



# NEWSLETTER

UPPER SIMILKAMEEN INDIAN BAND HEALTH CENTRE

ISSUE NO 4 | December 2022



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## Message from the Health Centre Team

Each staff member at the health Centre, want to thank our Band Members for their amazing supports during this pandemic. Times have been tough for our community, and we understand that. Health Centre staff will continue to work for you, and take any suggestions on services you may be interested in.

With two nurses, one care aid, one dietician, plus an elder (in charge of our cooking program), and community health assistant, we are here to support your health needs continuing into the new year, and we hope everyone has a wonderful holiday this year.

We are all dedicated to providing the best care for you.

### Health Centre Team:

**Sarah Antonick**  
Licensed Practical Nurse

**Lindsay Bishop**  
Care Aide

**Deborah Bradshaw-White**  
Registered Nurse

**Megin Quickfall**  
Community Health Assistant

**Brenda-Lee Wagner**  
Elder & Program Cook

### CURRENT PROGRAMMING:

Acupuncture & Fire Cupping  
Body Talk  
Elder's Social  
Footcare  
Registered Dietician  
Home Care Medical Support  
Medical Appointment Drivers  
Monthly Harvest Box  
Shiatsu Massage Therapy  
Group Men's Counselling  
Individual Counselling  
Family Counseling  
Addictions Counseling

### COVID-19 UPDATES:

Possible re-masking required soon. More updates from BC Health Authorities coming soon

### UPCOMING:

Office Closure December 19th 2022, – January 2nd, 2023

Happy Holidays HC Staff!

## USIB Health Centre Staff

Why did you choose to work in Health care?

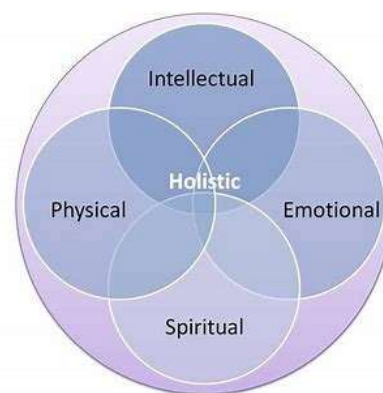
### ***Sarah Antonick, Licensed Practical Nurse***

Sarah has been nursing for over 12 years as a nurse at Princeton Hospital in the emergency department and in-patient care. She is also specialized in rehabilitation. Sarah has a comprehensive understanding of culturally respectful community health care. She strongly believes in the rights of a patient confidentiality and the patient being in the lead of their own care.

### ***Lindsay Bishop, Community Health Care Aide***

Tanisi- Hello. My name is Lindsay. I am Plains Cree, Ojibwe, and Scottish with family ties to the community in Treaty 6, Saskatchewan. I chose to work in healthcare, specifically Home & Community Care, so individuals can continue to live in their home longer, surrounded by familiar friends and family,

with dignity  
and respect. I  
genuinely  
support with  
compassion  
and empathy



to create an environment, so individuals feel happy, secure and a confident participant in their healthcare management. I am proud to work in healthcare and hope to make a positive impact in Indigenous healthcare. Mîkwec – Thank you

### ***Deborah Bradshaw-White, Registered Nurse***

Hi. My name is Deb. I am originally from the middle of England, where my parents still live. I drifted into nursing, but I love what I do, what I've learned and now hope to learn more from the USIB Community. I am acutely aware of and disapprove of the healthcare inequities our system projects onto Indigenous people. Although I cannot see from a two-eyed seeing approach, as I am not Indigenous, I can walk in solidarity

and commit to creating a safe space for the community to share how they wish to integrate their Indigenous ways of healing, to lead them in their individual/family/community health goals.

***Megin Quickfall, Community Health Assistant***

Hello! My name is Megin. I am Japanese, Scottish, Irish, and Tsimshian. My family is from the Metlakatla First Nation in Prince Rupert, but I grew up in Vancouver BC. I wanted to work in healthcare after the passing of the wonderful woman who raised me, my grandmother. I want to share the knowledge and experience I have gained working in home health and give back to my Indigenous community. I do just that by working hard to exude an environment that is comforting, dependable and transparent so people can feel safe receiving health care.

***Brenda-Lee Wagner, Elder & Program Cook***

Greetings to all. I am Brenda L Wagner working with the Health Department and Elders. I love to see that sparkle in our elders' eyes, to smile and say hello! I love to provide nutritious meals on a weekly basis to our elders on reserve and have a little visit with them while I am delivering their meals on Wednesdays.

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**What does your health centre team do?**

We want to give you a bit of information of what we do in our roles here at the health

Centre so that our community can get a better idea of our services that we individually offer to our on-reserve and community members.

The **Community Health Care Aid** provides home support by monitoring blood pressure, O2 saturation, vital signs, blood glucose and other physical conditions as required. Stand-by shower assist, if need be, Including personal care services such as bathing, grooming, dressing, grocery shopping and tailored fitness programs to assist USIB members maintain optimum health, well-being and independence in their home and community.

