

August

2021



Chief & Council



Justin Napoleon

Chief

Davis Family Councillor
jnapoleon@saulteau.com
(250) 788-7271

Ken Cameron

Courtoreille Family Councillor
kcameron@saulteau.com
(250) 788-7265

Rudy Paquette

Desjarlais Family Councillor
rpaquette@saulteau.com
(250) 788-7270

Juritha Owens

Napoleon Family Councillor
jowens@saulteau.com
(250) 788-7269

Falon Gauthier

Gauthier Family Councillor
fgauthier@saulteau.com
(250) 788-7268

Communications & HR



Jesse Gayse

Communications Coordinator
communications@saulteau.com

Sarah Canning

HR Advisor
hr@saulteau.com

(250) 788-3955

Dr. Banas will be taking holidays and will not be available for appointments

August 18th - September 20th

The Saulteau Health Centre will remain open and all other health service will be available to our community.

In order to prepare for Dr. Banas absence, we ask that his patients, prior to him leaving:

**Check medication quantities and book an appointment to obtain a refill prescription if needed*

**Review of Results: Book an appointment to go over recent labs and imaging tests.*

**To book an appointment with Dr. Banas prior to his holiday, please call:
250-788-7258 or 250-788-7266.**

During Dr. Banas' absence, If you are in need of speaking to a physician please CALL:

First Nations Virtual Doctor of the Day 1-855-344-3800
7 days a week, 8:30am to 4:40pm daily

Northern Health Virtual Doctor of the Day 1-844-645-7811
7 days a week, 10:00am to 10:00pm daily

Nurses Hotline 811 or Emergencies 911

SA Declarations
Family & Social Development



Please be advised, SA Declarations will be August 17th and 18th as Tristan will be out of the office on August 16th and 19th.

Introduction

Membership Committee



We are pleased to introduce the membership committee and each family representative!

Family	Representative	Email
Courtoreille	Sandra Courtoreille	sandycourtoreille@gmail.com
Davis	Cody Schlamp	cschlamp@saulteau.com
Desjarlais	Yvonne Paquette	yvonnep9@telus.net
Gauthier	Phyllis Gauthier	pgauthier2014@hotmail.com
Napoleon	Pauline Walker	pwalker@sd59.bc.ca

We are in the process of redoing the membership code. Your input is extremely valuable and important during this process.

In the coming months, the membership committee will be reaching out to their families with surveys and to get input on the membership code. These surveys will be coming out in the next few weeks.

If you have any input or suggestions, please reach out to your *Membership Committee Family Representative*.

The current membership code is available behind the member login on Saulteau.com

Muskoka Primary Program Yearly Calendar 2021/2022

Legend	
12 STAT	Statutory or general Holidays
63 Break	Break days (Winter, Spring, Summer)
8 NID	Non-Instructional Days
178	Instructional Days

SCHOOL HOURS:

*Pre K Monday-Thursday 8:45-3:00

*Kindergarten, Grade 1 & 2 Monday - Thursday 8:45-3:00 & Fridays 8:45-12:00

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labour Day STAT	7 NID	8 First day of school Starts 2:15 end 1:15 early	9 First Full Day	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Truth and Reconciliation STAT		

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Thanksgiving STAT	12	13	14	15	16
17	18	19	20	21	22 NID	23
24	25	26	27	28	29	30
31						

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 Remembrance Day	12	13
14	15	16	17 Early Dismissal	18 Early Dismissal	19	20
21	22	23	24	25	26 NID	27
28	29	30				

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 End of Term 1	4
5	6	7	8	9	10	11
12	13	14	15	16	17 SN NID	18
19	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27 STAT	28 STAT	29	30 End of term 1	31	

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3 STAT	4 School Reopens	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 NID					

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Family Day STAT	22	23	24	25	26
27	28 ND					

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Early Dismissal	3 Early Dismissal	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Break	29 Break	30 Break	31 Break	Break	

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Break	2
3	4 School Reopens	5	6	7	8	9
10	11	12	13	14	15 Good Friday STAT	16
17 EASTER	18 Easter Monday STAT	19	20	21	22	23
24	25	26	27	28	29	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Victoria Day STAT	24	25	26	27	28
29	30	31				

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 NID	11
12	13	14	15	16	17	18
19 Father's Day	20	21 Aboriginal Day STAT	22	23 Last Day for K4	24	25
26	27	28 Term 3 Ends	29 Last Day of School	30 NID Admin		



Happy August, Fellow SFN Members!

I hope your summer hasn't been flying by too fast, and I hope you have all had the time to relax and enjoy the summer sun, and all the fun and laughter it brings!

Additionally, I hope you have all had the opportunity to visit with your loved ones and close friends, upon the 3rd phase of BC's Restart Plan, beginning in July.

The Lands Department has been quite busy this last month with the continued planning and implementation of our CCP & Land Use Plan Update.

