



# June

## Newsletter



**Saulteau**  
FIRST NATIONS

## 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

# Warm Welcome



## Pearl Namutosi

My name is Pearl Namutosi, I am the new Referral Forestry Technician working with TREP.

I am enjoying my role, especially with everyone's help here. Very warm welcomes all around.

## Gbenga Ayansola

My name is Gbenga Ayansola. I am an NDIT intern with Saulteau First Nation Government.

I hold a master's degree in Natural Resources and Environmental Studies from UNBC and another from Tallinn University of Technology, Estonia. My work experiences cut across the academia, research, engineering and management of natural resources (Forestry). I will be working on different interesting projects with SFN while I also gain an understanding of the operations of the First Nation Government.

# Celebrations



June 15th - Anniversary wishes to Sean and Chantelle Ross ♥

-Mary Doyle

June 8th - Happy birthday Shari-Lyn Rougeau

June 13th - Happy birthday Fiona Groves

*Happy Birthday!!*

June 1 - *Patrick Taylor*

June 3 - *Uncle Vern Napoleon*

June 6 - *Devon Gauthier*

June 21 - *Robin Ewaskow and Jared Apsassin*

June 26- *A big number 2 for my baby boy Spencer and a big 15 for Jorin Desjarlais!!*

June 28 - *Nimama- Della Owens*

June 30 - *Amanda Gauthier, Timber Davis*

*WE LOVE YOU ALL SOO MUCH!!*

*-Naomi Owens-Beek*

Thank you!



## Cory Noskiye

Thank you Cory for clearing all of the trees and shrubs from around the basketball court!



*I can not thank you two woman enough for all of your help and support in achieving a **Master Degree in Business Administration (MBA)**!*

*Looking back, I was so proud just to be accepted into the MBA program considering I did nothing but flunked out in high school and my previous attempt at post-secondary as a young adult. In 2017, I went to University of Alberta in Edmonton and witnessed my (now) wife receive her Masters Degree in Occupational Therapy. Being there inspired me, but also depressed me a bit because I felt that I was too old, not smart enough, and unable to pursue meaningful education due to work and financial commitments. No one else in my family had excelled in education, so why would I? My wife started to encourage me to apply, and told me that she thought I would be accepted because of my work experience. She helped me believe in myself.*

*When I got accepted, I was preparing to do whatever I could do to pay for the program. Not many people know this, but at the time, I was looking for an “out” because my business was not doing well. Out of desperation, I contacted Cheri, and she told me there is funding available. That gave me a boost in enthusiasm knowing that such a huge barrier was going to be relieved. I started to wonder if I could actually pass a University Master’s program while running a business full-time. Thankfully, I was gaining not only confidence in myself, but an increasing desire to get an MBA. So the funding I received for school was not just about money, it was more than that... It was about eliminating a major barrier for me, and giving me another reason to keep pushing forward, no matter what.*

*The program was intense. For 3 years, I sacrificed so much of my personal, family, and work time. I would study in coffee shops, pubs, airplanes, hotel rooms, and campfires; basically anywhere I could pull my books out for a few hours. I had countless early mornings and late nights. I elected to skip scheduled breaks and keep working to try and finish early. Now that I have that degree on my wall, I can honestly say, It was all worth it!*



*I am sure you guys hear this a lot, but **you two helped me achieve a dream I never thought was possible**. I never thought I would ever have a degree, never mind a Master’s degree. When we lost my brother Delbert in 2006, I remember accepting depression, chaos, and heartbreak as the norm. I surrendered to whatever the hell someone in my family did to deserve the cards we were dealt as my life. I thought things were never going to get better, I was cursed, and happiness is just not in the cards for me. It took time, discipline, and a ton of hard work, but I now have a life I never thought was possible; you two helped that happen. Again, I can not thank you Cheri and Audrey enough, you helped me do something I feel is extraordinary and I will never forget all of your help, belief, and support.*

# Social Assistant Program

SA Day  
June 23rd, 2021

Declarations due:  
June 14th-17th, 2021

## Family Support

Corrina's updated work cell phone number  
(250) 401-7741

**Lunch Program every other Tuesday**  
Please contact Corrina

The lunch program will only be available from  
*9:00AM-2:00PM on Tuesday June 1st and 15th*  
it will not be available any other day.

## Cultural Connections

Individual Cultural Planning  
please contact Tylene at (250) 788-7365

Beading (with Dianne Paquette) and Drum Workshops (with Tylene Paquette) are both full. Date and time will be announced at a later date.

**Photo contest**

Send in your photo of Community, Culture and Wildlife  
to Tylene at [tpaquette@saulteau.com](mailto:tpaquette@saulteau.com)

## Holistic Traditional Support

Debra Trask offers support to Band members and community members with a holistic traditional approach. If you would like to reach out to Debra, please call  
(250) 793-3836

# Linda and Krystina Safe House

The Linda and Krystina Safe House is accepting donations of infant and children's clothing, shoes and toys.

Please contact the Support Worker, Sadie, at (250) 401-7085 if you have any donations.

Emergency Number for the Linda and Krystina Safe House

(250) 401-8079

## **A Indigenous doula (traditional auntie):**

A doula provides emotional, physical, and spiritual support for expectant mothers and their families during pregnancy, labor, and the postpartum period. Building on the role of the traditional Aunty, Aboriginal doulas can assist in honoring traditional and spiritual practices and beliefs associated with maternity care and support the language and cultural needs of the woman and her family.

Additional benefits of the continuous, supportive care that a doula provides during pregnancy, labor, and the postpartum period include:

- Ensuring the expectant mother and her family feel comfortable and supported and fully understand their maternity care decisions;
- Assisting her and her family to communicate their expectations, hopes, fears, and any concerns about the birth of their baby;
- Supporting her to find her strength and place of power in giving birth;
- Encouraging and providing reassurance to her partner and family, so they feel more confident in being involved in providing support;
- Helping to create an ideal atmosphere for the birth, breastfeeding, and attachment/bonding between the baby and her and other family members;
- Providing the new mother and her family with emotional support and information following the birth, in the home and in the community; and
- Connecting and referring the mother and her family to additional supports if needed.

## Upcoming Events

Please see the attached calendar on the next page for New Beginnings for all upcoming programs for June 2021.

# JUNE NEW BEGINNINGS

## Contact Information

- May 30 - June 3 Sign up

Hiking Group, Youth Drop In,  
Recreation Committee, FSD  
BBQ, & Wheels on Meals

Email [mcaampbell@saulteau.com](mailto:mcaampbell@saulteau.com)

Elder's Appreciation, Tea Time,  
Father's Day Draw, & Family  
Time

Email [fgroves@saulteau.com](mailto:fgroves@saulteau.com)

Water Play Toy &  
Parent/Caregiver Group  
Email [khilton@saulteau.com](mailto:khilton@saulteau.com)

Inside New Beginnings House  
Backyard at New Beginnings  
In Community  
Door Deliveries  
Via Zoom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	
6	7 Tea Time	8 Family Time	9 Hiking Group	10 Recreation Committee Work Bee	11 Elder's Appreciation	12 Parent/Caregiver Group
13	14 Tea Time	15 Family Time	16 Youth Drop In	17 FSD BBQ Come Meet Staff	18 Wheels on Meals for Elders	19
20	21 Aboriginal Day (TBA)	22 Family Time	23 Hiking Group	24 Recreation Committee Meeting	25 Parent/Caregiver Group	26
27	28 Tea Time	29 Water Play Toys Family Time	30 Youth Drop In			

Watch for Posters for more details from program facilitators!

