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Q'wemtsín Health Society is

Closed: June 22, 2015

Reopened: June 23, 2015

If you have any questions or concerns please call 250.314.6732



Celebrate Aboriginal Day!

June 21st



QHS June Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Foot Care WPCIB QHS Naturopath Day	2 QHS CLINIC DAY Picku SIB	3 QHS Naturopath Day Picku QHS	4	5	6
7	8 QHS Naturopath Day Foot Care SIB	9 Picku SIB	10 QHS AGM SIB Naturopath Day Picku QHS	11 SIB CLINIC DAY	12	13
14	15 Foot Care QHS	16	17 SIB Naturopath Day Picku QHS	18 QHS CLINIC DAY Picku SIB	19 QHS Walk Day	20
21 Aboriginal Day! 	22 QHS Office Closed	23 Picku SIB	24 WPCIB/QHS Naturopath Day Picku QHS	25 QHS CLINIC DAY	26	27
28	29 QHS Naturopath Day	30 Picku SIB	<div style="border: 2px solid green; padding: 10px; text-align: center;"> <p>To book an appointment please contact QHS at 250.314.6732 or call Skeetchestn Health Clinic at 250.373.2580</p> </div>			

TIB Play Group



Q'wemtsín Health Society and the Tk'emlups Indian Band Social Development Dept. have teamed up to provide a drop-in play group for TIB and Whispering Pines/ Clinton Indian Band. This play group is hosted by Kelly Jacobson and Sarah Bennett and is a new play group for parents/family/caregivers with children ages 0-5 years who live in TIB and WPCIB.

The purpose of this play group is so families can make connections with other families, strengthen support systems, and allow children of the same age to play together and learn how to socialize while parents develop connections with others.

Strong interest from community has allowed us to increase play group to **every Tuesday from 9am-11 am**. It is held in the Full Circle Youth Centre in the Kamloopa Rd. park.

Please feel free to join us! For more info. call 250.314.6732





Skeetchestn Families and Tots Group



Q'wemtsín Health Society Annual General Meeting

To all band members from:

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

Notice is hereby given to all bands listed that the Annual General Meeting of Q'wemtsín Health Society will be held on: Wednesday June 10th, 2015 at 130 Chilcotin Road, Kamloops, BC at the hour of 5:00 pm for the purpose of:

- ♦ Daley and Company - Financial Audit
- ♦ Electing President and Vice-president for QHS Board
- ♦ Gillespie & Co. - Mark Bartle

If you would like more information please contact
Q'wemtsín Health Society at 250.314.6732



The Serotonin Connection

Have you ever gone on a low-starch/grain diet and noticed your mood plummet? Do you deal with late night sugar cravings that can sometimes feel out of control?

If you answered yes to either of these questions, chances are high you are a woman. Researchers don't know why, but women are much more susceptible to dietary-driven mood changes than men are. Men can feel this at a much lower level.

Digestive and mood changes can go hand in hand. Having an anxious gut (cramping, spasms and diarrhea) is linked to an anxious brain. And having a depressed gut (constipation and slow digestion) is connected to depression. It's all about our neurotransmitters.

There is a concentration of neurons (brain cells) around our gut called the Enteric Nervous System (ENS). The job of ENS is to digest, absorb, and assimilate our food (this job is really complicated). If our brain were in charge of digestion it would take so much brainpower that we wouldn't have the resources to have language, art, and all of our wonderful uniquely human activities. Digestion is so complicated that ENS can work completely independently from the brain. Its totally running the show.

The brain cant work independently from ENS 95% of our serotonin and 50% of our dopamine is made in our gut (as well as a host of other neurotransmitters), and out brain relies on the gut for neurotransmitters to work properly.

In our gut, serotonin and dopamine work to contract and relax the muscles in our small and large intestine. Too much serotonin and dopamine causes our gut to spasm and cramp (which can cause diarrhea). Too much serotonin and or dopamine in our brain and we feel anxious.

The Serotonin Connection...continued

Too little serotonin and dopamine in our gut causes sluggishness, constipation and little in our brain causes depression. Some of us tend toward anxiety or depression, while a lucky few tend to flip-flop between the two. Notice what your tendency is, and see if your gut mirrors your brain. Those with irritable Bowl Syndrome tend to flip-flop back and forth from diarrhea to constipation, and anxiety to depression. Once you know what your tendency is you can use this information to help balance your diet.

