

NEWSLETTER

JULY
EDITION
2020



Q'wemtsin Health Society Healing Garden • July 2020

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



Q'wemtsín
HEALTH SOCIETY

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Staff Profile

Introducing Medical Office Assistant:

Heather Turner



Hello! My name is Heather Turner, I was born and raised in Kamloops. I have worked in the Health Care field for many years; after receiving my Registered Medical Office Assistant certification I started working in Kamloops. Then due to a transfer, moved to Terrace for eight years where I worked in a family practice clinic. Upon my return to Kamloops I joined Summit Medical Clinic where I worked as Assistant Manager until the clinic's closure in 2018.

When I'm not working, you will find me at home on my ranch in Knutsford. I enjoy the ranch life: cooking, camping and gardening.

I'm excited to have joined the QHS team this past June.

Thank you,

Heather Turner



Phone: 250.314.6732
130 Chilcotin Road
Kamloops, BC V2H 1G3

Fax: 250.314.6742
qhs@qwemtsin.org
qwemtsin.org

June 2, 2020

Dear Valued Clients,

This letter is to inform you of the changes at Q'wemtsin Health Society that are occurring in response to WHO's announcement of the global COVID-19 pandemic and the lifting of provincial restrictions set forth by the Provincial Medical Health Officer.

Our team has been working diligently to ensure that our building and all services provided by QHS employees can continue to operate in a manner that is safe for both clients and employees. Some efforts being made are increased sanitizing of hands and surfaces within the building/vehicles, social distancing, and donning of personal protective equipment. As we've been preparing for the return of our beloved clients, we have made some changes within the building.

Please note the following:

- Appointments are going to be staggered to prevent multiple clients waiting at any given time
- Clients displaying symptoms associated with the COVID-19 virus are asked to notify staff of their symptoms prior to coming to the facility
- Clients may be asked to wait in their vehicles or outside where an employee will pre-screen them prior to their appointment
- Guests entering the building will be asked to wear a mask and to hand sanitize upon entry
- Clients entering the facility for an appointment will be limited to one support person per visit
- All guests and employees are asked to social distance – Markers have been placed on the floor for guidance
- Access to the building will be limited for all guests – No kitchen access and/or walking in hallways, unless escorted by an employee for service provision
- Once an appointment has been completed clients will be escorted out of the building by an employee
- We will not be offering complimentary beverages or promotional items
- All reading material and excess furnishings have been removed from the building
- Privacy screens have been set up in the waiting area to provide all guests and employees extra protection

If you have any questions or concerns about the changes being made at Q'wemtsin Health Society or about COVID-19, please do not hesitate to call our office at 250-314-6732 or email qhs@qwemtsin.org.

Skeetchestn Community School Garden



Overlooking the Food Forest

Although the school was forced to close its doors to students back in March as a response to the novel Coronavirus, the community's Knowing our Roots committee has been busy keeping this project alive. Permaculture Designer, Shelaigh Garson, has been leading a crew of volunteers in the maintenance of the project and it's been an exciting few months!

In previous years, the project has struggled with water management, but now we are pleased to announce that the irrigation has been hooked up throughout the food forest, garden and greenhouse; and, is now fully operational. Additionally, the greenhouse has been properly wired with a fan and timers; all of which has been a huge relief for the school and garden volunteers!

We are pleased to announce that the seedlings are in the ground, vegetable beds are mulched and we're starting to see the fruits of our labour!



Some may recall that 15 lbs of garlic had been planted all around the food forest and garden last September during the project's grand opening. Two weeks ago, volunteers harvested garlic scapes which the Skeetchestn Social Development Department turned into a delicious garlic scape pesto to deliver to community members. We're anticipating approximately 150 lbs of garlic to be harvested within the next three weeks and are already planning some yummy recipes for sharing!

