



May Newsletter (Sik-e-dakh)

National Nurses Week May 10-16, 2021

Nurses are an indispensable service sector of our health care system. Nurses week commemorates the long hours and sacrifices nurses make in order to assist and serve our community. From Personal Care Aides, Licensed Practical Nurses to Registered Nurses, we CELEBRATE our Nurses and the exemplary job they do to better our Health.

From Band-aids for boo-boos to wound care, injections and beyond, our nurses are held in high regard and appreciated by everyone. THANK YOU FOR YOUR SERVICE!

DID YOU KNOW?

When your blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. This can lead to heart attack, stroke, and other problems. High blood pressure is called a “SILENT KILLER”, because it doesn't usually cause symptoms while it is causing this damage.

FOR MORE SEE PAGE 10

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Doctor's Clinics in May

Do you need to see a doctor? Please schedule your appt by calling Keith Wale at 250-842-6876. The following are upcoming clinics:

- May 17, 2021
- May 24, 2021
- May 31, 2021

A COVID screening will be completed prior to your appointment and one person at the time into the building.

Sik-e-dakh Health Station Staff

Jessie Marshall, Registered Nurse	Monday—Wednesday
VACANT, LPN	Monday, Wednesday, Friday
Debbie Wesley, Personal Care Aide	Tuesday, Thursday, Friday
Lorraine Half, NNADAP Counsellor	Monday, Wednesday, Friday
Pamela Torres, IRS Support Worker	Monday—Friday
Gary Patsey , IRS Support Worker	Monday—Friday

*GHS operational hours are from 8:30-4:30pm. Closed between lunch 12:00pm-1:00pm.

Staying Strong in LOCK DOWN means reaching out—and Working your Mind Too



A few Medicine in our back yard ~Gitxsan Territory

MOOSE MEAT
HIGH PROTEIN, SELENIUM
VIT-B2 & 3, POTASSIUM, VIT C & E
IRON & ZINC
DEER MEAT
PROTEIN - LOW IN CHOLESTEROL
IRON & OTHER VITAMINS
KINNICKINICK / BEAN BERRY
DIUREtic, KIDNEY & BLADDER FLUSH
EYE INFECTIONS
RED CLOVER
RELIEVES ITCHY SKIN, PSORIASIS
ECZEMA, RASHES, PROMOTES
HEALING IN WOUNDS
TEA - LOWERS CHOLESTEROL
RELIEVES PMS & MENOPAUSE
SYMPTOMS.

SITKA MOUNTAIN ASH BERRIES
RAW CRUSHED BERRIES (red) - COUGHS & COLDS. BARK USED IN TEAS FOR COLDS
FLU & FEVER.

ROSE HIP
TEA - HIGH IN VIT-C, ANTI-INFLAMMATORY
MILD DIURETIC, MILD LAXATIVE, IMMUNE
BOOSTER.
SALVES - BOILS, BURNS, SKIN INFECTIONS
ARTHRITIS, DRY SKIN, ECZEMA, PSORIASIS
ASTRINGENT, SCARS, ANTI-AGING
HORSETAIL
KIDNEY & BLADDER FLUSH, PAIN, ULCERS
INFLAMMATION, HEALING WOUNDS

A FEW MEDICINES IN OUR BACK YARDS. 'GITXSAN TERRITORY'

DEVILS CLUB
TEA - BLOOD TONIC, CONTROL DIABETES
ARTHRITIS, STOMACH PROBLEMS, CANCER
SALVES - ANTI-INFLAMMATORY, HEALING
BOILS, SORES, SKIN INFECTIONS
PSORIASIS, ECZEMA,
SMUDGE - TO WARD OFF EVIL
SPIRITS & PURIFY ONES ENERGY
USED IN AMULET FOR PROTECTION

SMOKING SALMON
VIT B-12, B-6, A & D
OMEGA 3, PROTEIN, CHOLINE
PHOSPHOLIPIDS, POTASSIUM,
PANTHENIC ACID,
BIOTIN

FIDDLE HEAD FERN
SPRING HARVEST - SPRING
ANTI-VIRAL, ANTI-OXIDENT
INCREASES RED BLOOD CELLS
WEIGHT LOSS, HELPS REGULATE
BLOOD PRESSURE

CHAGA
BETUNNIC ACID, PHYTOSTEROLS, VIT D, K & B
IRON, CALCIUM, COPPER, ZINC
FOR - INTESTINAL & LIVER CLEANSE
PROMOTES HEALTHY BLOOD SUGAR
USED IN CANCER TREATMENT

HUCKLE BERRIES
HIGH SOURCE OF ANTI-OXIDENTS
HELPS THE FUNCTION OF THE
PANCREAS, VIT C, POTASSIUM
IRON, IS A GREAT ANTI-AGING
REMEDY PEPTIC ULCERS, CARDIAC
VEINS. HELPS WITH MUSCLE DEG.
DISEASES.

