



ISSUE 08 • MAY 2023

NEWSLETTER

UPPER SIMILKAMEEN INDIAN BAND HEALTH CENTRE

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 centre.

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.



HEATH CENTRE TEAM

LINDSAY BISHOP
HEALTH DIRECTOR

SARAH ANTONICK
LICENCED PRACTICAL NURSE

DEBORAH BRADSHAW-WHITE
REGISTERED NURSE

PAIGE WALLIN
REGISTERED CARE AID

TIERRA MCIVOR
COMMUNITY HEALTH ASSISTANT

BRENDA-LEE WAGNER
ELDER SUPPORT WORKER

CURRENT PROGRAMMING

- Acupuncture & Fire Cupping
- Body Talk
- Elder's Social
- Foot Care
- Registered Dietician
- Home Care Medical Support
- Medical Appointment Drivers
- Monthly Harvest Box
- Shiatsu Massage Therapy
- Individual Counselling
- Pathways one-on-one & group sessions



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 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. Mikwec - Thank you.

Sarah Antonick, Licensed Practical Nurse

Sarah has been nursing for over 12 years in the emergency department and in-patient care at the 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 a 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 out on outings.

"Sometimes we
can only find
our true
direction when
we let the wind
of change carry
us."

-Mimi Novic





USIB Health Centre Staff (continued)

Paige Wallin - Registered Care Aid

Hi, I'm Paige! I am from Princeton. I have been a healthcare aide for five years, specializing in Home/Community Support for the last four. I spend most of my free time in the outdoors with friends and family. I have had a great interest and passion for healthcare since I was little, and I take pride in providing consistent and high quality to every client I work alongside. I am very fortunate to be a small part of a large support system that allows elders to stay at home and independent for as long as they can. I feel very lucky to be a part of the USIB Health Team and am eager to learn more about the culture and traditions of the community members.

Tierra McIvor - Community Health Assistant

Hi everyone, my name is Tierra McIvor. I am new member at the USIB Health Centre and am eager to learn more about the community and amenities Hedley has to offer. I grew up in Princeton BC and have always been passionate with helping others. I am proud and honored to be here and help facilitate appointments and supply information for each individual in a confidential and professional manner.

What does your Health Centre 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 teams "go-to person." Plan, implement and evaluate community health and wellness programs by involving community members.

Hypertension Awareness Month!!

The Health Centre would like to invite you to the office to get your blood pressure checked. Please flip to the next page for more information and to continue reading about hypertension.