Neurotransmitters are made from amino acids (protein), but via dietary starches and grains that our body is able to use them properly. Starches and grains increase serotonin's availability in the gut and brain, boosting mood. These types of foods are also out of style right now, and many people have reduced or removed them from their diet.

For those with anxiety, this can be a good thing. But, for those who tend toward depression, can cause low mood and severe sugar cravings. For many, people who have felt "addicted" to sugar, when all they needed was to add starches back to their diet.

Good Mood Food

Prone to Depression

Breakfast: Have a high grain/starch breakfast with very little protein and fat. Try a meal of oatmeal, honey and fruit.

Lunch: Enjoy grains and starches

Dinner: have a high protein meal

How was your mood throughout the day?
Did you have sugar cravings?

Prone to Anxiety

Breakfast: Have a high protein/fat meal with ingredients like eggs, vegetables, and coconut oil.

Lunch: Keep this balanced

Dinner: Have a high starch meal

How was your mood throughout the day?
Did you have salt cravings?

Not sure?

Try both and see how you feel. Your perfect way of eating will keep you full and satisfied between meals and will reduce your cravings throughout the day. If it doesn't help, its something that you can use throughout your life to help manage any mood fluctuations.



HealthLinkBC

Heat Exposure

What is heat-related illness?

Too much heat can be harmful to your health.

Heat-related illness is the result of your body gaining heat faster than it can cool itself down. Heat-related illnesses can almost always be prevented.

Heat-related illness can lead to weakness, disorientation, and exhaustion. In severe cases, it can lead to heat stroke, also known as sunstroke. Heat stroke is a life-threatening medical emergency. The effects of heat are made worse if you do not drink enough fluids to stay hydrated.

What causes heat-related illness?

The healthy human body maintains a temperature of about 37°C (98.6°F). When your body temperature rises, heat is released through increased sweating and blood flow to the skin. This allows your body to cool and return to its normal temperature. Heat-related illness occurs when your body is unable to properly cool itself in hot outdoor or indoor environments, or during intense physical activity. This occurs in extremely hot environments or in cases of overexposure to heat.

Being in a hot environment can make your body temperature go up. Examples of hot environments include the inside of a car or a tent on a hot day, the upper floors of a house on a sunny day, a hot tub or sauna, and heat from direct warmth or sunlight in the outdoors.

Heat-related illnesses can also occur in certain workplaces where a hot environment may be created by equipment or enclosed spaces, including: bakeries, kitchens, laundries, boiler rooms, foundries and smelting operations, mines, and certain manufacturing plants.

What are the symptoms of heat-related illness?

There are a variety of mild to severe symptoms linked with heat-related illness, including:

- pale, cool, moist skin;

- heavy sweating;
- muscle cramps;
- rash;
- swelling, especially hands and feet;
- fatigue and weakness;
- dizziness and/or fainting;
- headache;
- nausea and/or vomiting;
- fever, particularly a core body temperature of 40° C (104° F) or more;
- confusion and decreased mental alertness;
- hallucinations;
- red, hot, dry skin (in the late stages of heat stroke);
- seizures; and
- unconsciousness/coma.

Hot temperatures can be dangerous especially if you have heart problems and breathing difficulties.

Who is at higher risk of heat-related illness?

Those at increased risk for heat-related illness include:

- Infants and children up to 4 years of age who rely on adults to make sure their environments are comfortable and provide them with enough fluids.
- People 65 years of age or older who may not compensate for heat stress efficiently and are less likely to sense and respond to high temperatures.
- Healthy individuals who do a lot of physical activity or work in a hot environment.

Other things that may increase your risk of heat-related illness include:

- increased body mass;
- drinking too much alcohol or caffeine;





HealthLinkBC

Heat Exposure....continued



chronic illnesses such as uncontrolled diabetes or hypertension, heart failure, emphysema, kidney failure, colitis, mental health issues, and cystic fibrosis;

- certain medications such as diuretics or water pills, and certain psychiatric medications;
- previous heat stroke;
- exercising or working in hot weather;
- being unable to find a place to cool down; and
- not drinking enough water during hot weather.

How can I prevent heat-related illness?