## Cree Language Facilitator

Tansi my name is Ruth Hetu as most of you already know who I am, I was born and raised here in Moberly Lake, BC and I am a SFN member. My new position now is the Cree Facilitator for our Nation. I look forward to working and learning alongside our community members as we all learn our Cree language, I am not fluent in my Cree but I do understand when spoken to in Cree. I am open to any community input from our fluent speaking Cree members to earn and keep our language going into the next generation. I am very excited to be Nêhiyawêwin (Cree) language facilitator to act as a guide for the development of the Nêhiyawêwin (Cree) language learning opportunities for the Community and Staff. As the Nêhiyawêwin (Cree) language facilitator I will research and seek out Nêhiyawêwin (Cree) Language Programs. I am dedicated individual with community-based experience, as well as the interpersonal communication skills necessary to build and maintain positive collaborative relationships. I have a desire to learn Nêhan iyawêwin (Cree) language and help others succeed with our language. Please feel free to call me at 250 788.72286 or rhetu@saulteau.com

Ka-ki-kiskeyihtetan oma, namoya kinwes naka , kia-hayayak wasaetam askink, ekwa ka-kakwey misketan kiskeyihtamowin, iyinisuwin, kisteyihitowin, mina nanisitotatowin jakiya minananistotatowin kakiya ayisiniwak, ekosi oma kakiya ka-wahkotowak.

English:

Realize that we as human beings, have been put on this earth for only a short time and that we must use this time to gain wisdom, knowledge, respect and understanding for all human beings, since we are all relatives. Cree Proverb.



**NATIONAL ABORIGINAL DAY BE KIND & SAFE.**

# The Seven Teachings

- Honesty** - Honesty means to not cheat, lie or steal. Living your life in an honest way keeps things simple and peaceful.
- Humility** - Humility is to live your life free from arrogance, to not be boastful, and to have a modest sense of your own worth.
- Wisdom** - Wisdom is gained through experience and knowledge. To have wisdom is to know the difference between right and wrong, and to apply these qualities to your daily life.
- Love** - Love is an emotion that is the driving force of all life. With love, all things upon Mother Earth thrive and grow. To know love is to find peace.
- Respect** - Respect is an attitude. To honor and listen to your Elders, parents and teachers is a sign of respect.
- Courage** - Courage is being brave in the face of life's problems. Daily challenges take courage to overcome. Never give in, never give up.
- Truth** - To know all of these things is to know truth.



# Daisy-chain bracelet

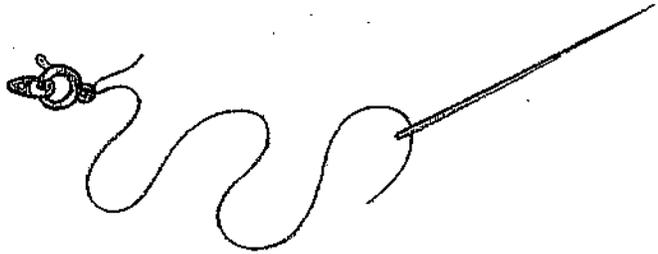


*These instructions use green, yellow and black seed beads. You can use any three colours, just change the colours named in the instructions to suit you.*

## YOU WILL NEED

- 1 m (3 ft.) of beading thread or fishing line
- a clasp (optional)
- green, yellow and black seed beads
  - a beading needle
  - scissors
  - clear nail polish

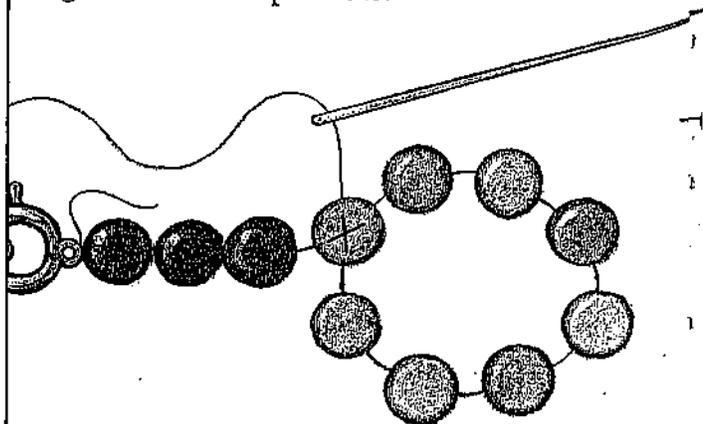
**1** If you are using a clasp, tie it 10 cm (4 in.) from the end of the thread. If you are not using a clasp, anchor a green bead 10 cm (4 in.) from the end.



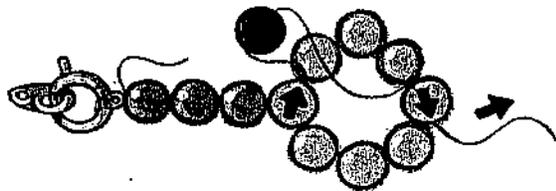
**2** Thread on three green beads (only two if you're not using a clasp) and eight yellow ones.



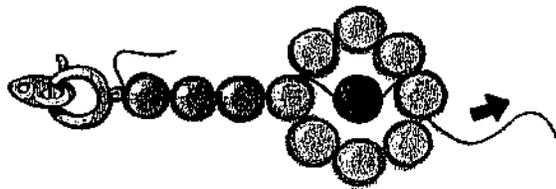
**3** Bring the thread through the first yellow bead you put on. Go through it from the same direction, that is, from the side closest to the green beads. Pull the thread all the way through to make a circle and gently slide the circle as close to the green beads as possible.



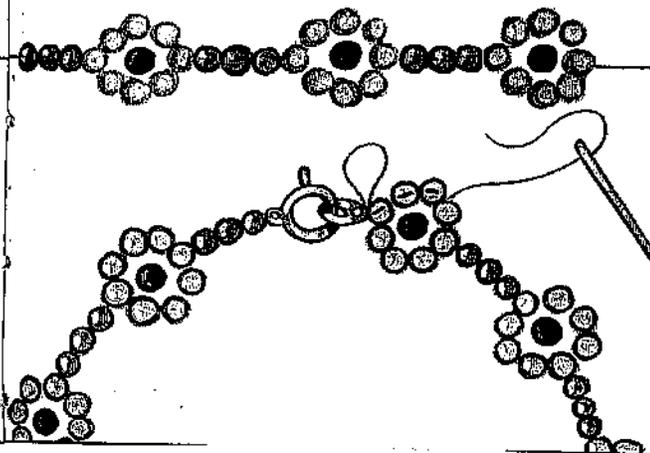
4 Thread on one black bead. Bring the thread through the yellow bead directly across from the first yellow one you threaded on, again from the same direction.