CCP Committee:

This past month started off with our new SFN CCP Committee Members receiving an introduction meeting with Urban Systems, our project facilitators. The introduction meeting focused on:

- Introduction of Urban Systems and CCP Members
- Brief Description of each individual CCP members vision for the Nation
- Review and discussion of the process for updating the current CCP
- CCP Committee Responsibilities & Scheduled Activities
- Framework & Guiding principles of the CCP
- CCP Content and Community Engagement Process

The Committee members and SFN New Beginnings team, also participated in an 8-hour virtual training session broken into 2 – ½ day sessions. The program "Cultivating Safe Spaces" was facilitated by Elaine Alec, co-founder of Alderhill Planning. The training focused on such aspects:

- Learn how to structure virtual and in person meetings and sessions to cultivate safe space
- Learn concrete tools to promote diversity and inclusion
- You will gain confidence in self and learn the best facilitation techniques to engage all participants, including those with differing perspectives and experiences
- You will build knowledge, professional resiliency, communication and conflict resolution skills and confidence to work from trauma informed facilitation techniques.

I had attended this ISC funded virtual training session in late 2020 and wanted to share the knowledge and experience with our community rep's and staff. The guiding principles of this training are by far none the best traditional teachings I have participated in, to date.

A description of their engagement service reads as follows:

Our community engagement approach is grounded in Indigenous values & practices, including nested systems, respect for all living things, and respect for cultural differences and patterns. At Alderhill, we practice trauma informed facilitation to ensure participant safety, control and comfort in recognition of direct, intergenerational, & historic traumas endured by all Indigenous peoples.

Our Senior Planner, Elaine Alec, worked in partnership with stakeholders across BC to develop the Missing and Murdered Indigenous Women & Girls (MMIWG) '**Path Forward**' and Community Safety Sessions, facilitating difficult conversations with positive outcomes.

Some of the feedback we received proceeding the training included:

"Reflecting on the training, I've learned that I bring an action perspective to the table which has its pros and cons especially when working with others who may come from a traditional/story telling perspective. Being conscious of my action response when I am in a room full of people is important, to slow down when working with others and remember we are all walking into a room from different places." - *Megan Campbell*

"When we practice healthy responses, they become more organic and natural as we recognize our own triggers and work to establish healthy relationships as we take responsibility for our actions and what we speak. This is to lead well. Also, I am freshly aware of our need for empathy (putting oneself in another person's perspective) When we are in a state of emotional understanding, this fosters cooperation as a team. I would also like to add that the cultivation of safe spaces releases trust into the circle. This is vital to any community who will work well together, we must trust one another. We must look back to our ancestors for wisdom and look forward to our posterity for hope - while living in wellness with our community in the present." - *Jaqueline Bay*

"A few take-aways from the training (for me) are:

1. I am reminded about the importance for a group that might be planning to engage together, to establish collective ground rules or "agreements". It will help everyone know how we will interact with one another; our commitments for engagement; what we will accept (and not accept); how we agree to treat one another so we are on the same page about our ground rules.
2. It's good for each of us to understand our own selves to know what our triggers are. Knowing what our own triggers are allows us to self-manage our own trauma-responses and triggers so that we can choose not to respond (in that moment) or respond in a positive healthy manner.
3. "Hurt people in turn Hurt people" - this clear understanding allows us to be compassionate to others who are in pain. This understanding guides us to try not to personalize hurtful interactions we may encounter. Knowing this gives us insight and allows us to be compassionate for those who are hurting while responding in a healthy way.
4. Patience is an important tool to practice. We need to practice patience by thinking carefully about our responses to others and the potential impact of our words. We need to try to put ourselves in other peoples' moccasins. I was reminded about some of these important teachings and take-always from the training. I am left excited that we will be using these tools collectively moving forward.

My hope is that this training could possibly be made available to the entire community like an open zoom meeting for all members to benefit from, especially the trauma piece, which focuses on our own self-reflection and healing." - *Nicole (Migizikwe) Hetu*

CCP Community Engagement Schedule:

The following is a schedule of our 1st phase of Community Engagement Meetings. Unfortunately, at the time of planning and the Covid Restrictions at that time, we were unable to include locations for Kamloops or Vancouver. But please be assured that these locations will be included in our 2nd phase of Engagement Meetings planned for the fall. If you are unable to attend in person and wish to attend virtually, these meetings will also be facilitated over Zoom. (The link can be found on our SFN CCP FB Page or by contacting Ethan Cameron at ecameron@saulteau.com)

Date	Schedule	Location
August 3 (Tuesday)	10:00am-12:00pm (Council Workshop)	School Gym
	1:00pm-3:00pm (Manager's workshop)	School Gym
	6:00pm-8:00pm (Dawson Creek Meeting)	George Dawson Inn
August 4 (Wednesday)	10:00am-12:00pm (elders meeting)	School Gym
	1:00pm-3:00pm (Committee meeting)	School Gym
	3:00pm-5:00pm (youth meeting)	School Gym
	6:00pm-8:30pm (Community Meeting)	School Gym
	All Day –interview/information booth	School Foyer
August 5 (Thursday)	6:00pm-8:00pm (Grande Prairie meeting)	Podollan Inn & Spa

CCP FB & Communications Page

With the fabulous assistance of Jesse Gayse and Ethan Cameron, a new FB Page has been set up for CCP related articles, discussion items, surveys, questionnaires, newsletters, etc.

