



NEWSLETTER

UPPER SIMILKAMEEN INDIAN BAND HEALTH CENTRE

ISSUE NO 6 | February 2023



Message from the Health Centre Team

Each of us has chosen to work in health care for different reasons, yet we all share a desire to serve our communities. Thanks to an incredible team working daily to provide the best for our clients and community, it will be a fantastic year of growth and opportunity at the health center.

I am thankful to the people who trust us daily for their care or the care of their loved ones. It is an honour and a privilege to provide them with the high-quality maintenance and emotional support they deserve and expect from us.

***Reminder that our RN, Deb, will be out of the office for all of February.**

***We will be closed for Family Day on February 20.**

Health Centre Team:

Lindsay Bishop
Health Director

Sarah Antonick
Licensed Practical Nurse

Deborah Bradshaw-White
Registered Nurse

Julie Allison
Community Health Assistant

Brenda-Lee Wagner
Elder Support Worker

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
Individual Counselling
Pathways one-on-one
Counselling & group sessions

UPCOMING:

-Wellness Challenge continues this month for Community & Staff
-New Care Aide starts full-time on February 6!



USIB Health Centre Staff

Lindsay Bishop, Health Director

Tansi- Hello. My name is Lindsay. I am Plains Cree, Ojibwe, with Scottish family ties. I chose to work in healthcare, specifically Home & Community Care, so individuals can continue to live in their homes longer, surrounded by familiar friends and family, with dignity and respect. I genuinely support with compassion and empathy to create an environment where individuals feel happy, secure, and confident in their healthcare management. I am proud to work in healthcare and hope to impact Indigenous healthcare positively. Míkwec – Thank you.

Sarah Antonick, Licensed Practical Nurse

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

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 and what I've learned, and now I 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.

Brenda-Lee Wagner, Elder Support Worker

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 our elder visits weekly, running the Elders Social, and taking them on outings.



What does your health center team do?

We want to give you some information about what we do in our roles here at the Health Centre so that our community can better understand the services we individually offer to our on-reserve and community members.

The **Health Director** is respectful of diversity and recognizes different cultural ways of being within First Nations communities. Respecting cultural protocols, this person navigates sensitively, confidently and flexibly to meet the health needs entrusted to them by the community.

Lead and provide day-to-day supervision of health staff and contractors, including all aspects of human resources management. This would include describing work, recruitment, learning and development planning, career planning, coaching, mentoring, knowledge sharing, capacity building, performance management, etc.

Foster a cooperative and collaborative working environment through team activities, personal leadership and professional incentives, including managing and resolving conflicts.

Proactively seek diverse funding sources to sustain health and wellness programs, including grants and funding opportunities.

Act as the community health and wellness team's "go-to person." Plan, implement, and evaluate community health and wellness programs by involving community members.

The **Community Health RN & LPN Nurses** provide 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.), and chronic health care management and they are 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. Community health nurses have resource information and provide nursing care for expecting mothers and their partners.

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 Support Worker** provides companionship to home care clients on reserve and coordinates the Elders' Social. They also take the elders on outings and to community events.

USIB HEALTH AND WELLNESS PROGRAMMING AND SERVICES

Staff at the USIB Health Centre want to give a gentle reminder that the services offered are available to our community members. Benefits 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 9:00 am to 4:00 pm. Please feel free to call or drop in. **If you would like to attend any services,** please get in touch with the health center **at 250-292-1478 to book an appointment.**

We have a Traditional Medicines table with helpful literature for pick-up that explains how to harvest, prepares, and uses for you and your family—pre-designed 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 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 pulls toxins out of the body and allows the blood to flow.

February 6th & 13th

Body Talk

“Body Talk” is a holistic approach to providing 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 the o 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. The recording is optional.



February 28th Tentatively



Footcare

A registered practical nurse provides our foot care service. Her service provisions include infection 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, including assessments and care

of ingrown toenails, fungal infections, corns, calluses, and foot pain.

February 8th

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, addressing trauma response, aiding insomnia, and reducing blood pressure considered to have a pain-relieving effect.

February 3rd & 17th

Registered Dietician

Registered Dietitians (RD) are nutrition and food experts. RD's apply medical and nutrition knowledge to 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. In addition, they inform individuals how to read and understand food labels, adapt their favourite recipes to help manage diseases and develop individualized nutrition care plans to meet their health goals.

February 2nd, 3rd, 9th, 16th, 17th, 23rd

Elders Social



The Elder's social is a place to come together for tea/coffee, treats and conversation. It is a place where one has no expectations of programming. Still, where people can go and casually speak with our health team members about current health topics and community events and catch up with their friends from time to time, our health team will host special events or information circles on health topics or health center programs updates. This is also the time to tell us what YOU would like to do. Want to go to the movies? A concert, go dancing, go out to a nice lunch in town? Let our support worker know so she can plan the events for you.

February 6th at the USIB office downstairs behind the reception

Pathways Counselling

Pathways have Individual counselling available on a Bi-weekly basis. They offer men, women, and addiction counselling. Individual counselling is available from 2:00 pm-4:00 pm at the Health Centre.

February 7th & 21st Individual counselling

Stay tuned for dates that are afternoon/evening to accommodate the shift workers.



Wellness Challenge

The Health Team encourages you to do something for your wellness this month.

Post your pictures on the “Wellness Challenge” poster in the comments on our Facebook page. This is the time to take care of your Mind, Body, and Spirit. If you do not feel comfortable publicly posting, please text your pictures to our

Health Director @ 250-488-0854

**MIND, BODY, SPIRIT WELLNESS
CHALLENGE**

**PRIZES FOR ALL PARTICIPANTS!
TIME TO USE THOSE APEX PASSES
YOGA, MEDITATION, WALKING,
SNOW-SHOEING, DANCING, KARATE
ON-RESERVE COMMUNITY
PARTICIPANTS**

Happy Valentine’s Day, February 14th



Happy Heart Month

February is Heart Health Month -- an opportunity and a challenge for all of us to think about how we can make a difference in our lives by improving our heart health. This is important, as heart disease is a leading cause of illness and can be fatal, yet it is mostly preventable.

