

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 skix^wíw'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
x^wl'x^wal't

SNQA?TK^wÍS 2024

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.

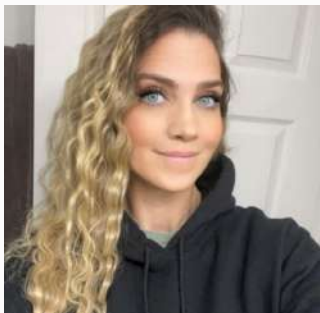
Footcare - Sarah Antonick, our communities LPN also provides footcare services. Her service provisions include infection control and cleaning standards. Please call the Health Centre to schedule an appointment with Sarah directly.

Heartways Counselling - Mike, Aaron and Shannon 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.*



Lindsay Coltman

Community Health Director

Chuchuwayha Health Centre - 5790 Highway 3

Monday-Friday 8:30am-4:30pm

Duties included but not limited to:

- Provide leadership and direction to planning, organizing, implementing, maintaining, and evaluating health and wellness programs and services, incorporating input from community and other health system professionals.
- Proactively build and nurture collaborative and respectful working relationships with First Nations in BC, health and wellness partners, government agencies, regional health authorities, other Aboriginal organizations, support agencies including health providers; utilizing these relationships as an avenue to assist the community to achieve its health and wellness goals and objectives.
- Communicate and coordinate intervention, directly or indirectly, in emergency, trauma and crisis situations.
- Ensure emergency management, preparedness planning and/or pandemic planning is in place.
- Ensure programs and services follow legislation and organizational policy, processes and procedures.
- Advise on policies, create, and/or implement objectives set out by Administration.
- Ensure financial management of programs, budgets, and services and proactively seek out diverse funding sources.
- Prepare and monitor work plans, including reporting through regular and annual reports.
- Lead and provide day-to-day supervision of the Health & Wellness.
- Conduct performance management audits, probationary, and annual reviews for all direct reports.
- Foster a cooperative and collaborative working environment through team activities and personal leadership, including the management and resolution of conflicts.
- Recommend and implement action with respect to staffing, performance management, recruitment, succession planning, and training and development.
- Identify and research opportunities for new funding sources and write or oversee the development of funding proposals.
- Provide leadership and direction to planning, organizing, implementing, maintaining, and evaluating health and wellness programs and services, incorporating input from community and other health system professionals.
- Provide leadership and direction with planning, organizing, implementing, maintaining and evaluating culturally relevant and safe health and wellness programs and services.



To contact Lindsay, please call the Chuchuwayha Health Centre at 250-292-1478

OR email lindsay.coltman@usib.ca

For more information on the services provided, please visit our website @

www.usib.ca



Tierra McIvor

Community Health Assistant & Medical Office Assistant
Chuchuwayha Health Centre - 5790 Highway 3
Monday-Friday 8:30am-4:30pm

Duties included but not limited to:

- Provides administrative, clerical, and technical support to the Health department.
- Collect, input, and submit esDrt Home and Community Care data to FNHA.
- Assist with scheduling and co-ordination of client appointments
- Responds to and directs inquiries from employees, clients, and USIB members.
- Facilitates health meetings, including but not limited to, compiling relevant information in preparation for meetings and reports, and assists in minute taking as needed.
- Prepares reports, memos, emails, posters, presentations, and other correspondence.
- Creates, updates, formats, and maintains Health Services forms & templates.
- Assists with Perinatal (child programs), Chronic Disease Management, Immunization, Harm Reduction, Health & Wellness, and the USIB Home Care Program.
- Works with the health team to prepare Home Makers and Home Support Worker schedules.
- Maintains a high level of confidentiality and uses discretion on all matters relating to the affairs of all client matters.
- MOA duties include: schedule, confirm and assist with medical appointments, greet patients, and take messages.
- Use health software and other computer applications to book appointments or prepare reports, invoices, financial statements, letters, case histories, and medical records
- Interview patients to complete intake forms or other documents, or help patients' complete health history forms
- Transcribe handwritten notes, electronic dictation, or oral instructions
- Complete insurance and other claim forms
- Submit billing claims
- Set up and maintain records management systems, including classifying and coding electronic and hard-copy files
- Keep examination areas clean, orderly, and stocked with supplies
- Perform minor medical duties, such as preparing the consultation room
- Take vital signs and help with examinations
- Use word processing, spreadsheet, database, and presentation software to prepare medical documents
- Perform other clerical and administrative functions, such as ordering and maintaining an inventory of supplies



To contact Tierra, please call the Chuchuwayha Health Centre at 250-292-1478

OR email tierra.mcivor@usib.ca

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Paige Wallin

Registered Community Care Aide
Chuchuwayha Health Centre - 5790 Highway 3
Monday-Friday 8:30am-4:30pm

Duties included but not limited to:

- Assist clients in their own homes with personal care and activities of daily living including but not limited to; taking medications, personal care, shower assist, eating meals and/or meal preparation, and assisting to support the provision of a safe clean environment
- Medication assistance including oral from blister packs, topical, insulin and nitro patches
- Assist and record vital signs, blood glucose levels & and abnormal changes.
- Provide catheter care and simple dressing changes within scope of practice
- Provide respite and palliative care
- Perform safe client transfers utilizing overhead ceiling lifts as well as necessary repositioning for palliative clients
- Provide meal preparation and assistance
- Initiate and encourage client specific exercises (including post-operative rehabilitation and SAIL level 1, 2 and 3 to maintain and promote mobility and overall health
- Closely monitor clients for changes to mental or physical state and aid them while ensuring to encourage and support their independence
- Meal assistance and charting appetite/fluid intake when necessary
- Perform safe patient positioning and transfers in/out of bed, to/from wheelchair and toilet utilizing sit to stand lifts, transfer belts and ceiling lifts
- Support and aid clients to function at their highest level, ensuring their activities of daily living are met
- Encourage clients to participate in social activities
- Provides transportation for shopping or medical appointments as directed
- Purchases groceries and prepares meals for Elders in the community.
- Order & pick up medications for clients.
- Assist in booking appointments i.e. bloodwork