If you'd like to volunteer please contact Bobbi Sasakamoose at 250-314-6732 or bobbi@qwemtsin.org



2 Bobbi and Winona spreading mulch

Recipe: Garlic Scape Pesto/QHS Healing Garden

Recipe: Garlic Scape Pesto

- 1 c. Garlic scapes, chopped in 1" pieces
- 1/2 c. Fresh basil leaves
- 1/3 c. Cashews
- 1/2 c. Extra virgin olive oil
- 1/2 c. Grated parmesan cheese
- 1/2 tsp. Lemon juice
- To taste Sea salt and pepper

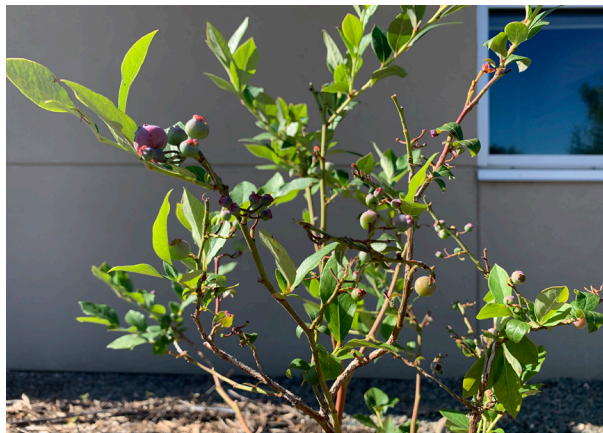
Mix all ingredients in a food processor and blend thoroughly.



Garlic Scape Pesto

Did you know?

Garlic scapes are also great in stir fries and soups. You can even grill them and eat them solo! They're the perfect herb for any garlic lover!



Ripening Blueberries

QHS Healing Garden

Last fall, QHS started the ground breaking for the new and improved on-site Healing Garden. At the time, it didn't look like much, but as we rolled into the first few months of spring we have started to see some positive development within the project!

With guidance from Permaculture Designer, Shelaigh Garson, The QHS Food Sovereignty Team has managed to prepare and plant a beautiful garden with a focus on health, wellness and healing.

The Healing Garden boasts various plants; both traditional and domestic. If you take a stroll through the site you will find Soapberries, Saskatoon berries, Haskaps, Strawberries, and more!

Harm Reduction

Introducing the Fentanyl Test Strip Program

Since April 14, 2016, when the provincial government declared the Opioid Crisis a public health emergency, citizens of the province have struggled with the ongoing effects. First Nations communities everywhere are experiencing the impact first hand, as many of their members have either, been or are being impacted by substance use and overdose. The numbers are troubling, but between January and May of 2020, 16 percent of overdose deaths experienced within the province have been for First Nations individuals. These statistics are exponential considering that First Nations people only account for 3.3 percent of the total population in British Columbia.

FNHA Acting Chief Medical Officer, Dr. Shannon McDonald said, “We have seen between January and May of this year compared to the same time in 2019 an increase of 93 percent in the number of First Nations people who have been lost to Opioid poisoning”. This increase is due to the provincial restrictions that have been put in place as a response to the novel Coronavirus. These restrictions have limited the availability of local Harm Reduction services and as a result many people are using substances while isolated from their peers.

BC Chief Coroner Lisa Lapointe noted that 6,094 deaths have occurred province-wide since January 1, 2015, due to illicit drugs.

May 2020, the BC Coroners Service recorded 170 illicit drug overdose related deaths; which broke the provincial record for the most illicit drug overdose deaths to occur in one month. This number is greater than that of all COVID-19 related deaths that have occurred in BC since the first known case. Data shows that more than 82 percent of the illicit drug overdose related deaths that occurred that

month had involved Fentanyl. A statement from the BC Coroners service said 70 percent of drug overdose deaths this year were men, with 85 percent of fatalities happening inside the home; zero deaths have been reported at supervised consumption or drug overdose prevention sites.

June 2020, Interior Health announced a drug alert for Cocaine containing Fentanyl and Phenacetin in Kamloops, BC, and it has been reported that due to COVID-19, many drug supply chains have been cut off, leaving people with limited options when it comes to acquiring a safe supply.

