

# Newsletter

January 2023

**T'IT'Q'ET JANUARY 2023 ISSUE**

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**TO SUBMIT TO NEWSLETTER**

Please email us at: [reception@titqet.org](mailto:reception@titqet.org)  
details on page 33

Merry  
Christmas  
&  
Happy  
New Year

20  
23



# January

## Holiday office closures

The office will be closed from December 22, 2022 at 4:00 p.m. to January 2, 2023. The office will re-open on January 3, 2023.

## Garbage Days

Mondays and Fridays

## Recycle Days

Recycling will be once a week and will have to be separated

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

### RECYCLE DAYS:

Jan 4–Plastics  
Jan 11–Glass  
Jan 18–Tins  
Jan 25–Cardboard/Paper



### December

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## FIRE WOOD AVAILABLE

Place orders at:

250-256-4118 ext. 248

Wood pile open to T'it'q'et Members Only.

## NURSE PRACTITIONER

IS IN T'IT'Q'ET HEALTH DEPARTMENT

Third  
MONDAY of  
the month  
1PM -4PM



## Notice to members who send payments by E-Transfer

Please remove [accountspayable@titget.org](mailto:accountspayable@titget.org) from your e-transfer list and send all payments to Lesley Napoleon at [bookkeeper@titget.org](mailto:bookkeeper@titget.org). We prefer that you continue to use the same password that you currently use when sending a payment. Any updated or new passwords can be emailed to Lesley.

**Payments include:** rent, NORHA loans, loans, house insurance, etc...

Thank you,

Finance Department



## T'it'q'et Health Department

P.O. Box 615  
Lillooet, B.C.  
V0K 1V0

Phone (250) 256 4118  
Fax (778) 784 4070

Happy holidays from T'it'q'et Housing.

We will be on holidays December 23, 2022 returning January 3, 2023.

If you have any **housing emergencies** during the holidays please call or text  
Kassandra or Kristen.

**Kassandra 778-209-7330**

**Kristen 778-209-7599**



K'althwá7al'ap (Hello) T'it'q'et community members

**I would like to wish one and all a Merry Holiday Season. Please stay safe.**

During the Christmas holidays, please see below the emergency contacts available:

- Vanessa Thevarge – 250-457-9716 (H)
- Shawna Riley – 250-256-9204 (C)
- Juanita Jacob – 250-256-9410 or email [wellnesscoordinator@titqet.org](mailto:wellnesscoordinator@titqet.org)

Just a friendly reminder, please continue to wash/ hand sanitize your hands regularly, cough & sneeze into your elbow, disinfect highly touched surfaces, stay home if you are sick, keep physically distant, and remember, it is ok to wear a mask to make/keep you safe.

S7at'sxstsút (Take care),

*Vanessa Thevarge*

Vanessa Thevarge

Health & Social Services Manager

T'it'q'et

[www.titqet.org](http://www.titqet.org)





Merry Christmas  
Bron NZ

happy  
holidays  
Hassanah

Ami's  
Sami

Merry Christmas TO  
ALL SAFE HOLIDAY Family

\* Merry Christmas everyone!! & a Happy New Year!!  
- Brandon and Fam

Merry Christmas &

Happy New Year

From T'it'q'et Chief & Council

& Staff

Have a safe and wonderful one!

Happy Holidays  
Krista

Happy Holidays  
Diana

Holiday Wishes  
Gena

merry Christmas  
Happy New Year for  
2023 Nadine L

Merry Christmas + Happy New Year  
Adrianna  
Scotchman

Happy Holidays  
Happy Holidays  
Happy Holidays



Happy  
Holidays  
Pete

Susie Teech

Kasson  
Doss

June

Nadine L

Merry  
Christmas  
Happy New Year  
Nadine L

Kristen Alexander

CHARLENE  
NAPOLEON

Deanne

Merry Christmas &

Happy New Year

From T'it'q'et Chief & Council

& Staff

Have a safe and wonderful one!