Did you know that symptoms of heart attacks can be experienced differently in men and women and that women have different risks and outcomes with cardiovascular diseases?

Heart health is essential for everyone. However, indigenous people are at higher

risk for heart attacks and other forms of cardiovascular disease, including strokes, for both men and women, than the rest of the population. “Indigenous peoples are around twice as likely to develop cardiovascular diseases (CVD), are over ten times more likely to die from CVD, and experience heart attacks earlier in life than the general population.

In addition to choosing to be more active, life-improving decisions could also include making healthier food choices such as reducing sugar, salt and fat consumption; increasing consumption of vegetables, fruits, beans, lentils, lean protein, nuts, seeds and whole grains; reducing or eliminating tobacco and alcohol consumption; and seeing a health professional regularly for heart health check-ups. These tremendous changes will benefit us as individuals and enable us to positively influence our families, children and friends by being good examples.

So, for Heart Health Month, here is a Heart Health Challenge: pick two or three things from the list below that you can do to improve your heart health, and think about how you can make these changes part of your daily routine.

1. Walk at least one hour once per week during February (preferably outside and always in a safe place, and increase this physical activity to three times per week as you feel able. (Take a rest or break if needed, and bring water and a healthy snack.)

2. Reduce sugar and sweets; find alternatives to sugary drinks and desserts.
3. Have a health professional check your blood pressure.
4. If you smoke commercial tobacco, learn more about the unhealthy physical and mental effects and access available supports to begin quitting or at least reducing: see <http://www.fnha.ca/respectingtobacco>.
5. Consider the unhealthy physical and mental effects of alcohol consumption and begin quitting or at least reducing.
6. Reduce emotional stress by engaging in any healthy recreational or leisure activity that makes you feel good – a simple way to lower the risk of heart disease!

Any one of these changes is a start! The more, the better! You could do many other things to care for your heart and brain! Share your ideas with a friend and have fun getting healthier together!

Since time immemorial, gathering, harvesting, hunting, preparing, preserving and sharing food have blatant practices for First Nations people. Traditionally, foods harvested from the land helped to support healthy lifestyles, and women often played important roles within their communities regarding harvesting and preparation. Today, too, an excellent heart-healthy diet includes traditional foods when available.

Some of you may live in situations where it's difficult to access traditional foods (urban

environments), or it's challenging to access fresh, healthy foods like fruit and vegetables (remote communities). Regardless of where you live, here are some quick tips on the best foods for women to eat to protect their cardiovascular health.

Best and Worst Foods for Healthy Hearts

Be sure to eat plenty of the following types of food to protect your cardiovascular health:

- Proteins (e.g., from plants, fish, game and other meats and nuts)

o Did you know? Among other nutrients, cold water and oily fish, such as herring, eulachon, salmon, trout, halibut and cod, are rich in Omega-3 Fatty Acids. These traditional foods are some of the best for your heart health because Omega-3 Fatty Acids help protect against strokes and heart disease!

- Vegetables and fruit (e.g., seaweed, roots and berries, and fresh/frozen/canned produce)

o Did you know? As FNHA's Traditional Food Fact Sheets:

http://www.fnha.ca/documents/traditional_food_fact_sheets.pdf

shares in many communities in BC, women were (and often still are) the primary seaweed harvesters. Traditionally, the seaweed would be pulled up from the rocks and into canoes before being processed through drying on the beach and then on cedar frames.

o Seaweed is an excellent source of protein, iron, Vitamins A and C, Riboflavin and

Niacin. Many berries and other fruits are also excellent sources of Vitamins C and A. Eating fruit and vegetables is the best way to get the nutrients you need to stay heart-healthy! Frozen and canned are good options if you don't have access to fresh fruits and vegetables.

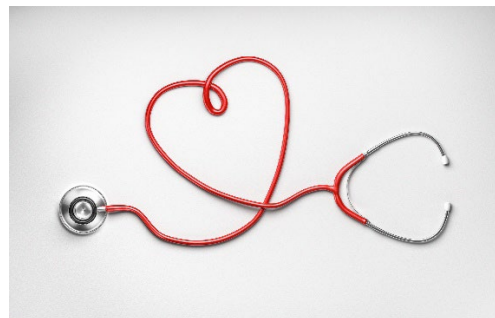
- Whole grains (e.g., barley, brown rice, corn, whole wheat bread)

- And remember to drink lots of water!

For the best heart health, you should avoid the following:

- Sugar
- Sodium/salt
- Saturated fat
- Processed foods (e.g., chips, microwave dinners, packaged ready-to-eat snacks and meals)

Have a happy, healthy Heart Health Month -- and keep your new habits going into future months. Remember that every journey begins with a single step or decision, and believe you can do it.



Plan W

FNHA has a “Doctor of the Day” program. You have no cost 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** with a status card for Indigenous peoples. All you will need is a prescription from your Doctor, Nurse Practitioner, or 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 plan's benefits.

Items include Tylenol, Allergy medication, antacids, antibiotic creams, aspirin, calcium supplements, children's vitamins, cold medicines, constipations remedies, dietary fibre, 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 (**the complete list is available on the USIB Members Website Portal**).

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 or at 1-866-661-331

Hope for Wellness Helpline & Chat:

Please visit

<https://hopeforwellness.ca/home.html> or call 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.

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



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.

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

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

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 8:00 am – 4:00 pm

CLOSED Saturdays and Sundays

