

# NEWSLETTER

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## 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.

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.

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 - 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.



# PROGRAMS OFFERED AT THE HEALTH CENTRE

## Acupuncture

Appointment Dates: November 6th, 20th, & 27th

## Shiatsu

Appointment Dates: November 10th and 24th

## Footcare

Please call Health Centre to schedule an appointment with Sarah Antonick

## Heartways Counselling

November 14th and 28th

## Registered Dietician

November 2nd, 9th, 16th, 23rd, 24th & 30th

## Elder's Social

November 16th at the USIB office downstairs behind the reception.

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

**PLEASE NOTE THAT DR. LOUW, DR. O, AND DR. VAN DE VOSSE ARE IN ON A ROTATIONAL BASIS, EVERY TUESDAY. IF YOU ARE CALLING TO SCHEDULE AN APPOINTMENT, PLEASE CALL TIERRA AT 250-292-1478 AND HAVE YOUR HEALTH CARD READY.**

*\*Friendly  
Reminder to  
please show up 5  
minutes early to  
your appointment*

# We want to hear from YOU!

What programs and services would you like to see at the Health Centre?

Some ideas to get you started are: mobile dentists, physiotherapists, naturopaths, energy healing, workshops for moccasin/mukluk making?

Would you like to participate in any on-the-land programs?

We encourage community to call the Health Centre with any and all ideas in the hopes to expand services that are of interest to you.

Please call Tierra at the Health Centre at 250-292-1478 or email [tierra.mcivor@usib.ca](mailto:tierra.mcivor@usib.ca) with your ideas!!



# Nsyilxcən Word Search

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smik'wt - Snow on the ground

k'wl'k'wul'mxn - Boots

stq'aq'it'a?tn - Fishing Rod

cæwíxa? - Creek

c'aft - Cold Weather

claf'tiw's - Valley

s?istk - Winter

æcniwt - Windy

æcwár - Fire

citx<sup>w</sup> - Home

