

Newsletter

August
Edition



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road,
Kamloops BC, V2H 1G3

qwemtsin.org

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Community Heath Fair



KFAM July 7 to Sept 29, 2024

JOIN US!
Sundays from
8:30 am - 1:30 pm
July 7 to Sept 29

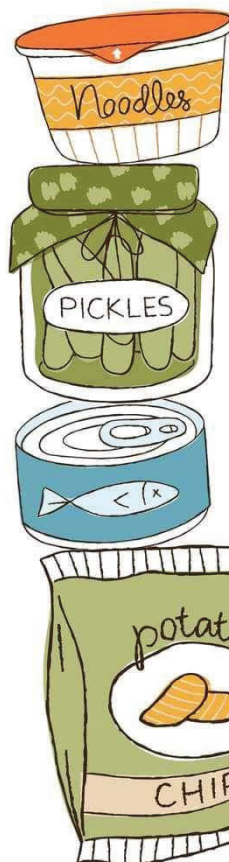
- NO long weekend markets
- @TteS Powwow Arbour
- 345 Powwow Trail, Kamloops
- live music
- traditional foods & medicines
- authentic, hand crafted artisanal items
- fresh, seasonal fruits & vegetables
- meat & dairy products
- Sabrina's Flea Market next door
- call Tina@250-214-2436 for information

kwséltkten
FARMERS & ARTISANS MARKET

CFDC of CIFN



FARMERS MARKET
NUTRITION COUPONS
ACCEPTED HERE



T'KEMLÚPS TE SECWÉPEMC
COMMUNITY SERVICES

**C7Í7ELCMENTEN
RE STSÍLLEN**

A Place to Share Food

**8:00AM - 4:00PM
MONDAY- FRIDAY**

300 Chilcotin Road, Kamloops

For more information contact
T: (250) 828-9810 | F: (250) 828-9714
cs.reception@ttes.ca



Employment Opportunity Medical Office Administrator (MOA) – Permanent Full Time

Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 23 years, becoming a pivotal agent in supporting health and wellness for the Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band.

Purpose:

To assist medical practitioners with the smoother operation and flow of patient visits and care through a myriad of administrative duties including, but not limited to, scheduling, screening, filing, and billing.

Wage: \$22 - \$25 per hour based on experience

Responsibilities:

- Scheduling and confirming client appointments
- Screening and preparing patients for appointments
- Acting as liaison for client referrals and requisitions
- Maintaining and updating all patient medical records
- Maintaining exam rooms
- Assisting with ordering and replenishing of medical supplies
- Posting medical practitioner's billing
- Assists MOA Supervisor with other duties as assigned

Qualifications and Skills:

- Medical Office Administrator certificate is an asset but not necessary
- Demonstrates ability to utilize and understand Medical Terminology
- Ability to use a high degree of tact, diplomacy, and confidentiality in working with others
- Excellent verbal, written, and organizational skills
- Demonstrated proficiency in Word and Excel applications
- Demonstrated proficiency in MedAccess or similar electronic medical records software
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

Additional Requirements:

- Possess valid British Columbia driver's license and submit current drivers abstract
- Criminal Records check with Vulnerable Sector screening will be required

Please forward your cover letter, resume, professional references, and all certificates/transcripts that prove you can meet our educational skills and abilities to:

Q'wemtsin Health Society
Attn: Bobbi Sasakamoose
130 Chilcotin Road
Kamloops, BC V2H 1G3
E-mail: bobbi@qwemtsin.org

The deadline for this posting is August 12, 2024



First Nations Health Authority
Health through wellness

Learn more about vaping and oral health

What is vaping?

Vaping involves inhaling and exhaling an aerosol created by a vaping device, such as an electronic cigarette, which heats a liquid into an aerosol without burning. These devices, powered by batteries, come in various types, including mods, vape pens, e-cigarettes and pod systems.

The liquid in vapes, also called e-liquid or vape juice, varies by brand and type but most often contains flavouring and nicotine dissolved in a solvent such as propylene glycol and/or glycerol. These solutions can disrupt the natural environment of the mouth, increasing the risk of oral infection and inflammation.

Did you know?

43% of people who vape have gum disease and oral infections.



What is the link between vaping and gum disease?

