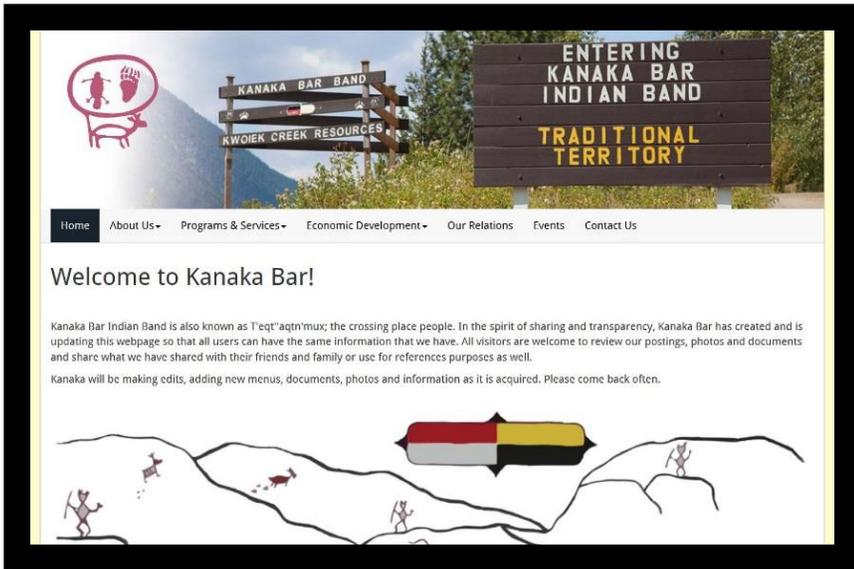


NOVEMBER 2017

KANAKA BAR INDIAN BAND



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 NOVEMBER 2017

- **Fall Prevention Month**
- **Arthritis Information**
- **National Diabetes Awareness Month**
- **Preparedness for power outages and storms**

DATES FOR NOVEMBER 2017

- Nov 8 flu prevention with CHN
- Nov 9- Flu clinic
- Nov 10 CLOSED for STAT
- Nov 14 Family Drop In
- Nov 15 Nurse Practitioner
Foot Care
- Nov 22 Traditional Wellness 4-7
- Nov 23 Arthritis information session

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. Please contact the health department to arrange an appointment with Cassie to obtain your assessment and to develop the appropriate care plan.

WANDA DEXEL - MENTAL HEALTH WORKER

In community on Tuesday 11-2

Your mental health is affected by numerous factors from your daily life, including the stress of balancing work with your health and relationships.

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.

CASSIE MICHELL LICENSED PRACTICAL NURSE FOOT CARE NURSE

In community on November 15



Proper foot care is a vital part of maintaining independence, mobility, health and over all 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 then 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 client 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 follow: nursing assessment of feet and nails, reduction of thickened nails, removal of callouses and corns, treatment of cracked heels, cutting and fining 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

SHANDA ROJAS – NURSE PRACTITIONER

In community on November 15 from 9-4 and November 29

- Diagnose and treat illness
- Order tests and Bloodwork
- Prescribe Medicines (not able to dispense)
- Manage, monitor and review chronic health conditions
- Women's health
- Men's health



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

COHI

Children's Oral Health Initiative

COHI is a dental initiative designed to prevent and control tooth decay in young teeth. Children that are eligible for COHI is children 0-4 and 5-7. There are also pregnant women and caregivers of children to help spread the awareness of dental protection at a young age.

In October Brenda Isacc and Theresa attended the Kanaka Family Drop in, Lytton Elementary School and N'zenman Daycare and provided screening and fluoride varnish application on a few of the Kanaka Bar eligible children. Our goal is to see every eligible child every 3 months.

If you may have any questions about COHI please do not hesitate to can call Theresa Michell; COHI Aide at the Health Office at (250)455-0284.