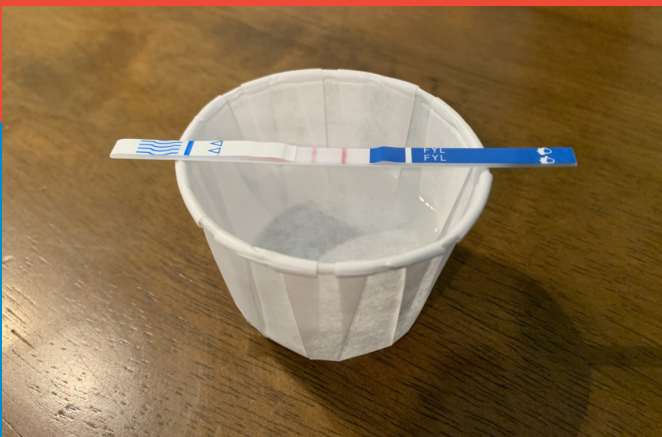
In an effort to mitigate the impact that the Opioid Crisis may be having on our communities Q'wemtsin Health Society has always favoured the Harm Reduction approach. Take Home Naloxone Kits are available on-site and are free of charge to anyone who may want one, and any client obtaining a valid status card is eligible to receive an additional two doses of Nasal Naloxone Spray with complete coverage through Pharmacare.

Additionally, Q'wemtsin Health Society is pleased to announce the newest addition to the current Harm Reduction program; Fentanyl Testing Strips. Unlike Naloxone, which reverses an Opioid overdose once it is already occurring, Fentanyl Testing Strips are a pro-active tool that can help identify the presence of Fentanyl in a small sample, prior to consumption of a substance.

To learn more about any of the resources that QHS has to offer, please contact Bobbi Sasakamoose at 250-314-6732 or bobbi@qwemtsin.org

Fentanyl Test Strip Program

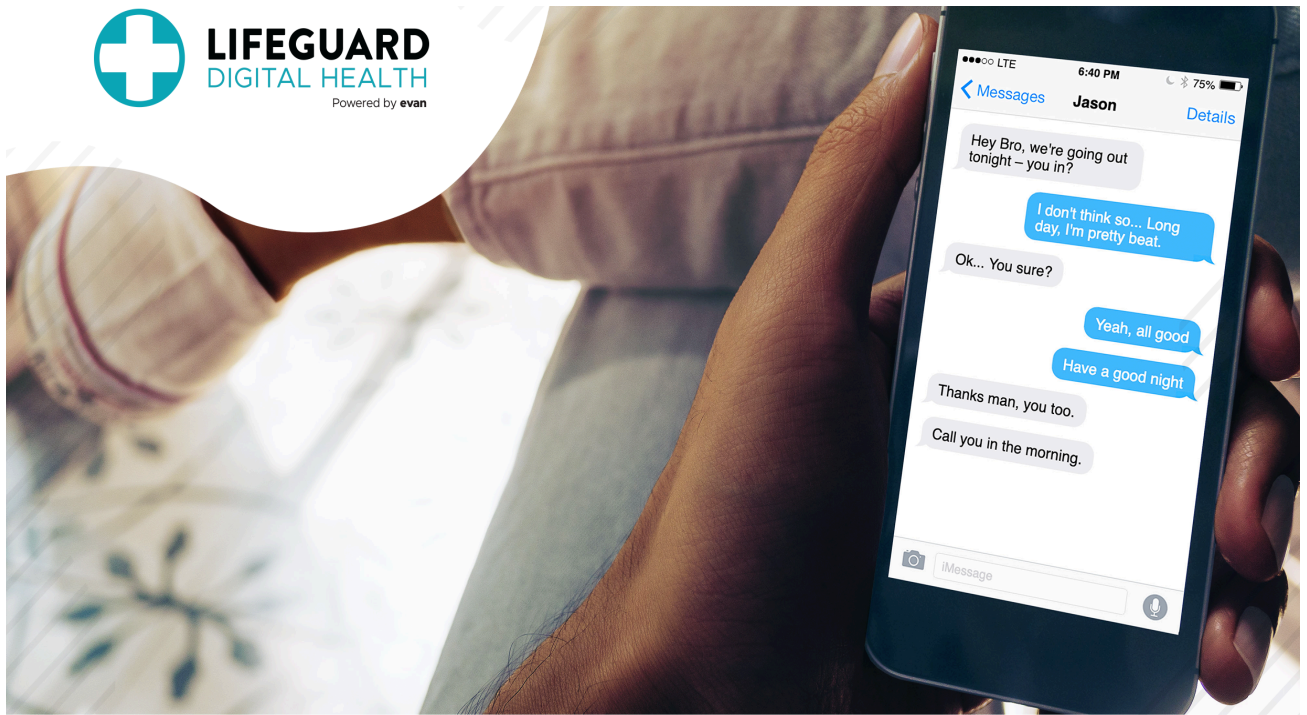
Q'wemtsin Health Society is now offering Fentanyl testing strips to member communities. If you're interested in learning more about the operation of Fentanyl testing strips and receiving some to use at your own discretion, please contact Bobbi Sasakamoose at 250-314-6732 or bobbi@qwemtsin.org