5 Pull on the thread and adjust the daisy so that the black bead is in the centre.



6 Thread on three more green beads and eight more yellow beads. Repeat from step 3 until the bracelet fits. Tie both ends together or tie on the other end of the clasp. Draw the ends through the last several beads, trim them and secure the knots with nail polish.



## OTHER IDEAS

● Make this bracelet with many different-coloured daisies. Or try the traditional green leaves and white flowers with yellow centres.



● Instead of putting three green beads between each daisy, put four or more. Or leave them out altogether for non-stop daisies.



● Use an E bead instead of a seed bead for the centre of the daisy. Or make the bracelet completely with E beads. Use six beads instead of eight to form each flower.





# **DRYMEAT SOUP & BANNOCK**

**Elder's Appreciation  
Luncheon at New Beginnings**

**June 4, 2021**

Fill out small questionnaire and return  
your name and enter to 1 of 6 win prize!!

Door dash deliveries only for disability  
elders

**Elder's only**

Please sign-up by June 3@12pm

Email: [fgroves@saulteau.com](mailto:fgroves@saulteau.com)

Debra Grant: 250-793-3836

# JUNE 2021



## MUSKOTI LEARNING CENTRE EVENT'S CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 Drum Making 	8	9	10	11	12
13	14 Hike 	15	16	17	18	19
20	21	22	23 Kayaking 	24	25	26
27	28	29 Last Day of School Celebration  Fire Lake	30			

★ For event times please phone (250-788-7368) or check in the classroom - dates & times may vary depending on weather/attendance.



### NRTG STUDENT SPOTLIGHT



Johnny Gauthier - photo missing

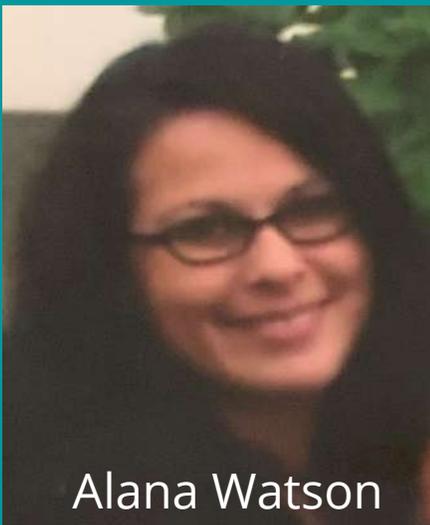
### HARD WORK PAYS OFF!

The MLC would like to congratulate SFN members:

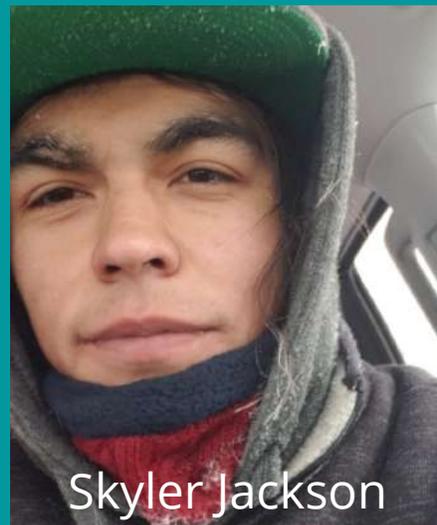
**Danyel Desjarlais, Skyler Jackson, Alana Watson, and Johnny Gauthier**

on successfully completing the Environmental Monitoring Technician (EMT) training program with the Natural Resources Training Group (NRTG)

Sponsored by:



Alana Watson



Skyler Jackson



Danyel Desjarlais



The Comprehensive Community Plan (CCP) and our Economic Development/Land Use Plan (LUP) has officially begun. The 2 projects have been interlinked to provide both community-based and land-based perspectives and feedback required from membership. The two projects although closely tied are both unique and relevant to our community. The CCP provides broad direction and helps identify the vision and the values for the community. Whereas the LUP provides more details on how you want to develop your land (ie: Residential, Commercial, Parks, etc.)

### Comprehensive Community Planning (CCP)

The CCP is a process that allows you to consider all parts of our community (Lands, Culture, economy, governance, health, social, education, infrastructure) and how they relate and interact with each other. The CCP is sometimes described as a “Master Plan”, that organizes other lower-level plans (ie: Land Use Plan, Economic Development Plan, Health Plan, etc.) and links them all together.

### What is Land Use Planning?

A Land Use Plan is a story about the past, present and future state of a territory or land base. It is a way for First Nations to document the story about their community’s identity and relationship to the land. Land Use Planning is a process of coming together as a community to discuss and decide how to use or not use the land in the future. This process identifies which lands to use and protect based on needs, values, and priorities. It is a way to manage competing and conflicting uses, as well as set a foundation that guides future decisions about the land. Land Use Planning is also a tool to assert land governance and cultural self-determination, especially relevant in the current era of reconciliation.

For millennia First Nations have planned for the use and care of their lands based on their distinct Indigenous legal and social orders. First Nations stories, social and moral codes, cultures, and economies have been closely tied to a deep relationship with the land. As illustrated through oral, archaeological, and ethnographic history, First Nations people observed the rhythms of the land and organized their trade, transportation, living arrangements and hunting, gathering, and fishing practices accordingly. They actively shaped the environment as it shaped them.

## Step One – Identifying a LUP Champion (Lands Assistant)

Our first priority to put the CCP/LUP mandate into action is appoint a LUP Champion to assist in carrying out the process. The LUP Champion will assist the Lands Officer and be responsible for moving the CCP/LUP process forward in the community and to membership. Ideally this individual is well connected in the community and is familiar with the LUP context. The LUP Champion will assist in overseeing the work of a Planning Support Team (CCP committee) as well as the process of Community Engagement.