The **Community Health Nurse** provides in-home and clinic assessments and check-ups. They aid in developing health and wellness plans, wound care, immunizations (baby, influenza, TB, Covid-19 etc.), chronic health care management, available to discuss any health questions/concerns you may have and provide patient advocacy with allied health professionals to ensure you are getting the care that you need. As the USIB community continues to grow, we understand the need for Pre and Post Natal support for band members. The community health nurse has resource information and provides nursing care for expecting mothers and their partner.

The **Community Health Assistant** does more clerical office work but assists the community and its members with

appointments for services offered in the Health Centre, taking messages, coordinating health events, and following up with members for any home care clients' necessities.

The **Elder and Program Cook** prepares and delivers weekly nutritious meals and companionship to home care clients on reserve. Services are provided on a weekly basis, with different meals each week. They also coordinate the Bi-weekly Elders Social starting on the 12<sup>th</sup> of September at the Hedley Community Hall from 1:30-3:30pm.

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## USIB HEALTH AND WELLNESS PROGRAMMING AND SERVICES

Staff at the USIB Health Centre want to give a gentle reminder of the services offered, hours we are available to our community members. Services are included in each monthly Calendar.

Below you will find a breakdown of his month's services.

**THE HEALTH CENTRE-** The Health Centre is available to on-reserve Band and Community members Monday to Friday from 9:00am to 4:00pm. Please feel free to call or drop-in.

We have Traditional Medicines table with helpful literature for pick-up that explains how to harvest, prepare, and use it for you and your family. Prepared for and by USIB knowledge keepers.

\*On occasion we do have programming for off-reserve band members. Please stay up to date with the Band website.

## PROGRAM DETAILS

### Acupuncture & Fire Cupping



Acupuncture and Cupping are traditional Chinese methods to cleanse and alleviate pain. Acupuncture involves pricking the skin or tissues with needles. It can be used to treat various physical, mental, and emotional conditions. Fire Cupping is where heat is added to a glass cup causing a vacuum effect when applied to the skin. The vacuum effect drains or pull toxins out of the body and allows the blood to flow.  
December 12<sup>th</sup>

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### Body Talk



“Body Talk” is a holistic approach to provide support in working through the areas of your body that needs attention. For some, there could be traumas that one has experienced as early as infancy. The body talk approach also believes that past lives can carry through to present day. Body Talk practitioners are trained to identify, guide, and remove barriers inflicted by these traumas. Dylan can connect to another realm and may connect with those who are parted into the spirit world. Recording is optional.  
December 6<sup>th</sup>

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### Footcare



Our footcare service is provided by a registered practical nurse who is specifically trained in the foot and lower limb. As a regulated professional, they follow provincial service provision's which include infectious control and cleaning standards. Footcare nurses understand the structure and function of feet and how diseases and circulation affect the health



of feet. Footcare treatments include regular monitoring which includes assessments and care of ingrown toenails, fungal infections, corns, calluses, foot pain.  
January 4<sup>th</sup>, 2023- Tentatively

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## Shiatsu



Shiatsu is a form of Japanese massage that applies direct pressure on various points or channels in the body and restores the energy balance and healing abilities of one's own body. Shiatsu massage therapy has a wide range of benefits that address a wide range of ailments such as, relieving symptoms of long-lasting physical conditions, addresses trauma response, aide with insomnia, reduces blood pressure considered to have a pain-relieving effect.

December 5<sup>th</sup>

## Dietician

Registered Dietitians (RD) are nutrition and food experts. RD's apply medical



and nutrition knowledge into practical, individualized therapeutic diets and meal plans. They work collaboratively with patients and families to encourage informed decisions about food choices and assist in managing chronic health conditions such as diabetes, high blood pressure etc. They inform individuals on how to read and understand food labels, adapt your favorite recipes to help manage diseases and develop individualized nutrition care plans to meet your health goals.

Here on Thursdays December 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>

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## Elders Social



The Elder's social is a place to come together for tea/coffee and conversation. It is a place where one has no expectations of programming but where people can come and casually speak with our health team members about current health topics, community events and to catch up with their friends. From time-to-time, our health team will host special events or information circles on health topics or health Centre program updates.

December 12<sup>th</sup>

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## Pathways Counselling

Pathways has Group counselling and Individual counselling available on a Bi-weekly basis. They offer men, women's, families, and addictions counselling. Group MENS sessions are held at the Hedley Community Hall at 4:00:pm-6:00pm with dinner served. Then, Individual counselling is available from 2:00pm-4:00pm at the health Centre.

December 13<sup>th</sup> 2022 Individual counselling

Group Men's counseling 4:00pm to 6:00pm

## ***December in the Interior***

### **Our Mental Health over the Holidays**

Connecting and celebrating with loved ones during the holidays is not only enjoyable, but also great for our mental health – and mental health, of course, is as important as physical health. The Christmas season can be a difficult time as feelings of loneliness can impact our mental well being.