There are many ways to reduce the risk of having a heat-related illness. These include:

- *Never* leave children alone in a parked car.

Temperatures can rise to 52° C (125° F) within 20 minutes inside a vehicle when the outside temperature is 34° C (93° F). Leaving the car windows slightly open will **not** keep the inside of the vehicle at a safe temperature.

- When it is hot and when you are active on a warm day, drink plenty of fluids. Drink extra water even before you feel thirsty. Ask your health care provider about how much water you should drink on hot days if you are on water pills or limiting your fluid intake.

- To keep cool and avoid mild heat exhaustion on hot days, stay indoors in air-conditioned buildings or take a cool bath or shower. At temperatures above 30° C (86°F), fans alone may not be able to prevent heat-related illness. Remember, sunscreen will protect against the sun's ultraviolet (UV) rays but not from the heat.

- Plan your outdoor activity before 11 a.m. or after 4 p.m., when the sun's Ultra Violet Radiation (UVR) is the weakest.
- Avoid tiring work or exercise in hot, humid environments. If you must work or exercise, drink 2 to 4 glasses of non-alcoholic fluids each hour. Rest breaks are important and should be taken in the shade.

- Avoid sunburn - use sunscreen with SPF 15 or higher.

- Wear lightweight, light-colored, loose-fitting clothing and a brimmed hat, or use an umbrella for shade.

- Regularly check older adults, children and others for signs of heat-related illness and make sure they are keeping cool and drinking plenty of fluids. Check on those who are unable to leave their homes, and people with emotional or mental health concerns whose judgment may be impaired.

What are home treatments for mild heat-related illness?

When recognized early most mild heat-related illnesses can be treated at home.

Home treatment for mild heat exhaustion may include:

- moving to a cooler environment;
- drinking plenty of cool, non-alcoholic fluids;
- resting;
- taking a cool shower or bath; and
- wearing lightweight clothing.

If your symptoms last longer than 1 hour, change, worsen, or cause you concern, contact a health care provider.

Mild heat exhaustion does not cause changes in mental alertness. Consult a health care provider about changes in mental alertness in someone who has been in the heat, has been exercising, or working in the heat.

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit.

Click on www.HealthLinkBC.ca or call **8-1-1** for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call **7-1-1** in B.C.

Translation services are available in more than 130 languages on request.

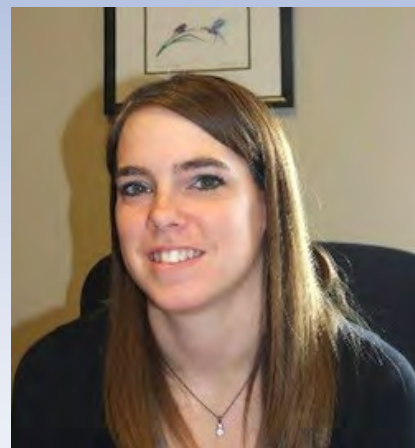


Q'wemtsín Health Society Nurses

Q'wemtsín health nurses work with the community members of Tk'emlúps te Secwepemc, Skeetchestn and Whispering Pines/Clinton Indian Band. Our Nurses do a lot of positive work and deliver a variety of programs and services to our three communities. They often work in client homes within the community schools, daycares and of course the health centers. You can find them out and about connecting with individual clients of all ages, groups and in some cases whole families.

Our nurses promote individual health and wellness as well as illness prevention. They believe in building supportive/trusting relationships and connecting with clientele and community. They truly respect and care about each and every client!

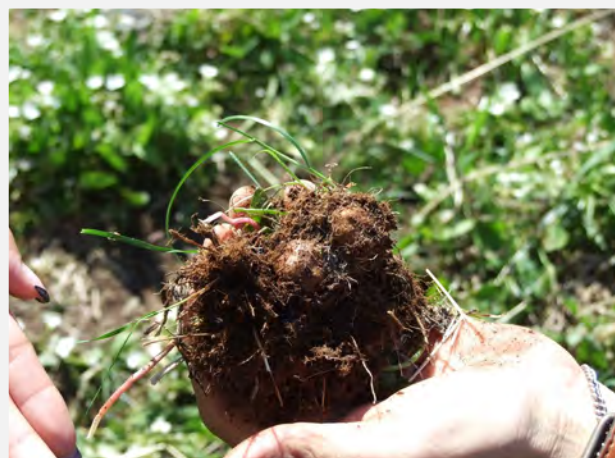
If you would like more information about the programs and services QHS Nurses deliver please call 250.314.6732



Q'wemtsín Health Society Culture Day

Staff members participated in QHS Culture Day. Tony LaRue shared his knowledge of gathering sage, as well as showing staff how and where to gather and harvest wild potato's.