The chemicals in e-liquid can damage teeth and gums directly by helping the bacteria that cause gum disease to stick to the surfaces of the mouth. Additionally, nicotine reduces your body's ability to repair damaged gums, increasing the risk of severe gum disease.

How can vaping affect tooth decay?

Vaping can increase the amount of bacteria present in your mouth. This can increase the risk of tooth decay caused by bacteria. Additionally, the flavours found in e-liquid can stick to teeth and increase the contact between your teeth and decay-causing bacteria, increasing the risk of tooth decay.

How can vaping affect dry mouth?

A common side effect of vaping is dry mouth. This is in part due to the nicotine in vapes, which can minimize saliva flow.

A dry mouth increases the risk of difficulties with swallowing, chewing, speaking, and tasting and can lead to a burning sensation in the mouth, bad breath, tooth decay, gum disease, and oral infections.

Learn more about vaping and oral health here: www.dentalhygienecanada.ca

To learn more about the First Nations Health Authority's Oral Health program, please visit <https://www.fnha.ca/what-we-do/maternal-child-and-family-health/dental-therapy> or scan the QR code.





Speqpéq - Berries



Across

- 6. Gooseberry
- 8. Thornberry
- 10. Chokecherry
- 12. Raspberry
- 13. Soap Berry

Down

- 1. Black Berry
- 2. Salmonberry
- 3. Currant
- 4. Cranberry Bush
- 5. Ripe
- 7. Blueberry Bush
- 9. Huckleberries
- 11. Strawberry



Visit First Voices
online
or
Download the app to help
solve the
crossword
<https://www.firstvoices.com/secwepemc>





First Nations Health Authority
Health through wellness

Infant eligibility and Status numbers



Note: the First Nations Health Authority recognizes the colonial history behind Status numbers. We encourage you to take care of your health and wellness, and have provided mental health and crisis supports at the link [here](#).

Did you know?

Infants under two years old are eligible for First Nations Health Benefits coverage under their parent's Status number. After the child's second birthday, they must have their own Status number to continue coverage. To learn more about how to enrolling your child, please call Health Benefits at 1-855-550-5454.

What is "Indian Status"?

Indian status is a legal term to define the standing of a person who is registered under the *Indian Act*. A "Status Indian" is a person of First Nations decent who is listed on the "Indian Register". The "Indian Register" is the federal government's list of people with "Indian Status". Indigenous Services Canada, (ISC) keeps this list. People are registered as "Status Indians" either under Section 6(1) or section 6(2) of the "Indian Act".

If you have questions about your Status, please call ISC at **1-800-567-9604**.

Benefits of registering for Status

With a Status number, you may have access to:

- Hunting and fishing rights;
- Funding for post-secondary education; and/or
- First Nations Health Benefits coverage, including prescription drugs, eye glasses, dental care and other services.



How to register a child as “Status”

1. Call ISC at **1-800-567-9604** and let them know you want to register your baby. They will mail you the correct form. The form is available online as well at: <https://www.canada.ca/en/indigenous-services-canada.html>. You may also want to check with your band office membership department and see if they can assist with registration.
2. Fill out the form. If you have questions, contact your band membership or the numbers listed for help.
3. “Status” cards (also called a Certificate of “Indian Status”) are not automatically provided when registered. You still need to apply for a card at the same time you register your baby, or later. You can do this only by visiting your band office in person, or the ISC office in Vancouver.
4. If you are applying to register a child as a result of Bill C-3, you will need to provide the documentation required for a child to obtain the In-Canada Secure Certificate of “Indian Status” (SCIS).
5. Mail the form, along with an original of your baby’s **long form birth certificate** (which contains parental information), to the address on the form.

The source of this information is a pamphlet called “Indian Status and Your Baby”, originally produced by Indian and Northern Affairs Canada (INAC) in BC. The information is used here with permission of the Government of Canada, Crown Copyright and Licensing, and has not been produced in affiliation with, or with the endorsement of the Government of Canada.

Children’s Oral Health Initiative (COHI)
May 2024



Q'wemtsin Health Society

Do You Know About Plan W?