Should you wish to be added to this page, please email Ethan Cameron at ecameron@saulteau.com or Jesse Gayse at jgayse@saulteau.com

I am happy to report that since the last newsletter, we have gained over 30 new members to our CCP FB Page. Thank You for your participation and your interest in learning more about our community!! 😊

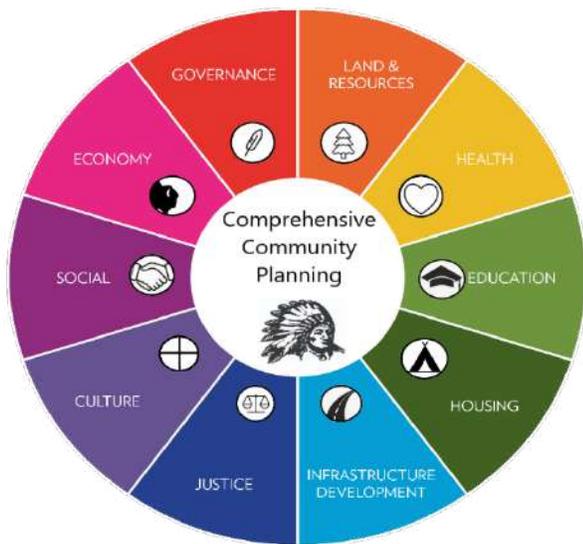


Survey

To be eligible for one (1) of four (4) prizes, please complete our first survey prior to August 6th. The link can be found on our SFN Comprehensive Community Plan FB Page or by contacting myself at mduoye@saulteau.com or by contacting Ethan Cameron at ecameron@saulteau.com

Please Note: This survey briefly touches on some of our departmental policies and requests your thoughts and feedback. More in-depth conversations will be held at our community engagement sessions in early August.

The Updated CCP will cover all the areas seen in the CCP Wheel



- Governance
- Lands & Resources
- Health
- Education
- Housing
- Infrastructure Development
- Justice
- Culture
- Social
- Economy

Reasons for you to become part of the CCP Process:

HOW CAN THIS CCP UPDATE SUPPORT SAULTEAU?

- Identify the new and evolving priorities of the members and the community
- Give members opportunities to share their vision for Sauleau and set Sauleau's future direction
- Identify new projects, programs, services, infrastructure and other initiatives to focus on implementing in the future
- Provide a consistent framework to guide leadership and staff on how we use our resources
- Will support Sauleau funding/grant applications to get money for community projects

How Can You Support this Project?

- Participate in future engagement activities (e.g. surveys, community meetings, interviews)
- Provide your ideas and input on Sauleau's priorities for the future
- Spread awareness to your family and other members on the project
- We need as many on and off reserve members to participate as possible!

Take care, stay safe and healthy ❤️

Sincerely,

Mary N. Doyle
Lands Officer
Saulteau First Nations

Tansi Saulteau Community, just wanted to say to everyone, please be safe as berry season ramps up.

Some ideas to consider when preparing to go harvesting:

- **Pack Supplies** (plan for at least 1 night in the bush with the crazy weather we are having, bear spray or protection, medical and emergency supplies)
- **Let Others Know** (you do not have to let anyone know where your secret picking area is, but letting someone know the general area you are going and when you are expected back would be a safe idea)
- **Be Bear Aware** (you will likely be sharing your berry patch with bears, so keep attractants to a minimum, to help reduce encounters)
- **Hunters** (moose season kicks off August 15, so exercise caution. If you happen to talk with hunters let them know the general area you are picking, put a sign along the road letting hunters know berry picking is taking place...)
- **Communication** (if going into remote areas with no cellular communication, please consider borrowing an InReach type device)



If you see any poaching or polluting, just take note of where, when and what. When you are able, call the RAPP Line at 1-877-952-7277 (RAPP) or call me (Tom) at 250-788-6442. Thanks.

Carbon Renovations & Clean Up – June 28 & 29, 2021

The TREP/Lands Staff were lucky enough to plan the renovations and clean up of the Carbon Lake Cabins and Recreation Area this year.

As you can see, the area required much needed TLC (Tender Loving Care)

The grounds were extensively overgrown, and a few trees had fallen on the grounds.



Look at the dock.. it was virtually inaccessible before Jordan removed the fallen tree!



Back to its original beauty!

Good thing too because we sure needed a dunk during the heat wave we were experiencing!

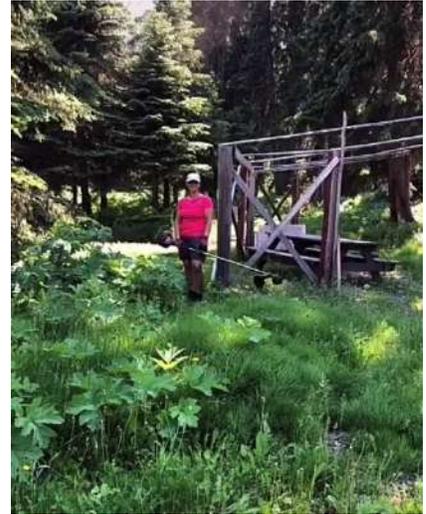




The TREP Crew took turns running various yard equipment to clean up the Camp Sites and Grounds

Pictured here is Teena, Jordan and Denton

Mary Doyle



Naomi and Jordan photo opp 😊

Sandra and Teena



Brian taking a break from flooring installation to mow lawn

Main Cabin Reno's

After tossing most of the smelly old furniture which absorbed the smell of pack rats, and the new installation of laminate flooring, the cabin looked and smelled amazing!



Finished Product 😊





Ethan, Pearl, Naomi, Teena and Tom did a great job on the Wolf Cabin, our newest edition of cabins out at Carbon ❤️





Dream Catcher Cabin

John and Brian laid the new flooring in this cabin and like the rest, it too looks amazing!