Thanks Tony for sharing your knowledge with staff. It was a great day for all who attended!



Father's Day

June 21st, 2015



We at the Q'wemtsín Health Society
would like to wish a
Happy Father's Day to all of the fathers in your life!





Q'wemtsín Health Society Dental Clinic

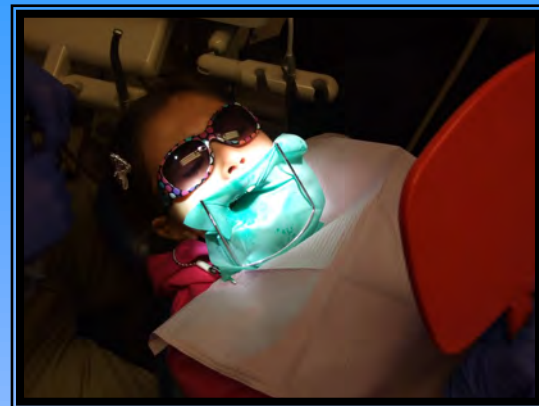
Dental Days for June 2015:

- Wednesday, June 3rd – Dr. Matt Francisco
- Wednesday, June 10th – Dr. David Ciriani
- Wednesday, June 24th – Dr. Matt Francisco

Here are the Dental Hygiene Days for June:

- Friday, June 19th
- Friday, June 26th

Our COHI team is also very busy connecting with children between the ages 0-7 years old. The main goal of the COHI program is to prevent tooth decay in young children.



This program is designed to improve oral health of children, parents/caregivers and pregnant women. If you have children under the age of 7 years old or you are pregnant and have not signed up with the COHI program call Q'wemtsín Health Society.

If you would like to sign up for a dental appointment please call QHS at 250.314.6732 ask to speak with Crystal Chartrand or Natasha DeNeef.

Kindergarten Day at Q'wemtsín Health Society





The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Difficulty sleeping and anxiety are two symptoms that can greatly interfere with one's quality of life. Insomnia is defined by the perception or complaint of inadequate or poor-quality sleep due to a number of factors, such as difficulty falling asleep, waking up frequently during the night with difficulty returning to sleep, waking up too early in the morning, or unrefreshing sleep. People with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

In naturopathic medicine, one herb that is commonly used to address both conditions is Valerian, *Valeriana officinalis*. Used widely and available in many forms such as liquid tinctures, capsules and tea, this herb is very effective at providing a safe, natural solution to both nervous tension and insomnia.

Some Common Uses:

- Anxiety
- Painful menstruation
- Improving sleep quality
- Improving circulation
- Lack of concentration
- Migraines
- Nervous tension
- stress

Notes about safety:

- A course of treatment should not exceed 3 months
- It should not be used by patients with liver problems
- It should not be taken in conjunction with sleep-inducing medication or alcohol
- It should not be used by women who are pregnant or nursing

Please discuss with healthcare provider before using Valerian. Some side effects can include headaches, dizziness, skin itching and rashes and changes in bowel habits. Some morning grogginess can occur in higher doses.



References:

- <http://ods.od.nih.gov/factsheets/Valerian-HealthProfessional/>
- <http://www.herbwisdom.com/herb-valerian.html>

Kindergarten Day at Skeetchestn Health Clinic





Q'wemtsín Health Society Aboriginal Day 'Walk'



QHS is hosting an Aboriginal Day Walk for our three communities: Tk'emlúps te Secwepemc, Skeetchestn and Whispering Pines/Canton Indian Bands.

Date: Friday, June 19th

Time: 9:30 am to 11:30 am

Place: Q'wemtsín Health Society

If you would like more information please feel free to contact QHS at 250.314.6732



Q'wemtsín Health Society

Yard Expansion



We expanded our garden area and parking lot. Our organization would like to start hosting events in our very own back yard. Keep a look out for future events such as the QHS Health Fair, TIB Play Group or Kindergarten Day.

