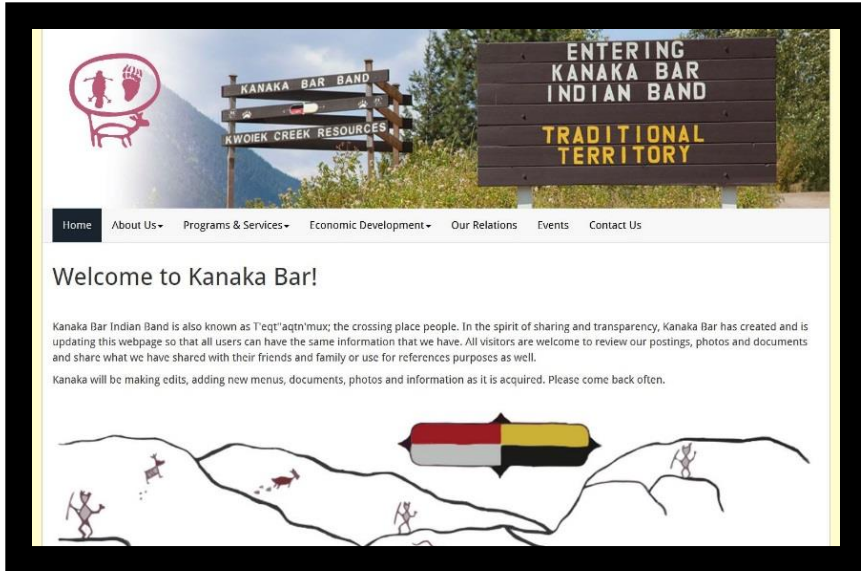


DECEMBER 2017



KANAKA'S WEBSITE

Kanaka Bar Indian band now has a website. If you have a chance please check it out. www.kanakabarband.ca



THEMES FOR DECEMBER 2017

Winter Safety

Preparedness for power outages and storms

DECEMBER 2017

- Dec 7 – Family Drop in 10-12
- Dec 8 – Community Baking 10-1
- Dec 13 – Elders Christmas lunch (lunch & Learn)
- Dec 13 – Foot Care Nurse in 9-4
- Dec 14 – Family Drop in 10-12
- Dec 15 – Community Baking 10-1
- Dec 19 – Traditional Wellness
- Dec 21 – Family Drop In 10-12
- Dec 22 – Closed in afternoon
- Dec 27 – Lunch & Learn
- Dec 28 – Family Drop in 10-12

Travel Support

The Health Department continues to work on its travel support policy for use of its own staff and vehicle. Currently the department uses its vehicle to transport community members only when such transportation is part of a care plan developed by a medical practitioner. Those who do not have a care plan are expected to call upon family and friends for transportation assistance.

However, there are two exceptions to these rules:

1. If someone a) has made every effort possible to arrange a ride, b) the medical appointment is

important and c) health department staff are available, we will provide a ride to Lytton. (All three conditions must apply)

2. We are already making a trip according to a care plan and have room for others who may need assistance in getting to the same destination.

In case of an emergency, call for an ambulance.

We hope this clarifies our current practice.

However, we are always open to suggestions regarding how to better manage travel.



Please note: Care plans can be developed for many reasons including limited mobility, chronic or acute situations. Please contact the health department to arrange an appointment with Cassie to obtain your assessment and to develop the appropriate care plan.

ROP CUTOFF TIMES DUE MONDAY'S BY NOON

RE: ACCOUNTS PAYABLE INVOICES

1. Departments will code, prepare ROP, sign in PREPARED & VERIFIED at bottom of ROP form
2. Hand in to Finance by each Monday by noon and if Monday is a statutory holiday then the cut-off will be Friday before
3. Finance will ensure proper account codes and documents attached
4. ROPs are then given to CEO-Blue for APPROVED
5. Finance SCANS the ROPs individually
6. By Tuesday Accounting procedure: ROPs are entered into the Xyntax program

Moving forward, I will hold the Monday @ noon deadline for ROPs starting 23Oct17 where I will direct Finance only to process ROPs that have made this cutoff, where any (ROPs) that have past this deadline will have to be processed the following Monday @ noon; barring any real emergency.

Family Drop In

Please come join us on **Thursdays from 10-12** at the health building for fun activities, snacks and good laughs. Nzenman staff join in on our Family drop in every 2 weeks to assist us and offer support to families.

Being a parent is certainly rewarding but it can be challenging at times and it is always good to have a group where you can learn from other parents, ask questions, develop friendships with other parents, plus share in the joy of raising children.

CASSIE MICHELL - FOOT CARE NURSE

In community on December 13

Proper foot care is a vital part of maintaining independence, mobility, health and overall well-being. When booking a day clinic in your communities, Cassie offers both education and hands on foot care. Aboriginal statistics suggest that our community members are 2-3 times more likely to develop type II diabetes than the rest of the Canadian population. Therefore education on the importance of safe and proper foot care is a valuable part of my clinics as well promoting ways that clients are able to help maintain healthy feet independently. Clients can expect to be seen for up to an hour and during their session can expect the following: nursing assessment of feet and nails, reduction of thickened nails, removal of callouses and corns, treatment of cracked heels, cutting and filing of nails and a lower leg/foot massage to end their treatment.



If you would like to make an appointment please call the Health office @ 250-455-0284

Wanda Dexel – Mental Health Worker

In community on: Tuesday

To book an appointment with Wanda please call her directly at 1-250-378-9772 or cell: 250-378-7596, her email is dexel.w@schss.com (Most effective way to contact Wanda is through her cell either by text or directly calling) If you want assistance booking or need a place to call her from come on over to the health building.

Stress tips for Christmas Season

Christmas can be a very busy and stressful time as we prepare to entertain family and friends, worry about cooking a delicious Christmas dinner, and fit in some last minute present shopping. These feelings of being under pressure can produce symptoms of anxiety, anger and difficulty sleeping which, if prolonged, could have a long-term detrimental impact on your mental health and wellbeing. By exercising more regularly or practicing mindfulness – a combination of meditation, yoga and breathing techniques – you can help to both alleviate the symptoms of your stress and gain more control when coping with difficult situations.

Some other ways to keep your stress levels down include:

- **TRY TO BE MODERATE** – It may be the season to be jolly, but too much food and alcohol is harmful. Drinking and driving is a real danger and is illegal. If you can't (or don't want to) step off the social merry-go-round, at least eat and drink in moderation.
- **GET ENOUGH SLEEP** – Plan for as many early nights as you can
- **KEEP MOVING** – Keeping up your regular exercise routine can give you fitness and stamina to make it through the demands of the festive season.

