

Skwlax Wellness Centre

May 2017

It's Spring Time!



The garden will be extended this year.

Garden Season Has Begun.

The Wellness Centre has received a gardening grant from the BC Heart and Stroke Foundation for the amount of \$5000. We decided to extend the fence and add 4 new raised beds for various new plants, like potatoes, beets, radishes, beans, cucumbers, some apple trees.

The direction that the Wellness will go, is to produce enough food to sustain our own programs, instead of relying on the stores. The Health Director Desira John, is in full support of food sovereignty and sustainability. No pesticides on our food or other production altering chemicals on the food.

In April we'll have hired 2 Little Shuswap Lake community members to work in the garden from April to September this year.

We will host a garden BBQ and clean up with door prizes so watch for posters of this date! Everyone encouraged to come out, this is our LSLIB project and our own food.

Dawn and Barb, Garden Project Leads



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Skwlax Wellness Centre

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reception@skwlaxwellness.com



Desira John –Health Director

Weytk,

I would like to take the time to say that I am very proud of the participants for the 3 day grief and loss workshop and the one day youth grief and loss workshop with Rod Jeffries. Kukstsemc to Rod for visiting and sharing his knowledge in trauma and grief and loss with our community.

The workshops and dinner and dance were also well attended.



*Congrats to Jocelyn Arnouse
and Peggy Mc Bryan the
winners of the bicycles.*

Please keep and eye out for more healing workshops in the community. Healing and connecting with the community will be the focus for the coming year.

"Not why the addiction, but why the pain?" -Gabor Mate

Four Cultural Camps are under planning phase for this next fiscal. We hope your family attend. Please call the Wellness Centre for more information.

Do you have a Naloxone Kit? Do you have questions and or concerns about the fentanyl crisis and declared state of emergency? See attached poster for event in Chase on April 25th or Please see our Addictions Worker Rachael Kilback at the Wellness Centre

Take care of yourselves and your family

Kukstsemc,

Desira



Dawn Francois-Office Manager

Weytk'p:

I am excited for the upcoming spring season. It brings growth and change. The Wellness Centre will be organizing 4 seasonal cultural camps for our community: spring, summer, fall and winter. We will go and camp out at Eagle Bay Camp May 6th & 7th. We'll have traditional outdoor activities, learn survival skills, host workshops such as respectful relationships and conflict resolution. Meals, travel, accommodations and childcare will be provided so we can relax and learn. It will be Saturday and Sunday. So come out enjoy nature and learn some new skills. If you have any questions please call me at the wellness.

If you have a special skill you would like to teach or share with the community, call me. Whether it be pine needle basket making, spear making, beading or even if you'd like to child mind.

Hope to hear from you!

Dawn Francois



It's Tick Season-Protect yourself

Protect yourself by:

- Wearing a hat, long sleeves, pants, and light-colored clothing
- Checking clothing and skin frequently for ticks
- Tucking pantlegs into socks or boots
- Applying repellent to exposed skin and clothing
- Carefully removing attached ticks immediately
- Having a shower after returning from wooded areas

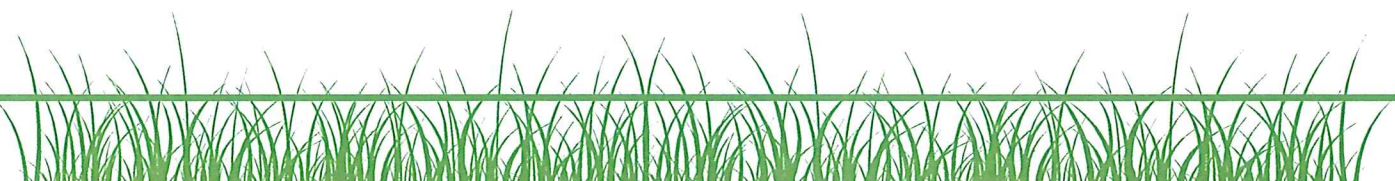
If you find a tick on yourself remove it. Needle nose tweezers can be used to gently grasp the tick close to the skin. Without squeezing, pull the tick straight out. Notify your doctor if you notice any rash or unusual health problems later.