To contact Paige, please call the Chuchuwayha Health Centre at 250-292-1478

OR email paige.wallin@usib.ca

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Sarah Antonick

Community & Home Care LPN

Chuchuwayha Health Centre - 5790 Highway 3

Monday-Friday 8:30am-4:30pm (subject to change)

Duties included but not limited to:

- Providing Information, support, and follow-up for the treatment and compliance to procedures,
 - Responsible for monitoring and educating on health-related information, including but not limited to:
1. Diabetes Education Program
 2. HIV POC Testing
 3. Naloxone/Harm Reduction Education
 4. Pandemic Education and Testing
 5. TB Education and screening
 6. Foot Care Nursing Services for Elders and chronically diagnosed clients.
 - Palliative Care and co-ordination/collaboration with Interior Health as needed
 - Plans and manages patient care according to each patient's needs.
 - Interviews patients and records their medical history and physical condition.
 - Obtains patient vital signs, including pulse, blood pressure, temperature, and respiration.
 - Provides routine care for patients.
 - Observes patients' health.
 - Reviews medical charts.
 - Assists physicians and registered nurses.
 - Communicates with patients and their families.
 - Performs standard diagnostic procedures including EKG, phlebotomy, venipuncture, PFT, and Doppler.
 - Prepares specimens for lab courier.
 - Administers medications.
 - Provides wound care.
 - Prepares and administers injections and/or enemas.
 - Assists with patient comfort.
 - Monitors catheters.
 - Provide nursing care to stable patients
 - Collect specimens
 - Take steps to control infection
 - Manage patient diets
 - Give medication and record its effects
 - Apply sterile dressings
 - Provide care before and after an operation



To contact Sarah, please call the Chuchuwayha Health Centre at 250-292-1478

OR email sarah.antonick@usib.ca

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- Check on respiratory and intravenous therapy
- Monitor patient progress
- Consult with doctors and registered nurses
- Provide nursing services, within defined scope of practice, to patients based on patient assessment and care planning procedures
- Perform nursing interventions such as taking vital signs, applying aseptic techniques including sterile dressing, ensuring infection control, monitoring nutritional intake and conducting specimen collection
- Provide pre-operative and post-operative personal and comfort care
- Monitor established respiratory therapy and intravenous therapy
- Monitor patients' progress, evaluate and document effectiveness of nursing interventions and collaborate with appropriate members of health care team
- Provide safety and health education to individuals and their families.
- Coordinates clinical care services in such a way to meet the needs of the clients while encouraging independence, family, and community support.
- Identifies community members that required nursing care support.
- Completes a structured home care client assessment that includes ongoing reassessment for each client to determine an individualized care plan.
- Implements the care plan to provide in-home personal care/home management in collaboration with other Home Care employees.
- Provides in-home direct nursing care as required.
- Provides supervisory direction for other Home Care employees.
- Maintains client confidentiality and ensures that all records are stored securely and within regulations.
- Provides clients and family caregivers with health information as required through demonstrations and informal teaching sessions.
- Participates in case management and family conferences, where appropriate.
- Maintains nursing skills through attendance at workshops, conferences, in -service, staff meetings, literature, and evidence-based principles.
- Ensures that clients admitted to the Home and Community Health Care Program have access to medical supplies and equipment required for their individualized care plan.
- Maintains professional support and consultation with other professionals in the community to ensure the program is delivered in a safe effective manner.
- Referring community members to appropriate agencies and health care professionals, such as the FNHA Mental Health advocates.



Brenda Wagner

Elder Support Facilitator

Chuchuwayha Health Centre - 5790 Highway 3

Monday, Wednesday, Thursday, Friday 8:30am-4:30pm

Duties included but not limited to:

- Organize and facilitates the monthly Elders' social including agenda and action items for monthly meetings
- Provide Elders with transportation to meetings, appointments and outings as requested, (doctor, dentist, and housing).
- Arrange the registration, bookings, and travel requirements for out-of-town events
Create program activities that includes cultural, leisure and wellness activities.
- Conduct home visits to elders who are isolated in the area and who cannot readily attend the program on their own.
- Will shop with or for the client



To contact Brenda, please call the Chuchuwayha Health Centre at 250-292-1478

OR email brenda.wagner@usib.ca

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www.usib.ca




WORLD SUICIDE PREVENTION DAY

The Health Team wants to remind you that your mental health matters! World Suicide Prevention Day is on September 10th, we want to take this opportunity to raise awareness that suicide is one of the leading causes of death globally and can be prevented.


WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- 
- ▷ Wanting to die
 - ▷ Great guilt or shame
 - ▷ Being a burden to others

FEELING:

- 
- ▷ Empty, hopeless, trapped, or having no reason to live
 - ▷ Extremely sad, more anxious, agitated, or full of rage
 - ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- 
- ▷ Making a plan or researching ways to die
 - ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
 - ▷ Taking dangerous risks such as driving extremely fast
 - ▷ Displaying extreme mood swings
 - ▷ Eating or sleeping more or less
 - ▷ Using drugs or alcohol more often

For more information on mental health resources available, please contact the Chuchuwayha Health Centre at 250-292-1478

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741





“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).

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Please feel free to stop by the Health Centre skix^wíw's-scl'kstasq't between 8:30am-4:30pm or call 250-292-1478!



5790 Highway 3

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