



Q'wemtsin Health Society Food Sovereignty • 2024

Newsletter

May
Edition
2024

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Qwemtsin Health Society • 250.314.6732
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qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

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Elder's Meditation of the Day

“Think only about what our blessings in life. Empty your mind.”

- Archie Fire Lame Deer, LAKOTA



If we let our minds wander, we will come up with a lot of negative things maybe sad thoughts about a brother or sister, maybe angry thoughts, maybe self-pity thoughts. Our minds are not the boss. We can instruct our mind to think about whatever we want to think about. We cannot stop thinking, but we can choose what to think about. The Elders say we move towards what we think about. That's why they say, "Think about what more we want in our lives, think about the happiness and love, think about culture, think about values, think about ceremonies, and think about many blessing of family and friends."

Great Spirit, today, empty my mind and let me experience what it would be like to think about all my blessing in my life.

SKEETCHESTN INDIAN BAND OPEN HOUSE



YOU ARE
INVITED!

Featuring

- Administration
- Natural Resources
- Public works
- Public Works
- Social Development
- Family support
- Housing
- And Many More

Join us for Skeetchestn Indian Band Open house, meet the team, and engage with the various departments



Skeetchestn Community Gym, Wednesday, May 29,
2024 from 10 am - 2 pm

DOOR PRIZES

BBQ

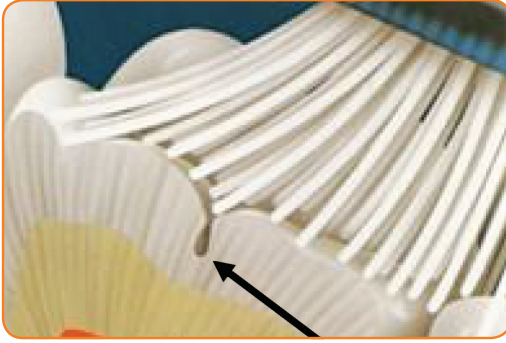


First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Seal in that Smile!

Talk to your dentist, dental therapist or dental hygienist about sealants.



50% of cavities happen
in these deep grooves.



These grooves filled with sealants
stop 50% of cavities from starting.



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Apple Rhubarb Crumble

RHUBARB FILLING:

4 1/2 cups rhubarb stems, cut into 4cm / 1.5" pieces (1 large bunch rhubarb, 10 - 12 stems, cleaned, DISCARD LEAVES)
1/3 cup white sugar
3 Granny Smith apples (~600g/1.2lb whole), peeled and cut 1.5cm / 3/5" cubes, ~3 cups/450g once cut
Zest of 1 orange, optional but recommended

TOPPING:

1 cup rolled oats (not quick or steel cut)
1 cup flour, plain/all purpose
3/4 cup (tightly packed) brown sugar
1/2 tsp baking powder
1/2 tsp cinnamon powder
6 tbsps unsalted butter, melted
Pinch of salt

SERVING (MUST!)

Vanilla ice cream – or pouring custard



Instructions

Preheat oven to 200°C/375°F (180°C fan).

Filling: Place rhubarb, apple, sugar and orange zest in a large mixing bowl and toss well. Spread evenly in a 30 x 20cm baking dish (12 x 8")

Crumble topping: Place topping ingredients in a bowl and mix with a wooden spoon until all the flour is incorporated (use cutting motion/ smearing up wall, as needed). It will be a sandy mixture.

Scrunch & top: Grab handfuls of crumble and enclose your fist to press into lumps. Break into clumps and scatter over the filling.

Bake for 35 minutes or until rhubarb is soft and the crumble is golden brown.

Rest & serve: Remove from the oven, rest for 5 minutes. Scoop into bowls and serve with vanilla ice cream or custard!



HEALTHY EATING MADE SIMPLE

Join QHS Registered Dietitian, [Laura Kalina](#) and [Diala Toulany](#), for a nutrition talk to learn more about how to lower your risk of Diabetes and Heart Disease and create healthy meals for the family.

Learn how to create healthy meals using Laura's book
"Low GI meals in minutes"

These informative workshops will share tips on how to:

Eat to Attain & Maintain YOUR Healthy Weight

- Learn about the **GLYCEMIC INDEX**
—What it is and how to make it work to maintain healthy blood sugars and healthy weights
- Reduce YOUR carbohydrate cravings and have more energy
Read nutrition labels to get more fibre and less sugar

June 6/24 11AM -1PM

Nutrition and Diabetes prevention at QHS, includes healthy lunch

To be determined

Skeetchestn Health Centre, includes healthy lunch

June 26/24 11AM -1PM

Nutrition tour of the Swela'ps Market (302 Yellowhead Hwy) and tour of the TteS Berry walk and healthy picnic

July 11/24 11AM -1PM

Medicinal teas in QHS healing garden

FREE
BOOK



QUESTIONS?

