

NEWSLETTER



HEALTH TEAM MESSAGE

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 centre.

We are 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 care and emotional support they deserve and expect from us.

The Health Centre is available to on-reserve Band and Community members Monday to Friday from 8:30am to 4:30pm. Please feel free to call or drop in. If you would like to attend any services, please call the health center at 250-292-1478 to book an appointment.

We have a Traditional m'rimstn table with helpful literature for pick-up that explains how to harvest, prepare, and use 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.





Acupuncture **EVERY skix^wíw's** - Acupuncture and Cupping are traditional Chinese methods to cleanse and alleviate pain. It can treat various physical, mental, and emotional conditions.

Shiatsu Massage **EVERY scl'kstasq't** - 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 ones own body.

Reiki & Sound **BIWEEKLY, smasq't** - Reiki, meaning 'spiritual or universal energy' is an energetic healing modality in which the facilitator channels the Reiki energy to the receiver. The purpose is to help people with personal healing, spiritual growth, meditation practices, healing of relationships, manifestation of goals and activating the divine healing power within all living beings. Reiki is an energy that works on the mental, physical, emotional, and spiritual levels.

Footcare - Sarah Antonick, our communities LPN also provides footcare services. Her service provisions include infection control and cleaning standards. Please call the Health Centre to schedule an appointment with Sarah directly.

Heartways Counselling - Mike and Aaron are in the community on a bi-weekly basis.

Elder's Social, April 11th - Our Elders Support Worker, Brenda, gathers the elders once a month to give everyone an opportunity to discuss upcoming events

Registered Dietician - Sabrina Harris is here **EVERY smasq't** and every third scl'kstasq't.

*If you would like to schedule an appointment, please
call the Chuchuwayha Health Centre at 250-292-1478.*



“food is mr'imstn”

ǰast sn'yak^wqín!

Restoring, maintaining, protecting and practicing our Indigenous food systems is foundational and central to the well-being of Syilx Okanagan communities and way of life. Syilx Okanagan People have been and continue to be nourished by a wealth of biodiversity including fish, wild game, berries, roots, and medicines. Hunting and gathering these resources requires a localized knowledge that is dictated by the seasonal cycles of the land.

The Health Team encourages you to submit any and all of your favorite recipes and/or harvesting tips in hopes to put together a recipe book with harvesting tips and recipes from your very own community members. Syilx Okanagan families have always and continue to be united by the hunting, fishing, harvesting and gathering of food as the traditional gathering of these foods on the land is ceremony itself and demonstrates honour and respect for the tmix^w (all living things).

Lim 'Limpt



Please feel free to stop by the Health Centre Monday-Friday between 8:30am-4:30pm or call 250-292-1478!



5790 Highway 3

k^wu k^wuk^wstp

MENTAL HEALTH



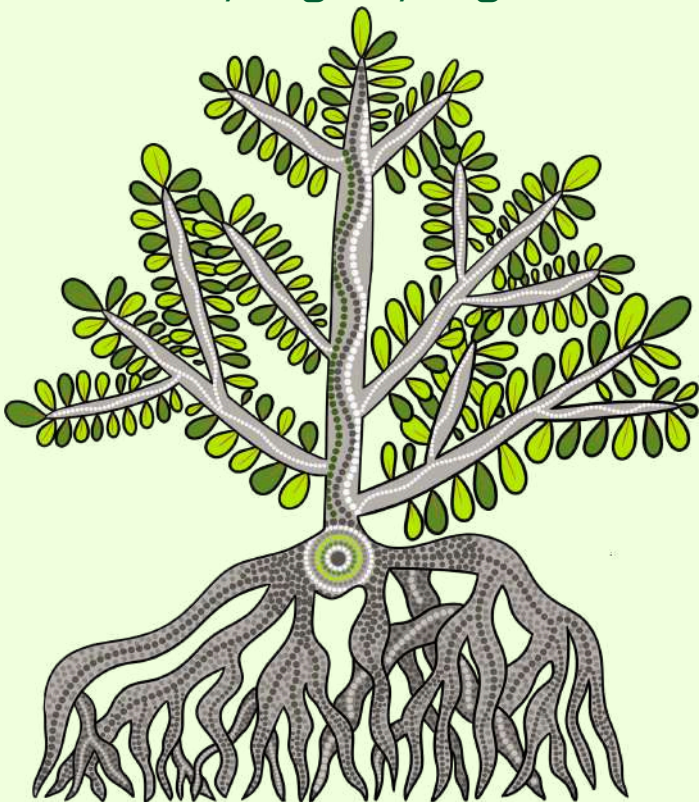
ha t'i? kw ǰast?

Mental health is just as important as physical health. It affects how we n'stil's(think), feel, and act. Taking care of our mental health is essential for overall well-being. Here are some practical tips to help you maintain good mental health.

wa'y p_yayfat!

May 6th to 10th is Mental Health Week. We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health Week is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.

ǰslca'wtx, ǰsmnč'útx, li'mtm'nt!
Be kind, be good, be grateful!



As First Nations people we share a connectedness with the land, each other, ourselves, and generations past and future. This 'connectedness' we experience helps us gain relationships with each other and the land; gain wisdom from the generations past and future; and helps establish respect for ourselves, each other, and the land. When we feel connected it helps us achieve wellness through a healthy mind, body, and spirit. On our path of health and wellness it is important to look at the relationship we have and to nourish the connectedness we experience.

Practice self-care. Take time to do things that you enjoy -if you find yourself feeling overwhelmed, go to the siw' ǰkw! There are many sacred aquatic resources that contribute to the physical, spiritual, and cultural health of our sqilx'w and sustain all tmix'w. The relationship to siw' ǰkw is embedded in the language, in the bodies, and in the sqilx'w'ca'w tət (Syilx way of being). Prioritizing self-care can help reduce stress and improve mood.

Connect with others. Having a support system is crucial for ǰast mental health. Reach out to ləǰtiw's (friends), snəqsilx'w(family), or a mental health professional if you need to talk or receive guidance.

Step outside in the ǰiyá'nx'w and participate in tm'x'w'úla?x'w-based activities such as hunting, fishing, gathering and harvesting foods. tm'x'w'úla?x'w-based healing can take place when we return or reconnect to the land while utilizing supports to relearn, revitalize, and reclaim our traditional wellness practices.

Mental Health Week

May 6th - 12th, 2024



Did you know that the foods you eat have a significant impact on your brain health and mood?

Speak with a Registered Dietitian to learn how you can improve your mood with food!

To speak with our registered dietician- Sabrina Morris, please call the USIB Health Centre 250-292-1478 to book an appointment.



Canadian Mental Health Association
Mental health for all



Page 5

years of community



1 in 3 Elders will **FALL** this year



What can you do to prevent falls?

Keep your body active

Make your home safer

Have your doctor or pharmacist review your medications

Have your eyes checked by an optometrist once a year



For more information, contact Sarah @ 250-292-1478