Lester  
Napoleon

Alan Riley

Merry Christmas  
Happy New Year

Susan Napoleon

Edan  
Munro

Stephonie

Janice  
Whitney

Vanna Thavara

Levi's Sam

Janice

Happy holidays!!  
Jan B

Ken Wai

Sabrina James





## T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

January 2023

The T'it'q'et Lands Committee and Lands and Natural Resources Department continue to meet every two weeks. The Chairperson of the Lands Committee is Genevieve Humphreys. The Vice Chairperson is Terence MacLellan. The other members of the committee are Marilyn Napoleon; Myrus Doss and Marie Barney and T'it'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Officer is Stephanie Louie and the Lands Committee Coordinator is Dean Billy.

- **Lands Committee**

The committee has been meeting online with Rudolph Ryser of the Centre for World Indigenous Studies to discuss how to include the values and principles of the P'egp'ig'lha Constitution in its work. St'át'imc language speaker Linda Redan has also been attending these meetings to provide translations for concepts like: "Al'k'ws ta tmícwa" which means looking after the land.

- **Law-Making & Enforcement**

The Lands Committee met with Kevin Broughton on the draft Enforcement and Ticketing Law. They are currently working on draft #6. When they have finished this review, it will go to T'it'q'et Council and then to legal counsel for their review and comments.

- **Dispute Resolution**

The Lands Committee met with consultant EHA452 & Associates to discuss the development of a draft Dispute Resolution Process.

- **Organization Study / Human Resources Management**

The Chairperson of the Lands Committee has completed an evaluation of the Lands Committee. This should become an annual part of the committee's activities.

- **Communications & Public Relations**

Lands and Natural Resources Department staff met with District of Lillooet Chief Administrative Officer to discuss District works yard and past issues between T'it'q'et and the District of Lillooet.



*COME JOIN US FOR A MEAL AND  
BRING A FRIEND*

*BRING QUESTIONS ABOUT FNHA  
HEALTH BENEFITS*

Health Benefits 101 presentation.

- **BRANDY HAZEN** the Interior Community Relations Representative

-With Mental Health Addiction Specialist

**January 16th at 5pm**

Location T'it'q'et Gymnasium

Dinner at 5pm

Presentation starts at 6:00 – 8:00



Regarding Health Benefits

**-Vision –Dental -Medical Supplies**

**-Medical Transportation -Mental Health -Pharmacy Benefits**



**INTERIOR REGION**

First Nations Health Authority



## Need Legal Aid?

A Legal Aid Representative (Olivia Brown) will be able to assist you with your Legal Aid application at the Lillooet Court House – You can also contact her at 250.320.8082 or email her at [o.brown@lfn.band](mailto:o.brown@lfn.band) and she will get back to as soon as she can.

Commissioner For Taking Affidavits available.

Date: December 13, 2022

Location: Lillooet Court House

Time: 9:00am to 12:00pm

The following is what you will need for your Legal Aid application:

- **Criminal Case:** Relevant Court Documents(s)
  - PTA (Promise to Appear), notice if applicable, AND Sentencing slip (Risk of jail for Yes/No), copy of Charges (Telecommunication)
  - Two-month Bank Statements
  - Bring ID or know off hand of you Care Card #, Driver's Licence #, BCID #, OR your Social Insurance #.
- **Family Case:**
  - ANY Court papers relevant to your Family Case
  - Two-month Bank Statements
  - Bring ID or know off hand of you Care Card #, Driver's Licence #, BCID #, OR your Social Insurance #.



Lytton Restorative Justice, Prevention & Education Program  
Phone: (250) 320, 8082  
Facebook: Lytton Restorative Justice  
Website: <http://www.lyttonrestorativejustice.com/contact>

## Lillooet provincial Court dates

December 13<sup>th</sup> – First appearance

December 14<sup>th</sup> – Trial date

December 15<sup>th</sup> – Trial date

January 10<sup>th</sup> – First appearance

January 11<sup>th</sup> – Trial date

January 12<sup>th</sup> – Trial date



Lillooet, BC Courthouse

We provide legal aid in BC. The law is complicated, but not everyone can afford a lawyer. We can help you with your legal issue

If you don't qualify for representation by a legal aid lawyer, you may still be eligible for our legal advice services, including duty counsel.