During this time, Jordan, Denton & Carmen set fishing nets to collect fish samples for the SFN Fish Project



**To Reserve a Cabin in August,
Please contact Sandra at the TREP Office -
250-788-7290 or via email to
salexander@saulteau.com**

New Beginning August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 STAT Holiday	3	4	5 Elder Bingo & Meal 2 - 4:30 pm Ladies Night 5 pm	6 Rec Away Cupcake Decorating 2-4 pm	7 Rec Away
8 Rec Away	9 Rec Away	10 Rec Away	11 Rec Away	12 Rec Away	13 Rec Away	14 Rec Away Childbirth and Lactation 4 - 6 pm
15 Rec Away	16 Rec Away	17 Youth Cultural Camp Carbon Lake Toddler Party 2 - 4 pm	18 Youth Cultural Camp Carbon Lake	19 Youth Cultural Camp Carbon Lake	20 Youth Cultural Camp Carbon Lake	21 Youth Cultural Camp Carbon Lake
22	23 Youth Group 2 - 4 pm	24 Dream Catcher Mobiles 12 - 3 pm	25	26 Elder Bingo & Meal 10 - 2:30 pm Ladies Night 5 pm	27 Back to School BBQ & Games 12 - 4 pm	28
29	30 Youth Group 2 - 4 pm	31 Non-Toxic Play Dough 2 - 4 pm				
<p>Green Events email mcampbell@saulteau.com</p> <p>Red Event email khilton@saulteau.com</p>						

Childbirth & Lactation Class

Class Agenda:

- Signs of labor
- Pain managements
- Ceremonies
- Breastfeeding
- Proper latching
- Postpartum healing
- Spousal support
- Pelvic floor exercise

With Kaleigh Hillton

Certified Indigenous Doula & Lactation Support Worker

Saturday August 14 2021

4pm - 6pm

New Beginnings House

For any questions:

Kaleigh Hillton - Infant/Toddler Facilitator

403-849-1997 or khillton@saulteau.com

**DROP IN
Event!**

Thank You



Thank you to **North River Midstream** for the donation of bikes.

They purchased 215 bikes in memory of the Kamloops Indian Residential School discovery of 215 bodies.

26 bikes were donated to each of the nations.



Thank You



Thank you to
Triple J Pipelines, PPP, HiSky, Commotion Creek, and 3MV
for the generous donation.

This donation will go towards funding an Elders Care facility in the future.



Happy Birthday



Happy birthday
Shale Anderson
August 30th

Love Mom, Your Bros, Sister and Niece

Warm Welcome



Hello to all families and employees of Saulteau First Nation. My name is Chrystal Taylor and I'm new to my position as Tenant Relations Officer for Saulteau First Nation Housing Dept, I look forward to learning about the SFN and meeting the nations members and staff.

A little about myself, I was born and raised in northern Manitoba and moved to Alberta 14 years ago with my three children (who are now all adults). After wanting change and leaving Manitoba I moved to Grande Prairie for a year, then went to Edmonton which was supposed to be a temporary situation and we ended up there for the last 13 years. I am a mother of one son, two daughters & grandmother of two grandsons and one granddaughter who are beautiful little souls and truly blessings. I have four brothers and one sister and a large extended family who reside across Canada but mostly in The Pas MB/Opasquia Cree Nation MB, Winnipeg, and Fort St. John/Hudson Hope areas. I am somewhat familiar with the area, as kids we lived in Chetwynd for a short time and we always traveled to my aunts cattle ranch up in Farrell Creek during our summer breaks, I have always enjoyed coming to northern BC as a kid and as a adult I continue to enjoy it's beauty.

During my time in Edmonton, I worked with a few great organizations and my last position was Tenant Relations Officer for Metis Urban Housing Corporation for almost three years prior to covid, while in that position I truly enjoyed it challenges and all that came with the job. Over the last two years I have been traveling a lot back and forth from Edmonton to Farrell Creek BC, Fort St. John, Hudson's Hope areas to see family and friends. During these visits that craving for change once again started and I no longer wanted to be in the city. While searching for employment I decided to expand my job searching to FSJ, Dawson, Chetwynd areas and during my search I came across the posting for Tenant Relations Officer for SFN and thought what the heck I am going to apply, and I was very pleased when I received the call for an interview and then even more so after the interview when I receive the news that I had gotten the position which brings me to where I am today. I truly look forward to learning and meeting the people of Saulteau First Nation.

I would like to say thank you for the opportunity and for being apart of my new journey!!

Chrystal

Health Centre



Coming up at the SFN Health Centre:

- August 19-20th Denture Clinic (at the Health Centre – book with Melva)
- Aug 26 Foot Care Clinic for all on reserve community members who have problems with their health that can result in foot problems (at the Health Centre – book directly with Drea)
- September 7-9 Health and Wellness Fair (at the SFN gym, in the parking area between Health Centre and Social Development building, and in the healing garden)
- September 30th Foot Care Clinic (at the Health Centre)

Active Programs with Community Health Nurse (contact Heather for more information)

- Outreach to those without homes and or those with addictions
- Covid Testing on request
- HPV self screening
- TB screening
- Nasal Narcan (with a demo and education) – available for staff, status and non-status, on and off reserve.
- Routine immunizations for children
- Pregnant and new mom grocery cards (Ask Melva for these)
- Harm Reduction supplies given for free – you can take a bag of assorted HR items from the front of the Health Centre (in a blue tote on our outside deck) and /or ask heather if you would like more of anything.