Immature tick
(approximate actual size)


Female adult tick
(approximate actual size)

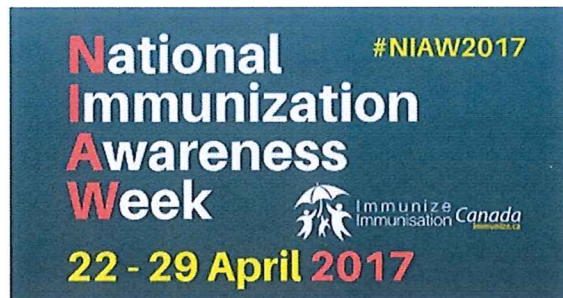


Female adult tick
(approximately 10 times actual size)



Tina Brown-Community Health Nurse

Thank you for the warm welcome into the Little Shuswap Lake community. I have enjoyed meeting all of those who have come to see me. Please stop by and say hello!



This is a time for us to celebrate the success of vaccination programs.

Immunizations are one of the most important advances in public health. Common infectious diseases that were once a major cause of illness and death, particularly among children, have been significantly reduced through immunization.

Fortunately, we live in a place where

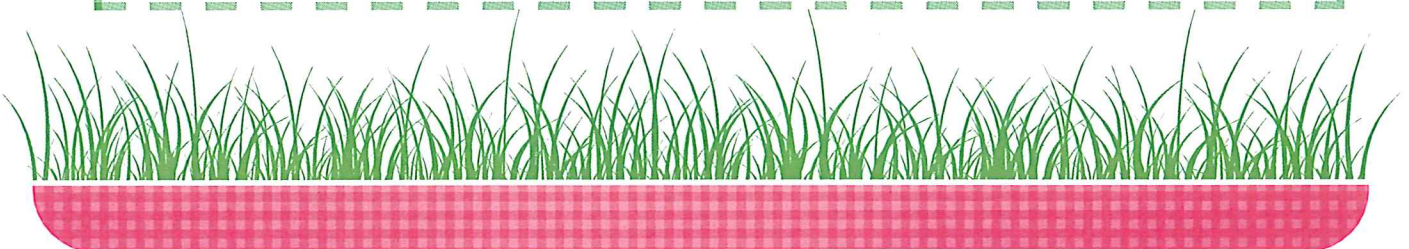
most childhood vaccines are free and easily available through public health, clinics, doctor's offices and school-based programs. BC's comprehensive immunization program for children includes coverage for a wide variety of diseases including measles, mumps, rubella, tetanus, diphtheria, pertussis, meningitis, meningococcus and pneumococcus, as well as hepatitis, polio, influenza, HPV and more.

If you think your child is behind on his or her vaccines, don't worry – they can get caught up on all the recommended vaccines at any age. Please come and see me, I can help.

Immunizations are not just for kids! Whether a student, middle-aged adult, or a senior, all adults need immunizations to keep them and their families healthy.

Kuktemc.

June 12th-16th Seabird Mobile Diabetes Onsite



Keltie Everett-Nurse Practitioner



We are pleased to announce that Keltie Everett, Nurse Practitioner will be providing outreach services at the Skwlax Wellness Centre!

Keltie completed the Nurse Practitioner Program at University of Victoria in July 2016. Prior to moving to BC in January 2012, Keltie worked in cardiac services as well as the emergency department in Winnipeg, MB.

Contact Amy to book an appointment.

Keltie's Dates

* May 4th

* May 18th

* June 1st

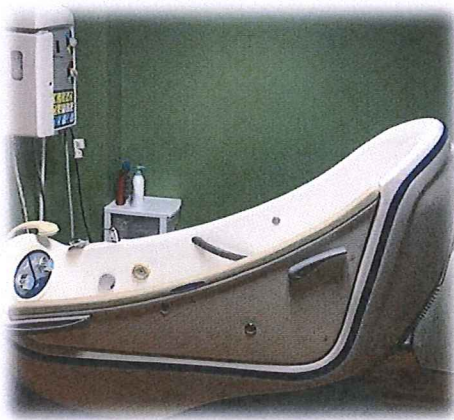
* June 15th

1st & 3rd
Thursday of
the month.

Community Home Support Services

Home support provides many types of services depending on your assessed needs, including the following examples:

- * Personal care
- * Activities of daily living (getting dressed; bowel and bladder care; getting ready for bed)
- * Physical assistance
- * Bathing
- * Heating and serving a meal
- * Helping with medications
- * Light housekeeping
- * Medical transportation
- * And more.....



"Home support helps people live safely and independently in their own home for as long as possible."