### SFN Lands/TREP would like to welcome our newest team member: Ethan Cameron

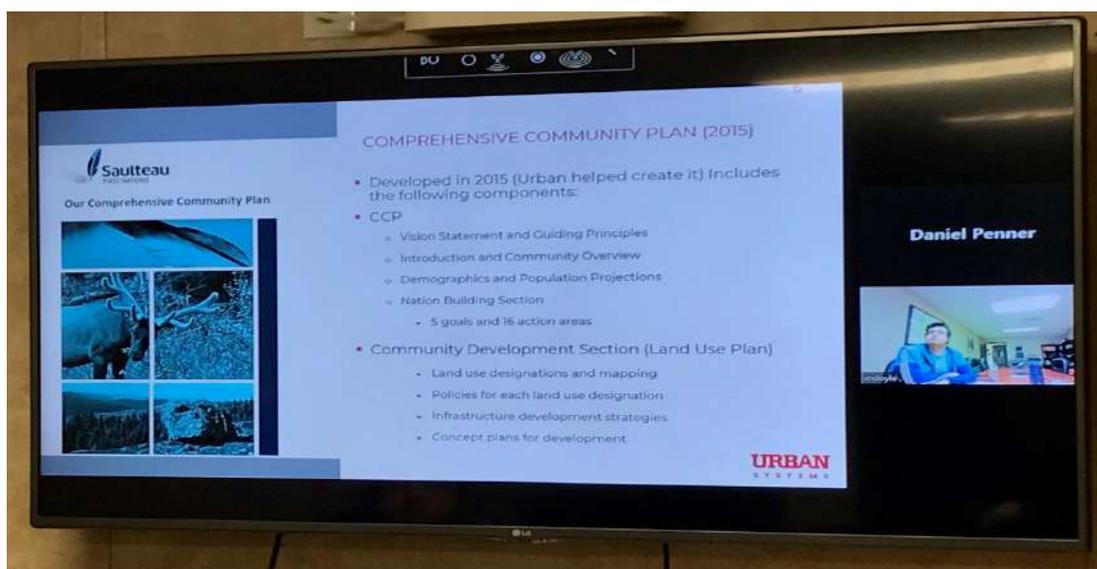
Hello! My name is Ethan Cameron, I am 19 years old, and I am the son of Josh Cameron & Crystal Gauthier.

Most of you would probably recognize me, as I worked at Crowfeathers for the last three and a half years. I am now the Lands Officer Assistant with the TREP department.

I am thrilled to be in this position, not only to have the opportunity to work with the TREP team but being able to work closely with our community to further evolve Saulteau as a nation. Not only is this an amazing opportunity and exciting experience, I believe this position will be extremely beneficial for me and my educational goals, as I plan on returning to post-secondary next fall to obtain my bachelors degree in Political Science, and eventually move on to law school.



I look forward to hearing all your ideas and goals for our community, and hopefully helping them become a reality in the near future!



Orientation Training with Urban Systems/Ethan - May 26<sup>th</sup> & 27<sup>th</sup>, 2021

## Project Development Stages:

- 1) Workplan & Budget Preparation
  - Secure Mandate (BCR)
  - External Support (Urban Systems)
  - Define planning phases + steps
  
- 2) Mobilize people/Information needed to start process **(Current Phase)**
  - Identify LUP Champion (Lands Assistant)
  - Communications (Website, FB Page, Emails)
  - Planning Support Team (Committee Selection)
  - training
  - Review planning history
  - Define planning approach
  - establishing roles
  
- 3) Community Engagement (July/August)
  
- 4) Develop & Review CCP/LUP Draft Plans (October)
  
- 5) Community Engagement # 2 (November/December)
  
- 6) Finalize CCP/LUP & Implementation Plan (January 2022)

*Please Note: This schedule may change as Covid-19 situations change within the province.*

## Planning Support Team (Committee)

A Committee, consisting of SFN members, is being established to gather input, ideas, and feedback from membership, and play a pivotal role in the development of the CCP/LUP in partnership with the Lands Department and Chief and Council. To support the Committee in developing the CCP/LUP, Sauteau First Nations has contracted Urban Systems to provide professional planning guidance. It is expected that the Committee will work closely with the Lands Staff & Urban Systems team at all stages of the project to deliver the final documents.

The Committee will consist of 6-8 members who represent youth, students, families, Elders, and members living on and off reserve. Selections will be made to ensure the Committee has as much family representative as possible. It is expected that Committee members will be committed to contributing to the development of the CCP/LUP, and have a positive working relationship with members, SFN Staff, and Chief and Council. The responsibilities are as follows:

- Work collaboratively with Chief and Council, Lands Staff, and consultants throughout the project
- Uphold a high level of respect and professionalism throughout the project
- Advertise and communicate project events and opportunities for members to participate

- Participate in community meetings (where feasible) and gather input and feedback from members
- Meet with community staff members and Chief and Council to understand community priorities
- Review project deliverables and provide comments to the consultants
- Provide ongoing guidance to the consultants on various project matters

It will be required that all Committee members meet the following criteria:

- 16 years of age or older
- Registered member of Saulteau First Nations, living on or off-reserve
- Access to a computer and reliable internet service
- Driver's license and access to a vehicle to travel

The following attributes are considered an asset but not required:

- Public speaking/presentation experience
- Experience writing grant applications
- Strong interpersonal skills
- Ability to speak Cree
- Strong writing, reading, and comprehension skills

To be considered for the Committee, please submit your name, contact information, and a brief letter of interest, by June 14, 2021 to Mary Doyle, SFN Lands Officer.

Please feel free to contact me via email: [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com) or via tel: (236) 364-2012 should you have any questions. Take care, stay safe and healthy ❤️

Sincerely,



Mary N. Doyle  
Lands Officer  
Saulteau First Nations



# Cemetery Cleanup & BBQ

**June 24th from 10:00AM - 2:00PM\***

*\*weather permitting*

*We will be providing refreshments, snacks, and a bbq lunch.*

**Please bring your own gloves, rake, shovel and wheelbarrow if possible.**

## Cemetery Beautification

Filling of sunken graves

Marking unmarked graves

Whipper Snipping

Mowing Lawn

*Saulteau will provide gravel, topsoil and grass seed for gravesites*

**We request family participation in naming unmarked gravesites.**

Are you interesting in helping our community (Saulteau First Nations) develop a plan for dealing with "**Chronic Wasting Disease**"? If yes, please contact Tom Aird at the SFN TREP office (250-788-7290) or on his cell (250-788-6442). We are hoping to create a focus group to better plan for when this disease arrives in our traditional territory. Chronic Wasting Disease (CWD) is currently in southern Alberta and has been transferring north from its origins in the USA.

### What Is Chronic Wasting Disease?

CWD is an always fatal, contagious, neurological disease affecting deer species (including reindeer), elk, and moose. It causes a characteristic spongy degeneration of the brains of infected animals resulting in emaciation, abnormal behavior, loss of bodily functions and death.



