

NEWSLETTER

JULY
EDITION
2024



TteS Kindergarten Day - Abigail Peterson

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



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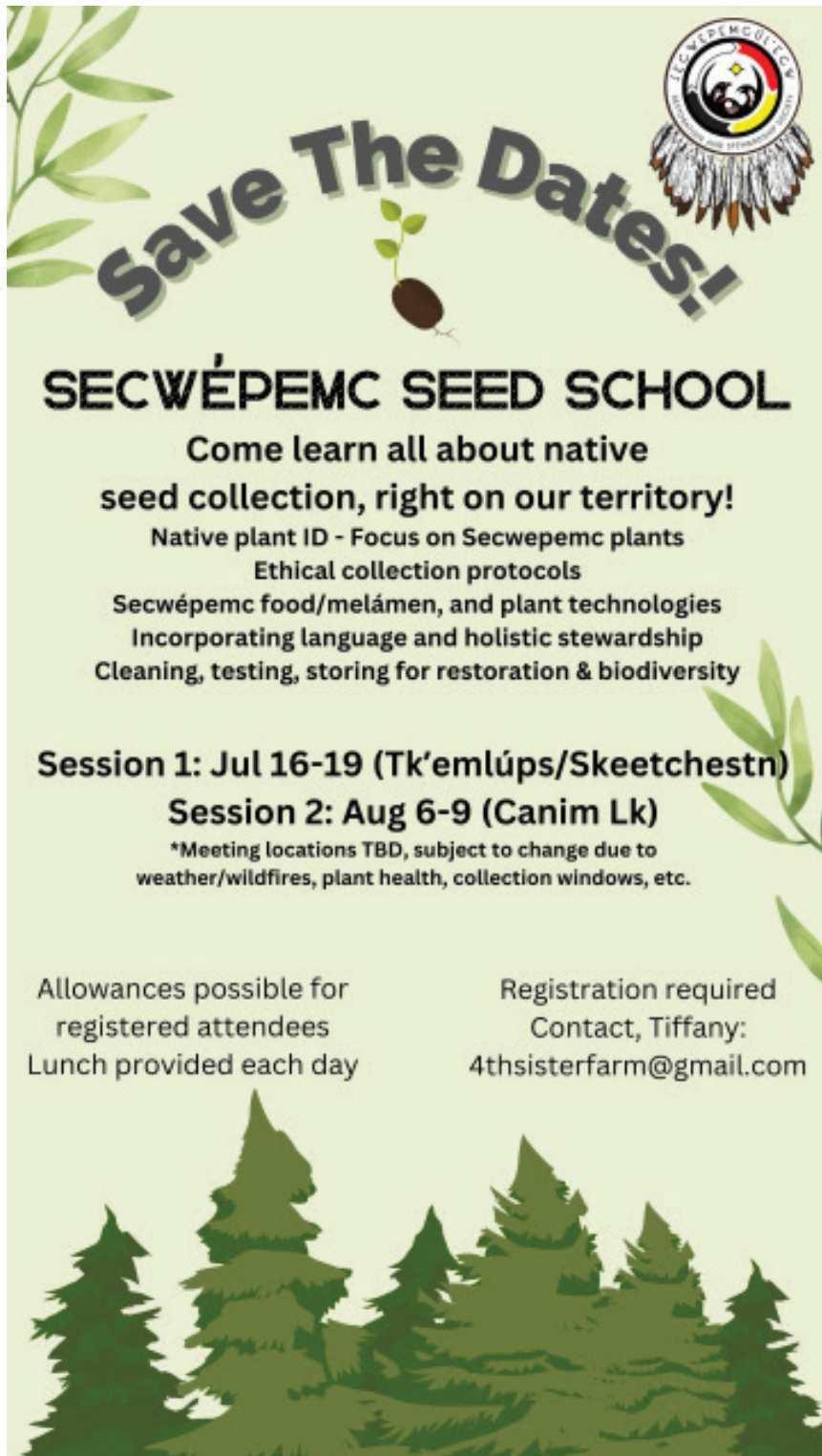
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Answer key

