



# NEWSLETTER

**UPPER SIMILKAMEEN INDIAN BAND HEALTH CENTRE**

ISSUE NO 2 | October 2022



## Public Service Announcement:

### For Immediate Release- Health Warning!!

Leaflets have been circulating that falsely claim Ivermectin will protect and/or treat people from COVID-19. Interior Health warns Ivermectin may cause serious health problems.

Ivermectin (the veterinary or human versions) is an antiparasitic drug that has not been authorized for the prevention or treatment of COVID-19. Using this product, especially the veterinary version intended for animals, may cause serious health problems. Health Canada has advised Canadians not to use either the veterinary or human drug versions of Ivermectin to prevent or treat COVID-19. There is no evidence that Ivermectin in either formulation is safe or effective when used for those purposes.

## 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

**June Fairweather**  
Homemaking HCC

---

## CURRENT PROGRAMMING:

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

---

## Announcements:

- Office Closure:** Oct. 10<sup>th</sup>
- World Mental Health Day:** October 10th, 2022
- Medication Disposal:** October 14th 2022
- Breast Cancer Awareness Month**
- Children's Vision Month**  
(More Info- read below)

The veterinary version of Ivermectin, especially at high doses, can be dangerous for humans and may cause serious health problems such as **vomiting, diarrhea, low blood pressure, allergic reactions, dizziness, seizures, coma and even death.** Ivermectin products for animals have a higher concentrated dose than Ivermectin products for people. Interior Health advises everyone that purchasing any health care products from un-regulated sources may put you and your loved ones at risk. For more info on COVID-19 treatments visit: [Treatments \(bccdc.ca\)](https://www.bccdc.ca)

---

## ***Breast Cancer Awareness Month***



In 2020, there were 2.3 million women diagnosed with breast cancer and 685 000 deaths globally. 70% of women who died from breast cancer were among 20% of women NOT screened. Early detection reduces the risk of death by 40%

- Regular breast screening detects breast cancer early; it has helped reduce breast cancer deaths by >30% since 1990

([cancer.ca](https://www.cancer.ca))

**At the USIB Health Centre, our RN can assist in teaching you how to do your own breast exam and/or provide you with referrals and resources as necessary to support you.**

Please call the health centre to book an appointment today!

---



## ***World Mental Health Day- October 10th***

While Covid-19 is now considered endemic (is here to stay), it has and continues to, take its toll on our mental health. World Mental Health Day reminds us how important it is for self-care, to connect with friends and family and to reach out to those who

may be isolated. We will get through this time by taking care of ourselves and each other.

---

## Medication Disposal Day!!

On October 14<sup>th</sup>, 2022 the Health Centre will be hosting a health promotion event for people to safely dispose any unused and expired medications as a strategy to prevent accidental consumption and safety. Prescription and Non-Prescription medication will be accepted.



A raffle ticket will be given for **each medication** dropped off to be entered for the door prize. The **Door prize** consists of beadwork, Indigenous patterned accessories and traditional medicines.

---

## 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 Aide** 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.

---

## 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 this 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.

**Monday October 10<sup>th</sup>** is a STATUTORY Holiday, the **Health Centre will be CLOSED**- no services on this day.

**Monday October 17<sup>th</sup>, 31<sup>st</sup>** is our Elder's Social at the Hedley Community Hall for on reserve members from 1:30pm to 3:30pm.

**Monday October 17<sup>th</sup>, 31<sup>st</sup>** is Acupuncture and Cupping services- Call our Health Assistant to book a session!

**Tuesday October 11<sup>th</sup>, 25<sup>th</sup>** is Body Talk! Please Call our Health Assistant to book a session.

**Wednesday October 19<sup>th</sup>**, we have our Foot Care Clinic! Available to On-Reserve Band and Community Members who are referred by a health professional for chronic health conditions- Please call to book an appointment.

**Thursday October 13<sup>th</sup>** is Harvest Box Pick up at Hedley Market for those that are signed up, Home- Care clients on a Care Plan have them delivered.