Planning is underway for the 2021 SFN annual

HEALTH & WELLNESS FAIR

September 7-9 2021.

At the SFN main building

There will be a lot of events/education/programs etc.

If any community members have home made indigenous or health related items to sell, display or educate your community on, please let me know via email.

Contact Heather (CHR) via email. Let me know what you have and if you are available for all three days.

HLirette@saulteau.com

COMING TO YOU! AUGUST 19TH & 20TH

- COMPLETE DENTURES
- PARTIAL DENTURES
- REPAIRS
- REBASES/RELINES

DIRECT INSURANCE BILLING



COME AND SEE US
AT THE SFN HEALTH
CENTER FOR ALL
YOUR DENTURE
NEEDS!



Northern Lights
DENTURE CLINIC

IF YOUR DENTURE IS 2+
YEARS OLD CONTACT
MELVA TO BOOK IN FOR
YOUR APPOINTMENT

250-788-7280



Adult abuse / Adult guardianship

Useful helpers in the community

If you are a Northern Health employee and you become aware of a potential case of adult abuse, neglect or self-neglect you must report this situation to your immediate supervisor and together you should develop a plan of response.

If you require further consultation, or if you have a concern about a vulnerable adult who may be abused, neglected or self-neglecting and cannot seek support or assistance on their own, please contact a NH Adult Abuse and Neglect Specialist:

- Call toll free: [1-844-465-7414](tel:1-844-465-7414) (Monday - Friday business hours)
- Email: adultprotection@northernhealth.ca

If you are a member of the public and you would like to report a concern of a vulnerable adult who may be abused, neglected or self-neglecting please contact us, and we will connect you with the appropriate person.

You may also search for a local [Community Response Network \(CRN\)](#) with a branch in your community.

This information is provided to assist the public and also health care professionals to determine if Adult Protection Services may be required. The identity of all callers are kept confidential and their names are never disclosed.

In the case of an emergency please call [9-1-1](tel:9-1-1) (or local emergency services in your community).

Getting help for a vulnerable adult

Below we have provided answers to common questions on how to assist a vulnerable adult through building awareness and community connections. The BC Association of Community Response Networks (BC CRNs) also provides more information about [adult abuse and neglect](#).

What can be done?

If it is an emergency, call police or ambulance [9-1-1](tel:9-1-1) (or local emergency services in your community).

- Call Adult Protection Services toll free [1-844-465-7414](tel:1-844-465-7414) or email adultprotection@northernhealth.ca) and explain the problem you saw. They will investigate if necessary, or suggest ways to solve the problem.
- Many kinds of help exist. Talk to the person if possible and assist them to contact helpers such as those found on the [Community Response Network \(CRN\)](#).

What problems is it meant to help with?

Financial abuse

Using pension money, demanding cash, cashing cheques, using credit cards, without the adult's free, and informed consent.

Neglect

Not providing necessary care, food, and shelter to a dependent adult that leads to serious harm.

Physical abuse

Slapping, punching, shoving, locking people inside rooms, tying people to chairs, or unwanted sexual activity.

Self Neglect

When adults are not able to feed themselves, keep a safe home, protect themselves from others, or get medical attention and the situation is serious enough to cause harm, AND the adult is not able to make clear decisions about the problems, the adult may be self-neglecting.

Verbal/Emotional abuse

Screaming, threatening, intimidation, humiliation, isolation, and/or punishment.

What will the authorities do?

1. The first thing Adult Protection workers do is try to get as much information as possible from the person calling. This can be kept confidential if you wish.
2. The worker will investigate directly if needed and see for themselves what is happening.
3. The workers are trained to look for all possible solutions that keep the adult safe but still independent. Only if necessary do they use legal action to intervene. Many times problems arise because of illness, stress, or misinformation. Getting health problems cared for, extra helps for the family or explaining legal rights are common forms of assistance.
4. If necessary, Adult Protection Services will ask police, the courts and other authorities to restrain an abuser, to manage finances, or to move an adult to safety.

Whom is the Adult Protection Services meant to assist?

- Adults who cannot get help for themselves because they are being physically restrained.
- Adults who cannot get help for themselves because they are physically handicapped.
- Adults who cannot make decisions about the problem or getting help because they have a medical condition which interferes with thinking.

IT IS NOT INTENDED FOR - Adults who choose to live in risky situations and who understand their choices.

(adapted from <https://www.northernhealth.ca/health-topics/adult-abuse-adult-guardianship#what-can-be-done#what-problems-is-it-meant-to-help-with#what-will-the-authorities-do#whom-is-the-adult-protection-services-meant-to-assist> April 21, 2021).