Contact Tina or Kristina if you or a family member require home support services.



Bubbles Are Fun!

A cheap and wonderful way to encourage many areas of development such as:

- * *Visual Skills*
- * *Gross Motor Skills*
- * *Fine Motor skills*
- * *Hand eye Co-ordination*
- * *Oral motor skills*
- * *Speech & Hearing*
- * *Body awareness*
- * *Social & communication skills*

BUBBLES

3 cups of water
1 cup of dish soap
1/4 cup of corn syrup
Mix and Enjoy!

Barb Fedora-Community Health Rep.

It has been a long Winter! It sure is nice to welcome the "Spring". We held a few Parent and Tot groups focusing topics around Heart Smart month, COHI Oral Health month, Nalox-one awareness, as well as Injury Prevention. Thanks to all who have participated in the Injury Prevention Program reporting injuries and filling out reports. Our Community program is one of its kind being the only Injury and Surveillance Program running in the world! I will be doing a big draw in the coming week for the year end reporting. Remember report those injuries!

I am excited to also announce that our garden will be expanding! It's that time of the year to start some planting. I will be organizing and preparing seeds over the next month! Be sure to check out the Wellness Centre Activities!



*Congratulations
Sunshine & John
on the arrival of their
Baby "Boy"
April 12th, 2017
8lbs, 12 oz.*



Injury Prevention

We have had a busy year here at Little Shuswap! We held a Health and Safety Fair last year and it was an awesome! Some of the different booths we had displayed were: Water Safety, Fire Safety, Bug bites, Outdoor Safety, held a Car Seat Clinic and Injury Prevention. Proud to say the Little Shuswap won the 2016 Fire Smart Award!

REPORT YOUR INJURIES!!

Tips for Sports Injury Prevention:

1. **Consult a physician:** Talk to your doctor if you are planning to begin a new exercise regime.
2. **Build Gradually:** Help Build stamina with light exercise like leisurely walking.
3. **Wear the appropriate gear:** Helmets, mouth, elbows, wrist and knee guards.
4. **Warm up and stretch:** warm up for 5– 10 minutes. Hold each stretch for 20-30 seconds.
5. **Use proper Technique:** Learn with the technique that is associated with a sport to lessen the risk of sports-related injuries to tendons, bones and muscles.
6. **Take breaks during activities:** Rest during activities. Try to rest in cool shaded places while you take a break.
7. **Play Safe:** know the rules of the sport you are playing. Keep your mind focused on the game.
8. **Hydrate:** Drink plenty of water. Avoid beverages that are filled with sugar.
9. **Do not continue to participate in sports or activities if you are injured.**
10. **Take time off:** Give yourself at least 1 or 2 days a week to take a break from your sport or activity .





Little Shuswap Lake Cultural Camp

May 6th & 7th, 2017

***Eagle Bay Camp
5055 Eagle Bay Road***

***Open to all Little Shuswap Lake Band
and Community Members***

***Childcare, transportation, accommodations
and meals will be provided.***

***Variety of Facilitators for
cultural activities.***

Learn~Play~Relax

***To register contact:
Amy Tomma or Dawn Francois
250.679.3702***



2nd Annual Wellbriety Celebration

Wellbriety: Becoming sober and well in a Native American cultural way ©

**EVERYONE
WELCOME!**

Highlights include:

FREE

- Sunrise Sweats
- Keynote Speakers
- Wellbriety Meetings
- Breakout Sessions
- Pipe Ceremony
- Sacred Hoop Ceremony
- Round Dance
- Door Prizes

May 12 – 14, 2017

Tk'emlups te Secwepemc
Chief Alex Thomas Way
Moccasin Square Gardens
Kamloops, BC

**ALL HAND
DRUMMERS
WELCOME!**



To register or for more info please contact:

Dave Manuel

250-828-9704 or dave.manuel@kib.ca

Registration open until May 9, 2017



There will be a special ceremony to
honor the Life Givers on Sunday morning.

~ This is a clean and sober event ~

This is a multi-community event!

Hosts and committee are not responsible for lost or stolen items.

Skwlax Wellness Centre—Bathing Program

Do you have difficulties getting in and out of the tub?



- Prevents slips and falls
- Calming and relaxing
- Prevents skin break down
- Soothes pain from arthritis

The bathing program runs Monday to Friday by appointment **ONLY**.