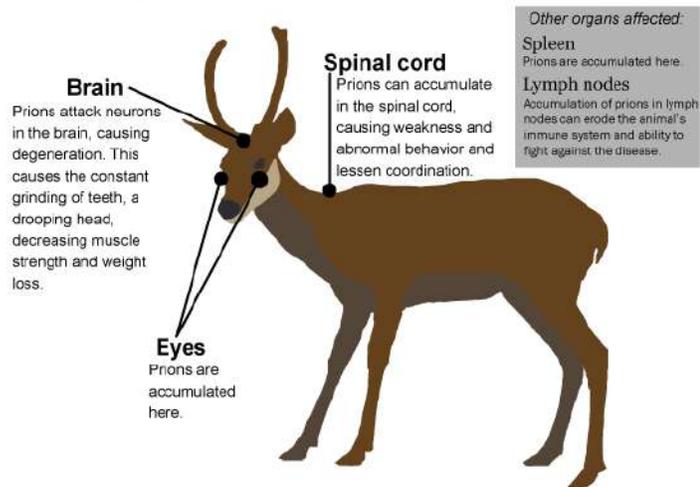
CWD belongs to a group of diseases known as transmissible spongiform encephalopathies (TSEs). Within the TSE family, there are several diseases that affect domestic animals including scrapie, which has been identified in domestic sheep and goats for more than 200 years; bovine spongiform encephalopathy (BSE) in cattle (also known as "mad cow disease"); and transmissible mink encephalopathy in farmed mink.

### What Causes CWD?

The most widely accepted theory is that the CWD agent is a misfolded prion, an abnormal form of cellular protein that is most commonly found in the central nervous system and lymphoid tissue. The abnormal prion "infects" the host animal by promoting conversion of normal cellular prion protein to the abnormal form. As a protein, the CWD agent does not contain any genetic material (DNA or RNA) as occurs with bacterial, viral, fungal, and parasitic disease agents.

The CWD infectious agent is smaller than most viral particles and does not evoke any detectable immune response or inflammatory reaction in the host animal. Like the abnormal prions that cause other TSEs, the CWD agent is highly resistant to enzymes, chemicals, heat and other materials or procedures that typically are used to inactivate disease agents.

### ORGANS AFFECTED BY CHRONIC WASTING DISEASE



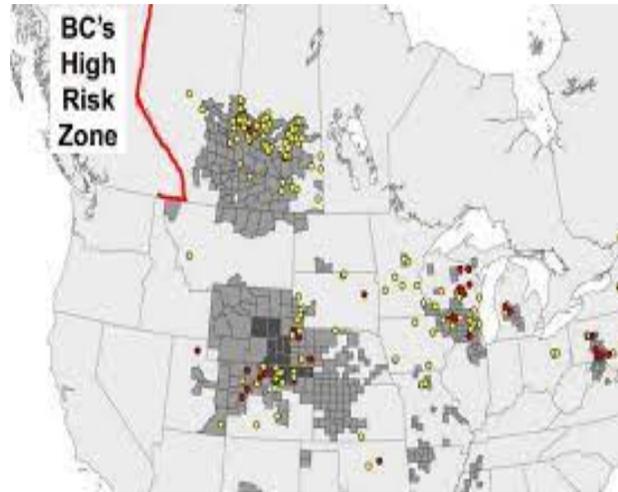
Source: CENTERS FOR DISEASE CONTROL AND PREVENTION, MISSOURI DEPARTMENT OF CONSERVATION AND BRAD DEBELOU OF KANSAS STATE VETERINARY DIAGNOSTIC LABORATORY

### Which Wildlife Species Are Affected by CWD

Several species of the deer family (cervids) are known to be naturally susceptible to CWD: elk, mule deer, white-tailed deer, reindeer (caribou), red deer, and moose. Captive Sika deer, captive red deer, and captive Sitka/red deer hybrids in South Korea have reportedly contracted CWD from infected captive elk imported from Saskatchewan. Susceptibility of additional cervids and other wildlife species is not entirely known, although ongoing research is further exploring this question. Surveillance in areas with heavily infected wild cervid populations has failed to detect CWD in any mammalian predators or scavengers.

### Can Humans Get CWD?

Although humans can develop a prion disease called Creutzfeldt-Jakob disease, current research shows that there is a significant barrier that makes CWD transmission to humans unlikely. Given the untreatable and always-fatal nature of prion diseases, animal models (i.e., non-human primates and genetically altered mice, etc.) have been used in laboratories to investigate the potential susceptibility of humans to CWD. In general, the results of these animal model studies indicate that animal to human transmission of CWD is unlikely.



However, one well-publicized study using macaques found that this species, which is closely related to humans, was susceptible to CWD when fed meat from deer with CWD. Conversely, another macaque study completed by the National Institutes of Health found no evidence of CWD transmission to this species. In addition to experimental work, epidemiological investigations in areas where CWD is well established in wild deer and elk have failed to detect any association between CWD and human neurological disease.

Public health officials currently advise that there is no strong evidence of CWD transmission to humans; however, they recommend that human exposure to the CWD infectious agent be avoided as they continue to evaluate any potential health risk.

# NORTH WIND SUPPLIES

## GRAND OPENING CEREMONY

Monday, June 7th at 9:00AM

Ribbon cutting ceremony with Chief & Council, along with the Mayor of Chetwynd.

Door prizes from 9:00AM to 6:00PM every hour!

We will also be announcing the DeWalt Shop Vac Draw winner!

### Store Hours

Monday to Friday 6:00AM - 6:00PM

Saturday 9:00AM - 3:00PM

Shop online at

[www.northwindsupplies.com](http://www.northwindsupplies.com)

Visit us on Facebook at

[facebook.com/northwindsupplies](https://facebook.com/northwindsupplies)

# Non-Prescription Medications and Your Kidneys

If you have chronic kidney disease, please check with your doctor or pharmacist **BEFORE** taking any medications, including the ones in this handout. Never take more than the recommended dose of any medication. Read the label carefully before buying over-the-counter (non-prescription) medications and follow the instructions.

## WHY?

The kidneys work to get rid of many medications. If your kidneys are not working well, **medications might build up in your body and cause unwanted side effects.**

Here is a list of commonly used medications that are OK to take or not OK to take if you have kidney disease. This is not a complete list. When in doubt, consult your doctor, pharmacist or Kidney Care Clinic (bring this list with you).

## Important Notes:



If you are on immune suppressing medications, some vaccines (live vaccines) may not be safe. Ask your doctor or pharmacist before you are immunized.



If you smoke and would like to quit, please refer to:

- BC Smoking Cessation Program- <http://bit.ly/1iM2Oy3>
- QuitNow.ca- <https://www.quitnow.ca/>



This brochure can be downloaded from the BC Renal Agency website:  
[bcrenalagency.ca](http://bcrenalagency.ca)

