



NEWSLETTER

UPPER SIMILKAMEEN INDIAN BAND HEALTH CENTRE

ISSUE NO 5 | January 2023



Message from the Health Centre Team

Each staff member at the Health Centre, want to thank our Band Members for their amazing support during this pandemic. Times have been tough for our community, and we understand that. Health Centre staff will continue to work for you, and take any suggestions on services you may be interested in.

Each of us has chosen to work in health care for different reasons, yet we all share a desire to serve our communities. It's been an amazing year of growth and opportunity at the health centre, thanks to an incredible team working every day to provide the very best for our clients and community.

I am thankful to the people that place their trust in us every day for their care or the care of their loved ones. It is an honor and a privilege to provide them with the high-quality care and emotional support they deserve and expect from us.

Health Centre Team:

Sarah Antonick
Licensed Practical Nurse

Lindsay Bishop
Health Director

Deborah Bradshaw-White
Registered Nurse

Julie Allison
Community Health Assistant

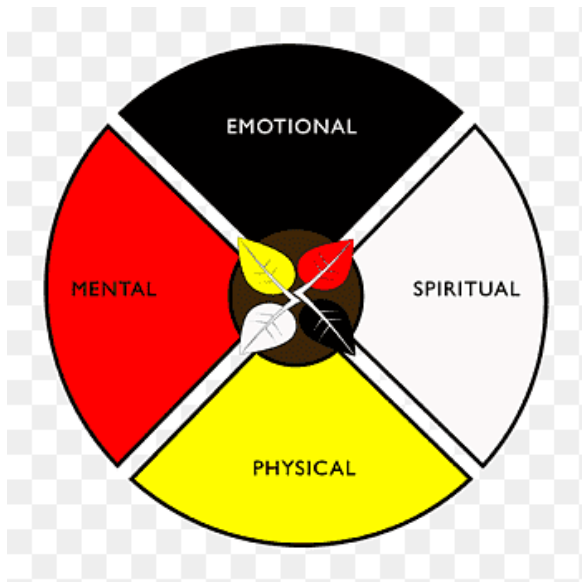
Brenda-Lee Wagner
Elder & Program Cook

Sabrina Morris
Registered Dietician

CURRENT PROGRAMMING:

Acupuncture & Fire Cupping
Body Talk
Elder's Social
Footcare
Registered Dietician
Home Care Medical Support
Medical Appointment Drivers
Monthly Harvest Box
Shiatsu Massage Therapy
Group Men's Counselling
Individual Counselling
Family Counseling
Addictions Counseling

Drop In Covid-19 Vaccination.
Please call ahead to make sure we have enough doses. Or head to your nearest pharmacy to get your covid or flu vaccination.



USIB Health Centre Staff

Sarah Antonick, Licensed Practical Nurse

Sarah has been nursing for over 12 years as a nurse at Princeton Hospital in the emergency department and in-patient care. She is also specialized in rehabilitation. Sarah has a comprehensive understanding of culturally respectful community health care. She strongly believes in the rights of a patient confidentiality and the patient being in the lead of their own care.

Lindsay Bishop, Health Director

Tanisi- 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 home longer, surrounded by familiar friends and family, with dignity and respect. I genuinely support with compassion and empathy to create an environment, so individuals feel happy, secure and a confident participant in their healthcare management. I am proud to work in healthcare and hope to make a positive impact in Indigenous healthcare. Mîkwec – Thank you

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, what I've learned and now 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 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 & Program Cook

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 to provide nutritious meals on a weekly basis to our elders on reserve and have a little visit with them while I am delivering their meals on Wednesdays.



What does your health centre team do?

We want to give you a bit of information of what we do in our roles here at the health Centre so that our community can get a better idea of our services that we individually offer to our on-reserve and community members.

The **Community Health Nurse** provides in-home and clinic assessments and check-ups. They aid in developing health and wellness plans, wound care, immunizations (baby, influenza, TB, Covid-19 etc.), chronic health care management, available to discuss any health questions/concerns you may have and provide patient advocacy with allied health professionals to ensure you are getting the care that you need. As the USIB community continues to grow, we understand the need for Pre and Post Natal support for band members. The community health nurse has resource

information and provides nursing care for expecting mothers and their partner.

The **Community Health Assistant** does more clerical office work but assists the community and its members with appointments for services offered in the Health Centre, taking messages, coordinating health events, and following up with members for any home care clients' necessities.

The **Elder and Program Cook** prepares and delivers weekly nutritious meals and companionship to home care clients on reserve. Services are provided on a weekly basis, with different meals each week. They also coordinate the Bi-weekly Elders Social starting on the 10th of January at the USIB Office downstairs from 1:00-3:30pm.

USIB HEALTH AND WELLNESS PROGRAMMING AND SERVICES

Staff at the USIB Health Centre want to give a gentle reminder of the services offered, hours we are available to our community members. Services are included in each monthly Calendar.

Below you will find a breakdown of his month's services.

THE HEALTH CENTRE- The Health Centre is available to on-reserve Band and Community members Monday to Friday from 9:00am to 4:00pm. Please feel free to call or drop-in.