## Need a lawyer?

Your net monthly income must be below the amount for your household size in the table below.

⚠ Only a legal intake assistant can determine if you're financially eligible for legal aid. The following information is **not** complete.

### Net household monthly income table

Household size	Standard and Family Limited Representation cases	CFCSA and Criminal Early Resolution cases
1	\$1,670	\$2,670
2	\$2,340	\$3,340
3	\$3,010	\$4,010
4	\$3,680	\$4,680
5	\$4,350	\$5,350
6	\$5,020	\$6,020
7 or more	\$5,690	\$6,690

## Need a Legal Advice?

Your net monthly income must be below the amount for your household size in the table below.

### Do I qualify financially for legal advice?

ⓘ To get criminal or immigration legal advice services, you don't have to be financially eligible.

### Family advice services

Family legal advice services have a financial eligibility test

To be eligible for family advice services, your net monthly household income must be below the amount for your household size in the table below.

Household size*	Net monthly income**
(number of family members)	(income after deductions)
1 – 4	\$3,680
5	\$4,350
6	\$5,050
7 or more	\$5,720

# COLD WEATHER SAFETY

When winterizing camping gear, ensure pets and wild animals are not hiding inside.

Keep all animals indoors during cold weather. If you must keep an animal outside, ensure shelter is off the ground and provides protection from wind, cold and dampness. Keep drinking water ice-free.



Use pet-safe propylene glycol antifreeze instead of ethylene glycol, which can kill a pet with only 1 tablespoon.



Clean the pads of your pet's paws after walking on sidewalks or roads to remove irritating salt.



Choose a pet-friendly, non-corrosive de-icing compound for your sidewalks.

**BCSPCA**  
SPEAKING FOR ANIMALS



## T'it'q'et MEMBERS – Mailing Addresses

If you move to a new location, please provide the Finance Department and the Receptionist with your new mailing address as soon as possible, thus preventing cheques and the newsletter from being returned to the office.

If your cheque is mailed before you updated your new address, then you will have to wait until we receive your cheque back in the mail before we mail to your new address or we can reissue the cheque, but you will be charged \$12.50 to cover the **Stop Payment** through the bank, which will be deducted from your cheque.

Thank you,

Receptionist email: [reception@titqet.org](mailto:reception@titqet.org)

Finance: Lesley Napoleon at [bookkeeper@titqet.org](mailto:bookkeeper@titqet.org) or Sabrina James at [tfntfinance@titqet.org](mailto:tfntfinance@titqet.org)

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## Issued Cheques

Members and Community Members, the bank reconciliation is done daily by the Finance Manager. Any cheques that are double cashed will be reversed by the bank immediately. Any suspicious fraudulent activity will be reported to the Stl'atl'imc Tribal Police. Thank you for your understanding.

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**Thank you, the Finance Department,**

Do you need to relax?

Do you suffer from headaches or backaches?



JANUARY 18, 2023 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

Amawil'calalhcw (T'it'q'et Health Centre)

Maytálhcw (A place to Heal)

**To book an appointment contact medical clerk**

250-256-4118 Ext. 241

[MEDICALCLERK@TITQET.ORG](mailto:MEDICALCLERK@TITQET.ORG)

### Please note

Your appointment is 20 minutes long

The schedule provided for the time management for both the client as well as the Therapist.

If you know you are going to be late please call ahead to the medical clerk

There will be seating available until your appointed time in the wellness room in the health wing

# Message from T'it'q'et Housing:

## Yard maintenance:

Housing Policy- 9.1.1.1 Owners and residents be encouraged to maintain and keep up their yards, properties and housing in a way that would make the community proud.

## Visitors:

Friendly reminder that in the rental units as per agreement signed:

8. Except for casual guests, no other persons shall occupy the premises without written consent of the Landlord.

Housing needs to be contacted when you move someone into your rental unit.

