

# 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 skixʷiw's to scl'kstasq't 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 mr'imstn table with helpful literature for pick-up that explains how to harvest, prepare, and use for you and your family - predesigned by USIB knowledge keepers.

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





Upper Similkameen Indian Band  
**CHUCHUWAYHA**  
Health Centre - Programming  
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ŁƏX<sup>w</sup>ŁƏX<sup>w</sup>TAN 2024

Acupuncture **EVERY skix<sup>w</sup>iw'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 Morris 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<sup>w</sup>qín!

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<sup>w</sup> (all living things).

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**Please feel free to stop by the Health Centre skix<sup>w</sup>íw's-scl'kstasq't between 8:30am-4:30pm or call 250-292-1478!**



**5790 Highway 3**

*k<sup>w</sup>u k<sup>w</sup>uk<sup>w</sup>stp*



**S**uspect an

**O**VERDOSE?

**S**tay and



**CALL 911**

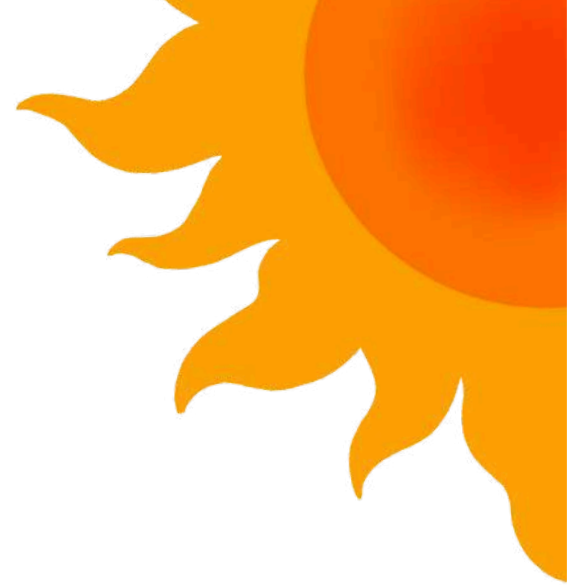
or your local emergency number

The Good Samaritan law can protect you from simple drug possession charges.

Together we can **#StopOverdoses**

# Stay safe during extreme heat events

As our climate changes, heat waves are becoming more common and more severe. High temperatures can be dangerous to our health. Here are six ways to stay safe.



## Stay Cool



Close windows and curtains during the day and open them at night.



Seek cooler locations like shaded areas, basements, or air-conditioned buildings.



Apply ice packs and cool, damp cloths to your wrists and neck.

## Take Care



Drink water, even when you don't feel thirsty.



Take it easy and avoid intense activities.



Check on others, especially those who live alone or are more at risk.

See the PreparedBC Extreme Heat Guide for more tips:



## Know the signs of heat-related illness

Heat Exhaustion: heavy sweating, headache, muscle cramps, extreme thirst, and dark yellow pee.

Heat Stroke: high body temperature, confusion, dizziness/fainting, and flushed skin.

Heat stroke is a medical emergency; call 911.