To book an appointment contact:

Kristina John, Personal Care Aide

250.679.3702



Overdose Prevention

May 4th, 2017

Naloxone Training

5:00pm-5:30pm

Skwlax Wellness Centre



FREE educational session to learn how to administer naloxone in the event of an opioid (e.g. heroin, methadone, fentanyl, Morphine) related overdose.

EVERYONE WELCOME!!

Snacks Provided!

Call RACHEL for more info.
250.679.3702

GET NALOXONE **SAVE A LIFE**

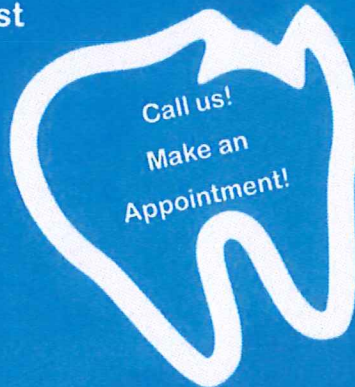


SKWLAX WELLNESS CENTRE

DENTAL SERVICES

Dr. Francisco, Dentist

- . April 24th
- . May 1st
- . May 29th
- . June 5th
- . June 19th
- . July 10th
- . July 17th



250.679.3702

Denise Bieber, Hygienist


- . May 16th
- . June 13th
- . July 18th

More hygiene days to be announced.

Reminder: A cancellation notice must be provided at least 24 hours in advance.

Call
8-1-1

Health advice 24/7

 HealthLinkBC.ca



HealthLinkBC



Youth Programs

Monday

*Reading
Program*

Wednesday

Youth Program

Tuesday or Thursday

Kids Cooking

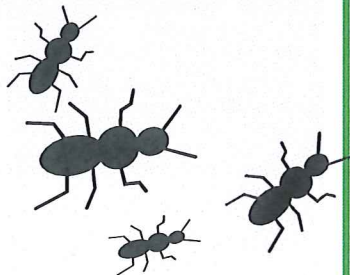
**2nd Thursday of
the Month**

Youth Health Night

**Activities Planned
for Pro-d Days**

**Schedule may
change.**

**Contact Andrea
for more info.**



Andrea Stelter Youth & Family Worker

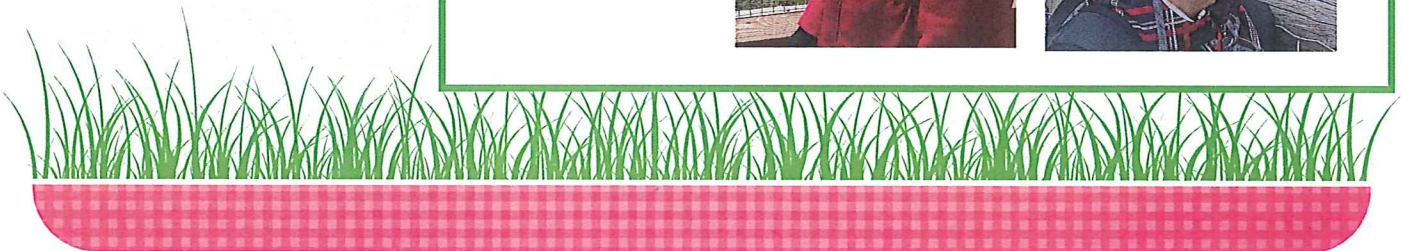
Finally the snow is gone, spring is upon us, and its time to think about gardening. The youth group once again will have a garden, but this year's focus will be on carrots, herbs, and traditional medicines that can be grown at home and some that can be made into teas. If you have any youth that are interested in helping out and learning, let me know.



Once again this summer we will be running the 6 week long summer camp, 3 day sport camp, as well we will be hitting up the Secwepemc Gathering hosted by Splatsin Aug 18-20. I will keep everyone posted on the events and travel plans for the Youth Group & families. For the Summer Camp, I will be posting for the positions shortly, and for those interested in applying for the positions, it doesn't hurt to contact me early.

As far as the rest of the plans for the summer... stay tuned.