Then it needs to get approved by administration, and council that this ok.

If approved a new rental agreement will need to get filled out and signed.

## Garbage:

O&M picks garbage up on Mondays and Fridays. Wednesdays they pick up recycling. On recycling days, the garbage will be picked up as well for now.

Animals are getting into garbage, if an animal gets into your garbage it is your responsibility to pick it up.

Please do not throw food waste outside your home, throw it in the garbage. This will help from animals going into your yard, and mice trying to find a way into your home.

Thank you,

Kassandra Doss

Housing Coordinator.




Set up an altar space for your lost loved ones.



Remember that crying is okay.



Volunteer or donate to a charity that was important to your loved one.




Light a candle in your home in memory of the person you've lost.



If needed, see a counsellor, ask for help or seek out a grief support group.



Play your loved one's favourite holiday music.



Honour old traditions to keep your loved one's memory present.



Make a memorial ornament, wreath, or other decoration in honour of your loved one.

# COPING WITH GRIEF & LOSS DURING THE HOLIDAYS

@thatinclusivewitch



**Team T'it'q'et would like to thank the following vendors for their wonderful donation towards the 2022 T'it'q'et Children's Christmas Party Raffle**

- ❄ Lillooet Timber Mart for their donation of \$100
- ❄ Capri Insurance for their donation of 4 Kamloops Blazer Tickets for January 21<sup>st</sup>, 2023 and 4 Kamloops Blazer Tickets for February 11, 2023, which will be added to 1<sup>st</sup> and 2<sup>nd</sup> prize plus two travel mugs
- ❄ Morine & Schindler for their donation of \$100
- ❄ BC Hydro for their donation of \$500
- ❄ Mandell Pinder for their donation of \$500
- ❄ Urban Systems for their donation of \$250
- ❄ Kelsey McDermott (Mandell Pinder) for her donation of \$200
- ❄ Buy Low Foods – 2 gift baskets
- ❄ Aspen Planers for their donation of \$1,000
- ❄ T'it'q'et Health Department for their donation of three Turkey's and three Ham's
- ❄ T'it'q'et Social Development for food hamper item donations
- ❄ T'it'q'et Wellness – Fields and Lightfoot gift cards for all three prizes
- ❄ T'it'q'et Administration for food hamper items

**Team T'it'q'et would also like to thank our wonderful ticket sellers who have been doing an amazing job with selling the raffle tickets, a huge thank you to:**

- |                          |                              |                   |
|--------------------------|------------------------------|-------------------|
| ❄ Courteney Adolph-Jones | ❄ Susie Leech (Receptionist) | ❄ Ken Taylor      |
| ❄ Felicia Aleck          | ❄ Nicole Napoleon            | ❄ Sarah Moberg    |
| ❄ Lesley Napoleon        | ❄ Deborah Prevost            | ❄ Lloyd Leech Jr. |
| ❄ Sabrina James          | ❄ Stephanie Louie            |                   |
| ❄ Tabitha Leech          | ❄ Tamara Napoleon            |                   |

As well, we would like to thank anyone who has contributed any food hamper items to the prizes.

Team T'it'q'et would like to thank you all for your wonderful support, you are helping make the T'it'q'et Christmas party a wonderful success. We appreciate all your help.

*Team T'it'q'et*



**Thank you for those who have donated to our Annual Christmas Party Raffle.**

**The following are our lucky duck winners:  
Raquel Kane, Dewey Jones, and Laura Terry**

**T'it'q'et Children's Christmas Party Raffle 2022**

**Draw Date: Sunday December 11<sup>th</sup> 2022 @ T'it'q'et Children's Christmas party**  
**Tickets are \$5 each or 3 tickets for \$10**

E-transfers to Sabrina James: sjemerald@gmail.com  
Lesley Napoleon: napoleon8628@gmail.com