FALL PREVENTION

The best place to start in preventing senior falls is to take into account the potential causes of falling in older adults, whether it's osteoporosis, vision problems, lack of physical fitness, chronic conditions, medications or hazards in the home. Knowing what the greatest risks are to your loved ones can help you more effectively prevent them from falling.

Here is plenty of helpful tips for helping your loved ones prevent falls:

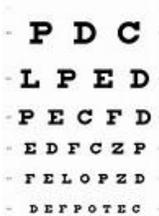


1. Talk to your loved one about the risks of falling.
2. Encourage seniors to talk to their health care providers to assess fall risk.
3. Stay informed about your loved one's current health conditions, and whether they are experiencing any vision, hearing or balance changes.
4. Talk about the medications they are taking and any side effects.
5. Be sure your loved one gets regular eye and hearing checkups.
6. Encourage older loved ones to attend balance and exercise programs.
7. Notice if they have difficulties walking or standing, or if they are holding onto walls or furniture while walking.

Preventing Senior Falls

Almost a third of seniors will experience one or more falls this year and 57% who have fallen will fall again within the next year. According to the Centers for Disease Control, falls are the [leading cause](#) of injury death for senior adults. An active lifestyle can reduce the likelihood of falls, but doesn't completely eliminate the danger. Here are other ways to help seniors avoid falls:

- **Get regular eye exams:** Bifocal lens can distort depth perception, particularly when the wearer is going down stairs or downhill. Seniors should have their eyes checked at least once a year and consider getting single vision lens for wear during outside activities.
- **Maintain steps & install ramps and railings:** Home hazards include stairs, poor lighting, slippery surfaces, and uneven floors. Check for all these problems inside the home and at entrances.
- **Review prescription medications:** Some medications affect balance and alertness. Ask doctors and pharmacists about drug side effects and interactions.





FLU PREVENTION

With the change of seasons comes renewed focus on the flu and the ways we can protect ourselves against infection.

Influenza is a highly contagious viral infection. Up to ten per cent of the Canadian population is affected by the flu each year. Those that are generally healthy will experience symptoms to varying degrees and recover fully in a week to ten days. But for young children, the elderly or those with a chronic illness, the flu can be life-threatening. Preventing infection in the first place is key.

There are many variations of the viruses that cause the flu, and they also change over time.

Based on viral strains or families, vaccines can be developed for use against infection. As these strains change somewhat each year, the vaccine is updated annually.

Viruses are spread through direct contact (within one to two metres, airborne transmission) or indirect contact (surfaces). Signs and symptoms of the seasonal flu vary from one person to another but usually include a combination of:

- fever
- cough
- sore throat
- runny nose
- headaches
- muscle aches and pains
- fatigue

Nausea, vomiting and diarrhea can also occur.

Prevention

- Wash your hands often, using plenty of soap and warm water. Germs can live on surfaces for up to 48 hours.
- Clean your hands with an alcohol-based hand sanitizer often throughout the day.
- Disinfect common surfaces in your home such as doorknobs and light switches. At work, disinfect items such as your keyboard and telephone.
- Cover your mouth when you cough, and sneeze into a tissue or the inside of your sleeve.
- Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.
- If you become sick, stay at home. This will prevent the spread of germs to other employees in your workplace as well as people you may come into contact with through your daily routine.
- Talk to your health care provider about the annual flu shot and if that would be the right option for you and your family.

Preparing an Emergency Kit for Your Car

Slippery or snow-covered roads, reduced visibility and bitter cold: these are all conditions that can make driving difficult and even dangerous during cold weather months. Winter also brings an increased risk of getting stuck in your car, so dress warmly before heading out.

Follow these tips to learn about winter driving risks and prepare an emergency kit for your car.