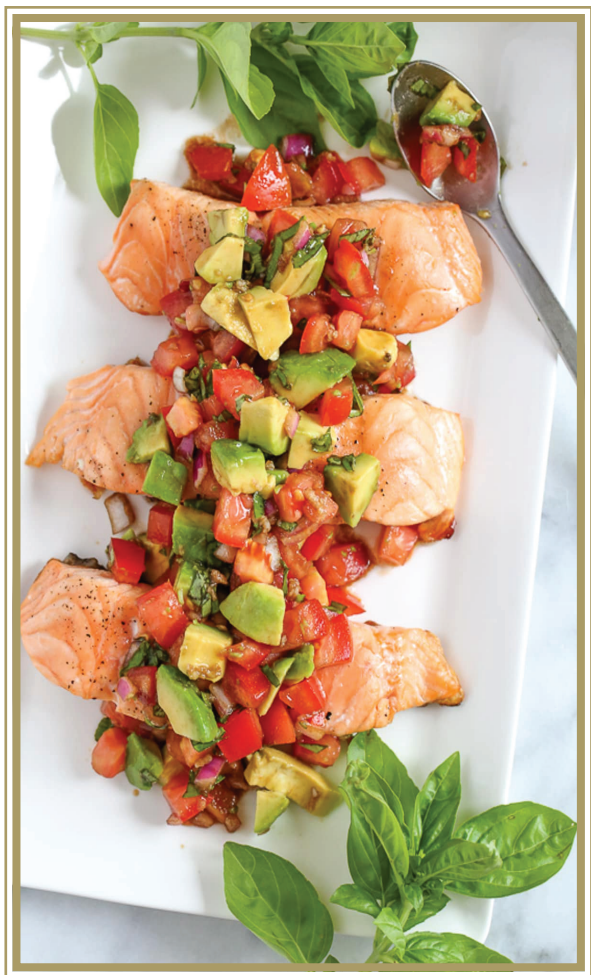
- Present a Status Card at any pharmacy and many over the counter (OTC) medications are free of charge.
- Plan W program was created and initiated by FNHA & BC PharmaCare.
- Plan W covers eligible prescription drugs medical supplies/devices, and many OTC medications.
- Pharmacists can order most OTC medications without a doctors order, they just need a valid status card & MSP card.
- **You are eligible under Plan W if you:**
 - ✓ Have status, or a child under 24 months of age who has at least one parent with status;
 - ✓ Have active BC Medical Service Plan (MSP) coverage
 - ✓ Are not covered under a Treat (ie Nisga'a)
- **Items available with a pharmacist's prescription Include but are not limited to:**

Acetaminophen
Allergy Medications
Antacids
Antibiotic creams
Aspirin
Calcium Supplements
Children's vitamins
Cold medications
Ear & Eye drops

Mineral Oil
Prenatal vitamins
Vitamin (A, B, C, & D)
Wart treatments
Yeast Infection Treatments
Zinc Oxide Cream
Lice Treatment
Bowel Management medications
Many More

Speak with any pharmacist for more information about Plan W

Grilled Salmon & Avocado Bruschetta



Ingredients

- ⌚ 4 wild salmon fillets, 6 oz each
- ⌚ 1/4 tsp kosher salt
- ⌚ black pepper
- ⌚ cooking spray

For the avocado bruschetta: (makes 2 1/4 cups)

- ⌚ 1/4 cup chopped red onion
- ⌚ 1 tbsp extra virgin olive oil
- ⌚ 1 tablespoon balsamic vinegar
- ⌚ kosher salt , and fresh black pepper to taste
- ⌚ 2 medium vine ripe tomatoes
- ⌚ 2 small cloves garlic, minced
- ⌚ 2 tablespoons fresh basil leaves, chopped
- ⌚ 4 ounces diced avocado, from 1 small half

Instructions

1. Combine onion, olive oil, balsamic, 1/4 tsp kosher salt and pepper. Set aside 5 minutes.
2. Chop tomatoes and place in a large bowl. Combine with garlic, basil, onion-balsamic combo and additional 1/8 tsp salt and pepper to taste. Set aside and let it sit at least 10 minutes.
3. Preheat a gas grill to medium-high. Oil the grates generously to prevent the fish from sticking.
4. Season salmon with salt and fresh ground black pepper to taste.
5. Place skin-side-down on the grill. Close the lid and cook without turning for 8 to 10 minutes (depending on thickness), or until the salmon is just cooked through. The skin will char but will prevent the fish from drying out.
6. Remove and cover with foil; rest for 2 to 3 minutes while adding the avocado to the bruschetta.
7. Serve topped each with generous 1/2 cup avocado bruschetta.