## Over-The-Counter (Non-Prescription) Medications

Type	OK to take	Don't take	Don't take because...
<b>Antacids</b>	<ul style="list-style-type: none"> <li><b>TUMS</b> (calcium carbonate), ranitidine (<b>ZANTAC 75</b>) or famotidine (<b>PEPCID-AC</b>) can be taken on an as-needed basis.</li> <li>Omeprazole (<b>OLEX</b>) can also be taken on an as needed basis.</li> <li>If you need something regularly, talk to your doctor or pharmacist.</li> </ul>	<ul style="list-style-type: none"> <li>Antacids that contain aluminum, magnesium (<b>MAALOX, MYLANTA, GAVISCON</b>) or sodium (<b>ALKA-SELTZER</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Your kidneys may not be able to get rid of the extra aluminum, magnesium and sodium. A build-up may cause unwanted effects.</li> <li>Extra sodium can increase your blood pressure.</li> </ul>
<b>Anti-diarrhea medications</b>	<ul style="list-style-type: none"> <li>Loperamide (<b>IMODIUM</b>), kaolin-pectin (<b>KAOPECTATE</b>) are safe on an as-needed basis.</li> <li>Talk to your doctor if diarrhea lasts more than 2 days or is associated with fever.</li> </ul>	<ul style="list-style-type: none"> <li>Bismuth subsalicylate (<b>PEPTO-BISMOL</b>)</li> </ul>	<ul style="list-style-type: none"> <li>This product contains salicylic acid that may harm your kidneys.</li> </ul>
<b>Anti-histamines (for hay fever or runny nose)</b>	<ul style="list-style-type: none"> <li>Chlorpheniramine (<b>CHLOR-TRIPOLON</b>) or diphenhydramine (<b>BENADRYL</b>) are safe to use but may make you feel drowsy.</li> <li>Half the usual dose of loratadine (<b>CLARITIN</b>), desloratadine (<b>AERIUS</b>) or cetirizine (<b>REACTINE</b>).</li> <li>For nasal congestion related to allergy, nasal steroids triamcinolone (<b>NASOCORT</b>) or fluticasone (<b>FLONASE</b>), nasal sodium cromoglicate (<b>CROMOLYN</b>) &amp; saline nasal sprays (<b>SALINEX, HYDRASENSE</b>) are safe options.</li> </ul>	<ul style="list-style-type: none"> <li>Full dose of the types of antihistamines that do not make you feel drowsy, e.g. loratadine (<b>CLARITIN</b>), desloratadine (<b>AERIUS</b>) and cetirizine (<b>REACTINE</b>).</li> </ul>	<ul style="list-style-type: none"> <li>Your kidneys may not be able to get rid of certain antihistamines. A build-up may cause unwanted side effects.</li> </ul>
<b>Cold / flu medications</b>	<ul style="list-style-type: none"> <li>Topical nasal sprays such as xylometazoline (<b>OTRIVIN</b>) for less than 5 days may be okay. Check with your doctor or pharmacist.</li> <li>Saline nasal sprays (<b>SALINEX, HYDRASENSE</b>), are safe for use</li> </ul>	<ul style="list-style-type: none"> <li>Oral decongestants such as pseudoephedrine (<b>SUDAFED</b>) or phenylephrine which are found in many cough and cold products.</li> <li>Products with multiple ingredients (e.g., <b>DIMETAPP, NEOCITRAN, TYLENOL COLD</b> and <b>SINUS, CONTACT-C</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Oral decongestants can increase blood pressure and cause your heart and kidneys to work too hard.</li> <li>Products with multiple ingredients usually contain an oral decongestant—check the label.</li> </ul>
<b>Colonoscopy preparation</b>	PEG-3350 solutions without electrolytes.	<ul style="list-style-type: none"> <li>Oral phosphate containing bowel preparations.</li> </ul>	<ul style="list-style-type: none"> <li>Your kidneys may not be able to get rid of the extra phosphate. A build-up may cause unwanted effects.</li> </ul>

## Over-The-Counter (Non-Prescription) Medications

Type	OK to take	Don't take	Don't take because...
<small>Chronic Kidney D</small> <b>Cough medications</b> (not safe for use in children under 6 yrs old)	<ul style="list-style-type: none"> <li>Any sugar-free cough syrup in people with diabetes.</li> <li>For productive cough, use guaifenesin (<b>ROBITUSSIN</b> syrup).</li> <li>For dry cough, use dextromethorphan or DM (<b>BENYLIN DM</b> or <b>ROBITUSSIN DM</b> syrup).</li> </ul>	<ul style="list-style-type: none"> <li>Cough syrups that contain sugar if you have diabetes.</li> <li>Products with multiple ingredients (e.g. <b>ROBITUSSIN COUGH &amp; COLD, BENYLIN COUGH &amp; COLD, BENYLIN COUGH &amp; CHEST CONGESTION</b> syrup).</li> </ul>	<ul style="list-style-type: none"> <li>Cough syrup containing sugar may affect the sugar control in people with diabetes.</li> <li>Products with multiple ingredients usually contain an oral decongestant— check the label.</li> </ul>
<b>Fever/pain medications</b>	<ul style="list-style-type: none"> <li>Acetaminophen (<b>TYLENOL</b>)</li> <li>Acetylsalicylic acid 75 to 81 mg (<b>baby ASPIRIN</b>) if over 19 years old and recommended by your doctor to prevent heart attack or stroke.</li> <li>Topical Diclofenac (Voltaren Emugel), can be used on an as-needed basis or for a short period of time (less than 1 week)</li> </ul>	<ul style="list-style-type: none"> <li>Anti-inflammatories such as ibuprofen (<b>ADVIL, MOTRIN</b>), naproxen (<b>ALEVE</b>) or acetylsalicylic acid (<b>ASPIRIN</b> or <b>ENTROPHEN</b>) in doses over 325 mg per day.</li> <li>Acetylsalicylic acid (<b>ASPIRIN</b>) if under 19 years old.</li> </ul>	<ul style="list-style-type: none"> <li>Anti-inflammatories can increase blood pressure, increase water retention and harm your kidneys.</li> </ul>
<b>Laxatives</b>	<ul style="list-style-type: none"> <li>Docusate (<b>COLACE</b>) – a stool softener to decrease straining</li> <li><b>Lactulose</b> syrup and Polyethylene glycol 3350 powder (<b>LAX-A-DAY</b> or <b>RESTORALAX</b>) are safe for longer term use to prevent and treat constipation.</li> <li>Sennosides (<b>SENOKOT</b>) and bisacodyl (<b>DULCOLAX</b>) are safe for short term or “as needed” use to relieve constipation.</li> </ul>	<ul style="list-style-type: none"> <li>Laxatives that have magnesium or phosphate (<b>MILK OF MAGNESIA, FLEET ENEMA</b> or <b>ORAL FLEET</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Your kidneys may not be able to get rid of the extra magnesium or phosphate.</li> <li>Laxatives can cause diarrhea and dehydration which can hurt your kidneys.</li> </ul>
<b>Nausea &amp; vomiting</b>	<ul style="list-style-type: none"> <li>Dimenhydrinate (<b>GRAVOL</b>)</li> </ul>	<ul style="list-style-type: none"> <li>If you have a bad flu or illness which causes you to vomit or have diarrhea AND you are not able to eat or drink normally, contact your doctor or nurse.</li> </ul>	<ul style="list-style-type: none"> <li>If you are sick and not able to eat and drink normally, you may become dehydrated. Dehydration affects your kidney function and blood pressure.</li> </ul>
<b>Sore throat</b>	<ul style="list-style-type: none"> <li>Acetaminophen (<b>TYLENOL</b>)</li> <li><b>HALLS</b> or <b>BRADOSOL</b> if you do not have diabetes.</li> <li><b>RICOLA SUGAR FREE</b> or <b>BENTASIL SUGAR-FREE</b> if you have diabetes.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid taking throat lozenges that contain sugar if you have diabetes.</li> <li>Sugar-free throat lozenges containing an artificial sweetener called acesulfame potassium, e.g. <b>HALL'S, CHLORASEPTIC, FISHERMAN'S FRIEND SUGAR-FREE</b></li> </ul>	<ul style="list-style-type: none"> <li>Taking too many regular throat lozenges may affect sugar control in people with diabetes.</li> <li>Sugar-free throat lozenges containing acesulfame potassium may increase blood potassium level.</li> </ul>
<b>Herbal / alternative medications &amp; vitamins</b>	<ul style="list-style-type: none"> <li>Talk to your doctor or pharmacist about what vitamins might be best for you.</li> </ul>	<ul style="list-style-type: none"> <li><b>AVOID</b> all alternative or herbal medications until you have checked with your pharmacist or doctor.</li> <li>Avoid these vitamins:                             <ul style="list-style-type: none"> <li>Vitamin A</li> <li>High dose vitamin C</li> <li>High dose vitamin B</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Alternative or herbal medications may harm your kidneys or may interact with other medications.</li> <li>Most multivitamins can be harmful if your kidneys are not working very well.</li> </ul>