Exercise extra caution when driving in these winter road conditions:

- **Blizzards:** The most dangerous of winter storms, combining falling, blowing and drifting snow, winds of at least 40 km/h, visibility less than one kilometre and temperatures below -10°C. They can last from a few hours to several days.
- **Heavy snowfall:** Refers to snowfalls of at least 10 centimetres in 12 hours, or at least 15 centimetres in 24 hours; accumulation may be lower in temperate climates.>
- **Freezing rain or drizzle:** This can lead to ice storms, with ice covering roads, trees, power lines, etc.
- **Cold snap:** Refers to temperatures that fall rapidly over a very short period of time, causing very icy conditions.>
- **Winds:** They create the conditions associated with blizzards, and cause blowing and drifting snow, reducing visibility and causing wind chill.>
- **Black ice:** Refers to a thin layer of ice on the road that can be difficult to see or can make the road look black and shiny. The road freezes more quickly in shaded areas, on bridges and on overpasses when it is cold. These areas remain frozen long after the sun has risen.>
- **Slush:** Wet snow can make for slushy roads. Heavy slush can build up in the wheel wells of your vehicle and can affect your ability to steer. Large trucks and buses can blow slush and snow onto your windshield, leading to a sudden loss of visibility.

Follow these tips if you are stuck in the snow:

- Try to stay calm and don't go out in the cold. Stay in your car: you will avoid getting lost and your car is a safe shelter.
- Don't tire yourself out. Shovelling in the intense cold can be deadly.
- Let in fresh air by opening a window on the side sheltered from the wind.
- Keep the engine off as much as possible. Be aware of carbon monoxide poisoning and make sure the exhaust pipe is not obstructed by snow.
- If possible, use a candle placed inside a deep can instead of the car heater to warm up.
- Turn on warning lights or set up road flares to make your car visible.
- Turn on the ceiling light; leaving your headlights or hazard lights on for too long will drain the battery.
- Move your hands, feet and arms to maintain circulation. Stay awake.
- Keep an eye out for other cars and emergency responders. Try to keep clothing dry since wet clothing can lead to a dangerous loss of body heat.

Prepare an emergency car kit

Always have winter safety and emergency equipment in your car. A basic car kit should contain the following:

- Food that won't spoil, such as energy bars
- Water—plastic bottles that won't break if the water freezes (replace them every six months)
- Blanket
- Extra clothing and shoes or boots
- First aid kit with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Wind-up flashlight
- Whistle—in case you need to attract attention
- Roadmaps
- Copy of your emergency plan

Items to keep in your trunk:

- Sand, salt or cat litter (non-clumping)
- Antifreeze and windshield washer fluid
- Tow rope
- Jumper cables
- Fire extinguisher
- Warning light or road flares



RECAP FROM OCTOBER

Kanaka Bar health Themes of the month were Fire Safety week, Flu awareness/Prevention and Halloween safety. We touched base bringing awareness about all of these themes in either workshops/sessions newsletter articles and/or door to door visits. We had our first of flu clinics in the community.

Oral Health

Kanaka Health hosted a couple sessions in regards to the importance of maintaining good oral health in which participants received toothbrushes and tooth paste in needed. The health department encourages to regularly change your toothbrush every 3 months or if you have had a cold or the flu to change after feeling better.



The Children's Oral Health program went to the local schools and daycare to provide their services and give information out. Kanaka Health will be getting in touch with those eligible children and their families that were not reached in October very soon to schedule something with you and your family. If you would like information on COHI please feel free to contact the health department.

Shanda Rojas – Nurse Practitioner

We have been having Shanda the Nurse Practitioner arrange to come to the community two times per month. She is able to meet with community members and work with them on a variety of things. She has been in community on October 13 and 25.

Cassie Michell – Advanced Foot Care

We have been having Cassie Michell- Advanced Foot Care come to the community. She is able to meet with community members and work with them on a variety of things. She has been in community on October 16. She will be back November 15.



Regular Community luncheons

We are looking at having regular luncheons to sit and learn about wellness, health and how we can strive to obtain better health for ourselves. Currently this month we had them on the second and fourth Wednesday.

Family Halloween Safety/Pumpkin Carving October 28

We had a great time carving pumpkins, snacking on healthy foods and playing apple bobbing.