

# HEATH CENTRE TEAM

LINDSAY BISHOP  
HEALTH DIRECTOR  
250.488.0854

SARAH ANTONICK  
LICENCED PRACTICAL NURSE  
250.488.3466

DEBORAH BRADSHAW-WHITE  
REGISTERED NURSE  
250.295.5815

PAIGE WALLIN  
REGISTERED CARE AID  
250.295.5441

BRENDA-LEE WAGNER  
ELDER SUPPORT WORKER  
250.488.7317

TIERRA MCIVOR  
COMMUNITY HEALTH ASSISTANT

## CURRENT PROGRAMMING

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

ISSUE 11 • OCTOBER 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.





## 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.

**Flip the page for exciting news happening in your community!**

# Doctors at the Health Centre starting October 10th!

The Health Centre team is proud to announce that the Dr. Louw, Dr. Omojuwa, and Dr. Van de Vosse will be able to assist you starting October 10th!! This service will be provided to USIB members, community members, and residents of Hedley.

Appointment priority is as follows:

USIB Members  
USIB Community Members  
Residents of Hedley

Please call Tierra at the Health Centre at 250-292-1478 to make an appointment.

This has been a challenging goal to achieve, however your Health Centre team has worked tirelessly to make the dream happen. Keep reading to find out more information on each provider.



I started practicing as a family physician in South Africa in 1988. We subsequently moved to Canada in April 2009 and I have been working in Keremeos since then. We have enjoyed the privilege of living in Keremeos.

I enjoy working in rural medicine and the relationships I have been able to build with patients. I am looking forward to working with USIB and the community there, and to learning more from them as well.

I am married and have 3 children, all in their twenties. I enjoy the outdoors, hiking in the mountains, and building puzzles.

**Dr. Louw**



**Dr. Ifeju Omojuwa**

I started medical practice in Canada in 100-mile house as part of the required clinical field attachment for international medical graduates in June 2016 after 15 years of practice in Nigeria.

I practiced for 3 months in 100-mile house before moving to Keremeos in August 2016, where I have practised as a family physician since.

In these few years of providing primary care and emergency services in Keremeos, I have gained both a clinical and cultural understanding of the health priorities and values of residents and the community in general. I have learned how important it is for health services to be structured towards addressing the needs of community residents.

I look forward to utilising this experience in the provision of primary care services for the Upper Similkameen Indian band.

I have no doubt that this will be of great value to the community, and for the primary care providers a golden opportunity to give back to the people.

I am married and have two daughters, my hobbies include traveling, music and watching movies.



**Dr. Van de Vosse**

I never had planned on being a physician, rather I was curious to understand nature and so I initially trained as a scientist. I completed a doctorate degree in molecular cell biology at University of Alberta studying epigenetics and aging. It wasn't until I became a patient myself, that I experienced the unfortunate lows of poor quality health care. Fortunately, I had a chance encounter with a caring, compassionate physician who encouraged me to help make change and Family Medicine had the science, the detective work and most of all, the personal stories that make medicine part of the community.

I attended the University of British Columbia Medical Program and completed a family medicine residency through the Okanagan program. My wife and I settled in Keremeos in 2019, while our daughter arrived in 2021. We spend as much time as possible in nature, either camping, fly fishing or exploring the backcountry by dirt bike. I continue to enjoy learning from hosting both medical students and residents. I am particularly excited to be invited to your community to share your experiences and be present alongside your journey as we navigate your individual healthcare goals and expectations.

See you soon!

# PROGRAM DETAILS

## **Acupuncture**

**Appointment Dates: October 16th, 23rd, and 30th**

## **Shiatsu**

**Appointment Dates: October 13th & 27th**

## **Footcare**

**- Please call Health Centre to schedule an appointment with Sarah**

## **Heartways Counselling**

**October 3rd, 17th, and 31st**

## **Registered Dietician**

**October 12th, 19th, 20th, & 26th**

## **Elder's Social**

**October 25th 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**

## **Important Information about 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.

**\*\* Rip this page out of the newsletter to keep on your fridge for reference.**

# MENTAL HEALTH & CRISIS RESOURCES

## Heartways Counselling

Mike - 250-809-9093  
Aaron - 403-808-2240

## 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

## KUU-US - Crisis Response Services

1-800-588-8717

## 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**.



## 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, year 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**

