

NEWSLETTER

JUNE
2024



Food Forest

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

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Kwselktknews: We Are All Related



URBAN SECWÉPEMC FAMILY AND FRIENDS FEAST

Join us for a night of storytelling, drumming, singing, and a resource fair. We will also be giving updates about our project, Kwselktknews.



Event will be held at:
Native Education College
285 East 5th Avenue, Vancouver, BC

WED JUNE 26TH | 5PM TO 8PM

To volunteer, or for more information email:
secwepemctsin17@gmail.com

mission



Advancing holistic health
by providing programs,
services, and education

vision



Healthy Secwepemc
individuals, families
and communities



Q'wemtsín
HEALTH SOCIETY

Food Sovereignty Everyone Eats: Curriculum Project

On May 28th QHS Food Sovereignty team held the 2nd annual luncheon for all the Food Sovereignty partner communities from Tk'emlúps te Secwépemc, Skeetchestn, and Whispering Pines/Canton Indian Band. During the luncheon, Addie de Candole presented the finalized Secwépemc Moon curriculum, a K-8 curriculum that features 13 presentations, each highlighting a Secwépemc moon and includes lesson plans based on Elder wisdom from Tk'emlúps, Skeetchestn, and Whispering Pines/Canton. Each Community and School will be getting a copy of the curriculum and resources. This wraps up our Everyone Eats project funded by Heritage Canada

In the culmination of a collaborative two-year project, this report provides an overview of our final curriculum. This curriculum is rooted in engagement with local Elders, knowledge keepers, and educators. Guided by a commitment to honoring Indigenous wisdom and cultural heritage, our curriculum is based on the framework of the Secwépemc Seasonal Round. For each moon, teachers can use a ready-made lesson to teach their K-8 students about the traditional activities of the Secwépemc people.

There are accompanying lessons that are inspired by traditional knowledge and audio clips of stories shared by Elders. There are also lessons and activities based in the school gardens present at Sk'elep and Skeetchestn Community Schools. This project stands as a testament to the power of collaboration, the resilience of Indigenous wisdom, and the transformative potential of education when rooted in community and cultural reverence.



Connie Jules and Barb Eaton 2007
QHS Healing Garden



Connie Jules and Barb Eaton
2024
QHS Healing Garden

Support Local

Outdoor Market

Vendors

Food & Drink

Crafters

June 28 – 30th, 2024

Fri: 12pm – 8pm, Sat 10am- 8pm,
Sun 10am – 3pm

936 Yellowhead Hwy, Kamloops

Contact: Lorrinda at lorrindaj@gmail.com for application or
call/text 250-299-7123

Presented By:



**ELECTRIC AVENUE
CONTRACTING LTD.**

Summer Recipies: Fresh Fruit Ambrosia Salad



Ingredients:

2 cups strawberries, chopped
2 cups pineapple, chopped
2 cups green grapes, fresh
1 15oz can mandarin oranges, drained
1 - 2 cups mini marshmallows, fruit flavored or plain
5.3 oz container Yoplait Greek 100 Protein vanilla yogurt
8 oz container frozen whipped topping, thawed



Instructions:

1. Combine the strawberries, pineapple, grapes, mandarin oranges and mini marshmallows in a large bowl and toss to combine.
2. In a separate bowl combine the vanilla yogurt and thawed whipped topping until smooth. Pour mixture into bowl with fruit and toss to combine.
3. Chill until ready to serve.

Brown Sugar & Cinnamon Waffles



Ingredients:

2 cups all purpose flour
1/2 cup brown sugar, firmly packed
1 tsp salt
1/2 tsp baking soda
3 tsp cinnamon
2 eggs, separated
1 3/4 cups whole milk
1/4 cup vegetable oil
1 Tbs vanilla



Instructions:

1. Whip egg whites in a stand mixer on medium speed until soft peaks form.
2. While egg whites are whipping whisk together flour, brown sugar, salt, baking soda, and cinnamon.
3. Make a well in the center and mix in egg yolks, milk, vegetable oil, and vanilla, stirring until completely combined.
4. Fold in beaten egg whites with a spatula until combined
5. Scoop batter into your waffle maker and cook according to your manufacturers directions.





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YOUR PHYSICIAN OR ONCOLOGIST

For referrals to those that can help!



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or Doctor

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811



FINANCIAL MATTERS



LEGAL MATTERS

WHAT IS SUPPORTIVE CARE?

The Kamloops Cancer Supportive Care Society is advocating for comprehensive wrap-around supportive care services delivered by a cancer patient navigation team.

