

Q'wemtsín Health Society Newsletter



Merry Christmas



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If you would like a copy of the QHS monthly newsletter please contact Lee-Anne Deneault at 250.314.6732

Q'wemtsín health Society would like to wish our communities:

- Tk'emlúps te Secwepemc
- Whispering Pines/Clinton Indian Band
- Skeetchestn Indian Band


A safe and happy holiday season!




Skeetchestn Clinic Days

December 2014

Sunday	Monday	Tuesday Diane Procter SIB	Wednesday	Thursday Diane Procter SIB	Friday	Saturday
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	1	2	3 SIB CLINIC DAY Melissa Bradwell	4	5	6
7	8	9 SIB CLINIC DAY Karen Irving	10 SIB OPEN HOUSE 	11	12	13
14	15 Foot Care Clinic	16	17 SIB CLINIC DAY Melissa Bradwell	18	19	20

21	22	23	24 Christmas Eve	25 Christmas Day 	26	27
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28	29	30	31 New Years Eve 	<div style="background-color: #92d050; padding: 10px; border: 1px solid #008000;"> <p>REMINDER: <u>All</u> appointments must be booked through Skeetchestn health Clinic at 250.373.2580</p> </div>		
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Christmas Holidays Office Closure



@'wemtsín Health Society and the Skeetchestn Health Clinic will be closed for the Christmas holidays.

Closed: Monday, December 22, 2014

Reopened: Monday, January 5, 2015

If you are experiencing a medical emergency of any kind call 9-1-1 or go to the Emergency room at Royal Inland Hospital.

We wish you a safe and Happy Holiday Season!





Healthy Holiday Eating Tips

The holiday season is around the corner and with it comes the parties, religious celebrations, family get-togethers and food, lots and lots of food. For some, the holidays are a time where you allow yourselves to indulge a little more on those sweet treats and beverages, while also putting your exercise routines on hold. For others, those with will power of steel, you are able to stick true to your healthy eating and exercise plan with little or no cheating. Most of us are not part of that second category.

The average person gains just over one pound during the holiday season, and while a pound doesn't sound like much, think about the number of holiday seasons you celebrate. Those pounds can add up quickly! Good news is there are tips you can follow that allow you to get through the holidays without bypassing the dessert track and without the feelings of guilt for doing so.

1. Never skip meals

A theory practiced by many on the day of a big feast, is to not eat all day with the thought that your stomach will shrink and that you will eat less. This theory is usually proven wrong very quickly, especially as you head back for a second helping. Eating regularly throughout the day will keep your blood sugar levels consistent, which prevents cravings, sugar crashes and over-eating. Consider a small protein snack, such as almonds or Greek yogurt, before dinner to curb your eating.

2. Don't drink your calories

If you are watching your weight, calories can be very sacred and very few choose to waste them on liquid beverages. The more common alcoholic drinks, like beer and wine can run between 100 and 150 calories per serving, but this is a season full of rum and eggnog's, which will easily contain twice that. At a party or out holiday shopping, choose your beverages wisely. A hot, spicy chai tea provides great flavour and fewer calories than it's tempting rival, the gingerbread latte, which for a grande can run you at least 240 calories (even without the whip!)

3. Quality not quantity

Don't leave your favourite holiday dish off your plate because you're concerned with the calories. Instead, make an effort to enjoy it in smaller amounts. This way you won't be thinking about it the rest of the evening and you can satisfy that craving.

First, start dinner off by a round of the healthier options, such as veggies and hummus, shrimp cocktail, and salad. This way, when you're ready for the entree, you will be less likely to take as much food. Some people also choose to use smaller dinner plates over the holidays. Less room on the plate means less food in the belly.

Second, when serving the main course, consider filling up on calorie-friendly lean turkey meat, steamed vegetables, topped with lemon juice instead of butter, and sweet potato. Instead of gravy on your mashed potatoes, try some fresh chives and a drizzle of balsamic vinegar. Lastly, try to wait at least 20 minutes before heading back for seconds. It takes your brain this long to register the feeling of fullness.

4. Food preparation tips

There are a number of ways you can cut calories without sacrificing flavour:

- Using broth to sauté instead of butter — 104 calories saved per tablespoon.
- Using low-fat milk instead of whole milk — 60 calories saved per cup
- Using plain, low-fat yogurt instead of cream — 720 calories saved per cup.
- Experiment and flavour foods with calorie-free herbs and spices



5. Sneaky Snacking Calories

When preparing meals for your own get-togethers, be mindful of what you nibble on while making the food. Calories from mindless nibbling quickly add up. During preparation, try chewing gum to prevent yourself from unnecessary sampling or have a bowl of raw veggies nearby to snack on.