Andrea Stelter
Youth Worker





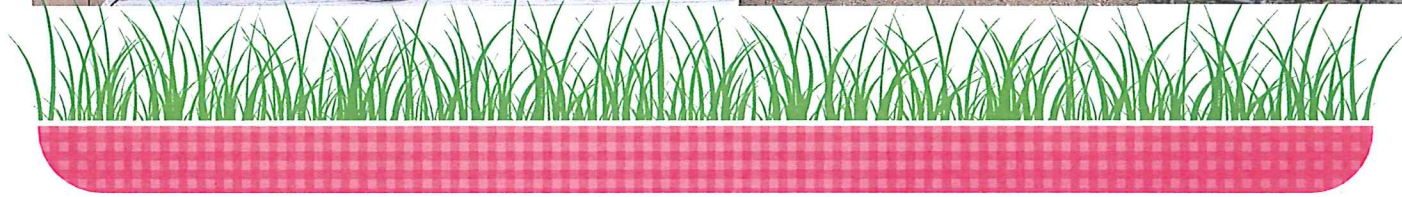
Easter 2017



Medicine Workshop



Wildlife Park



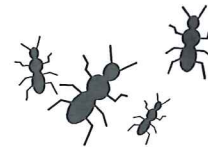
Secwepemc Traditional Plants-Spring

A few traditional plants that can be harvested during the spring time:



Spring beauty, also known as 'Indian potato', *Claytonia lanceolata*, "Skwenkwinem"

The Secwepemc ate the small spherical corms by unearthing them just after they flowered from late May to late June. The potatoes could be eaten fresh, dried, boiled with little water or stored in earth pits insulating them from freezing. Often the Secwepemc strung them on a line of sinew, buckskin, or Indian hemp or other plant fibre, and hung them up near a chimney or fire hole to smoke them. After several weeks, the corms could be stored or eaten without further preparation.



Bitterroot, *Lewisia Rediviva*

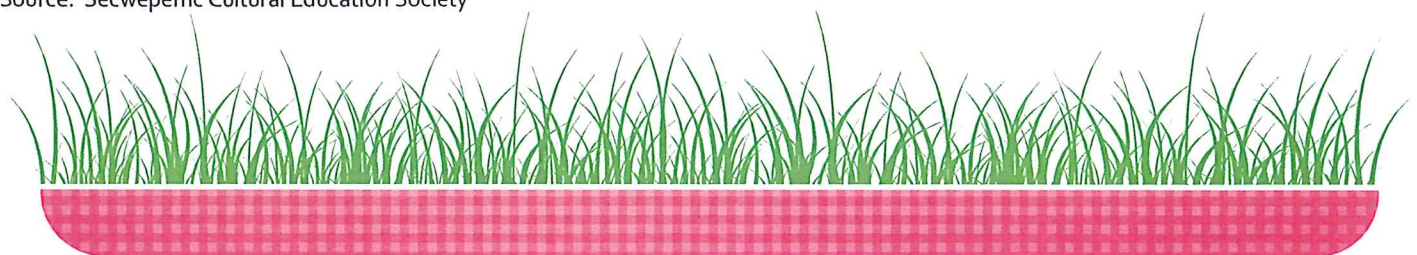
The Secwepemc dug up the roots in early spring, just before the plant flowered as the leaves were developing and before the root became bitter. The roots were peeled and cooked or dried for winter use. Bitterroot was considered a valuable plant and it figured prominently in trade between the Southern and the Northern Secwepemc. A favorite dish was a pudding of bitterroot, saskatoon berries and salmon eggs.



Fireweed, *Epilobium Angustifolium*

Fireweed was sought out in the spring before they bloomed. They broke off the stems, stripped off the leaves, split open the outer part longitudinally with the fingernails and ate the pith raw. Sometimes they boiled or steamed whole stems. Some people used the leafy stems of Fireweed as flavoring or matting in root-cooking pits or earth ovens. Fireweed was used externally as a medicine against eczema

Source: Secwepemc Cultural Education Society



Secwepemc Legends - Wolf and Wolverine

Wolf was a relative of coyote and was noted as a hunter shaman. He lived with wolverine. Wolf hunted deer and elk. Wolverine caught beavers. He set nets in the creeks near the beaver dams and then broke the beaver dams and houses, drove them into his nets and killed them.

One day Wolf said to his companion, "I must leave you, for the game is very scarce around here, and I must go to someplace where it is more plentiful". He went to a different part of the country, where he found many deer and elk. There he made a lodge, hunted and killed many. Before long his lodge was full of hanging dried meat.



