino' essential for young children. Lack of histidine is associated with impaired speech and growth. Abundant in spirulina, seaweed, sesame, soy, rice and legumes.

The chart below shows some examples of food combining for complete protein.

FOODS	LIMITING AMINO ACIDS (low levels, not completely missing)	COMPLEMENTARY FOODS	MENU ITEM EXAMPLES
Legumes: lentils, peas beans	Tryptophan Methionine	Grains, nuts & seeds	Stir-fry veg w/green soybeans, served over brown rice, sesame seeds garnish or Hummus (chickpeas & tahini spread), served with whole wheat pita bread
Grains: wheat, corn, rice, oats barley, rye	Lysine Isoleucine Threonine	Legumes, dairy	Grilled cheddar on whole wheat bread or Cornbread & chili beans, grated cheddar
Nuts & Seeds Almonds, peanuts, sunflower, cashews	Lysine Isoleucine	Legumes	Lentil-walnut loaf, cashew gravy or Fried tofu cubes on mixed salad, peanut-coconut dressing

Tips:

- Eat small meals (5-6x/day)
- Eat protein with each meal Avoid simple sugars and refined foods (baked goods, syrups, cookies, cakes). Limit corn syrup, glucose, fructose, maltitol, sorbitol, dextrose, and aspartame
- Choose whole foods (legumes, fruit/veggies, grains, brown rice)
- Include essential fatty acids in your diet (raw nuts, seeds, cold water fish)
- Aim for 2 fruits per day – always eaten with a protein or fat

P- Protein

Good hunger avoiding tools to have on hand:

- Nut butters – natural, unsweetened peanut, almond, pumpkin seed, mixed or cashew
- Spreads – either homemade or store-bought. Humus (plain or flavored), roasted red pepper spread, baba ganoush (eggplant), black bean
- High protein whole grain breads, rice crackers, whole grain crackers, sprouted grain breads
- Fruits and veggies – choose a wide variety of bright colours
- Plain Greek yogurt- avoid no fat options and ones with fruit/sweeteners already added

P- Protein

Some great snack ideas:

- Apple with your favorite nut butter
- High protein whole grain sprouted bread with turkey breast or chicken. Add some avocado, cranberry sauce, mustard, humus, baba ganoush or spread of your choice for moisture. Avoid mayonnaise and gravy.
- Humus with veggies or crackers
- Greek yogurt with some fresh or frozen fruit
- Mixed nuts and seeds – create your own with any of the following: almonds, cashews, brazil nuts, walnuts, sunflower seeds, pumpkin seeds, and some dried fruits such as currants, cranberries, etc. Keep the dried fruits to a minimum because they are very high in sugar.
- Avocado and tomato on cracker or toasted whole grain sprouted bread with a drizzle of extra virgin olive oil, salt and pepper
- 1-2 hard-boiled eggs with salt and pepper

If you would like to schedule an appointment with our Naturopathic Doctor Melissa Bradwell, call Q'wemtsín Health Society at 250.314.6732 or Skeetchestn Health Clinic at 250.373.2580.

Front desk staff will be happy to assist you!



Skeetchestn FAMILIES & TOTS GROUP

The Skeetchestn Health Clinic hosts the Families and Tots Group once a month. Our community Health Nurse picks a monthly topic of discussion, last months topic was safety.

The purpose of this group is to bring together families throughout the community in a fun and supportive environment. Healthy and nutritious snacks are provided to participants.

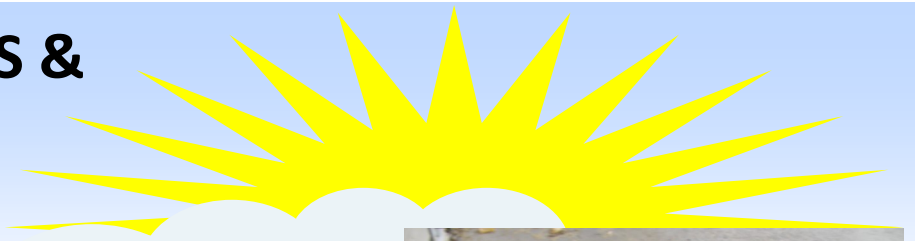
Families and Tots Group is open to everyone in the Skeetchestn Community. If you would like more information please call the Clinic at 250.373.2580

Next Families and Tots Group is:

Date: Wednesday, November 26th

Time: 11:00am to 1:00pm

Place: Skeetchestn Health Clinic



Movember



In honor of Movember...Lets get talking about our Men's health!

Movember is all about men's health issues like: prostate cancer, testicular cancer and mental health.

THE STATE OF MEN'S HEALTH IN CANADA!

MEN **WOMEN** **AVERAGE LIFE EXPECTANCY**
80 **84** **FOR CANADIAN MEN IS**
4 YEARS LESS THAN
WOMEN.