 [qwemtsin.org](https://www.qwemtsin.org)



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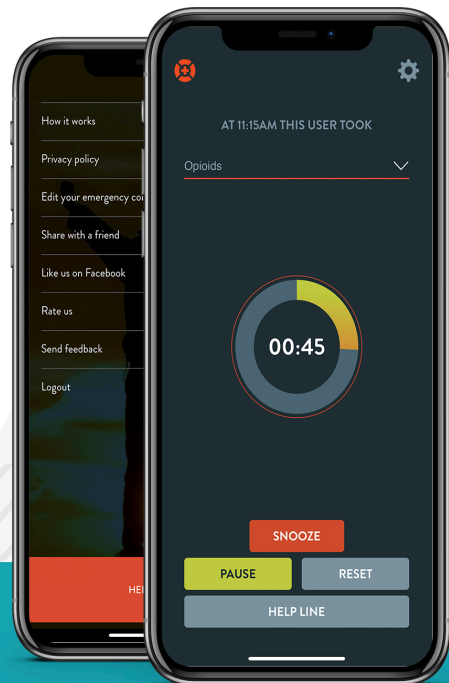
89% of overdoses happen while alone.

You're not using alone when you use **LifeguardApp**.

A new way to stay safer **while using**.

Introducing a smartphone app that automatically connects to emergency services if you or someone you know becomes unconscious or unable to function.

Download **LifeguardApp** today:



To learn how we're combatting the opioid crisis
visit us online at lifeguardDH.com





Virtual Wellbriety Support Group

Open Daily Zoom Meetings

EVERYONE IS WELCOME TO ATTEND

Every Day, Monday to Friday

1:00 pm to 3:00 pm

*Join by clicking this link or copy and paste the link into
a web browser <https://us02web.zoom.us/j/84428458473>*

Dial in option: 1-778-907-2071

Meeting ID: 829 8096 8751

For more information contact:

**Dave Manuel, TteS Wellness Counsellor
250-372-5030 dave.manuel@kib.ca**

Me7 knucwentwécw-kp (help one another)

**Me7 yegwyúgwt-k ell me7 yegwyúgwt ke7 púsmen
(Keep healthy and strong in body and mind)**

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TteS and SIB

Baby Welcome Celebration

In an effort to meet the newly imposed provincial regulations associated with social distancing and gatherings, Q'wemtsin Health Society decided that it would be in the best interest of all involved to post-pone the annual Baby Welcome Celebration. Although, we will be inviting all babies born within the 2019-2020 timeframe to the next Baby Welcome Celebration, we decided to honour our new babies and their families a bit differently this year. QHS Community Health Nurses delivered welcome baskets to all the babies that would have been honoured this past May, and this is a sneak peak on how that looked:







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

Time to Tame that **Sweet Tooth**

A healthy diet is just as important for your teeth and gums as it is for the rest of your body. Sugar-rich foods and drinks increase the risks of tooth decay, obesity, type 2 diabetes, and heart disease. Carbonated soft drinks—high in both sugar and acid—contribute to the erosion of tooth enamel.