FOOT CARE

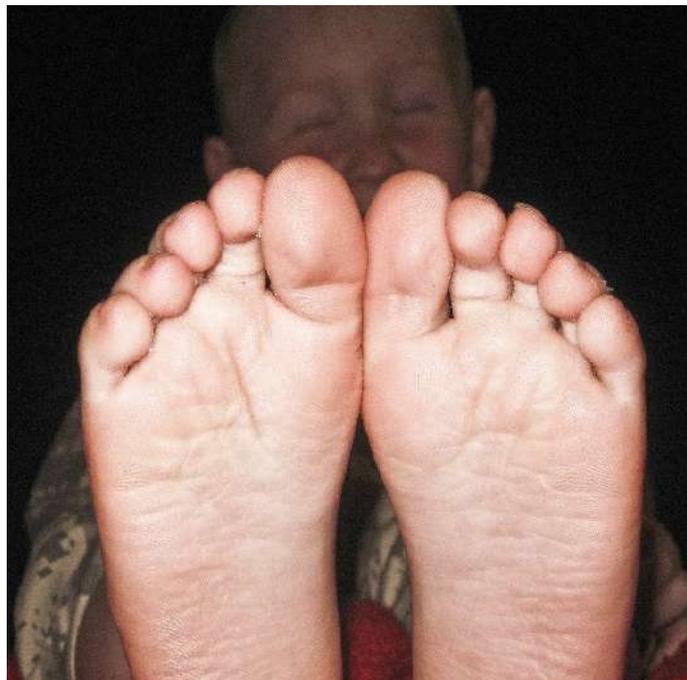
Available at the SFN Health Center

Provided by Drea Kurjata

On the last Thursday of most months

Call Drea directly to book your appointment

250 401 8267



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

SFN will cover the cost of this service for all SFN on reserve elders, diabetics or those with compromised circulatory systems. Service includes basic foot care for health reasons.

Insomnia

Insomnia (also called insomnia disorder) is a common sleep problem that can affect your quality of life. People with insomnia have trouble falling asleep or staying asleep. They may wake up during the night or wake up too early the next morning.

Your sleep problems may come and go, or they may be ongoing.

- **A short-term sleep problem** is often linked to short-term stress. This short-term insomnia can last for days to weeks. It often gets better in less than a month.
 - **A chronic sleep problem** is ongoing. This is called chronic insomnia. It is often a symptom of another health problem, such as [depression](#) or [chronic pain](#). Chronic insomnia is less common than short-term sleep problems.
-

What causes insomnia?

There are many things that can cause sleep problems. Insomnia may be caused by:

- **Stress.** Stress can be caused by fear about a single event, such as giving a speech. Or you may have ongoing stress, such as worry about work or school.
 - **Depression, anxiety,** and other mental or emotional conditions.
 - **Poor sleep habits,** such as watching TV in bed or not having a regular bedtime schedule. If you have trouble sleeping, you may worry about being able to fall asleep. This can make the problem worse.
 - **Changes in your sleep habits or surroundings.** This includes changes that happen where you sleep, such as noise, light, or sleeping in a different bed. It also includes changes in your sleep pattern, such as having jet lag or working a late shift.
 - **Other health problems,** such as pain, sleep apnea, and [restless legs syndrome](#).
 - **Stimulants,** such as tobacco and caffeine, as well as certain medicines, alcohol, and drugs.
 - **Lack of regular exercise.**
-

What are the symptoms?

The symptoms of insomnia are different for each person. People with insomnia may:

- Have trouble falling asleep. This can mean lying in bed for up to an hour or more, tossing and turning, waiting to fall asleep.
 - Wake up during the night and have trouble going back to sleep.
 - Wake up too early in the morning.
 - Feel tired when they wake up, like they didn't get enough sleep.
 - Feel grouchy, sleepy, or anxious, and be unable to get things done during the daytime.
 - Find it difficult to pay attention, focus on tasks, or remember to do things.
-

How is insomnia diagnosed?

Insomnia is not a disease, and no test can diagnose it. But when you can't sleep well, it often has to do with some other cause. Your doctor will probably assess your current health and ask about any health problems you have had and any medicines you are taking.

Sometimes a doctor will do a physical examination, blood tests, and, in some cases, sleep studies to help find out if you have a health problem that may be causing the insomnia.

Your doctor may also ask about your sleep history—how well you sleep, how long you sleep, your bedtime habits, and any unusual behaviours you may have. Your doctor may ask you to keep a sleep journal, which is a record of your sleep patterns, for a week or two. He or she may recommend a counsellor if your symptoms point to a mental health problem, such as depression or anxiety.

How is it treated?

Treatment for insomnia focuses on the reason why you don't sleep well. If you have a medical problem, such as chronic pain, or an emotional problem, such as stress, treating that problem may help you sleep better. You may be able to sleep better by making some small changes. It may help to:

- Go to bed at the same time each night.
- Get up at the same time each day.
- Avoid caffeine and alcohol for several hours before bedtime.
- Get regular exercise. Figure out what time of day works best for your sleep patterns.
- Avoid daytime naps.

Some people may need medicine for a while to help them fall asleep. Doctors often prescribe medicine for a short time if other treatment isn't working. But medicine doesn't work as well over time as lifestyle and behaviour changes do. Sleep medicine can also become habit-forming. Medicine works best as a short-term treatment combined with lifestyle and behaviour changes.

Your doctor may also recommend counselling, which can help you learn new habits that may help you sleep better.

Talk to your doctor about your sleep problems and any other health issues you may have. This is important, because lack of sleep can lead to depression, household injuries or car crashes, problems at work, marital and social problems, drinking more alcohol than usual, and poor health. Treatment may help you avoid these problems and feel better.

(adapted from <https://www.healthlinkbc.ca/health-topics/uh1001> April 21, 2021)

Home canning safety

With the renewed popularity of seasonal, local eating, and the desire to be more environmentally friendly, many people are looking to home canning (also known as home bottling) to keep food for later use. While the food we eat in Canada is among the safest in the world, if home canned foods are not prepared or bottled properly they can cause botulism.