Contact:
[Laura Kalina](#)
dietitian@qwemtsin.org
250.314.6732

[Diala Toulany](#)
diabetes@qwemtsin.org



Q'wemtsin
HEALTH SOCIETY
qwemtsin.org



• Q'wemtsín Health Society

Men's Night

All men from TteS, SIB, and WPCIB ages 13 and older are welcome to attend this fun and informative evening. Poker Tournament / Barber / Dinner / Swag / Prizes!

Location: Moccasin Square Gardens

When: Thursday, June 20th

Start Time: 5PM

Keynote Speaker : Allan Lai, Nurse Practitioner

Questions or Concerns

call QHS

250.314.6732



Q'wemtsín
HEALTH SOCIETY

Q'wemtsin Health Society

Kindergarten Day!



Audiologist assessing kids (ages 3-5) hearing from 9 am to 12 pm

- Sage Hills drumming will be at 11:30 am with lunch after
- Uncle Chris the Clown
- Bouncy Castle Fun
- Facepainting
- Preschool Swag Bags
- Lots of outdoor fun!
- *Dental screening can be booked with Crystal for a later date

Wednesday, June, 19/24

From 9 am – 12pm

at QHS (130 Chilcotin Road)

Any questions?
please contact
Sarah Bennett,
Community Health Nurse
at
250-314-6732



Q'wemtsín
HEALTH SOCIETY



**Q'wemtsin Health Society will be
Closed on:**

Monday, May 20, 2024

In observance of Victoria Day

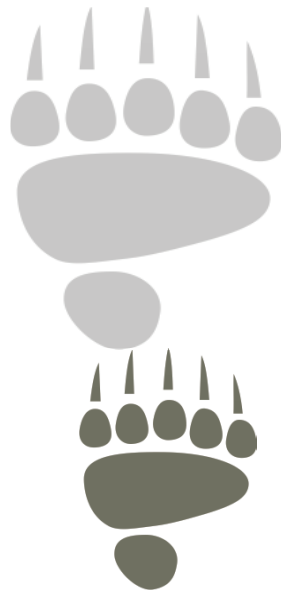
We will re-open:

Tuesday, May 21, 2024 at 8:30 A.M.



SIB Baby Welcome Celebration





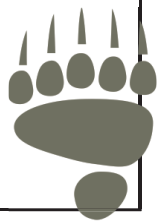
June

P e l l t s p é n t s k

“Mid-summer month”

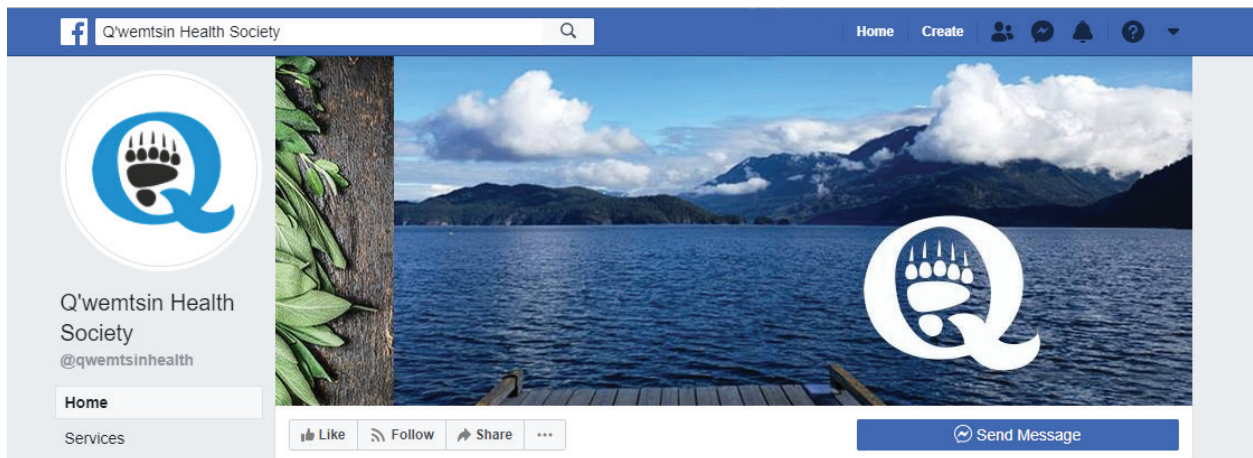


Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20 Summer begins	21 Aboriginal day OFFICE CLOSED
24	25	26	27 Professional Development OFFICE CLOSED	28 Professional Development OFFICE CLOSED Powwow





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

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	1-888-353-2273 (depression, poverty, abuse, homelessness, suicide)
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.....	250-320-3110 (Mobile service for women and children who have experienced abuse)
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.....	250-828-3000 (Complaints General inquiries)
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District	250-828-3111
TRU Law Legal Clinic.....	778-471-8490 (Free Legal Advice)

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)