By reducing the amount of sugar we consume daily and developing good dental hygiene habits, we can keep cavities at bay and enjoy better overall health.

Where to Start?



- Read labels; “-ose” ingredients are high in sugar and should be avoided.
- Cut back gradually on added sugar until you can eliminate it altogether.
- Stop buying sugary cereals and drinks like sodas, energy drinks, and fruit punches.
- Set a daily limit on treats for your kids; a glass of water helps rinse away sugar after eating.
- Choose healthy snacks like apples, cheeses, and plain yogurt. Canada’s *Food Guide* has great suggestions!
- Brush your teeth twice a day for two minutes each time.
- Clean between your teeth and use an antibacterial mouthwash daily.

5 Simple Ways to Conquer Those Sugar Cravings

1. Make water your beverage of choice
2. Eat a variety of crunchy vegetables and fruits daily
3. Cook at home more often, using fresh, unprocessed foods
4. Use unsweetened applesauce instead of sugar when baking
5. Pack snacks ahead of time to avoid temptation



A healthy diet can include some sugar, but moderation is key. Ask your dental hygienist about healthy food and beverage choices at your next appointment. Together, you can keep smiles bright for a lifetime.



KEEP CALM AND CARRY ON IMMUNIZING

Immunizing your child is safe
and just as important as ever.

Clinics are open

? Questions?

Talk to your health care provider
or visit immunizebc.ca.



ImmunizeBC



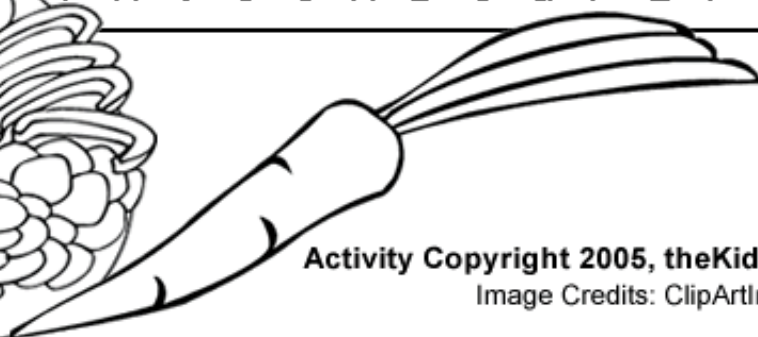
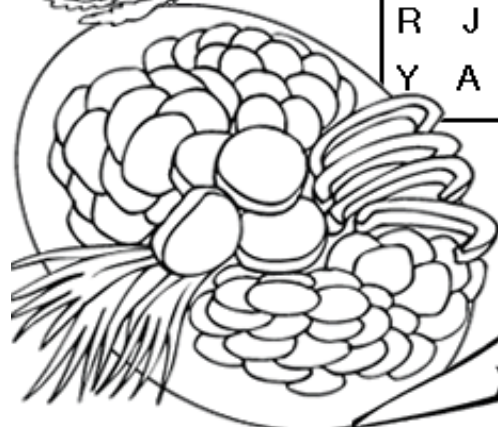
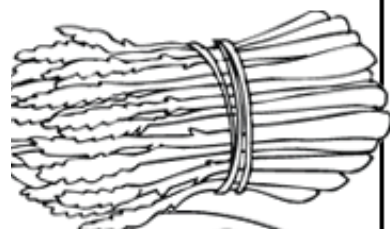
Vegetables Word Search

Search the puzzle for the words shown in the word list.
Circle each word that you find until you find all of the 24
vegetable-related words.