Feel free to come down and check it out!



June 2, 2015



Employment Opportunity: Secwepemc Nation Traditional Wellness Promotion Coordinator

Close date: Tuesday June 23, 2015

Secwepemc Nation Traditional Wellness Promotion Coordinator (FT)

The Secwepemc Nation Traditional Wellness Promotion Coordinator will work with the Secwepemc Health Caucus (SHC) and in partnership with Secwepemc knowledge-keepers to build a traditional wellness framework and capacity within the Secwepemc Nation to promote and develop widespread use of traditional Secwepemc forms of healing and health.

ORGANIZATION SUMMARY

The Secwepemc Health Caucus is comprised of 16 Secwepemc Communities within a vast geographical area within the Interior of BC. The SHC is committed to a proactive holistic approach to health and wellness and are committed to the delivery of services which are community-driven and Nation-based on the customs and traditions of the communities.

POSITION SUMMARY

To develop a community-driven, Nation-based plan to activate greater use of Secwepemc traditional wellness practices in Secwepemc communities, reaching and involving the broadest range of citizens possible.

REPORTING RELATIONSHIP

This position reports to the Secwepemc Health Directors Hub – Hub Coordinator.

QUALIFICATIONS AND COMPETENCIES:

- An undergraduate degree including First Nations/Aboriginal coursework or focus, or an acceptable combination of education, training and experience;
- Familiar with Secwepemc culture and traditions;
- Community development experience;
- Strong analytical, communication skills (verbal and written) and knowledge of research practices;
- Must be able to work flexible hours and travel as required;
- Possess a valid driver's licence;
- Preference will be given to applicants with experience working in Aboriginal communities.

KNOWLEDGE

- Knowledge of Secwepemc communities as it relates to health and social determinants of health;
- Knowledge of past and current practices as it relates to the health (mental, emotional, physical and spiritual) of First Nations people.

ABILITIES

Ability to communicate effectively and respectfully both orally and in writing, with a focus on drafting reports, guidelines, basic budgets, newsletters, briefing notes, etc;
Ability to synthesize information and feedback into easily understood and audience appropriate presentations;
Ability to prepare and make research and report recommendations;
Draft a Traditional Wellness Framework & Strategy;
Ability to work independently and as part of a team;
Ability to use with proficiency, the Microsoft Office Suite.

DUTIES

Create a network of community-based individuals committed to promoting traditional wellness practices in their respective communities;
Support this network by facilitating the sharing of successes, developing ideas and strategies and supporting one another;
Support this group in developing a framework and strategy to promote Secwepemc Traditional Wellness to the broadest range of Secwepemc possible;
Identify avenues and strategy for advocacy to support the developed plan.

CONDITIONS OF EMPLOYMENT

Adhere to Human Resource policies of Q'wemtsín Health Society;
A criminal record check.

WORKING CONDITIONS

Position will be located out of Tk'emlúps;
Flexibility in relation to work schedule is required;
Collaboration with other hub staff;
Travel is required.

Please submit the following:

Resume;
3 References including 1 person who can speak to your understanding of Secwepemc traditional values and cultural practices (preferably a recognized elder);
Letter outlining: Your understanding of Secwepemc Traditional wellness; your own wellness strategy; and your understanding of the sensitive nature of seeking out traditional knowledge and knowledge keepers. (2 pages maximum).

C/O:

Carla Narcisse – Hub Assistant
Q'wemtsín Health Society
130 Chilcotin Road
V2H 1G3
Kamloops BC

Email: hubassistant@qwemtsin.org – Hub Assistant

*Supporting Secwepemc Nation Health and
Wellness*

Re Knúcwens te Secwepemc te Qelmucw e Cwelcwélt

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	1-888-353-2273
(depression, poverty, abuse, homelessness, suicide)	
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	250-320-3110
(Mobile service for women and children who have experienced abuse)	

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	250-828-3000
(Complaints General inquiries)	
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

[Kamloops Kinect](#)

Royal Inland Hospital

Information	250-374-5111
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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

130 Chilcotin Road

Kamloops, BC

V2H 1G3

Phone: 250.314.6732

Fax: 250.314.6742

Hours of Operation:

Monday-Thursday 8:30am to 4:30pm

Fridays 8:30am to 4:00pm