1 IN 5 CANADIANS WILL
EXPERIENCE A MENTAL HEALTH
PROBLEM EACH YEAR.



ABOUT 2 IN 5 CANADIANS WILL DEVELOP
CANCER IN THEIR LIFETIMES.



TWO THIRDS OF CANADIAN MEN
WERE OBESE.

AVOIDABLE MORTALITY
ACCOUNTED FOR 74%
OF PREMATURE DEATHS
AMONG MEN.

The reason for the poor state of men's health are numerous and complex and include:

- Lack of awareness and understanding of the health issues men face
- Men not openly discussing their health and how they are feeling
- Reluctance to take action when men don't feel physically or mentally well
- Men engaging in risky activities that threaten their health
- Stigmas surrounding mental health



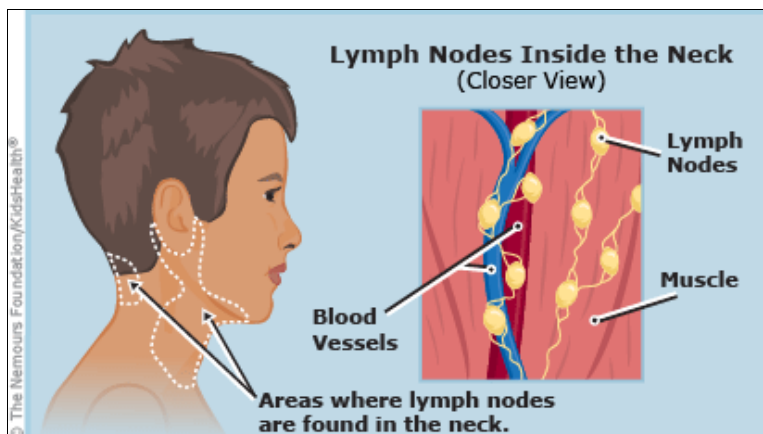
YOUR IMMUNE SYSTEM

To be immune (say: ih-Myhoon) means to be protected. So it makes sense that the body system that helps fight off sickness is called the immune system. The immune system is made up of a network of cells, tissues, and organs that work together to protect the body.

White blood cells also, called leukocytes (say: LOO-luh-sytes), are part of the defense system. There are two basic types of these germ-fighting cells:

- Phagocytes (say: FAH-guh-sytes), which chew up invading germs
- Lymphocytes (say: LIM-fuh-sytes), which allow the body to remember and recognize previous invaders

Leukocytes are found in lots of places including your spleen, an organ in your belly that filters blood and helps fight infections. Leukocytes also can be also be found in bone marrow, which is a thick, spongy jelly inside your bones.



Your Lymphatic (say: lim-FAH-tick) system is home to these germ fighting cells, too. You've encountered your lymphatic system, if you've ever had swollen glands on the sides of your neck, like when you have a sore throat. Although we call them glands, they are actually lymph nodes, and they contain clusters of immune

system cells. But they are swollen, it means your immune system is at work.

Lymph nodes work like filters to remove germs that could make you sick. Lymph nodes, and the tiny channels that connect them to each other, contain lymph, a clear fluid with leukocytes (white blood cells) in it. Besides your neck, where else do you have lymph nodes? Behind your knees, in your armpits, and in your groin-just to name few.

So you have this great system in place. Is it enough to keep you from getting sick? Well, everyone gets sick sometimes. But your immune system helps you get well again. And your had your shots, your body is extra-prepared to fight off serious illness that your immune system alone might not handle. If you get the shot that covers measles for instance, it can protect you from getting measles, if your ever exposed to it.



Immune System Problems

Sometimes a person has a problem with his or her immune system. Allergies are one kind of problem— the immune system overreacts and treats harmless, like peanuts, as sometimes really dangerous to the body.

With certain medical conditions, such as lupus or juvenile rheumatoid arthritis, instead of fighting germs, the immune system fights the good cells and this can cause problems. Other immune system problems may develop due to an illness like HIV/AIDS or cancer.

You can't prevent most immune system disorders. But if they happen, they can be treated with medicine and in other ways to help the person feel good and be healthy again. If you have an immune system problem, your doctor can help teach you ways to take care of yourself so you stay strong and are able to fight off illness. Immunologists (say: ih-myoon-ALLoh-jists) , are doctors who specialize in immune system problems.

Healthy kids can help their immune systems by washing their hands regularly to prevent infections, eating nutritious foods, getting plenty of exercise, getting enough sleep, and getting regular medical checkups. And if you feel great, thank your immune system!



Dont forget to wash your hands!