FireSmart activities you can do while you're at home.

FireSmart BC remains committed to supporting you with the resources you need to minimize risk from wildfire.



Some easy do at home FireSmart activities that FireSmart BC recommends while at home:

- Download the updated FireSmart BC Manual and learn more about FireSmarting your home, neighbourhood and community
- Watch the numerous video resources that are available on our website
- Complete FireSmart 101 – a free online self-directed course on all things FireSmart.
- Download the FireSmart Canada Guide to Landscaping to learn about new ways to fireproof your property through landscaping.
- Rake and remove pine needles and dry leaves within a minimum of 1.5 metres of a home's foundation. As time permits, continue up to a 10-metre distance around the home. Dispose of collected debris in appropriate trash receptacles.
- Clean pine needles from roof and gutters.
- Get out your measuring tape and seeing how close wood piles are located to the home. If closer than 10 metres, relocate and move the pile at least 10 metres from structures.
- Sweep porches and decks to clear them of leaves and pine needles. Rake under decks, porches, sheds and play structures.
- Mow your grass to a height of 10 centimetres or less.
- Remove items stored under decks and porches and relocate them to a storage shed, garage, or basement. Gasoline cans and portable propane tanks should never be stored indoors and should be located away from the home.
- Download the FireSmart Begins at Home app (at the App Store or at Google Play) and undertake a structure ignition-zone assessment.

Remember, if you need to perform an activity that creates woody debris, there are many alternatives to burning:

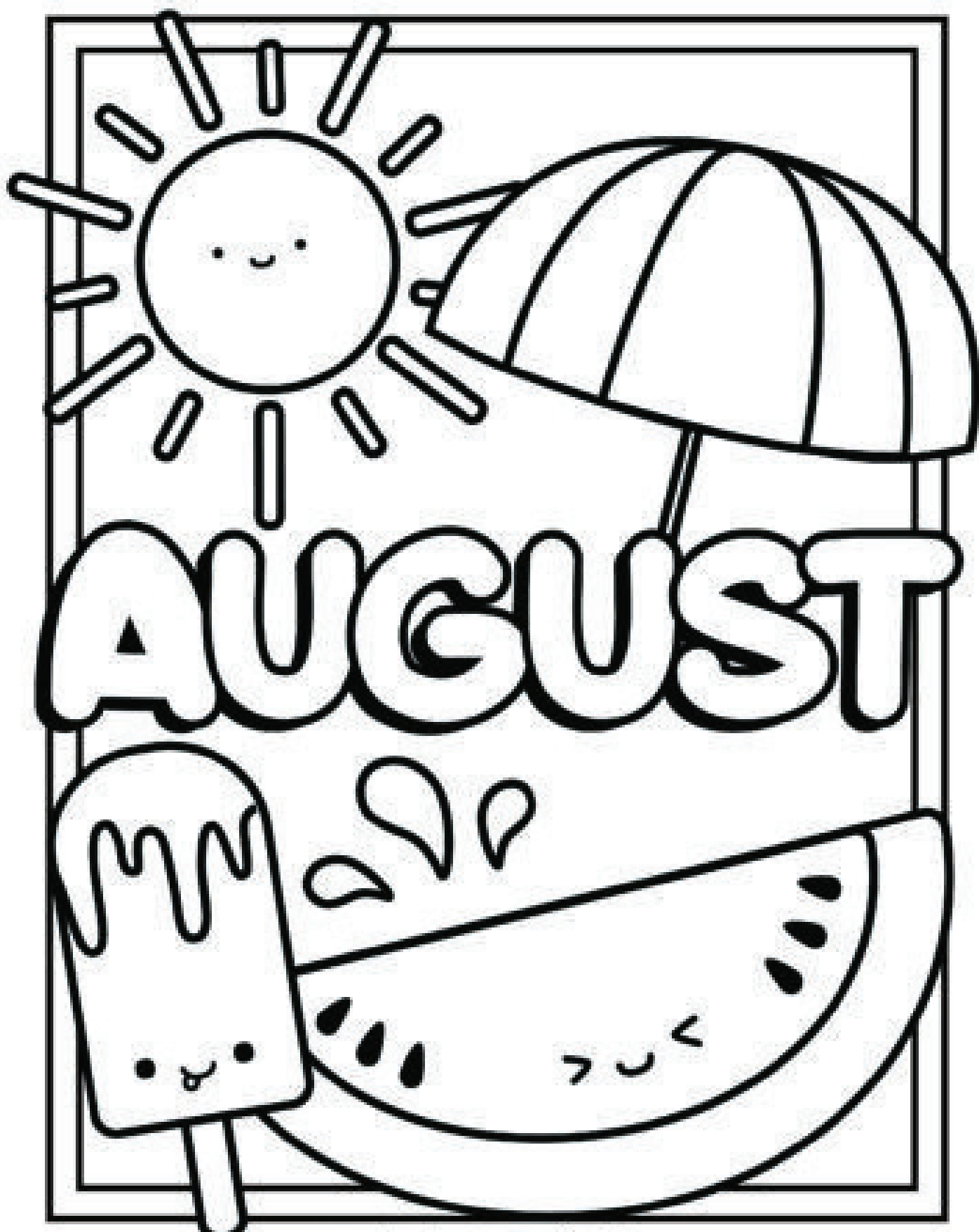
Grasscycling: Grass clippings are a natural fertilizer. Your lawn retains its health because each time you mow, you return valuable nutrients and moisture to the soil. Any lawn mower can recycle grass clippings. Just remove the grass bag/catcher. Mowers specifically designed for mulching are available and they produce finer clippings for grasscycling.