Health risks

Botulism is a serious and sometimes fatal illness you can get from eating improperly prepared, canned or bottled food. Botulism is caused by a toxin produced by the bacteria called *Clostridium botulinum* (C.botulinum). Botulism bacteria grow in a moist, oxygen-free environment so improper home canning and bottling can provide ideal conditions for it to multiply and produce the toxin.

Symptoms of botulism usually appear within 12 to 36 hours after eating the contaminated food. These symptoms may include:

- nausea
- vomiting
- fatigue
- dizziness
- headache
- double vision
- dryness in the throat and nose

Serious health risks can include:

- respiratory failure
- paralysis
- death

These symptoms will usually last two hours to 14 days but some can last longer. The groups at higher risk for serious health effects include pregnant women, children under the age of 5, adults over the age of 60, and people with weakened immune systems. You should see a health care professional and contact your local public health unit as soon as possible if you think you have botulism or food poisoning.

Did you know?

Botulism doesn't change the colour, odour or taste of food. When in doubt, throw it out!

Before you start canning

Foods for canning are classified into two types: high-acid foods and low-acid foods. Each type needs to be prepared differently to prevent the growth of harmful bacteria. Before you start canning, you need to determine the acid level of the food.

- High-acid foods (require a boiling water canner)**
 High-acid foods have a pH (acidity level) of less than 4.6. A boiling water canner heats food to 100°C (212°F) at sea level. The natural acid in the food will prevent botulism bacteria from growing and the heating will kill most yeasts, moulds and bacteria that could be present.
- Low-acid foods (require a pressure canner)**
 Low-acid foods have a pH (acidity level) of more than 4.6. Tomatoes are a borderline high-acid food and need an acid, such as lemon juice or vinegar, to be added for safer canning. Mixtures of low and high acid foods, such as spaghetti sauce with meat, vegetables and tomatoes, are considered low-acid foods. The level of temperature needed to kill botulism bacteria for low-acid foods can only be reached by using a pressure canner.

High Acid Foods	Examples
	Low Acid Foods
Fruit	Most fresh vegetables except tomatoes
Jams, jellies, marmalades	Meat, and poultry
Fruit butters	Seafood - fish and shellfish

Examples	
High Acid Foods	Low Acid Foods
Pickles and sauerkraut	Soup and milk
Tomatoes with added lemon juice or vinegar	Spaghetti sauce with meat, vegetables and tomatoes

Safety tips

Home canning requires special equipment like glass jars, metal lids, metal rings, boiling water canners and pressure canners. There are many steps involved in home canning. If you have never done any canning before, it may be a good idea to take a home canning course, or read current books and magazines. It is important to follow current, tested practices for home canning.

Cleaning

Cleaning your hands, kitchen surfaces and utensils, fruit and vegetables will help eliminate bacteria and reduce the risk of food related illness.

- [Wash your hands](#) with soap and warm water for at least 20 seconds.
- Wash your fresh [fruits and vegetables](#) gently under cool, running, drinkable water before preparing and eating them.
- Use one cutting board for produce, and a separate one for raw meat, poultry, fish and seafood.
- Use paper towels to wipe kitchen surfaces, or change dishcloths daily to avoid the risk of cross-contamination and the spread of bacteria and avoid using sponges, as they are harder to keep bacteria-free.
- Sanitize countertops, cutting boards and utensils before and after preparing food. Use a kitchen sanitizer (following the directions on the container) or a bleach solution (5 ml household bleach to 750 ml of water), and rinse with water.
- Clean during all stages of the canning process to avoid cross-contamination.

Cooking

[Cooking food](#) at high temperatures usually kills bacteria contained in your food. Home canning or bottling requires special attention

because the botulism bacteria can grow when there is no oxygen. Follow the safety tips below to protect your family.

- Use a boiling water canner or a pressure canner according to the acidity of the food.
- Add an acid, such as lemon juice or vinegar, to some foods to help lower the pH and increase the acidity of the food.
- Never change the processing times or pressure levels. Substitutions can affect the time the canned or bottled food requires in the boiling water canner or pressure canner and can allow the botulism bacteria to remain in the finished canned or bottled product.
- Check from time to time that cooking or heating temperatures are maintained.
- Make sure the steam pressure is being maintained.
- Remember your process for each batch.

Safe equipment and recipes

- Only use proper jars for home canning or bottling.
- Only use new self-sealing lids and make sure the sealing compound is not damaged.
- Do not reuse old lids, even if they appear to be in good condition.
- Use only current, tested home canning recipes.
- Never substitute the jar size or the amounts of ingredients that are recommended in the recipe.
- Fill the jar leaving the recommended space at the top.

Storing

- Label and date all home canned foods before you store them.
- Store them in a cool, dry place.
- Once the container has been opened, refrigerate leftovers.
- Once a container containing seafood has been opened, refrigerate it immediately and throw it out no more than 3-4 days after opening.
- Use all canned or bottled foods within one year for best quality.

(Adapted from <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/home-canning-safety.html>)



Who should consider getting a screening mammogram?

Screening mammograms are available if you are 40 years and older. You may call directly to book your appointment.