Resource: <http://kidshealth.org/>



**Come to our
Mobile Optometry Clinic**

FREE EYE TESTING

**Eye exams and basic eye glasses
are covered by FNHA**

Where: Skeetchestn Health Clinic

Dates: November 17, 18, 19

Time: 8:00 am to 4:00 pm

Register: At SIB Clinic

(with Reception, SIB Clinic)

TO REGISTER CALL 250.373.2580

Breakfast Blueberry Oatmeal Cakes

Makes: 6 servings

Serving Size: 2 oatmeal cakes

Active time: 15 minutes

Total Time: 55 minutes

(plus 8-12 hours soaking time)

Equipment: Nonstick muffin tin with 12 (1/2 cup) cups



Ingredients:

- 2 1/2 cups old-fashioned rolled oats
- 1 1/2 cups low fat milk
- 1 large egg, lightly beaten
- 1/3 cup pure maple syrup
- 2 tablespoons vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup blueberries, fresh or frozen

Preparation:

1. Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed at least 8 hours and up to 12 hours.
2. Preheat oven to 375 F. Coat a nonstick muffin tin with cooking spray.
3. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each with one tablespoon of blueberries.
4. Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for 10 minutes. Loosen and remove with a paring knife. Serve warm.

Resource: <http://www.eatingwell.com>



Firearm Safety

1. Always educate everyone in your family about firearm safety
2. Make sure young people in your home are aware of and understand the safety guidelines concerning firearms.
3. Use a gun locking device that renders the firearm inoperable when not in use. A gun lock should be used as an additional safety precaution and not as a substitute for secure storage.
4. Store your firearms in a locked cabinet, safe, gun vault or storage case when not in use, ensuring they are in a location inaccessible by children and cannot be handled by anyone without parents permission.
5. Be sure you know how your firearm operates: read the manual on your firearm, know how to safely remove any ammunition from the firearm and it's magazine.
6. Firearm's should be unloaded when not in use. Whenever you pick a gun up, such as when removing it from storage, remember to point it in a safe direction and make sure it is unloaded.
7. Always keep your finger off the trigger until you actually intend to shoot. When handling a gun, rest your finger outside the trigger guard or along the side of the gun. Don't touch the trigger unless you are ready to shoot.
8. Always keep gun pointed in a safe direction. A "safe" direction means that the gun is pointed so that even if an accidental discharge occurred, it would not result in an injury.



QHS Staff

FITBIT CHALLENGE

QHS staff have been involved in the FITBIT challenge. This challenge originated from the FNHA Beefy Chiefs Challenge. This contest is not about losing weight or how much inches you have lost.



Its about tracking your daily movement and how much steps you have taken throughout the day. So get out there and start moving, as there are many benefits to physical activity. In honor of the FITBIT challenge here are few benefits of walking:

- **Walking reduces the risk of coronary heart disease**
- **Lowers blood pressure**
- **Reduces high cholesterol**
- **REDUCES BODY FAT**
- **ENHANCES MENTAL WELLBEING**
- **Increasing bone density**
- **Reduces the risk of cancer of the colon**

WALK WALK WALK



MOVEMBER
MEN'S NIGHT 2014

Hosted by Social Development & Q'wemstin Health Society

Presented by: Dr. Clement Persaud

WHEN: November 13, 2014

WHERE: Moccasin Square Gardens

TIME: 5:00pm - 8:00PM

**POKER GAME
WITH PRIZES**

**FREE
DINNER**

**DOOR PRIZES
& PRIZES FOR
BEST
MOUSTACHE**

If you require additional information or have questions please feel free to contact Lesa Frezie @ (250) 828-9707. Due to limited seating registration is required, call Lesa to register today.



Information on Enterovirus D68 (EV-D68)

The FNHA would like to provide important information on Enterovirus D68 (EV-D68) for our citizens, Health Directors and health professionals working in First Nations communities in BC.

EV-D68 is one type of virus that is part of a larger family of viruses that have been around for many years, and is related to the common cold virus. This virus is spread from person to person through coughing and sneezing, by close contact with infected persons, or by touching a contaminated surface. It often does not cause any symptoms but can sometimes lead to cold-like symptoms including a cough and runny nose. To date the BCCDC reports that as of Oct. 16 there have been 36 cases and one death associated with EV-D68 in BC.

In the United States EV-D68 has led to more severe symptoms in some children and there have been many children who have been admitted to the hospital for difficulty breathing. Also in the United States there have been some children who have developed muscle weakness and paralysis after being sick with EV-D68, and in a few rare cases some have died from this virus. In Canada, health professionals are investigating to see if children with muscle weakness had been sick with EV-D68.

Parents, caregivers, and community members should watch for children who may be having difficulty breathing or who are wheezing and should make sure the child sees a nurse immediately if they are having these symptoms.

What are the symptoms of EV-D68 infection?