**1<sup>st</sup> prize - Frigidaire 15.5 cu Ft Upright Freezer**  
(Valued at \$1,030.45)  
& Turkey and Ham Hamper

**Raquel Kane**



**2nd prize - Bradley Digital 6 rack smoker with Maple, Apple & Alder bisquettes** (Valued at \$1,006)  
& Turkey and Ham Hamper

**Dewey Jones**

**3<sup>rd</sup> prize - Kalorik MAXX Digital Air Fryer Oven**  
Grill 26 Quarts (Valued at \$370)  
& Turkey and Ham Hamper

**Laura Terry**





## T'it'q'et Administration

P.O. Box 615  
Lillooet, B.C.  
VoK1Vo

phone (250) 256 4118  
fax (250) 256 4544  
[www.titqet.org](http://www.titqet.org)

### Notice from Housing regarding pets:

-There have been dogs roaming around on the road.  
Please tie your dog's up or supervise them when you bring them out.  
When they run on the road in front of vehicles it is a safety hazard for the driver and dog.

-All home owners/tenants are responsible for their dogs and pets that roam freely, bark incessantly and cause general annoyance to neighbors.  
Please keep dogs fenced in or tied on a run.

-Dogs that bark constantly should be brought into the home especially during the evening.

-Home owners/tenants are advised to put in complaints in writing to administration if an animal is causing a nuisance for example: digging up gardens, taunting neighbor's pets that are fenced in, doing their business on neighbors' lawns etc.

#### 8.2.1.8 As per the housing policy it states:

1st Warning is a writing to the owner from Council:

2nd Warning, the owner must pay the \$50 animal control surcharge;

3rd Warning, the pet owner must meet with Council;

4th warning is the removal of the dog.

Thank you,  
Kassandra Doss  
Housing Coordinator



# Engaging Youth for Stronger Communities

## STEP UP



Phase #3 starts December 1-March 31, 2022-2023

Volunteer work experience while learning employable skills.

Youth Lead, Mentor and Advocate for change while building a tool kit with resources to be equipped for a clearer vision of goals.

Plan a career and education portfolio to be prepared for short and long term goals.

Ages 15-30

- Work Ethics-Leadership, Mentorship, Leadership, Self Awareness, Networking, Life Skills
- Occupational Health and Safety-HR Downloads online courses, work wear.
- Career Planning--Individual Action Plans, Resumes and Cover letter.
- Cultural workshops

Open to youth in Lillooet, St'at'imc, Goldbridge, Bralorne and surrounding communities.

Support for living expenses available up to \$500.00 twice a month according to attendance and childcare dollars available.

Contact: Coordinator-Gail Kreiser Leech [evscoach@lfcs.ca](mailto:evscoach@lfcs.ca) 256-4146 ext 207  
Activity Support Coach-Mariko Kage [evsc@lfcs.ca](mailto:evsc@lfcs.ca) 256-4146 ext 209  
Location: Lillooet Friendship Center Society 357-Main Street



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SERVICE  
CORPS | **Canada**





# DOG WALKING CONTEST



## January is Walk Your Dog

Even a short walk around the block on a cold day makes a big difference. So, begin this year with a pledge — better health for you and your dog!

ENTER YOUR NAME EACH WEEK

IF YOU WALK YOUR DOG 3 TIMES A WEEK MINIMUM

BRING A FRIEND; TO ENTER & SUBMIT PHOTOS TOO

SEND PICTURES TO [MEDICALCLERK@TITQET.ORG](mailto:MEDICALCLERK@TITQET.ORG)

- PHOTO MUST HAVE DATE AND TIME
- PHOTOS BY SUNDAY EVENING
- DRAWN MONDAY AT 10AM

WIN A \$50.00 GIFT CARD  
ONE DRAW A WEEK



Dr. Bolen  
our Podiatrist  
Will be coming into the  
T'it'q'et Community

**FRIDAY**

**JANUARY, 20, 2023**

Please contact Medical Clerk  
at the band office

To book your appointment

[Medicalclerk@titqet.org](mailto:Medicalclerk@titqet.org)