COW PARSNIP
SALVES OR TEA - RHEUMATISM
& ARTHREATIC PAIN

DANDILION ROOT
INFLAMMATION, URINARY
TRACT INFECTIONS, STOMACH
DILMENTS, GAS, CONSTIPATION
ARTHRITIS, LIVER & KIDNEY
CLEANSE

HIGH BUSH CRANBERRY
TALL HARVEST BERRIES
URINARY TRACT INFECTIONS
BARK TEA - COUGHS, COLDS
TB, PNEUMONIA
SMUDGE - RESPIRATORY

SASKATOON BERRIES
ANTI-OXIDENT, ANTI-AGING
ANTI-INFLAMMATORY, VIT C, IRON
POTASSIUM, FIBRE, COPPER

Submitted by Lorraine Half, NNADAP COUNSELLOR

Mental Health and NNADAP

New Hours for Mental Health

Lorraine Half

- ◆ National Native Alcohol and Drug Abuse Program (NNADAP)
- ◆ Also available for regular counselling.
- ◆ Based out of the Sik e Dakh Health Centre but works from home.

If you need to talk to a counsellor, call Lorraine half on her cell

778.202.9414 Mondays, Wednesdays and Fridays from:

8:30 am to 4:30 pm

Telephone appointments only due to Covid19 restrictions.

Off for lunch between 12:00 pm and 1:00 pm

Toll Free Crisis Line in BC 1-800-SUICIDE (1-800-784-2433)

You do not need to be suicidal to call the above number. You can call if you are overwhelmed and need to talk to someone.



Submitted by Lorraine Half, NNADAP COUNSELLOR

First Nation Action Support Team (FAST)

Who Can I talk to, where can I turn?

When to Call: 911	When an event might threaten, harm, endanger someone's wellbeing. When there is an emergency that requires police, fire or ambulance. When someone's life is at risk, 911 is the fastest way to get the help you need.
When you or someone you know is considering suicide	Call 911 or call the Northern BC Crises Line: 1-800-784-2433 Anyone who is suicidal will need to talk to a professional, never leave a high-risk person alone, or keep their plan a secret. It's important they are connected to a doctor, counselor, or help line. Try to convince them to talk to someone it can be an older relative or House member, a community nurse, or teacher, there are many people in our community who are working in helping roles.
When I or someone I know is feeling depressed, anxious, or afraid for a lengthy time. Who can help, who will listen?	FNHA -List of counselors, 16 pages of counselor's names, area of practice, and contact information: FNHA-First-Nations-Health-Benefits-Mental-Health- Provider-List.pdf (various therapists, contact numbers, call anyone of them to talk about what is hindering you from moving forward in life). There is no quick fix for depression, although it can be treated with medical help, a mental health professional has the training and tools needed to effectively treat someone. Wellness counselors can help to navigate through the COVID guidelines in accessing support using new ways of meeting helpers on zoom, teleconferencing, or group work via internet.
When you are concerned about a friend, Youth having lost a loved one; relationships; turmoil at home, physical and emotional violence.	Youth Support Chat: 4:00PM -10:00PM /call or text @ 250-564-8336 Note: In Canada youth are an age from 15 -28 Trained youth answering calls from other youth, confidential, anonymous peer support service. Call 1-888-564-8336 Antibulling.novascocia.ca/what-do-if-you-are-being-bullied Note: get help as soon as you can.

FAST Cont'd

When I'm feeling overwhelmed with grief, feeling empty and hopelessness, anxious, chronic boredom, emotional, physical numbness, lack of interest.	I can learn about inner spiritual awareness by reaching out to talk with traditional and cultural supports. Gya'wa'tlaab Healing Centre: (250) 639-9817 Wilp Si Satx: (250) 849-5211 Tsow Tun Le Lum: (250) 390-3123 IFOT supports: (250) 877-9674 Local church ministries, reach out to talk with an elder.
When I am impacted by COVID	Regional Health Authorities /First Nations Health Authority / Northern Health Northern Health: (250) 631-4200 COVID-19 resources for parents and children-Canada.ca
When I know I have a problem with substances?	Contact your local health station: Wellness Counselors, nurses and staff can direct you to proper resources. Ask a family member to help support you. Talk to someone who has been there.
Feeling isolated since COVID Feeling isolated in my relationship	An isolated person may experience loneliness or low self-esteem. Overtime, a person may develop social anxiety, depression, or other mental health concerns. The right therapist can help individuals build social skills and connect with others. Therapy can also help people recover from the effects of isolation.
Questions	If you have any questions, please feel free to contact our FAST team, we are available 24/7 FAST covers 12 communities, we have volunteers in each community Sandra Rodgers Coordinator: 778-202-128