EV-D68 can cause mild to severe respiratory illness.

- Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.
- Severe symptoms may include wheezing and difficulty breathing.

How does the virus spread?

EV-D68 causes respiratory illness and the virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus, or sputum. EV-D68 spreads from person to

Information on Enterovirus

Children who have asthma or who have wheezed in the past are more likely to get very sick from EV-D68.

If you are caring for a child with asthma or who has wheezed make sure they:

- Take their asthma medication as instructed by the doctor or nurse
- Keep their reliever puffer with them at all time
- Update the asthma action plan with the nurse

If asthma medication does not help immediately please see the nurse right away. Also, if caregivers notice any muscle weakness in children then the child should be taken immediately to the nurse.

How can I protect myself?

- Wash hands often with soap and water.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick.

If you have any concerns or questions please contact your nurse or Community Health Advisor. For more information email us: immunize@fnha.ca.

Resource: <http://www.fnha.ca/>

First Nations Health Authority

Access for First Nations

The First Nations Health Authority is pleased to release the first edition *First Nations Health Benefits Information Package*. This publication has essential and informative information about the First Nations Health Benefits program including principles, coverage, workflow for claims, appeals information, frequently asked questions, contact information and more.

This document intends to assist First Nations Health Benefits clients in navigating the system in an easy and convenient way. Information within covers the health benefits areas of dental, medical supplies and equipment, medical transportation, mental health, MSP, pharmacy, vision care, travel, general, and more.

If you would like to a copy of the First Nations Health Benefits Package you can request a copy from the front desk staff at QHS or Skeetchestn Health Clinic.

Contact information:

Operations – Dental Claims

Toll Free: 1.888.321.5003

Fax: 604.666.5815

General (Not Claim Specific)

Toll Free: 1.855.550.5454

Email: HealthBenefits@fnha.ca

In-person Inquiries

1166 Alberni Street,

Room 701, Vancouver BC

Operations (Claims Specific)

Crisis Intervention – Mental Health
Dental

Medical supplies & Equipment

Medical Transportation

MSP Coverage

Pharmacy

Vision

Operations - Claims

Toll Free: 1.800.317.7878

Fax: 1.888.299.9222

Resource Numbers for Kamloops Area

Emergency Assistance

Ambulance/Fire/Police	911
Children's Hotline	310-1234
Kids Helpline	1-800-668-6868
Interior Crisis Line Network (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
Kamloops Urgent Response Team	250-377-0088
Kamloops Mental Health Intake	250-377-6500
Kamloops Street Services	250-314-9771
Kamloops R.C.M.P. Victim Services	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter	250-374-6162
Children Who Witness Abuse	250-376-7800
Outreach Services (Mobile service for women and children who have experienced abuse)	250-320-3110

Aboriginal Services

Q'wemtsin Health Society	250-314-6732
Secwepemc Child and Family Services 300 Chilcotin Road	250-314-9669
Sydney Avenue	250-461-7237
Toll Free number	1-866-314-9669
Interior Indian Friendship Society	250-376-1296
White Buffalo Aboriginal and Metis Society	250-554-1176
Secwepemc Cultural Education Society	778-471-5789
Native Youth Awareness Centre	250-376-1617
Aboriginal Training & Employment Centre	250-554-4556
Kamloops Native Housing Society	250-374-7643
Shuswap Training and Employment Program	778-471-8201

R.C.M.P.

Tk'emlúps Detachment	250-314-1800
Kamloops City Detachment	250-828-3000
(Complaints General inquiries)	
Downtown Community Policing	250-851-9213
North Shore Community Policing	250-376-5099
Southeast District	250-828-3111

Addictions

Narcotics Anonymous	1-800-414-0296
Alanon/Alcoholics Anonymous	250-374-2456
House of Ruth (women only)	250-376-5621
Phoenix Centre	250-374-4684
Raven Program	250-374-4634
Sage Health Centre	250-374-6551
Smokers Health Line	1-877-455-2233
Alcohol & Drug Information & Referral Services	1-800-663-1441

Kamloops Walk-in Clinics

Summit Medical Clinic	250-374-9800
Kamloops Urgent Care	250-371-4905
North Shore Walk-in Clinic	250-376-9595

Royal Inland Hospital

Information	250-374-5111
Admitting	250-314-2450
Emergency	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald	250-314-2100 (ext. 3109)
Gloria Big Sorrelhorse	250-314-2100 (ext. 3109)

Q'wemtsin Health Society

**130 Chilcotin Road
Kamloops, BC
V2H 1G3**

Phone: 250.314.6732

Fax: 250.314.6742

E-mail: qhs@qwemtsin.org

**Hours of Operation:
Monday to Thursday
8:30 am to 4:30 pm**

Friday 8:30 am to 4:00 pm