Resource Numbers

A poster for the Secwépemc Seed School. At the top right is a circular logo with a feathered fringe. The main title 'Save The Dates!' is in a large, bold, sans-serif font, arched over a small seedling. Below this, 'SECWÉPEMC SEED SCHOOL' is written in a bold, sans-serif font. The text 'Come learn all about native seed collection, right on our territory!' is followed by a list of topics: 'Native plant ID - Focus on Secwepemc plants', 'Ethical collection protocols', 'Secwépemc food/melámen, and plant technologies', 'Incorporating language and holistic stewardship', and 'Cleaning, testing, storing for restoration & biodiversity'. The sessions are listed as 'Session 1: Jul 16-19 (Tk'emplúps/Skeetchestn)' and 'Session 2: Aug 6-9 (Canim Lk)'. A note states '*Meeting locations TBD, subject to change due to weather/wildfires, plant health, collection windows, etc.'. At the bottom, it says 'Allowances possible for registered attendees' and 'Lunch provided each day' on the left, and 'Registration required' and 'Contact, Tiffany: 4thsisterfarm@gmail.com' on the right. The background features green leaves and a row of evergreen trees at the bottom.

Save The Dates!

SECWÉPEMC SEED SCHOOL

Come learn all about native seed collection, right on our territory!

Native plant ID - Focus on Secwepemc plants
Ethical collection protocols
Secwépemc food/melámen, and plant technologies
Incorporating language and holistic stewardship
Cleaning, testing, storing for restoration & biodiversity

Session 1: Jul 16-19 (Tk'emplúps/Skeetchestn)
Session 2: Aug 6-9 (Canim Lk)

*Meeting locations TBD, subject to change due to weather/wildfires, plant health, collection windows, etc.

Allowances possible for registered attendees
Lunch provided each day

Registration required
Contact, Tiffany:
4thsisterfarm@gmail.com



Naloxone Saves Lives!

Did you know Q'wemtsin Health Society has a Harm Reduction Program???

The Harm Reduction Program is geared toward promoting a healthy lifestyle and reducing the stigma associated with Substance Use Disorders to any First Nations person or community member from Tk'emlúps te Secwépemc, Skeetchestn or Whispering Pines/Clinton Indian Band.

For more information please call QHS at 250.314.6732



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

Both QHS and Skeetchestn Health Centre have take home Naloxone Kits. If you would like a kit please call QHS at 250.314.6732 or Skeetchestn Health Centre at 250.373.2580.

All kits given away remain confidential!

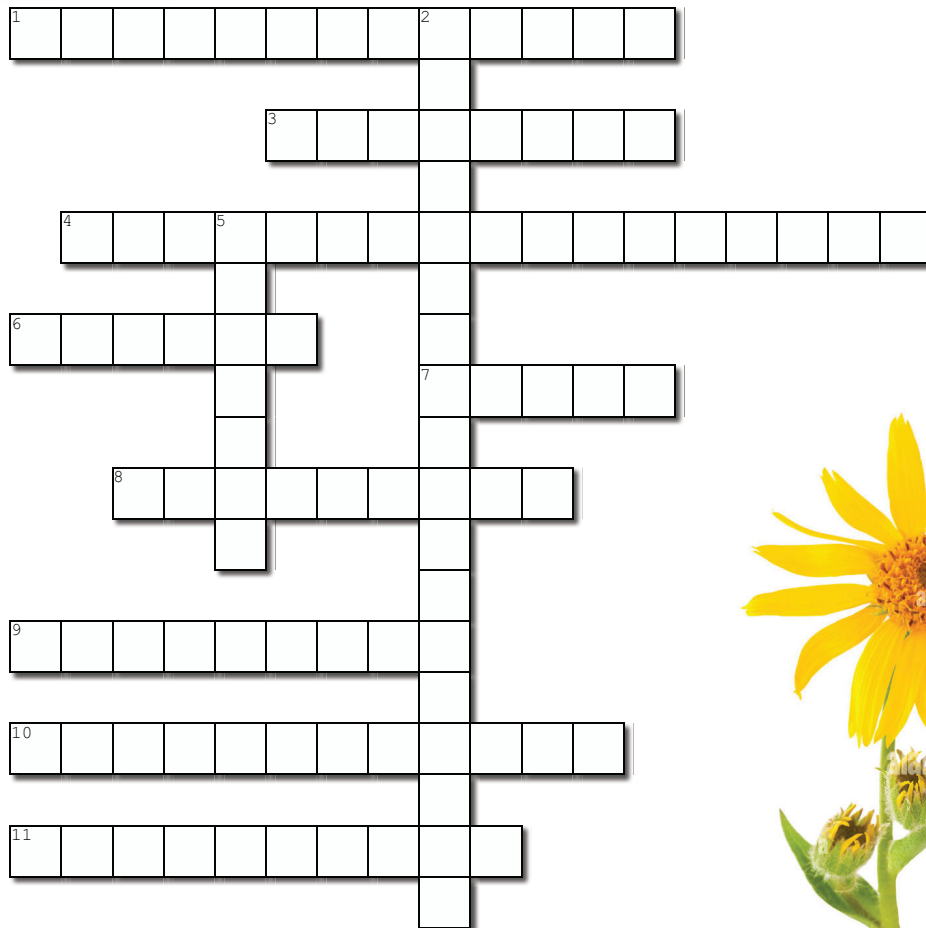
Services:

- Education on Drug overdose and the use of Naloxone
- Distribution of Take Home Naloxone Kits
- Distribution of Take Home Naloxone Nasal Spray
- Distribution of Fentanyl Test Strips
- Education on safe disposal of used needles and syringes
- Community needle/Syringe Clean-up and Hotline
- Promotion of healthy living



sulén'sem- Flower

Complete the crossword puzzle below



Across

1. Arnica
3. Tiger Lily
4. Indian Paintbrush
6. Water Lily
7. Prickly Pear Cactus
8. Yellowbells
9. Sunflower
10. Lupine flower
11. Fireweed

Down

2. Yarrow
5. Desert Lily

Visit First Voices online
or
Download the app to
help complete the
crossword

<https://www.firstvoices.com/>





WILDFIRE HOME PREPAREDNESS CHECKLIST

Preparing and Planning

- ☐ Prepare an emergency evacuation plan.
- ☐ Stay up to date with wildfire emergency updates.
- ☐ Have a fire extinguisher ready.
- ☐ Create an emergency disaster kit.
- ☐ Photograph your home's furniture and rooms in case if anything is burned.

Inside the Home

- ☐ Properly store flammable product such as candles or flammable liquids.
- ☐ Test smoke alarms at least once a month.
- ☐ Inspect your chimneys at least twice a year.
- ☐ Switch to fire-resistant shutters and drapes.
- ☐ Know areas to close off or block in case of a fire.

Outside the Home

- ☐ Clear out any twigs, leaves, or tree limbs within 5-30 feet of your home.
- ☐ Remove any flammable outdoor materials or furniture.
- ☐ Clear your roof and gutters of any debris.
- ☐ Check sprinklers and ensure they are working.
- ☐ Safely store equipment that could add to a wildfire, such as lawnmowers or generators.

Selecting Pet-Friendly Houseplants

Compiled by: style**degree**

Pet-friendly

Non-toxic to pets



Spider Plant



Orchid



Gloxinia



Boston Fern

Not Pet-friendly

Poisonous to pets



Aloe Vera



Easter Lily



Snake plant



Daffodil

Elder's Meditation of the Month

“We are called to become hollow bones for our people and anyone else we can help, and we are not supposed to seek power for our personal use and honor.”

-- Fools Crow, LAKOTA

In order for us to use our power well, we must become a hollow bone. We must prepare ourselves to become a channel. Our channel must be clean before we can use our power well. We must be free of resentment, guilt, shame, anger, self pity, and fear. If these things are in us, we cannot be hollow bones. These things block us from our power. The cleaner we are, the more power we move. We must become a hollow bone so the Creator can use us to do what He wants us to do.

My Creator, remove from me today all resentment, anger, fear, guilt and selfishness. Do not let my weaknesses stand in the way of my usefulness to You. Make me a hollow bone so Your power can flow through me.

Benefits of meditation



- ☯ Reduces Stress
- ☯ Controls Anxiety
- ☯ Promotes Emotional Health
- ☯ Enhances Self-Awareness
- ☯ Lengthens Attention Span
- ☯ Fights Addictions
- ☯ Reduce Age Related Memory Loss
- ☯ Improves Sleep
- ☯ Helps Control Pain
- ☯ Decreases Blood Pressure

Spicy Pickled Garlic:

Ingredients:

- 2 quarts water
- 3 cups peeled garlic cloves
- 12 coriander seeds
- 6 whole peppercorns
- 3 dried hot chiles, split
- 3 whole allspice
- 1 bay leaf, torn into three pieces
- 1-1/2 cups white wine vinegar or distilled white vinegar
- 1 tablespoon sugar
- 1-1/2 teaspoons canning salt



Spicy Pickled Garlic

Pickled Garlic Tips

Is it OK if the pickled garlic turns blue?

Yes, it's OK for pickled garlic to turn blue. This happens sometimes when fresh garlic is contact with an acid for a prolonged period of time, especially when it's hot! Just know that blue pickled garlic is still perfectly safe to eat.

How do you serve pickled garlic?

Pickled garlic is great on a charcuterie board, served as a garnish for slow-cooker beans or use in dips and spreads.

How should you store pickled garlic?