Chipping & Mulching: Mulch inhibits weeds, retains moisture and releases nutrients as it decomposes. Lay mulch in your yard with natural materials: dried grass, chipped woody material, or pine needles. Ensure that you do not spread these materials around within 10 meters of your home since they are highly combustible.

Composting: Composting takes ordinary yard and kitchen waste and transforms it into a superior soil amendment. Your plants will be healthier and more able to deal with insects and disease. Compost also aids in water absorption and minimizes the need for chemical fertilizers.

Curbside Pick-up: Garbage haulers may offer an optional curbside subscription service for collecting residential yard or "clean green" debris pick-up. Haulers transport the material to a certified compost facility. Call your garbage hauler for details.

Hauling: Rake up your excess material and haul it to your nearest Transfer Station. Some small cities and towns provide a drop box or special area for residents to drop off yard and garden debris. Contact your town/city for more information. It's more important than ever that we all step up and keep our communities safe. To learn more, please visit the resources page, and help get the message out by sharing this article.



August

Pelt éxelcten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Nurse Practitioner	2	3
4	5 Office Closed	6 Dr. Langford Massage	7 Nurse Practitioner (SIB)	8 Nurse Practitioner	9 Nurse Practitioner	10
11	12 Dr. Lawrie Foot Care	13 Dr. Langford (SIB) Nurse Practitioner	14 Office Closed	15 Office Closed	16 Office Closed	17
18	19 Dr. Lawrie	20 Dr. Langford	21 Nurse Practitioner Naturopath	22 Nurse Practitioner	23 Nurse Practitioner	24
25	26 Dr. Lawrie Massage (SIB)	27 Massage Nurse Practitioner Foot Care (SIB)	28	29	30	31 