MEDICAL/TREATMENT

Coaching Cancer Patients
to become informed, proactive
advocates for their
own health

EMOTIONAL

Coaching patients to deal
with the emotional distress of
cancer and directing them to
appropriate resources

FINANCIAL

Helping patients find and
understand financial resources
during treatment
and beyond

PHYSICAL

Assisting and coaching
patients to the best resource
for their physical
health

CARE

Directing and coaching
patients towards existing
community resources
for patient care

WORK

Coaching patients through
return to work/school after a cancer
diagnosis and treatment and directing
them to appropriate resources

LEGAL

Directing patients to find
appropriate legal assistance
during treatment
and beyond

CAREGIVER SUPPORT

Coaching caregivers, family members,
and the wider community
to access appropriate supports
for themselves

**No person with cancer should
have to spend more time
fighting their way through
the cancer care system than
fighting their disease.**

~ Harold P. Freeman, MD



KamCancerSupport.com

KamCancerSupport.com

First Nations Health Benefits • Plan W



What Is Plan W?

Plan W is designed to meet the unique needs of B.C. First Nations. Plan W covers 100 percent of:

- Eligible prescription costs
- Certain medical supplies
- Certain over-the-counter drugs
- Some natural health products
- Pharmacy services

Plan W is funded by the First Nations Health Authority (FNHA).

Who Is Eligible For Plan W?

You are eligible for coverage under the Plan W if you:

- Have active Medical Services Plan (MSP) coverage. To enrol in MSP, contact FNHA.

Are a registered Indian under the Indian Act, or are a child under 2 years who has at least one parent who is a registered Indian under the Indian Act.

How to access OTC medications covered by Plan W?

You can get a medication from the Plan W OTC list in two ways:

1. A prescription from a doctor or nurse practitioner
2. A recommendation from a pharmacist

How to get a prescription:

Talk to your doctor or nurse practitioner about your health condition.

They may write you a prescription for an OTC medication covered by Plan W.

Fill the prescription at your local pharmacy at no cost.

For more Information
Please Visit

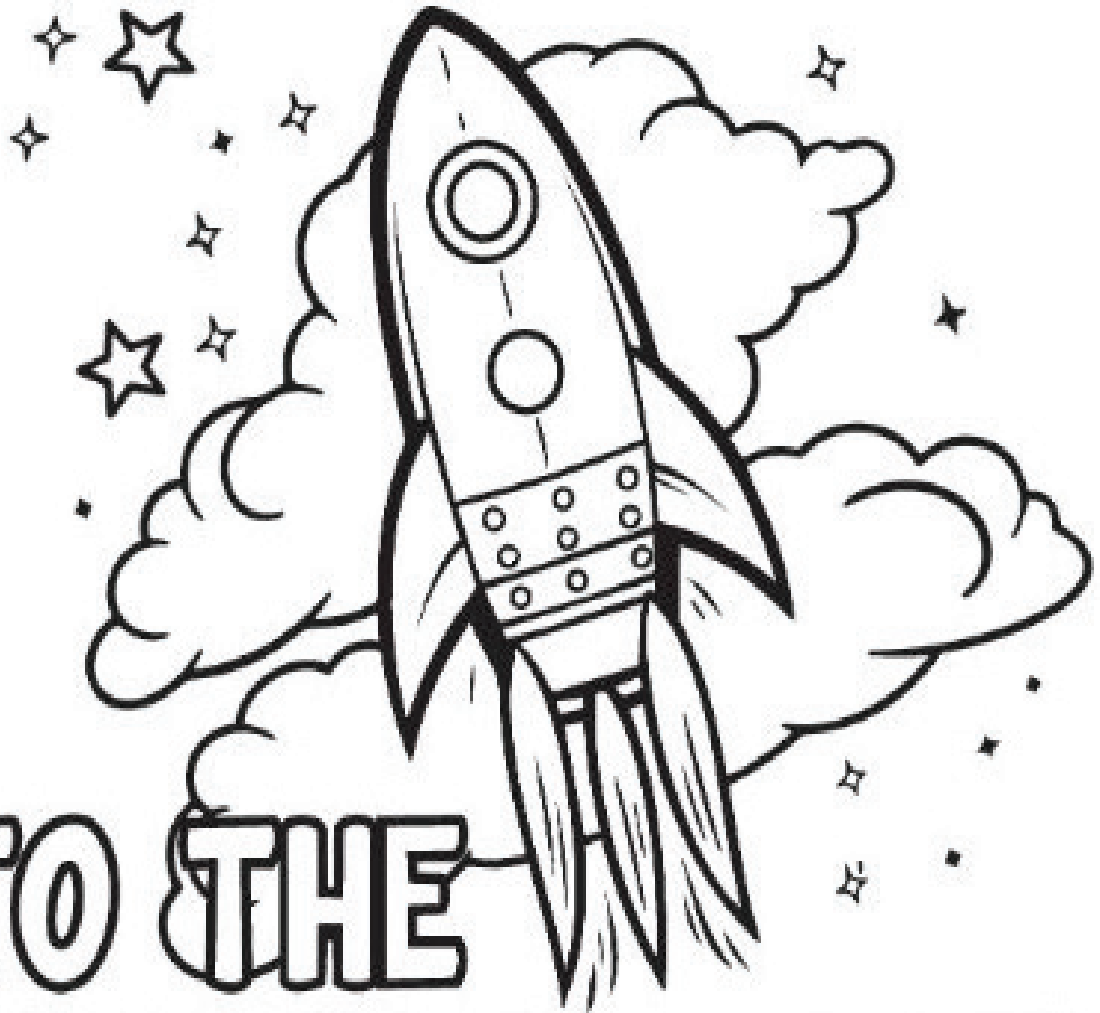
[https://www.fnha.ca/
benefits/pharmacy](https://www.fnha.ca/benefits/pharmacy)