Meanwhile, beavers had become scarce where Wolverine lived. He caught many beavers and the remainder had left. Wolverine had lived for a long time on his dried beaver meat, but at last, he ran out of food. He was reduced to starvation and became very thin. Wolverine decided to search for his friend Wolf to see how he was doing. He thought Wolf might have plenty of food.

Soon he found Wolf's lodge and entered and sat down near the door. Wolverine felt tired, for he was very weak. He said to himself, "Wolf will see my plight and feed me from his plentiful stores". He saw that Wolf's house was full of dried meat and fat.

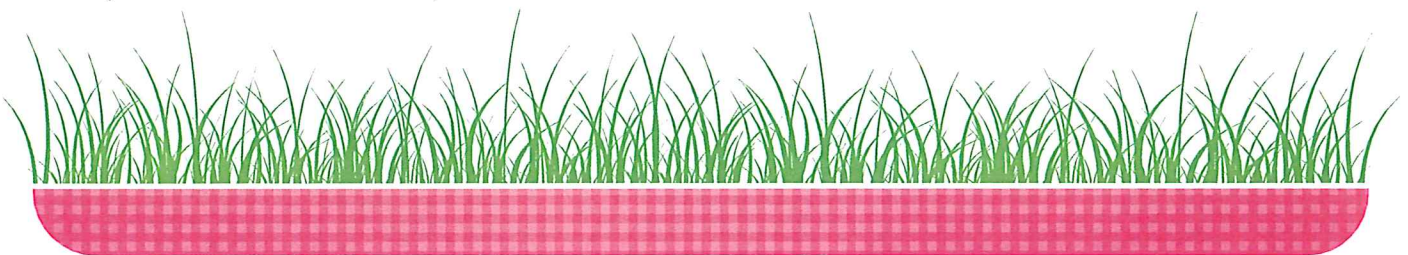
Wolf never spoke to Wolverine but proceeded to heat stones and to boil some meat, which he ate, when he finished, he emptied the brew out the door of his lodge. Wolverine was very sad because Wolf offered him nothing to eat and said to himself, "He has no pity on me when he sees me lean and hungry. He even insults me by throwing out the nourishing brew right close by my face. Well, Wolf shall find out that he is not the only shaman. I shall get even with him yet".

Wolverine left the house and, after traveling a long way, reached a lake where beavers were very plentiful. Here he caught many beaver. Before long his lodge was full of dried meat and beaver tails hanging up. Then, through his shamanistic powers, he made Wolf unlucky. Wolf could find only a few deer and when he did find them, he could not kill them. Wolf had to live on the stores of meat which he had put away in his lodge, but at last he finished them all. He was reduced to boiling the old bones, and scraping the pieces of fat and meat which stuck to the skins. At last, he ran out of this food and Wolf thought of Wolverine. He said, "I will search for his house and live with him; perhaps he has plenty of food".



Soon, he found Wolverine's lodge, entered, and sat down at the door. Wolverine never spoke to Wolf, but proceeded to cook some beaver tails, and after eating them, threw the brew over Wolf's head and out the door. Wolf remembered how he had treated Wolverine, and said to himself, "He serves me as I served him". Wolf left and ever since then, Wolf and Wolverine never lived together again.

Source: Secwepemc ulecew Land of the Shuswap



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dr. Francisco Dentist	2 Tappen Day	3 Parent & Tot Group	4 Keltie Everett Jane Wakefield	5 Garden Celebration BBQ	6 Cultural Camp
7 Cultural Camp	8	9	10	11	12	13
14	15	16 Denise Bieber Hygienist	17 Parent & Tot Group	18 keltie Everett Good Food Box Jane Wakefield	19	20
21	22 Victoria Day CLOSED	23 Social Assistance Day	24	25	26	27
28	29 Dr. Francisco Dentist	30	31 Parent & Tot Group			

Youth Group Programs

Mondays

Reading Program

Wednesday

Youth Program

Tuesday or Thursday

Kids Cooking

**Activities Planned
for Pro-d Days**

2017 Income Assistance Dates

May 23, 2017

June 20, 2017

July 25, 2017

August 22, 2017

September 19, 2017

October 24, 2017

November 21, 2017

December 2017 TBA

Good Food Box Dates

May 18, 2017

June 15, 2017

July, 20, 2017

August 17, 2017

September 21, 2017

October 19, 2017

November, 16, 2017

December 21, 2017

For more details or questions please call us or visit our Facebook Page.