HYPERTENSION AWARENESS MONTH

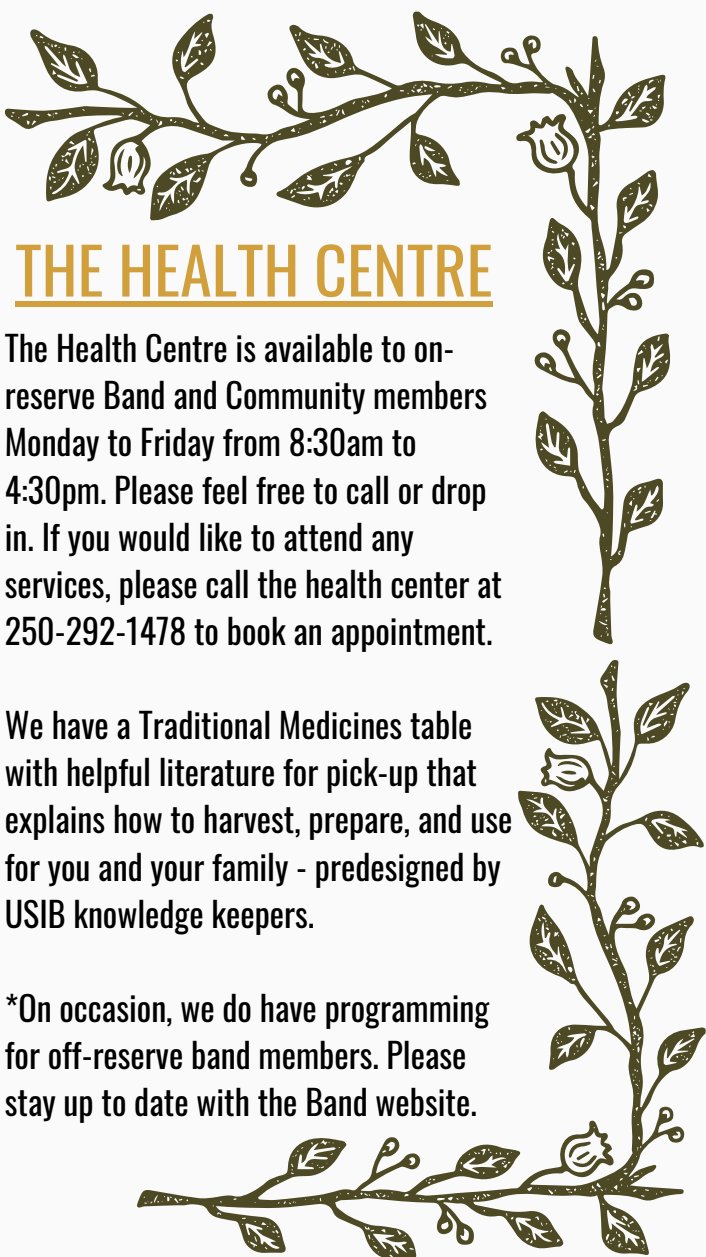
What is hypertension? Keep reading to find out!

High blood pressure is a common condition that affects the body's arteries. It's also called hypertension. If you have high blood pressure, the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood.

Hypertension is the leading preventable cause of death and disability around the world, and can lead to heart disease, stroke, kidney disease and dementia. Over 7.2 million Canadians have hypertension, and 7.5 million more have high blood pressure that will lead to hypertension without preventative action.

With May being Hypertension Awareness Month, the Health Centre team invites you to come into the office to get your blood pressure checked and have any questions answered by your friendly community nurses on Wednesday, May 17th between the hours of 8:30am-4:30pm. If you are unable to make it on the 17th, please feel free to call the office at 250-292-1478 or email the Community Health Assistant at tierra.mcivor@usib.ca to see if a nurse is available to check your blood pressure.





THE HEALTH CENTRE

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 Medicines 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.

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. **Now at the Health Centre EVERY MONDAY!**



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 to the 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.

Appointment Date: May 30th





PROGRAM DETAILS (continued)

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.

Appointment Dates: May 12th and 26th



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 favorite recipes to help manage diseases and develop individualized nutrition care plans to meet their health goals.

May 4th, 11th, 18th, 19th, 25th



Footcare

A registered practical nurse provides our foot care service. Her service provisions include infection control and cleaning standards. Footcare nurses understand how 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.

Appointment Date: May 10th





PROGRAM DETAILS (continued)

Elder's 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, 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 program 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.

May 11th & 25th from 1:30pm-3:30pm 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 on **May 9th and 23rd**, please call the Health Centre to book your appointment.

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





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 24/7

Youth in BC:

Please visit www.youthinbc.com or call 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 "Online" chat counselling service.

Indian Residential School Crisis Line:

1-866-925-4419 - This is 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, please call 1-800-784-2433.

310MENTAL Health Support: Provides emotional support, information, and resources specific to mental health.