We have Traditional Medicines table with helpful literature for pick-up that explains how to harvest, prepare, and use it for you and your family. Prepared for and 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 be used to 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 pull toxins out of the body and allows the blood to flow.
January 9th & 23rd

Body Talk

“Body Talk” is a holistic approach to provide 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 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. Recording is optional.
January 3rd & 31st

Footcare

Our footcare service is provided by a registered practical nurse who is specifically trained in the foot and lower limb. As a regulated professional, they

follow provincial service provision’s which include infectious control and cleaning standards. Footcare nurses understand the structure and function of feet and how diseases and circulation affect the health of feet. Footcare treatments include



regular monitoring which includes assessments and care of ingrown toenails, fungal infections, corns, calluses, foot pain.

Next Session Feb 8th

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, addresses trauma response, aide with insomnia, reduces blood pressure considered to have a pain-relieving effect.

January 6th & 20th



Flu Shot & Covid-19 Vaccine

We are now accepting drop ins for the flu shot during our Health Centre hours 9am-4pm, no appointment needed.

If you are needing your next Covid-19 vaccination, please call the Health Center ahead of time so we can see if we have any doses left, or please go to our local pharmacy to get your vaccination.

Drop-In Blood Pressure

To accommodate client's busy schedules, we are now offering drop-ins for blood pressure, during our Health Centre hours from 9am-4pm weekly.

Dietician

Registered Dietitians (RD) are nutrition and food experts. RD's apply medical and nutrition knowledge into 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. They inform individuals on how to read and understand food labels, adapt your favorite recipes to help manage diseases and develop individualized nutrition care plans to meet your health goals.

Here on Thursdays

January 13th

Elders Social

The Elder's social is a place to come together for tea/coffee and conversation. It is a place where one has no expectations of programming but where people can come and casually speak with our health team members about current health topics, community events and to catch up with their friends. From time-to-time, our health team will host special events or information circles on health topics or health Centre program updates.

January 9th & 23rd

Pathways Counselling

Pathways has Group counselling and Individual counselling available on a Bi-weekly basis. They offer men, women's, families, and addictions counselling. Group

MENS sessions are held at the Hedley Community Hall at 4:00:pm-6:00pm with dinner served. Then, Individual counselling is available from 2:00pm-4:00pm at the health Centre.

January 10th & 24th Individual counselling
Group Men's counseling 4:00pm to 6:00pm

January in the Interior

Our Mental Health Wellness

If there are people in your circles of support who are feeling lonely, please consider including them in your plans. If you are feeling lonely reach out as well. We all need a little more support this time of year and reaching out can be mutually beneficial.

Another good thing to do for your mental health is to take breaks from the news and social media. Instead, do healthy and enjoyable things like playing with a pet, painting, drawing, dancing, beading, drumming, exercising, or getting outside in nature! Limit your alcohol consumption, alcohol can increase your depressed mood. Remember the importance of just relaxing, those of us with very busy lives can benefit from resting and being still and mindful. Just by getting enough sleep can improve and balance our moods.

If you find yourself becoming consistently anxious, depressed, or overwhelmed, please see a mental health professional for counselling. Virtual help can be arranged by calling the First Nations Virtual Doctor of the Day service (1-855-344-3800). You're worth it! Have a happy, healthy, and SAFE holiday season.

COVID-19 Update In BC

With three notable respiratory viruses circulating in the province, the Ministry of Health continues to stress the importance of staying home while sick – but only recommends mask-wearing for situations in which it is "essential" to be in close contact with others while symptomatic.



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Plan W

FNHA has a “Doctor of the Day” program. There is no cost to you 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** in place for Indigenous peoples with a status card. All you will need is a prescription from you Doctor, Nurse Practitioner, Midwife, or a 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 benefits of the plan.

Items include, Tylenol, Allergy medication, antacids, antibiotic creams, aspirin, calcium

supplements, children's vitamins, cold medications, constipations remedies, dietary fiber, eye & 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 (**full list is available on the USIB Members Website Portal**).

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 27/7

Youth in BC:

Please visit www.youthinbc.com or at 1-866-661-331

Hope for Wellness Helpline & Chat:

Please visit <https://hopeforwellness.ca/home.html> or call at 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 “On-Line” chat counselling service.

Indian Residential School Crisis Line:

1-866-925-4419
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, Call: 1-800-784-2433

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

Pathways:

Addiction and Mental Health Services
#1 996 Main Street, Penticton BC V2A 5E4
250-492-0400.
Pathways provided, in-person services, group work and individual counselling.

NEAREST HOSPITALS AND EMERGENCY CENTRES:Penticton Regional Hospital

550 Carmi Ave, Penticton, BC V2A 3G6
(250) 492-4000
Open 24 hours

Princeton General Hospital

98 Ridgewood Dr, Princeton, BC VOX 1W0
(250) 295-3233
Open 24 hours

South Okanagan General Hospital

911 McKinney Rd, Oliver, BC V0H 1T0
(250) 498-5000
Emergency room: Open 24 hours

South Similkameen Health Centre

Emergency and Clinic Services
700 3 St, Keremeos, BC VOX 1N3
(250) 499-3000
Monday thru 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 V0X 1K0

250-292-1478

Monday - Friday 9:00am-4:00pm

Closed Saturdays, Sundays & Statutory
Holidays