# Breastfeeding

## Why is breast milk good for my baby?

Breast milk is the only food your baby needs for the first 6 months. When your baby starts solid foods, continue to offer breast milk until your baby is 2 years and older.

Breast milk is good for your baby because:

- It is the safest and healthiest food for babies
- It is easy for your baby to digest
- Breast milk and breastfeeding may help your baby's physical, emotional and intellectual development
- Breastfed babies have fewer infections, such as pneumonia, ear infections and diarrhea, than babies who are not breastfed
- Breastfeeding may reduce the risk of sudden infant death syndrome (SIDS)

## Why is breastfeeding good for mothers?

Breastfeeding is good for you because:

- It helps you bond with your baby
- It helps with healing after the baby's birth
- It may help you return to your pre-pregnancy weight
- It decreases your risk of breast cancer and it may also decrease the risk of ovarian cancer and diabetes

## When do I breastfeed my baby?

Breastfeed or offer breast milk as soon as possible after your baby is born, ideally within the first hour. The first milk is called colostrum. Colostrum is very good for your baby. It is full of important nutrients that can help prevent infections.

Breastfeed your baby when they shows signs that they are hungry. Keep your baby close and provide skin-to-skin contact. This will encourage breastfeeding and bonding. It will also help your baby's development.

## How do I know if my baby is hungry?

Feed your baby when you notice these early signs of hunger:

- Your baby brings their hands to their mouth
- Your baby makes sucking motions or sounds

- Your baby turns their head toward the person holding them, often with their mouth open (this is called rooting)
- Your baby cries. This is often a late sign of hunger. Try to feed your baby before they start crying

During the first few months your baby will feed about 8 or more times in 24 hours (1 day). Your baby may feed a lot. There may be less than an hour from the start of one feeding to the start of the next. Breastfeeding several times close together is called cluster feeding and often happens in the first few days and during growth spurts. Over time, the number of feedings will decrease, and there will be longer spaces between feedings.

Let your baby decide when to breastfeed and how long to breastfeed each time. Don't worry about length of time or the time of day.

You will know that your baby is full when:

- Sucking and swallowing slows or stops
- Your baby closes their mouth or pushes away from the breast after feeding
- Your baby is content or relaxed after feeding

## How do I know if my baby is getting enough breast milk?

Most mothers make enough breast milk for their baby. If you are worried about how your baby is growing or wondering if they are getting enough breast milk, contact your doctor, midwife, public health nurse or lactation consultant.

You will know that your baby is getting enough breast milk when:

- You can see and hear your baby sucking and swallowing
- Your baby has enough wet diapers per day\*:
  - Day 1: 1 wet diaper
  - Day 2: 2 wet diapers
  - Day 3: 3 wet diapers
  - Day 4: 4 wet diapers
  - Days 5 to 7: 5 wet diapers
  - After day 7: 6 or more wet diapers

- \* Urine is pale yellow.
- Your baby has enough bowel movements:
  - Day 1 to 2: At least 1 to 2 bowel movements. May be black or dark green thick, sticky, tar-like
  - Day 3 to 4: At least 2 to 3 bowel movements a day. May be brown, green or yellow, looser
  - Day 5 to 3 weeks: At least 3 or more bowel movements a day if they are small (size of a loonie). At least 1 bowel movement a day if it is large. May be yellow and seed like, lumpy or runny.
  - After 3 to 4 weeks: Babies often have fewer bowel movements
- By 2 weeks after birth, your baby is at or above birth weight and growing well
- Your breasts feel softer after feedings, especially in the first few weeks

## Does my baby need anything other than breast milk?

Babies that are breastfed need a liquid vitamin D supplement of 400 IU every day. Breast milk has a very small amount of vitamin D that is not enough to meet your baby's needs.

At about 6 months, start to offer your baby iron-rich solid foods. Continue to breastfeed or offer breast milk. For more information, see [HealthLinkBC File #69c Baby's First Foods](#).

## What do I eat when I am breastfeeding?

Women who are breastfeeding may need to eat a little more food each day. Examples include adding fruit and yogurt for a snack or an extra slice of toast at breakfast and an extra glass of milk at dinner.

It is important to drink plenty of fluids. Water is the healthiest option. Lower fat milk is also a good choice. It gives you calcium and other nutrients you need.

Continue taking a multivitamin that has folic acid.

## Is there anything I can't eat or drink?

You can enjoy most foods and beverages while you are breastfeeding. There are a few foods to limit or avoid.

**Limit fish that is high in mercury.** Choose fish low in mercury such as salmon or sole. Fish is a source of omega-3 fats, which are good for your baby. For more information, see [HealthLinkBC File #68m Food Safety: Mercury in Fish](#).

**Limit caffeine to 300 mg per day.** This is 1 to 2 small (8 ounce or 237 mL) cups of coffee or about 4 small cups of tea. Caffeine is also found in some soft drinks or pop, sports drinks, over-the-counter medicines and chocolate. Younger babies may be more sensitive to caffeine.

**Avoid caffeinated energy drinks.** These drinks contain high caffeine levels. Some may have added vitamins, minerals, amino acids and herbs. There are potential health risks from the ingredients.

**The safest choice is to not drink alcohol while breastfeeding.** Alcohol may decrease the amount of breast milk you produce. Alcohol may also affect your baby's motor development and sleep and decrease the amount of breast milk your baby takes at feeding time.

