

# Tsawout Health Department

## January 2023



### Happy New Years!

Tsawout Health Staff are wishing all a Happy new year! Hoping for nothing but good health, memories & company for the 2023 Year!



### Flu Season is here!

Influenza, COVID-19 & the flu are going around, putting elders, children & those with weakened immune systems at risk. Remember to sanitize, cover your mouth when coughing & to stay home if you're sick.



### Inside Januarys Issue:

- Programs & Events
- Rugby Camp!
- Power of your Awareness
- Elders Spa Day
- Elders Lunch
- Programs
- Nurse Schedule
- Medical Transportation
- COHI
- Resources

# Programs & Events

## January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b> COHI 10 AM-3:30 PM	<b>5</b> Reflexology w/ Lynelle 1-5 PM  Start the walk to Sobriety 2-3 PM	<b>6</b> Grief & Loss Workshop Holy Trinity 12-3 PM
<b>9</b>  Craft Night 5-8 PM	<b>10</b> Power of your Awareness Workshop - 11 AM - 1 PM Acupuncture with Otis 10 - 3 PM Rent Smart 5-8 PM Nurturing Relationships 5- 7:30 PM	<b>11</b>	<b>12</b> Footcare w/ Jacqu 9 AM - 4 PM Elder Hair + Nails 9 AM - 1 PM Start the walk to Sobriety 2-3 PM Rugby Camp @ Tribal School	<b>13</b> Grief & Loss Workshop Holy Trinity 12-3 PM
<b>16</b>  Craft Night 5-8 PM	<b>17</b> Elders Lunch 11-2 PM Power of your Awareness Workshop 11 AM - 1 PM Nurturing Relationships 5- 7:30 PM	<b>18</b>	<b>19</b>  Start the walk to Sobriety 2-3 PM	<b>20</b> Grief & Loss Workshop Holy Trinity 12-3 PM
<b>23</b>  Craft Night 5-8 PM	<b>24</b> Power of your Awareness Workshop - 11 AM - 1 PM  Nurturing Relationships 5- 7:30 PM	<b>25</b>  Womens Group 6-8 PM	<b>26</b>  Mens Group 6-8 PM	<b>27</b> Grief & Loss Workshop Holy Trinity 12-3 PM
<b>30</b>  Craft Night 5-8 PM	<b>31</b> Power of your Awareness Workshop - 11 AM - 1 PM  Nurturing Relationships 5- 7:30 PM			





# NEPEMOT



**WSÁNEĆ Community Hosting**

**Thunder Indigenous Rugby**

**ALL AGES WELCOME**

**4 P M - 6 P M**

**Contact Betsie 778-784-4455**

**Muavae 250-652-3988**

## YOUTH RUGBY CAMP

ŁÁU, WELNEW TRIBAL SCHOOL

7449 W SAANICH RD

BRENTWOOD BAY, BC, V8M 1R3

**THU**  
**JAN 12**

# POWER OF YOUR AWARENESS

## ✧—○—✧ TRAINING ✧—○—✧

6-WEEK IN-STRENGTH MINDFULNESS TRAINING PROGRAM  
CREATED TO HELP YOU TAKE THE NEXT STEP IN YOUR  
PERSONAL EVOLUTION.

Are you..

*Ready to feel alive & excited?*

*Open to become more aware & to enjoy life more?*

*Ready to let go of the negativity & blockages that hold you back?*

If you've answered yes to any of these questions, you are  
invited to experience your power of awareness.

STARTS TUES. JAN 10-FEB 14

FROM 10AM TO 1PM

LOCATION: MULTIPURPOSE ROOM - LUNCH PROVIDED  
EVERYONE IS WELCOME.