Q'wemtsín
HEALTH SOCIETY



DAD
I LOVE YOU



TO THE
MOON & BACK

Easy Peasy Fun



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

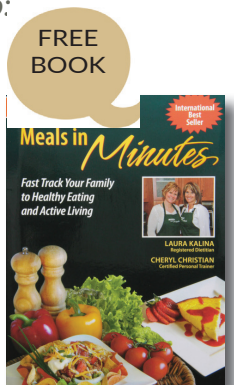
- Learn about the **GLYCEMIC INDEX**
—What it is and how to make it work to maintain healthy blood sugars and healthy weights
- Reduce **YOUR** carbonylate cravings and have more energy
Read nutrition labels to get more fibre and less sugar

June 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



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

TteS, SIB, and WPCIB ages 13 and older are
this fun and informative
evening / Barber / Dinner / Swag / Prizes!

Location: Mt. Pleasant

When: Thursday, June 14

Start Time: 5PM

Keynote Speaker : Allan Lai, Nurse Practitioner

Allan Lai

Questions or Concerns

call QHS

250.314.6732



Q'wemtsín
HEALTH SOCIETY

JUNE Pelltspéntsk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Massage (SIB) Dr. Langford Dr. Lawrie Foot Care	4 Foot Care (SIB) Massage	5 Dental Naturopath	6 Nurse Practitioner	7 Nurse Practitioner Respiratory	8
9	10 Massage Dr. Langford (SIB) Dr. Lawrie Foot Care	11 Massage	12 Nurse Practitioner Naturopath	13 Nurse Practitioner (SIB)	14	15
16 Father's Day	17 Massage Dr. Langford Dr. Lawrie Foot Care	18 Nurse Practitioner (SIB) Massage	19 Naturopath Dental	20 Kindergarten Day Nurse Practitioner	21 Indigenous Day OFFICE CLOSED	22
23	24 Massage (SIB) Dr. Langford Dr. Lawrie Foot Care	25 Massage	26 Nurse Practitioner	27 OFFICE CLOSED	28 OFFICE CLOSED	29
30						

Visit our Qwemtsin
Health Society website

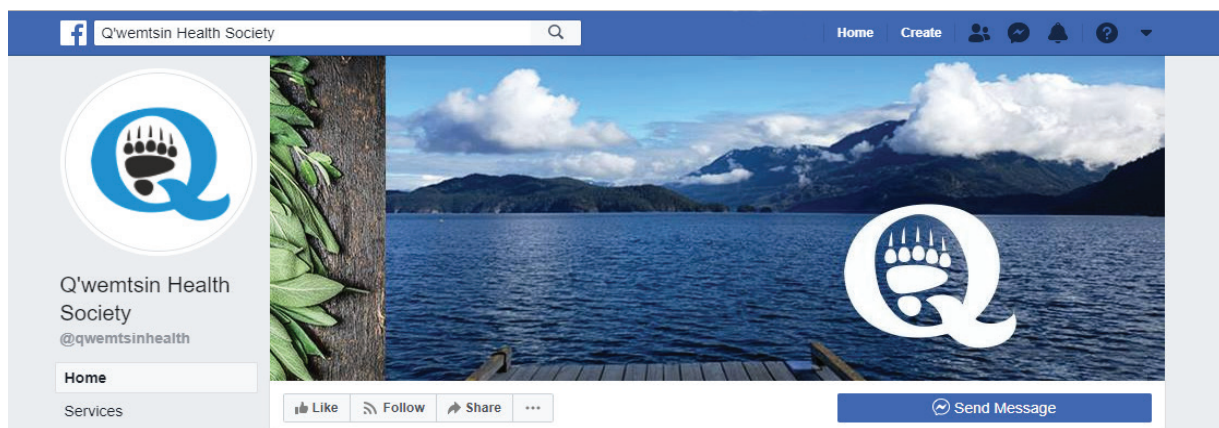
qwemtsin.org

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.



JULY Pell-tpéntsik

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  CANADA DAY	2 Nurse Practitioner (SIB) Dr. Langford (SIB) Massage	3 Naturopath	4 Nurse Practitioner	5	6
7	8 Dr. Lawrie Massage (SIB) Foot Care	9 Dr. Langford	10 Naturopath	11 Nurse Practitioner	12 Nurse Practitioner	13
14	15 Foot Care	16 Dr. Langford Foot Care (SIB)	17 Naturopath (SIB)	18	19	20
21	22 Foot Care	23 Dr. Langford (SIB)	24 Nurse Practitioner (SIB) Naturopath	25 Nurse Practitioner	26 Nurse Practitioner	27
28	29 Dr. Lawrie Massage (SIB) Foot Care	30 Massage	31 Naturopath			



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)