6. Out of sight, out of mind

Seems everyone you see comes bearing gifts and you end up with cookies and chocolates galore this time of year, which leaves many wondering “Who on Earth is going to eat all this?” Instead of the answer being you, try and share them. Keep them out of sight when you’re home alone and bring them out when you have guests stop by or freeze them for another event or get-together. Then, when out skiing or tobogganing, you’ll be glad you had those extra treats.

7. Keep Active

So long ‘Tis the season to get lazy! Keep moving and remember the importance of physical activity over the holidays. Memorable events with your children, spouse or friends will outlast the memories of the food. Exercise increases metabolism as well, so that the calories you do consume after tobogganing will burn off faster than without any activity.

To avoid disappointment from unrealistic goals this holiday season, focus on weight maintenance instead of weight loss. By allowing yourself small samples of holiday treats you will prevent the over-consumption of calories while still getting a taste of the holidays. By setting yourself realistic goals instead of an all-out ban on holiday indulgences, you will also feel better about the holidays once they have ended.

Dr. Bradwell wishes all of her colleagues, patients and clients of QHS a very Merry Christmas and a happy and safe holiday season.

References:

<http://www.nichd.nih.gov/news/releases/holidayweightgain.cfm>



GRAND OPENING...

SOON!



QHS Receptionist Kasey Draney checking out the new Dental Clinic!

Q'wemtsín Health Society will be opening the doors to the NEW Dental Clinic soon. Watch out for the Grand Opening date and time in the new year!

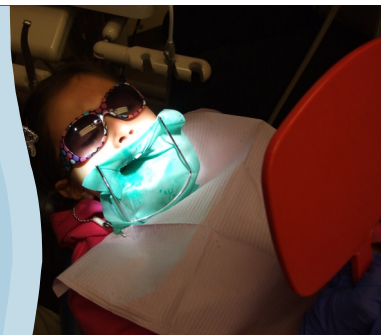


If you would like to book an appointment for the new dental clinic or if you have questions or concerns

regarding anything dental you can contact QHS Dental Hygienist, Crystal Chartrand or Natasha DeNeef, COHI Aid.

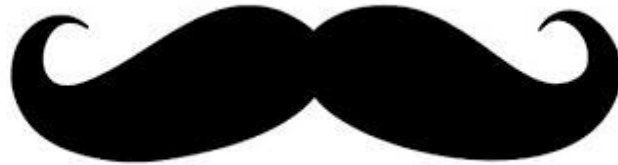
Phone:
250.314.6732

Community
Member
Dentist
Visit





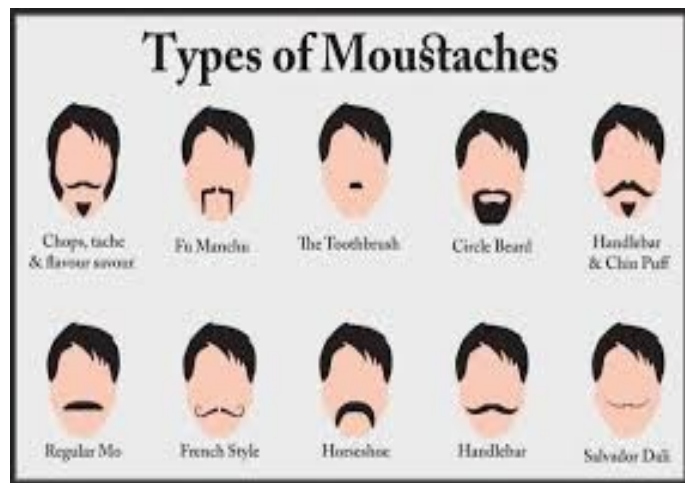
Movember Men's Night



Tk'emlúps te Secwepemc in collaboration with Q'wemtsín Health Society hosted yet another successful Men's night! Dr. Clement Persaud was the presenter of the evening and of course the subject of discussion was men's issues and men's health!

The **WINNER** for the best moustache went to Norman Berg (Hot Shave & Haircut from Tommy Guns).

The **BEST EFFORT** moustache went to Brandon Daniels (Hot Shave & Hair cut from Tommy Guns).