Age	Screen how often?
40-74 mother, daughter, sister w/ breast cancer	Recommended every year.
40-49 no family history	Available every two years. Talk to your health care provider about when to start screening.
50-74 no family history	Recommended every two years.
75+	Available every two to three years. Talk to your health care provider about when to stop screening.

Screening mammograms are recommended every year if you are between 30-74 with at least one of the following:

- You are a BRCA1 or BRCA2 carrier;
- You are an un-tested first degree relative of a BRCA1 or BRCA2 carrier;
- Have a very strong family history of breast cancer; or,
- Have had prior chest wall radiation.

Speak to your health care provider for information and referral.

You should screen regularly if you are a transgender person with chest (breast) tissue or undergoing gender-affirming hormone therapy.
Visit screeningbc.ca/breast for more information.

How do I make a screening mammography appointment?

Book directly at the following screening centres:

Abbotsford	604-851-4750	Nanaimo	250-716-5904
Burnaby	604-436-0691	North Vancouver	604-903-3860
Comox Valley	250-331-5949	Penticton	250-770-7573
Coquitlam	604-927-2130	Prince George	250-645-6654
Delta	604-877-6187	Richmond	604-244-5505
Kamloops	250-828-4916	Surrey	604-582-4592
Kelowna	250-861-7560	Vernon	250-549-5451
Langley	604-514-6044	White Rock	604-535-4512

Vancouver	505-750 West Broadway 5752 Victoria Drive BC Women's Health Centre Mount St Joseph Hospital	604-879-8700 604-321-6770 604-775-0022 604-877-8388
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Victoria	305 - 1990 Fort Street Victoria General Hospital	250-952-4232 250-727-4338
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Other Locations	Client Services Call Centre	1-800-663-9203
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For a list of additional centre locations and the mobile mammography service, please visit www.screeningbc.ca/breast. Please have your BC Services Card/CareCard and health care provider's name available when you call to book your appointment.
Call Centre hours: Monday to Friday, 8:00 am - 5:30 pm and Saturday, 8:30 am - 4:30 pm.

Contact Us

BC Cancer Breast Screening
801-686 West Broadway
Vancouver, BC V5Z 1G1

Phone: 1-800-663-9203
Email: screening@bccancer.bc.ca
Web: www.screeningbc.ca/breast

Your personal information is collected and protected from unauthorized use and disclosure in accordance with the Personal Information Protection Act and when applicable, the Freedom of Information and Protection of Privacy Act. This information may be used and disclosed only as provided by those Acts, and will be used for quality assurance management and disclosed to healthcare practitioners involved in providing care or when required by law.

Any questions regarding the collection of the information by BC Cancer can be directed to the Operations Director, Cancer Screening (address: 801 - 686 West Broadway, Vancouver BC V5Z 1G1, web: www.screeningbc.ca or email: screening@bccancer.bc.ca)

This brochure is also available in other languages including Punjabi and Chinese. Visit www.screeningbc.ca to access translated versions.

Version: October 2020



Breast Screening

Answering your questions
about screening mammography

BC Cancer Breast Screening provides free screening mammograms.

What is a screening mammogram?

Mammograms are x-rays of the breasts completed in privacy by a specially-trained female technologist.

A screening mammogram consists of four images (two of each breast) that look for hidden cancer if you are healthy (no symptoms) and have never had breast cancer.

If you are experiencing symptoms including a lump or nipple discharge, you should see your health care provider immediately to determine if other testing is required.

What happens during a mammogram?

- 1 A female medical radiation technologist will place your breast on a special x-ray machine.
- 2 A plastic plate will be used to hold your breast in place for a few seconds.
- 3 You will feel some pressure on your breast during the x-ray. Compression is necessary to spread the breast tissue and eliminate motion, which may blur the picture. This may be uncomfortable and usually lasts no more than 10 seconds.
- 4 Four pictures are taken, two of each breast.
- 5 The technologist will check the quality of the pictures to make sure the radiologist can read them. Then, if needed, the technologist may take additional pictures.



Why are mammograms important?

Mammograms save lives. They help find cancer when it is small, allowing more treatment options and a better chance of recovery.



It is estimated that one in eight BC women will get breast cancer in their lifetime.

80%

Ages 50 and older

All breast cancer cases

Breast cancer risk increases with age. 80 per cent of breast cancer cases are diagnosed in women 50 years of age or older.



Mammograms can usually find lumps two or three years before you or your health care provider can feel them. Research has shown a 25 per cent reduction in deaths from breast cancer among those who regularly screen.

What are the limitations and other considerations of mammography?

- Not all breasts look the same on a mammogram. Your age or breast density can make cancers more or less difficult to see. In general, screening mammograms are less effective if you are younger because you tend to have denser breast tissue.
- Some cancers cannot be detected on a mammogram due to the location of the cancer or the density of your breast tissue. About 25 per cent of cancers among those ages 40-49 are not detectable by a screening mammogram, compared to about 10 per cent of those older than 50.

Learn more about the [benefits and limitations of mammograms](http://www.screeningbc.ca/breast): www.screeningbc.ca/breast

Is there anything I can do to prepare for my mammogram?

- Wear a two-piece outfit with a top that opens in the front. You will be asked to undress from the waist up.
- Do not use deodorant, powder, creams or lotions on the day of the appointment. These products may leave a residue that can make it hard to read your mammogram.
- Try to schedule an appointment when your breasts are least sensitive (within 10 days of your last period).
- You may also find it helpful to avoid caffeine several days before an exam.