Submitted by Sandra Rodgers, FAST Facilitator

PCAP and MCH

Hello Gitxsan Families

As of March 31, 2021 since the disengagement of Kispiox Band there have been many changes to the programming and reducing our numbers of families we can assist this final fiscal year. We unfortunately had to lay off 3 employees in our department.

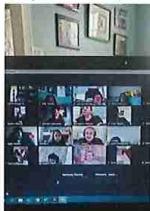
For the past 7 weeks we have been delivering nutritional workshops with Tatyana Daniels, Nutritionist. The number of attendance have been a steady number of attendees with great feedback for the nutritionist. It has made an impact of the process of healing with food. Thank you who all attended. Thank you Tatyana Daniels for your amazing knowledge with healing with food.



Our workshops that we have been delivering is through the Zoom app and it has been working for many. We delivered food packages who registered with the mentors. We had many doorprizes at the end of the workshops.



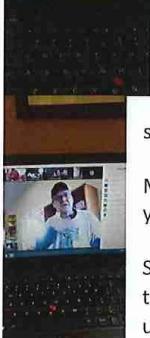
We had many virtual workshops with KASP Facilitator these past couple of months. One workshop on Tradition over Addiction and another one on Hope4Nation. These were successful with about 60 participants.



We have been delivering gift cards to help with our families with food from the Market. However we are limited with funds this year, so expect for major cut backs with services.



We held a medicine workshop with Ross McRae recently and this was done through delivery packages of the medicines and tools. The workshop was done through videoing when on the land and we held the workshop through Zoom.

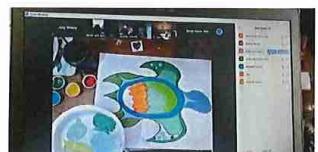


Our mentors have been helping many grieving families with food and supplies in all three communities.



Michelle Stoney painting workshops were fun, exciting and relaxing for the youth and even the adults.

Stay tuned we will be delivery a reading package for Kispiox and Sikedakh as directed by the GHS Board. Alex Stoney finished 2 cultural training videos and Keith Wale will uploading these video to the website:



<http://www.gwgalaxyeeansxw.ca/staff/?fbclid=IwAR2r8RKTVb-MHoDBDdanEAOLP7Dbv0PmH-yRkCrwysOblfbO1dziYT40u5M>

Report by Judith Wesley, Wellness Coordinator

Submitted by Judy Wesley, Wellness Coordinator

COHI Dental

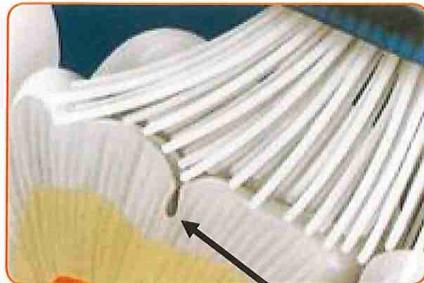


First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Seal in that Smile!

Talk to your dentist, dental therapist or dental hygienist about sealants.



50% of cavities happen
in these deep grooves.



These grooves filled with sealants
stop 50% of cavities from starting.

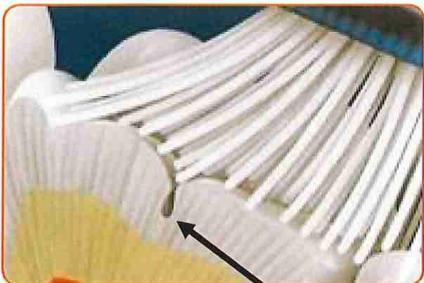


First Nations Health Authority
Health through wellness

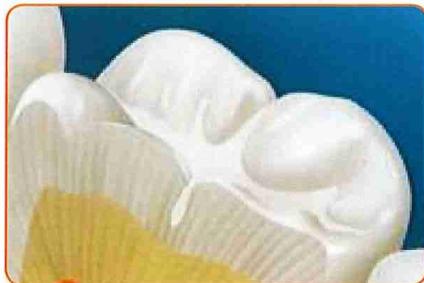
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COHI Dental Cont'd