CALL/TEXT FOR INFO: NAAMAT @ 778.533.9553

Tsawout Health Department



# Elder Spa Day

*Hair + Nails!*

JANUARY 12TH 2023 - 9 AM TO 1 PM

TSAWOUT BAND OFFICE

FOR MORE INFO - CALL MICHELLE MORRIS  
AT 250-652-1149 EXT. 204



PLEASE JOIN US FOR OUR NEW YEARS



# ELDERS LUNCH

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January 17th, 2023

At 11:00 - 02:00 PM

Tsawout Band Office - The Gymnasium

Please call Michelle Morris for more info  
@ 250-652-1149 ext.204



# Programs

## Start the walk to Sobriety!

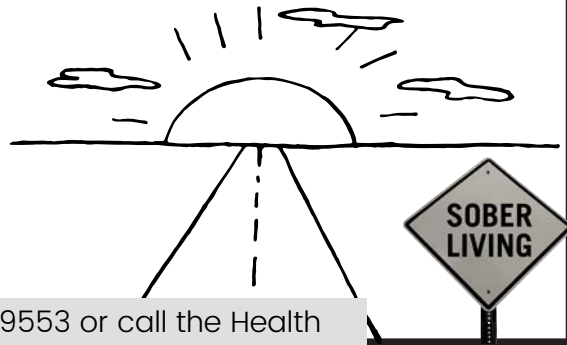
Thinking of quitting?

Want to slow down?

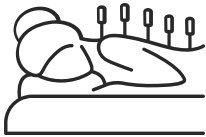
Sober & want support?

Come & Join us!

Every Thursday from 2-3 PM  
in the multipurpose room



Contact Naamat at 778-533-9553 or call the Health  
dept. at 250-652-1149



## Acupuncture & Footcare

Thursdays from 9 AM - 4 PM with Jacqui Paul

## Reflexology

Every 2nd Thursday from 1-5 PM with Lynelle



Call Mukaday-Ginew @ 250-652-1149  
to schedule a appointment!

# Nurse Practitioner Schedule – January

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> NP Kelly Sharp 9:30–4:30	<b>6</b> NP Kelly Sharp 10–6 PM  Walk in clinic 1:30 –5 PM
<b>9</b> NP Kelly Sharp 9:30–4:30	<b>10</b> TeleHealth Virtual visit – Dr. Kelly  Dr. Ryan 9:30 AM–12 PM	<b>11</b> Admin Day	<b>12</b> NP Kelly Sharp 9:30–4:30	<b>13</b> NP Kelly Sharp 10–6 PM  Walk in clinic 1:30 –5 PM
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<b>30</b> NP Kelly Sharp 9:30–4:30	<b>31</b> Dr. Ryan 9:30 AM–12 PM  TeleHealth Virtual visit– Dr. Kelly			

Dr. Kate Evans is now working out of the Tseycum office. If you would like to schedule with Dr. Kate, please contact Karen (MOA) at 250-656-0277.



# Medical Transportation

The Tsawout Health Department provides medical transportation services to its clients and community members who require transportation to **medical appointments**. This service is provided to clients in a private and confidential manner, while keeping with the terms and conditions of the \*Health Transfer Contribution Agreement.

\*This agreement can be found at [www.tsawout.ca/health-department/medical-transportation/](http://www.tsawout.ca/health-department/medical-transportation/)

## How to make arrangements:

For local appointments, please call/text Michelle at 250-532-3473 or call the office at 250-652-1149 ext #204.

Local includes: Brentwood Bay, Victoria, Langford, Sidney, & Saanichton.

If funding is needed for long-distance medical appointments outside the local area, please call Stella at the health department, ext #202.

\*If our drivers aren't available, the next transportation option would be a cab scheduled and covered by the Health department.

We would appreciate 24-hours in advance to ensure transportation is available, however we understand if community members need a ride under short notice.



# Resources

## **Mental Health & Addiction:**

Naamat Dickie – Mental Health & Addictions Counsellor

Contact: call/text 778-533-9553, OR call the health dept. EXT.201  
Available 5 days/week.

Betsie Bennett – Support + Personal Development

Contact: call the office @ 250-652-1149  
Available 5 days/week.

Michelle McDormand – Community Wellness Worker

Contact: call/text 250-885-7095 OR call the health dept. EXT 206  
Available 5 days/week.

Wraven Papik– Community Outreach Worker

Contact: call/text 250-893-7716 OR call the office @ 250-652-1149  
Available 5 days/week.