250-256-4118 ext.241





First Nations Health Authority

### CLIENT RESPONSIBILITY

Clients who access medical transportation through the FNHA Health Benefits program, either at the community level or Health Benefits Operations are responsible to:

- Give at least 5 days notice. Upon receipt of notice, transportation arrangements can be made.  
**Note:** Clients who do not provide sufficient notice may be required to reschedule their appointment or pay for the travel and get reimbursed
- Attend their medical appointment as scheduled. Clients who do not attend medical appointments may be required to pay back any benefits they have received and/or pay for their travel costs on subsequent medical travel
- Get a signed confirmation of attendance from the health professional and return it to the Transportation Coordinator after the medical appointment.
- Give notification when cancelling an appointment prior to the date of the appointment; including 24 hours notice to cancel any hotel arrangements
- Retain and submit all necessary receipts required
- Not damage property or abuse accommodation arrangements, such as excessive noise
- Not become verbally abusive or threatening to the patient transportation clerk or coordinator

Clients may be required to pay for their own travel arrangements and submit a client reimbursement form with the appropriate documentation or may have charges deducted off their next travel arrangements, in such cases as:

- a) Client is verbally or physically abusive;
- b) Client fails to provide the required medical documentation (referral or confirmation of attendance) or receipts
- c) Client is no longer accepted in commercial establishments or on commercial transportation because of inappropriate behavior
- d) Client does not make it to their scheduled appointment
- e) When FNHA or a First Nation organization is charged for damages; billed for keys; or no shows.



*T'it'q'et Health Department*

P.O. Box 615  
Lillooet, B.C.  
V0K 1V0

Phone (250) 256 4118  
Fax (778) 784 4070

Dear T'it'q'et Community;

#### RE: Medical Transportation

When submitting medical transportation requests, a notice of at least **five** days is needed to allow enough time for travel arrangements to be made and to ensure your cheque is done in a timely manner.

Cheque day submissions are Tuesday and Thursday (that is when the Medical Clerk can submit requests to finance) and cheque pick-up days are Wednesday and Friday (when you can pick-up your medical travel).

In case of short notice; medical travel can be reimbursed upon submitting a medical note/or a purchase order for Lightfoot Gas can be provided.

In cases of medical emergencies; clients are normally transported by ambulance to the closest acute emergency facility.

You can submit your medical transportation request to Nicole/Medical Clerk by email: [medicalclerk@titqet.org](mailto:medicalclerk@titqet.org), Fax: 778-784-4070, or call: 250-256-4118 ext. 241 to make arrangements.

**Please do not use social media or text as a way of contacting Nicole/Medical Clerk as those are her own personal platforms.**

If you have any questions, please come in and see me, call me at 250-256-4118 ext. 234, or email [healthmanager@titqet.org](mailto:healthmanager@titqet.org)

S7at'sxstsút (Take care),

*Jama Thevaraj*



### Do you need assistance with:

- Short term course tuition
- Training allowance
- Work gear and/or travel

### Available to T'it'q'et Members

Please contact the **Community Adult Learning Centre:**

Ph: 250-256-6007

**Stephanie Joseph**, Program Coordinator, Ext. 303

E: [calccoordinator@lillooettribalcouncil.ca](mailto:calccoordinator@lillooettribalcouncil.ca)

**Shalyn LaRochelle**, Program Assistant, Ext. 305

E: [CALC.Assistant@lillooettribalcouncil.ca](mailto:CALC.Assistant@lillooettribalcouncil.ca)



\*The Government of BC provides funding for the Indigenous Skills Fund and Development Fund Program, administered by the Ministry of Advanced Education and Skills Training (AEST).



### **Walk Your Dog Month 2023**

**January 1, 2023 - January 31, 2023**

January is Walk Your Dog Month and what better way to kick start your New Years Resolutions by getting out in the great outdoors and walking off some of that festive food and drink?

With obvious health benefits for both you and your dog(s), this awareness month is a great way to help dust off the January blues, get out and about, meet other dog walkers and improve your own and your dogs well being.