**Friday October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>** Blood Pressure Testing at the health centre.

**Friday October 7<sup>th</sup>, 21<sup>st</sup>** is Shiatsu Clinic for on reserve band and community members.

## 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.



### 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.

---

## 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.



## 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.

---



## Dietician

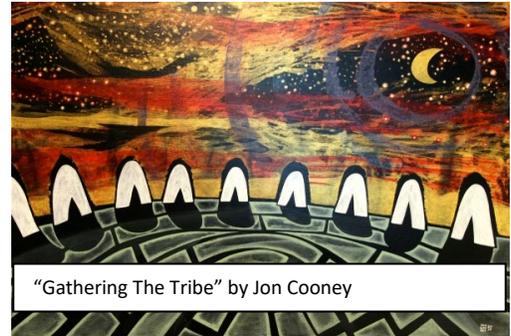
Registered Dietitians (RD) are nutrition and food experts. RD's apply medical and nutrition knowledge into practical, individualized therapeutic diets and meal plans. They work collaboratively with patients and families to encourage informed decisions about food choices and assist in managing chronic 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.

---

## 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.



---

## Children's Vision Month:



A comprehensive eye examination includes:

A review of the child's health and vision history, tests for nearsightedness, farsightedness, astigmatism, color perception, lazy eye, crossed-eyes, eye coordination, depth perception and focusing ability and overall assessment of ocular health.

MSP covers the fees for eye exams and basic style glasses for children under 18 years of age.

---

## Vaccines

### INFLUENZA (Flu)

If you have any questions regarding the vaccine or want to speak to our Community Health Nurse, feel free to give us a call at the health Centre or go to

Health Link BC online and select "File #12e Live Attenuated Influenza (Flu) Vaccine".

Vaccines are given by injection, usually as 1 dose for influenza each year. The vaccine is the best way to protect your family and

community against contracting the virus. Should your child under 9 years of age not yet received this vaccine, there is a second dose that is required to raise their level of protections and should be given 4 weeks after the first dose. Then yearly after the initial 2 doses to continue to prevent the virus from spreading.

Possible side effects of any vaccinations include, pain, redness, itchiness or swelling either right away and/or 7 days after. Swollen lymph nodes under the armpit, tiredness or headache, muscle or joint soreness and nausea/ vomiting. Not everyone experiences the side effects the same, but the information is general to anyone wishing to receive the vaccine for further protection against contracting the virus. Most side effects are not serious and should go away on their own.

Things you could do to help any side effects include, applying a cool damp cloth or a wrapped ice pack to the area of injection. Take medication such as Tylenol or Advil. Aspirin should not be given to anyone under 18 years of age, and if you are pregnant do not take Advil. Treat discomfort or fever with Tylenol instead.

“Although the risk to the general population is small, it is good to be aware of what Monkey Pox is, and what to do if you have any concerns “

Staff at the Health Centre are here to help should you have any thoughts or concerns about the virus.

**A vaccine schedule will be provided to community in the next couple of weeks.**



FNHA's  
**DOCTOR  
OF  
THE  
DAY**

If you are having any challenges getting in to see your regular Doctor or are not attached to a doctor you can access Doctor of the Day through FNHA. “Doctor of the Day” is available through **Plan W**. There is no cost to you. All you need to do is call:

---

**1-855-344-3800**

Doctor of the Day is available 7 days a week from 8:30am-4:30pm.

---

## 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 prescription from your 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.

---

### 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.

If you need support in connecting with any of these services please come and visit the Health centre for assistance.

---

## Halloween is on Monday October 31st

Here are some tips to have a Safe and Fun Halloween!

1. Cross the street at corners, using traffic signals and crosswalks. Look left, right, and left again when crossing and keep looking as you cross.
2. Put electronic devices down, keep heads up and walk, don't run, across the street.
3. Teach children to make eye contact with drivers before crossing in front of them.



4. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
5. Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
6. Join kids under age 12 for trick-or-treating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit and trick-or-treat in groups.

---

## 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 VOX 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 VOX 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 VOX 1K0  
250-292-1478  
Monday - Friday 9:00am-4:00pm  
Closed Saturdays, Sundays & Statutory  
Holidays