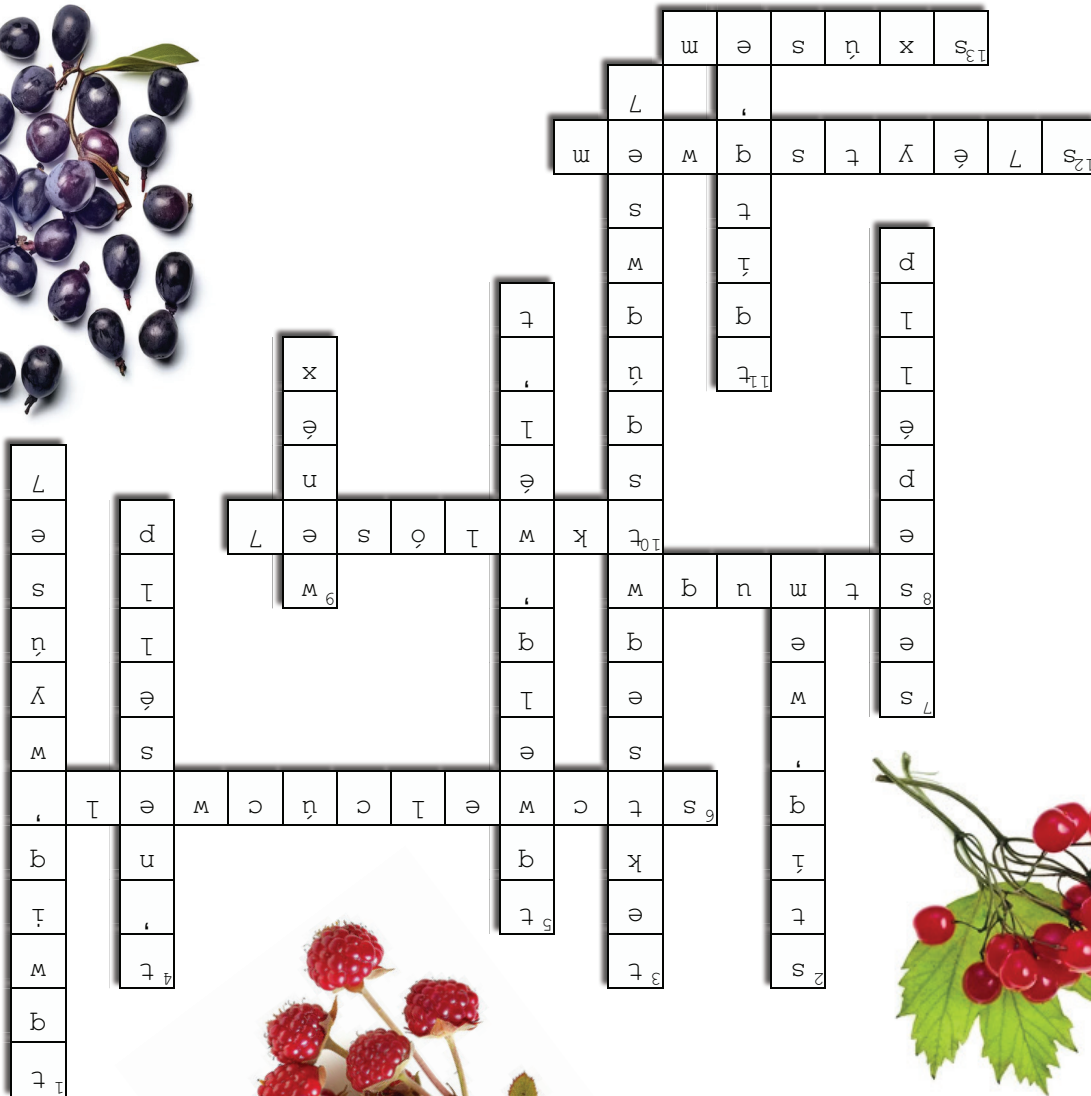
Answer Key



- Across**
- 6. Gooseberry (stcweicwuef)
 - 8. Thornberry (stimuqwm)
 - 10. Chokeberry (tkwlose7)
 - 12. Raspberry (s7eytsqwm)
 - 13. Soap Berry (sxusem)

- 1. Black Berry (tqwidiwuse7)
- 2. Salmonberry (stiqwm)
- 3. Currant (tektseqwtsquise7)
- 4. Cranberry Bush (thesellp)
- 5. Ripe (tqweldqwett)
- 7. Blueberry Bush (sesepellp)
- 9. Huckleberries (wenex)
- 11. Strawberry (tqitqe)

Down





Q'wemtsin
HEALTH SOCIETY

QHS Community Health & Wellness Fair

Wednesday, September 25th

Time: 11:00AM - 2:30PM

Place: 130 Chilcotin Road

**JOIN US AT OUR FREE EVENT
ALL COMMUNITY
MEMBERS WELCOME!**

For more information
Contact Lindsie at
250.314.6732
lindsie@qwemtsin.org

Health Screenings & Health Related Information



Health vendors
Food trucks
Bouncy castles
Swag Bags
Door Prizes