In a 2017 clinical survey carried out by the Association of Pet Obesity Prevention, it was found that 56% of dogs in the United States are obese equating to 50.2 million dogs across the Nation.

The number of pets with clinical obesity continues to increase. states APOP Founder, veterinarian Dr. Ernie Ward. We're continuing to see more pets diagnosed with obesity rather than overweight. Clinical obesity results in more secondary conditions such as arthritis, high blood pressure, kidney disease, and certain forms of cancer. Pets with obesity also have reduced quality of life and shorter life expectancy.

With the biggest reason given for not being able to exercise pets appropriately being "too busy", Walk Your Dog Month is a great opportunity to set yourself some small targets to get out walking with your dog and hopefully change your habits long term to the benefit of you both.

It is important to note that before starting any exercise regime it would be worthwhile checking that your dog doesn't have any underlying health issues and when you do start frequent dog walking, safety is key for both you and your dog. Some things to consider include:

Wearing brightly coloured or reflective clothing, leashes and collars.

Stay in well lit public areas

Ensure your dog has access to plenty of fresh clean water during if on a long walk and afterwards.

Protect your dogs feet from the elements- ice, snow and de-icers and grit can all cause nasty sores so be sure to protect your dogs feet and wash them down afterwards.

Make sure your dog is warm or cool enough – particularly if young, old or with a condition such as arthritis.

But most of all HAVE FUN!

<https://www.awarenessdays.com/awareness-days-calendar/walk-your-dog-month-2023/>





# Time to Mask Up!

Your mask helps protect you and your community

Our First Nations teachings are to take care of one another. Let's do this by wearing our masks, especially to protect our Elders and other vulnerable community members.

## When to wear a mask.

Well-fitting, high quality masks are recommended for use in situations where you cannot always maintain physical distance:



At the grocery store



On public transit



Indoor spaces with poor ventilation



Crowded outdoor spaces (gatherings)

## Masks are not enough.

Masking is one way we can help stop the spread of respiratory viruses, but it's also important to:



Get your flu shot and COVID-19 vaccine



Wash hands frequently for 20 seconds



Stay home when feeling sick

Remember that others may choose not to wear a mask for personal or medical reasons. It's important to always be kind and respectful.

[www.fnha.ca/what-we-do/communicable-disease-control](http://www.fnha.ca/what-we-do/communicable-disease-control)

NOVEMBER 2022



# Feeling Sick? Stay Home.

If you're feeling unwell, home is the best place to recover and feel better. You don't want to spread illness to others, whether it be at school, your place of work, or in other public venues.

Not sure if you're sick? If you're experiencing any of the following symptoms, stay home until they pass:



Coughing or sneezing



Runny or stuffy nose



Sore throat



Headache



Extreme tiredness



Fever



Chills



Muscle aches or joint pain



Nausea or diarrhea



Shortness of breath

During respiratory virus season, the common cold, influenza, COVID-19 and other viruses can spread easily and make many people sick. By staying home you're not only giving yourself time to heal, you're protecting others!

For the best protection, check with your community health nurse or local health centre about getting your flu shot and COVID-19 vaccines.

[www.fnha.ca/what-we-do/communicable-disease-control](http://www.fnha.ca/what-we-do/communicable-disease-control)

NOVEMBER 2022



What is dementia?

Alzheimer Society

We all forget things, experience changes in our mood, or mix-up our words from time-to-time. But when this begins to affect our day-to-day functioning, it could be a sign of a condition called dementia.

What is dementia?

Dementia is a broad term that describes a set of symptoms that may include memory loss, changes in mood, and difficulties with thinking, problem solving and language. While they may seem small at the start, they can affect the day-to-day lives of people with dementia.

Dementia is caused when the brain is damaged by diseases or a series of strokes. There are many diseases which can cause dementia, with Alzheimer’s being the most common. Regardless of the cause, dementia can be frightening, which makes it difficult to find the right help.