Prize winners were:

- 1st place for the poker tournament went to Robin Manual (T.V.)
- 2nd place went to Wacey Gottfriedson (Gift card to Wholesale sports)
- 3rd place went to Dolan Paul (Gift Card to Aberdeen Mall)

Thanks to all the men who came out to participate in Movember Men's Night!



Hypothermia and Cold Temperature Exposure

What is hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A rectal temperature is considered the most accurate body temperature. A normal rectal body temperature ranges from 36.4 C (97.5 F) to 37.6 C (99.6 F), and for most people it is 37C (98.6 F). For information on how to take an accurate temperature, you can go to Healthlink BC website and see the topic Body Temperature.

Sometimes a normal, healthy adult has a low body temperature, such as 36 C (96F). If the person with the low body temperature is not ill, does not have any other problems, and is not an infant or an older adult, then evaluation usually is not needed.

What can cause hypothermia?

Hypothermia can occur when you are exposed to cold air, water, wind, or rain. Your body temperature can drop to a low level at temperatures of 10 C (50 F) or higher in wet and windy weather, or if you in 16 C (60 F) to 21 C (70 F) water. If you have mild hypothermia home treatment may be enough to bring your body temperature back to normal.

What are the Symptoms?

Early symptoms include:

- Shivering
- Cold, pale, or blue-grey skin
- Lack of interest or concern (apathy)
- Poor judgment
- Mild unsteadiness in balance or walking
- Slurred speech
- Numb hands and fingers and problems performing tasks

Late symptom's include:

- The trunk of the body is cold to touch
- Muscles becoming stiff
- Slow pulse
- Breathing that is shallow and slower
- Confusion
- Loss of consciousness
- Shivering, which may stop if body temperature drops below 32 C (90 F)



Hypothermia and Cold Temperature Exposure continued...

What can happen from hypothermia?

Hypothermia is an emergency condition and can quickly lead to unconsciousness and death if heat loss continues. It is very important to know the symptoms of hypothermia and get treatment quickly. Often a hiker or skiers body temperature will drop really low before others notice that something is wrong. If someone begins to shiver violently, stumble, or cant respond to questions, it may be hypothermia and you need to warm him or her quickly. For more information you can go to Healthlink BC website, and see the topic Cold Temperature Exposure.

Who is at risk for hypothermia?

Anyone can get hypothermia. Most healthy people with mild to moderate hypothermia recover completely without permanent injury. Recovery is harder for babies and older, ill, or inactive adults. Hypothermia can occur indoors, especially in babies and older ill adults that are not dressed warmly enough.

How is it treated?

Medial treatment for hypothermia depends on the severity of the hypothermia. Treatment of mild hypothermia includes getting out of the cold or wet environment, using warm blankets, heaters, and hot water bottles.

Moderate to severe hypothermia generally is treated in the hospital, where can use special techniques to warm the core body temperature.

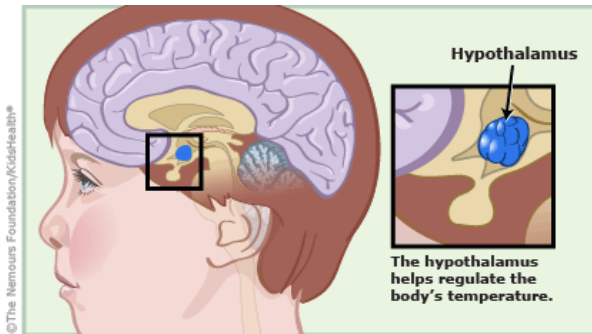
Resource: Healthlink BC website



What are fevers, exactly? Why do kids get them? Why do parents and doctors care so much about them? And once you have one, how do you get rid of it?

It all begins with your Brain

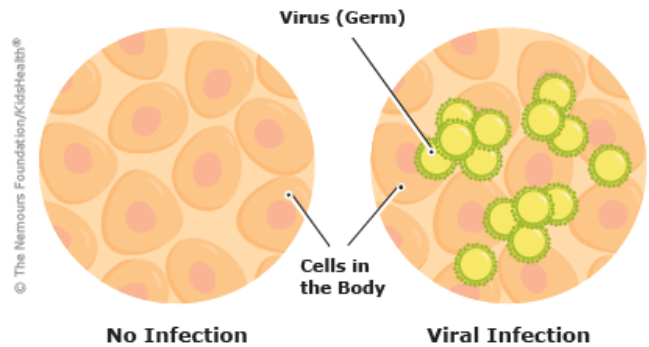
To really understand what a fever is you need to say “Hello” to the hypothalamus (say: high-po-THAL-uh-mus). The hypothalamus is the center of your brain. Think of it as your body’s thermostat –like the thing on the wall in your house you use to set the heat or air conditioning. Your hypothalamus knows what temperature your body should be and will send messages to your body to keep it that way.