Store unopened jars of pickled garlic in a cool, dry place for best quality. Plan to use them up within 1 year. Once opened, store in the refrigerator for up to a week.

Directions:

1. In a large saucepan, bring water to a boil. Add garlic and boil 1 minute.
2. Meanwhile, divide coriander, peppercorns, chiles, allspice and bay leaf among three hot half-pint jars. Drain garlic and pack into jars to within 1/2 in. of the top.
3. In a small saucepan, combine vinegar, sugar and salt. Bring to a boil, stirring constantly. Carefully ladle hot liquid over garlic, leaving 1/2-in. headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mixture. Wipe rims. Center lids on jars; screw on bands until fingertip tight.
4. Place jars into canner with simmering water, ensuring that they are completely covered with water. Bring to a boil; process for 10 minutes. Remove jars and cool.





Tips for tick safety

Tick season typically starts mid spring and can run until October in parts of Canada.

4 tick tactics to keep in mind when heading out into nature

1

KNOW YOUR ENVIRONMENT

Be aware of areas where ticks live and thrive.
Stay on trails.

2

CHECK YOURSELF

After spending time in nature, do a thorough body check.

3

RAISE YOUR PROTECTIVE BARRIER

Wear long-sleeved shirts and long pants to keep your skin protected from ticks.



4

REPEL

Use insect repellent on clothing that may come in contact with grass and brush.

Photo credit: Adult deer tick (Scott Bauer/Wikimedia Commons)

To learn more tick safety tips, visit natureconservancy.ca/ticksafety.

JULY

Pell-tpéntsk



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			



August

Pell'étélcten

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



Summer Sun Safety

By: Dr. Melissa Bradwell ND (adapted from Andrea Hauser)

It's that time of year again where the weather invites us to spend more time outside. With this comes the concern of sun exposure and how to remain safe while enjoying it. Here are some facts and tips to help you and your family have a safe and healthy summer.

Ultraviolet light from the sun comes in two main wavelengths -- UVA and UVB.

UVA	UVB
• Causes tanning and burning	• More rapidly causes tanning and burning
• These rays penetrate deeper into the skin and cause more free radical damage, leading to signs of premature aging of the skin (wrinkles and age spots)	• Sun's burning rays and are the primary cause of sunburn
• These rays are quite constant during ALL hours of daylight throughout the year.	• These rays are low in the morning and evening and high at midday
	• Helps your skin produce vitamin D

There are all-natural ways to protect yourself from sunburn that you can use instead of resorting to commercial sunscreens that may contain toxins and other harsh synthetic chemicals. The most obvious and safest option is to seek shade, cover up and put on a long-sleeved shirt, pants, and a hat once you have reached your limit of safe sun exposure. Another option is to apply sunscreen that contains **natural active ingredients zinc oxide and titanium dioxide**. These natural ingredients provide both UVA and UVB protection by reflecting and scattering away both UVA and UVB rays from your body. Quite simply, they do it by forming a physical barrier, without irritating or clogging your pores, like other sunscreens do.

Here are a few more smart-sunning tips:

- Consume a diet full of **antioxidants**, this both contributes to a healthy diet and provides your body with the resources to counter damage from exposure to ultraviolet radiation. Fresh, raw, unprocessed foods deliver nutrients that your body needs to maintain a healthy balance of omega 6 and omega 3 oils in your skin, which is your first line of defense against sunburn.
- If you are regularly consuming processed foods and your cells are loaded up mostly with damaged, oxidized fats, you are not giving your skin the proper fat protection, and this can lead to burns and increased skin cancer risk.
- Also, make sure to wear a hat with a visor to **protect your face and eyes** from direct sunlight, along with enough clothing to protect your skin from direct sun contact. Most cotton clothing will provide you with about SPF 15.

Choosing the right sunscreen for you:

Many sunscreens use harmful chemicals. Here are three red-flag products to avoid:

1. **Contains oxybenzone**- 65% of sunscreens contains oxybenzone. This chemical penetrates your skin in large amounts and is known to be an endocrine disruptor (causing hormone disruption and cellular damage).
2. **Contains retinyl palmitate**- the sunscreen industry uses vitamin A in its formulations because it is an antioxidant that is thought to slow skin aging. However, an FDA study found that a form of vitamin A, retinyl palmitate, when used in sunscreen and therefore exposed to sunlight, may speed up the development of skin lesions and tumours.
3. **Inadequate UVA protection**- Until very recently all sunscreens did *not* filter out the UVA radiation. They filtered out UVB, while letting the UVA through causing aging and wrinkles. According to the Environmental Working Group, 25% of sunscreen products on the market offer significantly reduced UVA protection compared to UVB protection.