If you are in crisis & seeking immediate support:

Call 911,  
Kuu-us crisis line at 1-800-588-8717  
Or  
Vancouver Island Crisis Line at 1-888-494-3888

## **WSÁNEĆ Primary Care Clinic:**

The WSÁNEĆ Primary Care Clinic will be offering many different diagnostic services, treatments, and procedures for community members including:, cancer screenings, cardiovascular health screenings, diabetes screenings, medication prescriptions, minor surgical procedures like suturing wounds, birth control services, wound care, health counseling, sexual health including paps.

This new clinic is the result of collaborative efforts between the Ministry of Health, the South Island Division of Family Practice, WSÁNEĆ First Nation communities of Tseycum, Tsawout, Tsartlip, and Pauquachin, patient partners, First Nations Health Authority, Island Health, and municipalities.

The clinic's location will be Tseycum First Nation 1210 Totem Lane, North Saanich, and can be reached at 250-656-0277. The hours of operation will be 8:30-4:30, Monday-Friday.

Community members are asked to please call 250-652-1149 to arrange transportation to the clinic if necessary.

\*continued



## Bereavement Hotline:



**WE ARE  
OPEN**

WE NOW HAVE EXTENDED HOURS!

Monday: 9am - 5pm  
Tuesday: 9am - 5pm  
Wednesday: 9am - 8:30pm  
Thursday: 9am - 5pm  
Friday: 9am - 8:30pm  
Saturday: 9am - 1pm

You can reach our helpline toll-free at 1-877-779-2223

 **BCBH** British Columbia  
Bereavement Helpline



# Flu Season is here!!

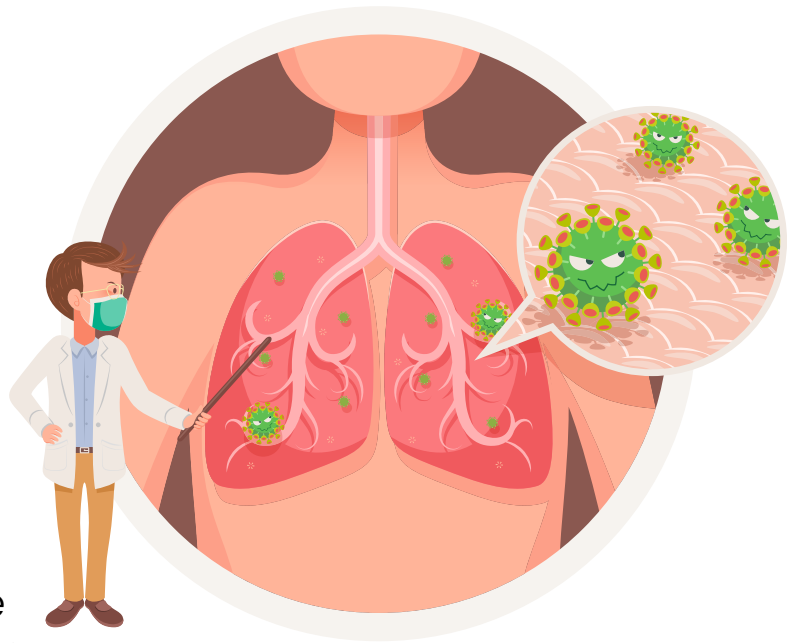
## **What is influenza?:**

An infection of the respiratory system.

In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

## **What are the symptoms?**

- Fever,
- Headache,
- Muscle pain,
- Runny nose,
- Sore throat,
- Extreme tiredness
- A cough



## **How can i prevent it?**

- Getting an influenza vaccine
- Staying home when you are ill
- Washing your hands regularly
- Cleaning and disinfecting objects and surfaces that people touch
- Promptly disposing of used tissues in the waste basket or garbage
- Cough and sneezing into your shirt sleeve rather than your hands



Wash your  
hands regularly.



Wear a mask  
in public.



Get plenty  
of sleep.



Cough or  
sneeze into  
your elbow.



Maintain social  
distancing.

For more info:

<https://www.healthlinkbc.ca/healthlinkbc-files/facts-about-influenza-flu>





HÍSWKE  
&  
Happy New year!

-The Tsawout Health Team