Word List

brussels sprouts	potato	cucumber
pumpkin	lettuce	alfalfa
parsley	artichoke	pepper
asparagus	rhubarb	avocado
carrot	broccoli	radish
cabbage	beans	cauliflower
spinach	celery	zucchini
corn	yam	pea

Y A M B R O C C O L I R B A G
C A U L I F L O W E R D Q L P
C U C U M B E R N Z T T C F A
Y Y N S P I N A C H S J O A R
Z R O A E C A B B A G E R L S
M Z O R A D I S H M V B N F L
K A A S P A R A G U S G X A E
R F A Q M B P U M P K I N Y Y
B R U S S E L S S P R O U T S
C Q O P N A L E T T U C E L M
E K G O S N A R T I C H O K E
L O U T I S R H U B A R B D T
E B F A L Y Z U C C H I N I H
R J V T C A R R O T T N E F F
Y A V O C A D O G P E P P E R



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QHS • SERVICES



Did you know?

Q'wemtsin Health Society can advocate for your Health Care needs

The government of British Columbia has hired an independent investigator to look into allegations of racism against Indigenous people in BC's Health Care system. Any Indigenous persons whom feels that they may have been racially profiled while receiving Health Care services in BC is urged to come forward to voice their experiences.

If you would like support or guidance within this process you can share your story with Q'wemtsin Health Society and we will ensure that your voice is heard.

For more information visit these online resources:

<https://apple.news/A1zJY9WS3RdCQrzHWUtBIZQ>
<https://engage.gov.bc.ca/addressingracism/investigation-details/>

To complete the online survey:
<https://feedback.engage.gov.bc-ca/189465?lang=en>

For more information or to
share your story please
call Qwemstin Health Society:

250.314.6732

 qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

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Openings Available!

Are you experiencing aches and pains?

Maybe you need so come see Meaghan, our Registered Massage Therapist and Registered Craniosacral Therapist.

The program is geared towards Elders and patients suffering in Chronic Pain.

This program utilizes Craniosacral Therapy, a gentle holistic therapy that helps to treat the entirety of an ailment. Often, we will start treatment by looking at alignment and use specific positioning and gentle muscle contractions to bring joints into better alignment. Each treatment we are strategic in figuring out what is best going to help you in the moment. The treatment is generally quite gentle and effective. During treatment you are generally fully clothed; please wear comfortable clothes you can move freely.

This style of treatment is very effective at treating:

- Chronic Pain
- Headaches
- Neck pain
- Nerve pain/compression
- Numbness and tingling
- Any joint pain
- Back pain
- Hip pain
- Sleep
- Digestive conditions

Eligibility – “Craniosacral Therapy Program is provided to any of Tk’emlups Indian Band Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band who permanently reside on their respective reservations and have a referral from their Doctor.”

Message from Meaghan

“I personally understand how pain can affect your life. I struggled with chronic low back pain for 6-7 years. It wasn’t until I found the craniosacral work that the pain ended. Like a story, there is a beginning, a middle and an end. I really do believe it is the same for pain – there is an onset, the struggle/problem and then the solution. Together, lets find the solution for your pain.”

QHS • SERVICES



Did you know?

Q'wemtsin Health Society can advocate for your Health Care needs

If you're feeling frustrated with Pharmacare and have been facing barriers when it comes to accessing prescriptions, you can share your story with Q'wemtsin Health Society and we will ensure that your voice is heard.

For more information or to
share your story please
call Qwemstin Health Society:

250.314.6732

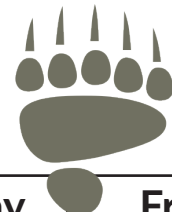
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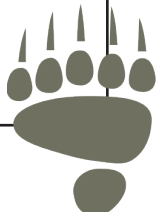
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July 2020