If you are feeling overwhelmed by the endless options of sunscreens, **The Environmental Working Group's Sunscreen Guide** (<https://www.ewg.org/sunscreen/report/executive-summary/>) can help you determine which sunscreens are unsafe and you are able to see exactly how your sunscreen rates for safe ingredients and efficacy. The group **recommends just 25% of the 1700 products** assessed. Their website also lists the titanium and zinc containing sunscreens receiving the highest rating that rank lowest on the toxicity scale.

About vitamin D:

This fantastic vitamin is known to support cardiovascular health, promote optimal cholesterol levels, enhance your muscle strength, and help maintain a healthy immune system, among other things. And although you can supplement vitamin D (choose D3, the most active form), natural sunlight is the best way to get your vitamin D. * **NOTE:** the use of sunscreens reduces vitamin D production by as much as 97.5 to 99.9%, so it is important to have some unprotected but smart exposure to the sun each day. A short 15-20 minute walk in the early morning is a great way to get the Vitamin D you need!

The key is to find a balance between getting enough natural sunlight to maximize your vitamin D production and maintain your optimal health, while at the same time protecting yourself from damage that occurs from overexposure to the sun.

References:

<http://wellnessmama.com/2565/homemade-natural-bug-spray-recipes-that-work/>

<http://www.sciencedirect.com/science/article/pii/S157002320400008X>

<http://www.aolnews.com/2010/05/24/study-many-sunscreens-may-be-accelerating-cancer/>

<https://www.ewg.org/sunscreen/>



Employment Opportunity Nurse Practitioner – Permanent Part-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 provide clinical expertise and services within the scope of a Nurse Practitioner as defined by the BC College of Nurses and Midwives (BCCNM) to registered band members of the three Secwépemc communities supported by QHS, as well as to registered band members of the three additional communities serviced by QHS as part of the Society's Joint Project Board programming under First Nations Health Authority (FNHA); Simpcw First Nation, Bonaparte First Nation, and High Bar First Nation.

Responsibilities:

- Provision of comprehensive primary care services to individuals and families throughout the lifespan
- Provision of comprehensive assessments of patients, including diagnosing diseases, disorders, and conditions
- Initiate treatment, including health care management, therapeutic interventions, and prescribed medications in accordance with statutory and regulatory standards, limits and conditions, and employer policy and procedures
- Provide professional guidance to other health care professionals and participate autonomously as a member of the interdisciplinary health teams making referrals to specialist physicians as appropriate
- Collaborate with clients and other health professionals to identify and assess trends and patterns that have implications for clients, families, and communities; develop and implement population and evidence-based strategies to improve health and wellness services
- Participate in peer review and self-review to evaluate the outcome of the services at the client, community, and population level
- Work closely with the First Nations community Health Directors to build strong relationships with each community's health and wellness staff

Qualifications:

- Current registration and exam-qualified, as a Nurse Practitioner with the BCCNM including successful completion of Objective Structured Clinical Examination (OSCE)
- Knowledge of competency guidelines, standards, scope, and code of ethics as outlined by the BCCNM
- Experience, preferably in community, with a focus on caring for women, children, Indigenous and transgender people
- Strong clinical and/or team experience, preferably in the non-profit or public sector

Skills:

- Excellent verbal and written communication, consultative and interpersonal skills, and proven ability to build lasting, positive, productive, and collaborative relationships
- Ability to work independently and within a team, and effectively motivate and influence others
- Excellent organizational skills with ability to prioritize and manage multiple tasks to meet commitments and deadlines
- Professional integrity and good judgment to effectively handle sensitive and confidential matters and solve problems and/or conflict

- Proficiency in the use of computers: Microsoft Office 365, Word, Excel, Outlook, PowerPoint, MedAccess and Internet navigation/research
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

Requirements:

- In clinic work, exact days are negotiable
- Possess valid British Columbia driver's license and submit current drivers abstract
- Current BLS certification for Health Care Providers
- Criminal Records Check (vulnerable sector) will be required

Wage:

- \$70.00 - \$77.00/hour

Please forward your cover letter and resume along with three employment references to:

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

Applications will be accepted until the position is filled.

14

Complete the crossword puzzle below



2. Yarrow (qetsqets nyet'ellip)
5. Desert Lily (liltse)

5. Desert Lily (lilise)

2. Yarrow (qetsqets'nye7éllp)

5. Desert Lily (lilise)

Resource Numbers



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)