If there are people in your circles of support who are feeling lonely, please consider including them in your holiday plans. If you are feeling lonely reach out as well. We all need a little more support this time of year and reaching out can be mutually beneficial.

Another good thing to do for your mental health is to take breaks from the news and social media. Instead, do healthy and enjoyable things like playing with a pet, painting, drawing, dancing, beading, drumming, exercising, or getting outside in nature! Limit your alcohol consumption, alcohol can increase your depressed mood. Remember the importance of just relaxing, those of us with very busy lives can benefit from resting and being still and mindful. Just by getting enough sleep can improve and balance our moods.

If you find yourself becoming consistently anxious, depressed, or overwhelmed, please see a mental health professional for counselling. Virtual help can be arranged by calling the First Nations Virtual Doctor of the Day service (1-855-344-3800). You're worth it! Have a happy, healthy, and SAFE holiday season.

## COVID-19 Update In BC

With three notable respiratory viruses circulating in the province, the Ministry of Health continues to stress the importance of staying home while sick – but only recommends mask-wearing for situations in which it is "essential" to be in close contact with others while symptomatic.



**"The service made me feel so welcome. It made me feel like I was listened to. I recommend it to everyone."**

**Bobbi Tatoosh**  
*Talks about her first appointment with the First Nations Virtual Doctor of the Day service.*

  
First Nations Health Authority  
Health through wellness

**Your culture. Your comfort. Your care.**

### Plan W

FNHA has a "Doctor of the Day" program. There is no cost to you as it is covered under your Plan W- Blue Cross Insurance coverage. All you need to do is call:

**1-855-344-3800**

**Stop paying for over the counter medication and use the BC Pharmacare Plan W Program!**

First Nations Health Authority has a **Plan W** in place for Indigenous peoples with a

status card. All you will need is a



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prescription from you Doctor, Nurse Practitioner, Midwife, or a recommendation from your Pharmacist (your pharmacist must submit a claim to Pharmacare at the time of purchase). If you don't have any of these available, please see Doctor of the day Program on the previous page, and you will still be able to access the benefits of the plan.

Items include, Tylenol, Allergy medication, antacids, antibiotic creams, aspirin, calcium supplements, children's vitamins, cold medications, constipations remedies, dietary fiber, eye & ear drops, folic acid, lice treatments, mineral oil, prenatal vitamins, Vitamin A, B1, B6, B12, C & D, wart treatments, yeast infection treatment zinc oxide cream and many more (**full list is available on the USIB Members Website Portal**).

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## MENTAL HEALTH & CRISIS RESOURCES



**Foundry:**

501 Main Street, Penticton 778-646-2292  
For First Nations youth aged 12 to 24. This is a 24/7 Crisis line, and they take in-person counselling by appointments

**Jamie Halloway, Child & Youth Mental Health Clinician:**

250-293-6784 (call or text) for in person, phone, or virtual support.

**Native Youth Crisis Hotline:**

1-877-209-1266 answered by staff 27/7

**Youth in BC:**

Please visit [www.youthinbc.com](http://www.youthinbc.com) or at 1-866-661-331

**Hope for Wellness Helpline & Chat:**

Please visit <https://hopeforwellness.ca/home.html> or call at 1-855-242-3310

This is a 24/7 phone line that offers immediate mental health counselling and crisis intervention to all Indigenous Peoples across Canada. They also have an “On-Line” chat counselling service.

**Indian Residential School Crisis Line:**

1-866-925-4419

A national service for anyone experiencing pain or distress because of their residential school experience.

**1800SUICIDE:**

if you are considering suicide or are concerned about someone who may be, Call: 1-800-784-2433

310MENTAL Health Support: Provides emotional support, information, and resources specific to mental health

**Pathways:**

Addiction and Mental Health Services  
#1 996 Main Street, Penticton BC V2A 5E4  
250-492-0400.

Pathways provided, in-person services, group work and individual counselling.

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## NEAREST HOSPITALS AND EMERGENCY CENTRES:

### Penticton Regional Hospital

550 Carmi Ave, Penticton, BC V2A 3G6

(250) 492-4000

Open 24 hours

### Princeton General Hospital

98 Ridgewood Dr, Princeton, BC V0X 1W0

(250) 295-3233

Open 24 hours

### South Okanagan General Hospital

911 McKinney Rd, Oliver, BC V0H 1T0

(250) 498-5000

Emergency room: Open 24 hours

### South Similkameen Health Centre

Emergency and Clinic Services

700 3 St, Keremeos, BC V0X 1N3

(250) 499-3000

Monday thru Friday 8:00am – 4:00pm

CLOSED Saturdays and Sundays

IF YOU HAVE ANY HEALTH OR WELLNESS QUESTIONS, PLEASE CONTACT THE HEALTH CENTRE. WE ARE HERE TO SUPPORT YOU!

Upper Similkameen Indian Band

**Health Centre**

5790 Highway 3 Hedley BC V0X 1K0

250-292-1478

Monday - Friday 9:00am-4:00pm

Closed Saturdays, Sundays & Statutory

Holidays