Most humans have a body temperature of around 98.6 F (37 C). Some people will have a normal temperature that’s a little lower. Most peoples body temperatures even change a bit during the day. It is usually a little lower in the morning and little higher in the evening. For most kids, their body temperature stays pretty much the same from day to day– until germs enter the picture.

The Germs March in

Remember that strep throat that made you feel so rotten? Or another time when the flu made you feel tired and achy? These kinds of infections are caused by germs that make their way into your body, usually in the form of bacteria or viruses.



Once these germs march in and make you sick, they can sometimes cause certain chemicals to flow into your blood. When your hypothalamus gets word that these chemicals are on the scene, it automatically sets your body’s thermostat higher. Instead of saying your body should be 98.6 F (37 C), your body's thermostat might say that it should be 102 F (38.9 C).

Shiver, Then Sweat

Once your hypothalamus sets a new temperature for your body, your body takes action and starts to heat up. When a fever starts, your body gets hotter and you may shiver without thinking about to create more heat. You feel very cold even the room isn't cold and even though you have your pajamas on or nightgown on and lots of blankets around you.

Resources: www.kidshealth.org





If your body reaches the temperature that's been set by the hypothalamus— say 102 F (38.9 C)- you won't feel cold anymore. According to your hypothalamus, your temperature is where it should be. After the cause of the fever disappears, your hypothalamus will set everything back to a normal temperature. When your strep throat medicine starts to work, for instance, your body will begin to cool down. You'll begin to feel warm and will need to get rid of the extra heat that's in your body. You may sweat and decide to change into some lighter-weight pajamas

Fighting a fever

For almost all kids, fevers aren't a big problem. Once the cause of the fever is treated or goes away on its own, your body temperature comes back down to normal and you'll feel like your old self again. Most doctors agree that many kids with a fever don't need to take any special medication unless their fevers are making them uncomfortable.

It's a different story for newborns and very young infants, though. They should be evaluated by a doctor for any fever that reaches 100.4 F (38 C) or higher.

If a kid has a fever and feels uncomfortable, the doctor might tell a parent to give the child

medicine. The two medicines most often recommended are acetaminophen (say: uh-see-tuh-min-uh-fen) or ibuprofen (say: eyebyoo-PRO-fen). The medicine blocks the chemicals that tell the hypothalamus to turn up the heat. Kids should never take aspirin to treat a fever because it can cause a rare but serious illness.

If you have a fever, your mom or dad will probably ask you to drink more fluids than usual. That's important because your body heats up, it's easy to get dehydrated (say: dee-HI-dray-ted), which means there isn't enough water in your body. You have a lot of choices when it comes to fluids—juice, water, sports drinks, soup, flavored gelatin, and even ice pops.

Before you know it, your mom and dad will pull the thermometer out of your mouth and say, "Your temperature is normal. No more fever!"





Skeetchestn Health Clinic Open House

*The Skeetchestn Health Clinic is hosting an
Open house and you are invited!*

Drop by for some snacks and appetizers

Everyone's Welcome!

Date: Wednesday, December 10th

Time: 11am to 3:00pm

Place: Skeetchestn Health Clinic

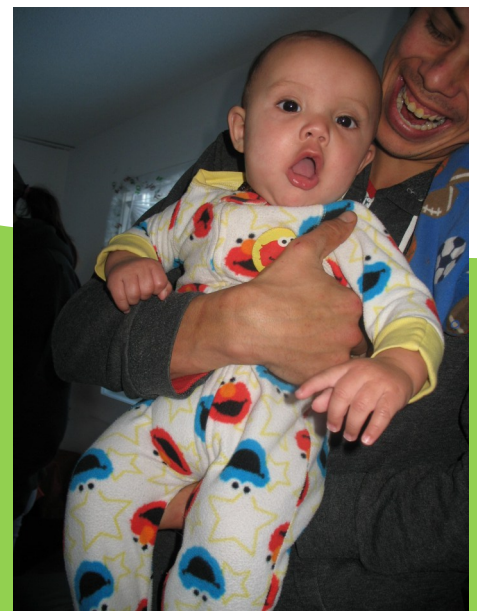
For more info call: 250.373.2580



Skeetchestn FAMILIES & TOTS GROUP

Families and tots group had a wonderful turnout. Moms, Dads and even Uncles came out to spend a few hours together. Bringing families together in a fun and positive environment is what this group is all about. We provide support and encouragement to one another.