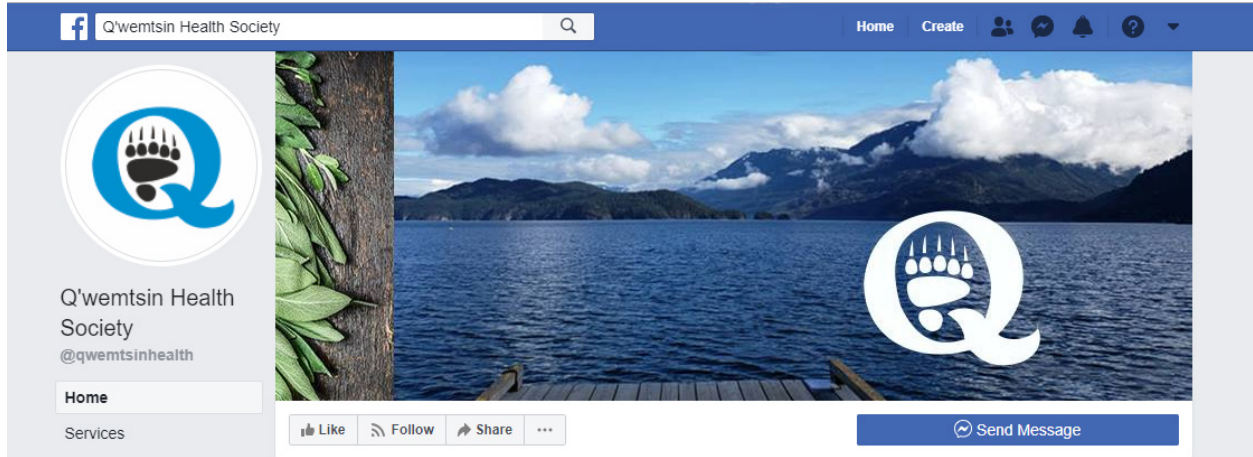


Monday	Tuesday	Wednesday	Thursday	Friday
		1 OFFICE CLOSED Canada Day	2 NP @ SIB Massage @ QHS	3 Doctor @ QHS Massage @ QHS
6 NP @ QHS Foot Care @ QHS	7 Doctor @ QHS	8 NP @ SIB Dental Day	9 NP @ QHS Massage @ QHS Diabetes Libre Workshop	10 Doctor @ QHS Massage @ QHS
13 Naturopath @ QHS Foot Care @ QHS	14 Doctor @ QHS	15	16 Massage @ QHS	17 Doctor @ QHS Massage @ QHS
20 NP @ QHS Foot Care @ QHS Naturopath @ QHS	21 Doctor @ QHS	22 NP @ SIB Dental Day Naturopath @ SIB	23 NP @ QHS Massage @ QHS Diabetes Libre Workshop	24 Doctor @ QHS Massage @ QHS
27 NP @ QHS Foot Care @ QHS Naturopath @ QHS	28 Doctor @ QHS	29 NP @ QHS	30 NP @ SIB	31 Doctor @ QHS



 Find us on
Facebook

Find us “Qwemtsin Health Society” on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Visit our Qwemtsin
Health Society website

qwemtsin.org



[Home](#) [About Us](#) [Programs](#) [What's New](#) [Events & Calendar](#) [Resources](#) [Feedback](#) [Contacts](#) [↓](#)

mission



Advancing holistic health
by providing programs,
services, and education

vision



Healthy Secwepemc
individuals, families
and communities

17

Resource Numbers



Q'wemtsín
HEALTH SOCIETY

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 Service..... (Mobile service for women and children who have experienced abuse)	250-320-3110
Native Court Worker.....	778-375-3289

Aboriginal Services

Q'wemtsín Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services 300 Chilcotin Road.....	250-314-9669
285 Seymour Street.....	250-461-7237
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society.....	250-376-1296
White Buffalo Aboriginal & 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
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program	778-471-8201

First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	info@fnha.ca

RCMP

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
TRU Law Legal Clinic..... (Free Legal Advice)	778-471-8490

Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous.....	250-374-2456
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 Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-371-4905
North Shore Health Science Centre.....	250-312-3280

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)
Cassie Michelle.....	250-314-2100 (ext. 3109)