If you drink alcohol, plan how to breastfeed your baby to prevent exposing your baby to the alcohol. This may include pumping and storing milk before drinking or waiting until the alcohol has passed out of the breast milk before breastfeeding your baby. The time it takes for alcohol to pass out of your breast milk is different for each woman. Talk to your health care provider if you have questions about alcohol and breastfeeding.

**It is best not to use cannabis while breastfeeding.** Cannabis passes into breast milk. Your baby may get sleepy and have a hard time latching. How cannabis affects your baby in the long term is not yet known. Talk to your health care provider if you have questions about cannabis and breastfeeding.

## When do I get help with breastfeeding?

It is best to get help early. Talk to your doctor, midwife, public health nurse or lactation consultant. You can also call **8-1-1** to speak with a registered nurse or registered dietitian.

Get help if you have any of the following concerns:

- You have pain when breastfeeding
- Your nipples are sore, cracked or bleeding
- You are worried that your baby is not getting enough breast milk
- Your baby does not have enough wet diapers or bowel movements each day

## For More Information

For tips and tools to help you raise a healthy family, visit [Healthy Families BC Pregnancy & Parenting at www.healthyfamiliesbc.ca/parenting](#).

## **Anxiety Toolkit with Shanley Spence**

**Kind to Your Mind – May 12, 2021**

### **What is anxiety?**

Definition: Anxiety is your body's natural response to stress, fear, threats, etc. Your breathing may increase, your heart may start pounding, feelings of tenseness and excessive thoughts.

### **Differences**

There is a difference between "everyday" anxiety which may arise (ex: nervous about speaking in front of people) VS. Anxiety Disorders which come in a variety of types. An anxiety disorder is more of the same symptoms but in situations where they PERCEIVE danger (ex: danger in taking the bus, meeting new people, etc.)

### **Types of Disorders**

Generalized, social anxiety disorder, panic disorder, agoraphobia, obsessive compulsive disorder, specific phobias.

### **Causes**

Family history, personality and learned traits, physical health imbalance, stressful events or trauma, mental health imbalance, disconnection.

## **TOOLS & RESOURCES**

### **Return to breath – Breathwork techniques**

- Breath of fire, deeply breathing consciously into your belly and diaphragm
- SOMA breathwork,
- 4,7,8's = breathing in for 4, holding for 7, exhaling for 8.
- Kundalini or other yoga and breathwork techniques, etc.

### **Tapping**

Tapping to release stored negative energy, stress, tension, limiting or negative thoughts/beliefs, or to affirm new reality and perspective into our energy centers.

Tapping your body from head to toe, this also triggers the body's nervous system, para-sympathetic and adrenal glands and areas of our body that may have been holding onto to unknown stresses or anxieties.

First round: tap on top of head, above eyes on forehead, sides of the eyes, tops of cheeks, on cupid's bow below the nose, middle of chin, shoulders, chest bones and under the arm just below your armpit. Start first with your perceived situation (ex: I am anxious, I am overwhelmed, I am tense and stressed etc.) Then repeat the tapping but replace with positive affirmation (ex: I am courageous and strong, I may be feeling anxious now but I am equipped with tools to help rapidly shift me to where I want to be, I am doing my best, etc.) Repeat through the tapping sequence with the positive changes until desired state is acquired.

### **Return to Indigenous Model of the world**

Return to Indigenous teachings like the medicine wheel. Making sure we are nourished in the four areas of life – mental, physical, emotional and spiritual. The circle of life, the importance of

connection, tools we can use like smudging, offering tobacco or medicines, prayer, dance, speaking and consulting with elders, connection to land, consuming traditional foods, herbs, medicines, etc.

### **Movement as medicine**

Making sure we keep a consistent and joyful movement practice, getting substantial exercise to keep our energy up and flowing, to release toxins and stored energy, etc. (ex: dancing, stretching, Zumba, lifting weights, yoga, powwow, etc.)

### **#LANDBACK**

Returning and reconnecting to the land. Grounding our feet on the earth, listening to the birds, getting fresh air in our lungs and sunshine on our skin. Praying to the water, creating a reciprocal relationship to mother earth.

### **Journaling**

Writing out your current experience in detail and then also writing down solutions and goals and action steps you can take.

Complete mind-dump unfiltered. Doesn't have to make sense, look nice or be anything. Just a way to get everything out of your mind and on to something tangible so you can move forward clearer minded.

Positive affirmations to your self (ex: I am strong, I am doing my best, I will get through this)

Scripting as though you are already at a place you'd like be, writing in present tense. (ex: I am grateful for finding the courage to overcome my anxious thoughts and now that I am on the other side, I can show up better for myself and others, etc.)

### **5-4-3-2-1 Method**

When you are in an anxious mode, stressed or panic take a moment to identify 5 things you see around you, then 4 things you hear, 3 things you feel, 2 things you smell, 1 thing you taste.

### **Meditation/Hypnosis**

Many videos online and on YouTube, many life coaches and therapists can offer this for you or forward you links.

## Prevention of Summer Sports Injuries

### Ready for the season?

- At your children's annual check-up, make sure they are fit and safe to participate in their chosen sports. Discuss any concerns with your doctor.
- Fitness and conditioning prevent injuries. Children should be active 30 to 60 minutes each day, in addition to participating in a particular sport.
- Kids should eat a balanced diet from each of the four food groups and drink plenty of fluids. Kids should not use athletic supplements.
- Provide the coach with emergency contact information for your child, as well as details of any medical condition or allergies.
- Ensure that the coach is prepared to handle emergencies and is trained in first aid and CPR.

### Set to play?

- Get the right gear for each sport, make sure it fits, and make sure kids wear it properly every time they play.
- Correctly fitted equipment is the key to preventing injury.
- Kids should warm-up and stretch before every practice and game.
- Ensure the league provides adequate practice time. Practice builds skills and conditioning, as well as gives kids time to learn to play safely.
- Kids should remove all jewelry before playing, including watches, rings, earrings, and necklaces.
- Coaches and parents should inspect the playing grounds and equipment before each practice or game to make sure everything is safe.

### Play safe to keep playing

- Ensure kids drink plenty of fluids before, during, and after play. Kids should have a fluid break at least every 15 to 20 minutes.
- Supervise actively. Coaches and parents need to help kids play by the rules, for safety and fun.
- Injuries can happen at practices as well as during games. Keep safety in mind every time kids play.
- Don't "play through" an injury. Injured athletes should be examined by a physician, preferably one with experience in sports medicine.

(adopted from <https://www.injuryresearch.bc.ca/quick-facts/sport-recreation/> April 15, 2021)



**FOR NEW MOMS**

# FEVER ZOOM WORKSHOP



**Host: APLW  
Oshen Walker**

ONLY 8 SPOTS AVAILABLE

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register by emailing  
[oshen.walker@northernhealth.ca](mailto:oshen.walker@northernhealth.ca)

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Registration is due by Friday, June 11,  
2021 at 12:00 PM (noon)

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INCLUDES  
FREE  
THERMOMETER



**northern health**  
*the northern way of caring*