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, midwife, or 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 medications, constipations remedies, dietary fiber, eye and 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)





NEAREST HOSPITALS AND EMERGENCY CENTRES:

Penticton Regional Hospital

550 Carmi Avenue, Penticton BC, V2A 3G6
250-492-4000
OPEN 24 HOURS

Princeton General Hospital

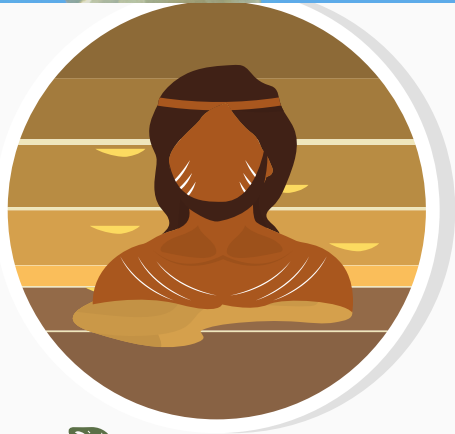
98 Ridgewood Drive, Princeton BC, VOX 1W0
250-295-3233
OPEN 24 HOURS

South Okanagan General Hospital

911 McKinney Road, Oliver BC, VOH 1T0
Emergency Room - OPEN 24 HOURS

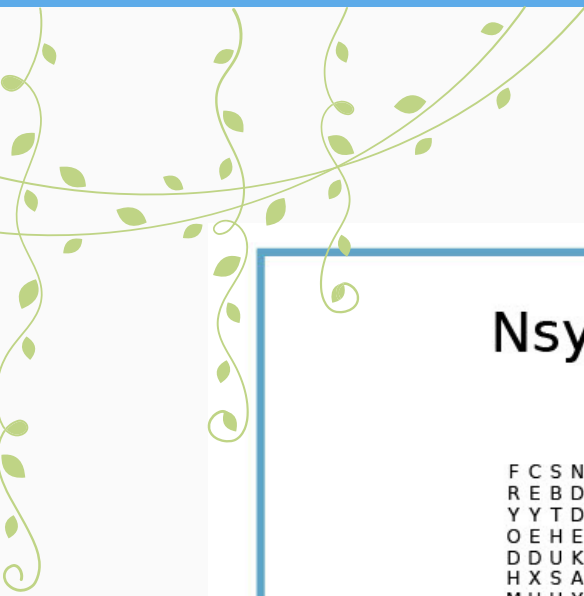
South Similkameen Health Centre

Emergency and Clinic Services
700 3 Street, Keremeos BC, VOX 1N3
Open Monday through 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 8:30am-
4:30pm
Closed Saturdays, Sundays,
and Statutory Holidays**



Nsyilxcən Word Search

F C S N E G L H Q P Q R A Y E U I Q F E V N Z G Z A V Y N V
 R E B D K W T C U X L X J B D X T B C Y K K R Q D V L C D G
 Y Y T D S V O X D E L X T L N P K D A I O Z G H Z U J S H L
 O E H E E J Z J F W C H G A J Q M X J J L X E L V P K D C U
 D D U K G U L E Y Y M R P Y H A Q G J G I A C L S S U H L C
 H X S A E N S L S L I K N L A D Y B U G B E E T L E B W D A
 M H U Y A ? C O M M O N R A C C O O N Q Q I A T E S B I L T
 V X T T P F V S T Y W H S T Z C F N O L A D B G M Y H R D R
 T D D B H O G P P L M U P D T F V P W H L K Y K Q R Q U C Y
 P E N P W P A ? W I K N T E N L I N E D J U N E B E E T L E
 N P L R G Y F I L B T E Z T R F C E G I R Z R K H W J Q S P
 J U S L Z C W T R S I G K V Z H Y N K L S K B C A C T X L Z
 X Z D O O I S F W W Q Z V M B N J A A Q G R X U J S D M X W
 D J A R D O I N E E D Q X P L B C R I U T L G Z A F E R H B
 E J Z G O I X E W N O S F G E W V K I J V G B B O R A Z I H
 Q B K W J C H J T P Y Z K E K N I K O K A N E E S A L M O N
 T I N G N Q Z K H H S D P N K T R Q F S C Q Q U E J V O Q B
 T Y N B I O L J C V J N J X O F K Q Y F L S G P J B Y Q E L
 C E S K á ? K N A ? B L A C K C A P P E D C H I C K A D E E
 T A T R T C D L E G E E N A U E M O Q T P D M A V E Z F L I
 G P W F O K E K C I L X K N W O O D T I C K N B Z A B D Z B
 Q P C S D Q I Z H F Q J C C M M N B T M B O T W E Z K S D C
 P J X A J X I Y G K Y Y B L H A N B X Y H W N H E Y P J O N
 P N X W Q E X S X E L B M R Q P F F S Y K P Y J Q B X T C H
 T M B B N E Q A P U K O G I P I D Q F O N B F Z G Q D T N T
 M I N Z N O W T W J L W G R V Z V C R Z L U P P Y H L N R H
 B X " N A M X " N M C A L L I O P E H U M M I N G B I R D J
 A C S L R L S Y S C R I S K I N G F I S H E R O Z A W C K N
 V X X B J D K W T W E M C X M O L B K C W X G K H P H N Z X
 D O N R I R P P K X K Z G W J M V D B D X J W J C X E W X L

