



# NEWSLETTER

UPPER SIMILKAMEEN INDIAN BAND HEALTH CENTRE

ISSUE NO 1 | September 2022



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Thank you from all of us at the health Centre. These have been hard times trying to navigate through the pandemic, floods, fires and keeping the community safe.

What we do know is your efforts have paid off and we are in a new phase of programming at the centre. With the recent feedback from those of you who filled out the Health and Wellness questionnaire, we have gained some insight as to what is important to you. We are using the accumulated information to develop health-related programming designed for the USIB.

As the Health Centre team continues to grow, so does our programming, so please keep those suggestions coming.

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

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## CURRENT

### PROGRAMMING:

Acupuncture & Fire Cupping

Body Talk

Elder Social

Footcare

Registered Dietician

Home Care Medical Support

Medical Appointment Drivers

Harvest Box

Shiatsu Massage Therapy

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## COVID-19 UPDATES:

BC Hospital rates have decreased.

No masking is required to enter the Band office.

Masks still must be worn when entering the USIB health centre.

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## UPCOMING:

**September 29th** health staff will be participating in the USIB Community Breakfast!

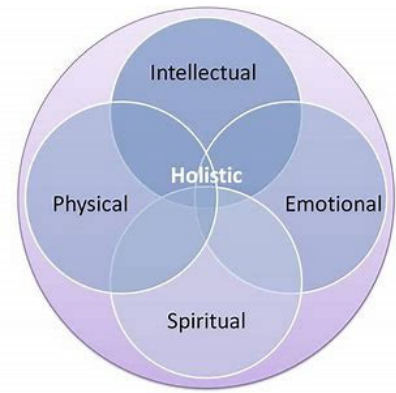
**September 30<sup>th</sup>** National Day for Truth and Reconciliation

## 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.

***Norissa Mongrain, Health Director***

Kwey- Hi! I go by Norissa and my spirit's name is Kiniw Kwe, meaning Golden Eagle Woman. I am Algonquin and Finnish with family ties to Kipawa, Quebec. I chose to work in healthcare to show what "wellness" means from an Indigenous perspective. My mother was a survivor of an "Indian" TB Hospital and from the impact of her experience, I hope to help transform and rebuild the trust that was broken between the western health system and Indigenous people. My aim is to take the best aspects of western healthcare to compliment the foundational traditional healing and medicines that have been around since time immemorial to show we deliver healthcare in a good way. For too long it has been the other way around.

***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.

## 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.



# 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.

**Monday September 5<sup>th</sup>** is a STATUTORY Holiday, the **Health Centre will be CLOSED**- no services on this day.

**Monday September 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>** is our Elder's Social at the Hedley Community Hall for on reserve members from 1:30pm to 3:30pm.

**Monday September 19<sup>th</sup>** is Acupuncture and Cupping services- Call our Health Assistant to book a session!

**Tuesday September 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>** is Body Talk! Please Call our Health Assistant to book a session.

**Wednesday September 7<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 September 8<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 September 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>** Blood Pressure Testing at the health centre.

**Friday September 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>** is Shiatsu Clinic for on reserve band and community members- Call us to book a session! As well Blood Pressure Testing!

## 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.

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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.

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## 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.

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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.



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## Covid-19 & Vaccines



BC hospitalizations connected to Covid-19 are decreasing. As of Monday August 15<sup>th</sup>, BC has administered 12,259,478 doses of COVID-19 vaccines to the population.

There are no mandates to wear masks in most places, but it is still recommended and up to each community as to how to protect members who are not vaccinated and those with health vulnerabilities.

USIB Health Centre staff will **continue** to wear masks in the building as we provide direct contact services and programming to the community. Those who access services are also asked to continue to wear a mask to enter the USIB Health Centre building. Masks and sanitizer will continue to be provided at the entrance.

Any questions or concerns regarding covid-19 protocols can be directed to Health Director, Norissa Mongrain, by email [norissa.mongrain@usib.ca](mailto:norissa.mongrain@usib.ca) or phone 250-292-8733.

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### INFLUENZA

Flu season is upon us! Starting in October 2022 you will be eligible for your Flu Vaccine which is covered under FNHA. 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.

Please check out the First Nation vaccination resources for parents, caregivers, and communities at <https://bit.ly/2Qm3DIZ> <https://canada.ca/vaccines>



## MONKEY POX

What is it and what do I do?

Monkey pox is transmittable to animals and pets as well as other people through close contact. If you notice any sores on your body, cover them with bandages and/or clothing and wear a mask until you are seen by a health professional.

Signs and symptoms with this virus have two phases.

Phase One: a person can feel generally unwell with a fever, intense headache,

swollen lymph nodes, back pain, muscle aches and fatigue. This usually lasts for 1-5 days.

Phase Two: about 1-5 days after the fever, a rash appears. May contain flat and raised lesions which progress to small, fluid-filled blister. The blisters often change to large red bumps with pus. Eventually the rash crusts and scales off.

Typically, the rash begins on face and genitals, then it spreads to other parts of the body including palms of hands/soles of the feet mouth, and eyes.

Most Monkeypox infections last approximately 2-4 weeks.

Phase one a person is infectious with monkey pox and can spread without knowing they have the virus.

Phase two a person is infectious until the scabs fall off and new skin can be seen.

It can take 5-21 days for symptoms to appear after an exposure to monkeypox.

Learn more about monkey pox or other communicable diseases visit:

<https://www.bccdc.ca/health-info/diseases-conditions/monkeypox>

<https://www.fnha.ca/what-we-do/communicable-disease-control>

If you feel you have any symptoms, please contact our Health Centre and we would

be happy to assist you with any questions

**Upcoming Vaccinations:**

Tuberculosis Testing (TB): DD / MM / YYYY

Covid-19: DD / MM / YYYY

Influenza: DD / MM / YYYY

Infants' immunizations: DD / MM / YYYY

**September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> Our Community Health Nurse will be available to answer questions about vaccinations.**

or any health concerns.

*"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.*



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**

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 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 VOX 1W0  
(250) 295-3233  
Open 24 hours

South Okanagan General Hospital

911 McKinney Rd, Oliver, BC VOH 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