Thanks to all who participated!





A few holiday safety tips from the QHS Health and Safety Committee:

How do I take care of a real tree?

Trees quickly become dry and are a fire hazard. **Most trees will last about 14 days.** If you are decorating a live tree for the workplace, you may want to take it down before people leave for holidays.

- When buying a live tree, give it a shake. Needles will fall if the tree is dry because it was cut some time ago. Pick one that does not lose its needles.
- Cut 2 to 5 centimeters from the trunk of the tree to encourage the tree to drink more water.
- Water the tree!! Ideally, it should have a sturdy stand that holds about 4 litres of water. A two-metre tall tree will drink about four litres every two days.
- Check the water level every day.
- Use a preservative in the water. If you are concerned about small children or pets drinking the water, use a small amount of sugar instead.
- Keep the tree away from heating vents or registers, fireplaces, high traffic areas, and exits. As well, try to position the tree so you do not have to use long extension cords.
- If you are using a chainsaw to cut your own tree, be sure you are aware of the various safety steps and procedures.

What are other holiday safety tips?

- Only burn candles away from combustible materials (papers, cloth, drapes, curtains, etc.). A good practice would be to keep candles one metre away from anything that can burn. Use a non-combustible candleholder and never leave a candle unattended. Never use them on live or artificial trees.
- Before buying toys for children or when donating them to a charity, always consider the safety of the toy (e.g., small pieces can be a choking hazard, movement of pieces that may be pinch points, quality of materials, etc.) Also consider the age and ability of the child, or other children who may also play with the toy.
- It's always important to keep foods out of the danger zone, which is between 4°C (40°F) and 60°C (140°F). Keep hot foods hot, at least 60°C (140°F) and keep cold foods cold at 4°C (40°F) or lower. Do not leave hot or cold foods at room temperature for more than 2 hours.

Be merry, but be safe, and thus have a happier holiday season. Cheers!

Holiday Recipe

Hot Chocolate is a great way to keep warm while having fun in the snow. This is also a inexpensive gift to give to your friends and family!

Here's what you will need:

Hot Chocolate mix
Milk Chocolate Chips
Peppermint Candies or Candy Canes
Marshmallows (Regular or Peppermint)
Canister or Glass Jar



Thoroughly wash and dry your canister/glass jar.

1. Unwrap 10 peppermint candies and either crush in plastic bag using meat mallet or chop using a food processor. Set aside.
2. Add 6 packs of hot chocolate mix then lightly tap canister on the counter to flatten out chocolate mix. Wipe the inside of the canister with a dry paper towel to remove any coco dust from the side.
3. Add crushed peppermint (about 1/4). Same thing tap canister to flatten peppermint layer.
4. Carefully add 1/3 cup of Milk Chocolate Chips starting with the outside and filling in the center.
5. Fill the rest of the container with marshmallows.



Resource Numbers for Kamloops Area

Emergency Assistance

Ambulance/Fire/Police	911
Children's Hotline	310-1234
Kids Helpline	1-800-668-6868

Mental Health Contact Numbers

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
Provincial Crisis Line	1-800-784-2433
Kamloops Street Services	250-314-9771
Kamloops R.C.M.P. Victim Services	250-828-3223
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'wemtsín Health Society	250-314-6732
Skeetchestn Health Clinic	250-373-2580
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 (Complaints General inquiries)	250-828-3000
Downtown Community Policing	250-851-9213
North Shore Community Policing	250-376-5099
Southeast District	250-828-3111
RCMP SCAM LINE	250-828-3266
Email: silk@rcmp-grc.ca	

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
Aboriginal Patient Navigator (RIH)	
Deb Donald	250-314-2100 (ext. 3109)
Gloria Big Sorrelhorse	250-314-2100 (ext. 3109)

First Nations Health Council

Health Advocate	
Mary Knox-Guimont	604-913-2080
Toll Free number	1-866-417-1139

Q'wemtsín Health Society

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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