c'eská?kna? (Black-capped Chickadee)

npwpa?wikn (Ten-lined June Beetle) c'ris (King Fisher)

nslslikn (Ladybug Beetle)

mhuya? (Common Raccoon)

kekn'i (Kokanee Salmon)

kekc'ilxkn (Wood Tick)

xw'n xw'nm (Calliope Hummingbird)



Flip for answer key ↓



Nsyilxcən Word Search

FCSNEGLHQPPRAYEUIQFEVNZGZAVYNV
 REBDKWTUCUXLXJBDXTBCYKKRQDVLCDG
 YYTDSVOXDELXTLNPKDAIOZGHZUJSHL
 OEHEEJZJFWCHGAJQMXJJLXELVPKDCU
 DDUKGULEYYMRPYHAQGGIACLSUHL
 HXSAENSLISLIKNIADYBUGBEFTIEBWDA
 MHUYA?COMMONRACCOONQOIATESBILT
 VXTTTPFVSTYWHSTZCFNOLADBGMYHRDR
 TDDBHOGPPLMUPDTFVPWHLKYKORQUCY
 PENPWA?WIKNTENIINEDJUNEBEFTIE
 NPLRGYFILBTEZTRFCEGIRZRKHVJQSP
 JUSLZCWTRSIGKVZHYNKLKBCACTXLZ
 XZDOOISFWWQZVMBNJAAQGRXUJSDMXW
 DJARDOINEEDQXPLBCRIUTLGZAFERHB
 EIJZGOIXEWNOSFGEWVKIJVGBBORAZIH
 QBKWJCHJTPYZKEKNIKOKANEEFSALMON
 TINGNQZKHHSDPNKTRQFSCQQUEJVOQB
 TYNBIOIJCVINIXOFKOYFLSGPIBYQEL
 CFSKÁ?KNA?BLACKCAPPEDCHICKADEE
 TATRTCDLEGEENAUEMOQTPDMAVEZFLL
 GPWFOKKEKCIIXKNWOODTICKNBZABDZB
 QPCSDQIZHFQJCCMMNBMTBOTWEZKSDC
 PJXAJXIYGKYBBLHANBXYHWNHEYPJON
 PNXXWQEXSXELBMRQPFPSYKPYJQBXTCH
 TMBBNEQAPUKOGIPIDQFONBFZGQDNT
 MINZNOWTWJLWGRVZVCRZLUPPYHLNRH
 BXNAMXNMCAILOPEHUMMINGBIRDJ
 ACSLRLSYSKRISKINGFISHEROZAWCKN
 VXXBJDKWTWEMCXMO LBK CWXGKHPHNZX
 DONRIRPPKXKZGWJMVDBDXJWJCEWXL

c'eská?kna? (Black-capped Chickadee)

npwpa?wikn (Ten-lined June Beetle) c'ris (King Fisher)

nslslikn (Ladybug Beetle)

mhuya? (Common Raccoon)

kekn'i (Kokanee Salmon)

kekc'ilxkn (Wood Tick)

xw'nm (Calliope Hummingbird)