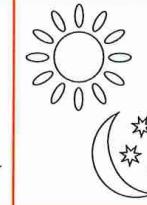
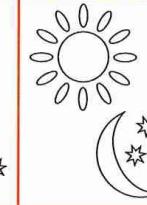
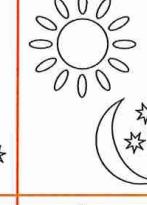
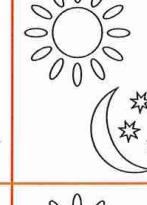
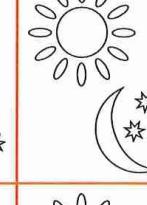
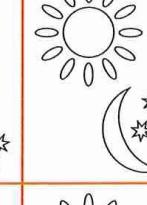
Children's Oral Health Initiative (COHI)


First Nations Health Authority
Health through wellness

Brushing Morning & Night

My name is _____ and I brush my teeth 2 times a day!

Colour in the sun and moon every time you brush, morning and night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

DID YOU KNOW? Cont'd

What is high blood pressure?

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. It's normal for blood pressure to go up and down throughout the day, but if it stays up, you have high blood pressure. Another name for high blood pressure is hypertension.

When blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. This can lead to heart attack, stroke, and other problems. High blood pressure is called a "**silent killer**," because it doesn't usually cause symptoms while it is causing this damage.

Your blood pressure consists of two numbers: systolic and diastolic. Someone with a systolic pressure of 120 and a diastolic pressure of 80 has a blood pressure of 120/80, or "120 over 80." Blood pressure is measured in millimetres of mercury.

The systolic number shows how hard the blood pushes when the heart is pumping.

The diastolic number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

High blood pressure is 140/90 or higher. You have high blood pressure if your top number is 140 or higher or your bottom number is 90 or higher, or both. People with diabetes should have a blood pressure of less than 130/80.

What causes high blood pressure?

In most cases, doctors can't point to the exact cause. But several things are known to raise blood pressure, including being very overweight, drinking too much alcohol, having a family history of high blood pressure, eating too much salt, and getting older. Your blood pressure may also rise if you are not very active, you don't eat enough potassium, or you have a condition called insulin resistance.

DID YOU KNOW? Cont'd

What are the symptoms?

High blood pressure doesn't usually cause symptoms. Most people don't know they have it until they go to the doctor for some other reason.

Very high blood pressure can cause severe headaches and vision problems. These symptoms can also be caused by dangerously high blood pressure called malignant high blood pressure. It may also be called a hypertensive crisis or hypertensive emergency. Malignant high blood pressure is a medical emergency.

How is high blood pressure diagnosed?

Most people find out that they have high blood pressure during a routine doctor visit. For your doctor to confirm that you have high blood pressure, your blood pressure must be at least 140/90 on three or more separate occasions. It is usually measured 1 to 2 weeks apart.

Instead of having you come back to the office several times, your doctor may have you measure your blood pressure at home. You may have what is called white-coat hypertension, which is blood pressure that goes up just because you're at the doctor's office.

How is it treated?

If you have high blood pressure, your doctor will give you a blood pressure goal. Your goal will be based on your health.

You can help lower your blood pressure

by making healthy changes in your lifestyle. If those lifestyle changes don't work well enough, you may also need to take pills. Either way, you will need to control your high blood pressure throughout your life.

Treatment depends on how high your blood pressure is, whether you have other health problems such as diabetes, and whether any organs have already been damaged. Your doctor will also consider how likely you are to develop other diseases, especially heart disease.

Most people take more than one pill for high blood pressure. Work with your doctor to find the right pill or combination of pills that will cause the fewest side effects.

What can you do to prevent high blood pressure?

Making lifestyle changes can help you to prevent high blood pressure. You can:

- **Stay at a healthy weight or lose extra weight.**
- **Eat heart-healthy foods.**
- **Eat less salt and salty foods.**
- **Exercise regularly.**
- **Cut back on drinking.** Limit alcohol to 2 drinks a day and no more than 14 drinks a week for men and 9 drinks a week for women.

Patient Travel

Available **Monday –Friday** during **regular business hours** at 250-842-5165 ext. 412.

PT After Hours **250-842-8629 EMERGENCY TRAVEL**

ONLY:

Weekdays 4:30pm - 10:00pm

Weekends 8:00am –10:00pm

*Text or leave a message and the PT clerk will return your call.

Gitxsan Health Society

**GHS OPERATIONAL HOURS 8:30am –4:30pm ~Monday through Friday.
Closed between 12:00pm—1:00pm for Lunch Break.**

Mailing Address:

Box 223

Hazelton, BC

V0J1Y3

Phone: 250-842-5165

Fax: 250-842-2186

Website: www.gitxsanhealth.com