But there is help.

Learning how to live well with dementia, and how to manage the symptoms, can help you gain control and confidence along your journey. The Alzheimer Society is here to provide you with the support and information to do just that, no matter where you are on this journey.









People may think dementia is a normal part of aging. It is not.

There are important differences between symptoms of dementia and normal aspects of aging:

Normal Aging	Dementia
Forgetting events from a year ago.	Forgetting details from recent events.
Becoming lost occasionally.	Becoming lost frequently or in familiar places.
Occasionally struggling to find words.	Frequently pausing and using substitutions when trying to find words.
Able to speak clearly and well.	Increase in slurred speech and other language problems.
Predictable and stable moods.	Unpredictable changes in mood and behaviour.
Able to follow and participate in conversations.	Difficulty in following or participating in conversations; frequent repetition of questions and stories.
Ability to perform everyday tasks like paying bills and shopping.	Difficulty with remembering to do everyday tasks, like paying bills or shopping.

An early diagnosis can help slow the progression of the disease.

A dementia diagnosis does not mean your life as you know it has stopped. Research shows an early diagnosis with proper intervention can help slow down the progression of dementia. This can help people continue to have full lives for a long time after diagnosis. While the symptoms will get worse over time, there are treatment options and therapies available. Making lifestyle changes that encourage brain health can also help delay the onset of dementia and slow its progression. These include:

 Exercising your brain with new cognitive exercises, like learning a new language or instrument.	 Protecting your head from injury.
 Staying socially connected with friends, family and neighbours.	 Being physically active.
 Eating a healthy diet by including fruits, vegetables, whole grains, and nuts in your meals.	 Taking care of your hearing by getting annual evaluations and wearing a hearing aid, if needed.
 Visiting your doctor or other healthcare providers regularly.	 Quitting smoking and reducing alcohol intake.

The Alzheimer Society can help.

If you are concerned that you or someone you care about has dementia see your doctor and contact the Alzheimer Society today. The Alzheimer Society is active in communities across the country. Find your local office on our website: [www.alzheimer.ca/find](http://www.alzheimer.ca/find).

Happy Holidays best wishes and prayers for safe holidays <3

Changing of the year, changing of the seasons, and offering prayers to include a positive mindset to make good intentions for the outgoing year, to end the best way possible; under whatever circumstances you find yourself in. Positive mindset for good intentions to bring in the New Year 2023!!

We all gone through a lot, and it seems more change is to come again. The Pandemic is not over; it is more 'normalized' still bad like pneumonia; still feared and respected for what the change can mean. From never regaining your full health back, as weakened immune system; either due to age, health before the illness, or fear of medical emergency part so some people do not go get medical help- which results in weakened physical system.

Change of life style, slow down for life to catch up. Refocus on what is important and where it falls in your life. Education, upgrade, language, children change schools, new instructor's new rules. All change that we maneuver through the best we can. All in all, be nice and take pride, of yourself for what you have accomplished, overcome and take a breath.

With changing times I know it can be difficult transition for how life changes. How the decisions bring about various emotions which comes in a wide range of levels; happiness, loneliness, fear or for some, it is a sense of joy and excitement; it is to each their own and how they choose to share that part of themselves. Change is what is moved around or misplaced or brought out into the open. Without movement, nothing changes.

Your mindset and heart is yours alone to guide and find your path to yourself.

Breathe life, into your life, be active in making your own decisions; be happy to know for life to get better; change will happen. Growth is change, education is change, be with the change.

I offer prayers an always have my candle lit for those who need extra light to get through I offer smudge and fans of cleansing for health, clear mindset or help in what 'spirituality' is or means —I am open to discussion of what healing can be, or what it means for you or family . I offer the variety of assistance. All with good intentions and do only what I know; not any more or less.

I can and will visit homes, when it is requested. I can and do phone sessions, if you do not want to see anyone. I assist other organizations which help the people on or off reserve.

Nilth ti (enough for now)

Juanita Jacob



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Juanita Jacob

Wellness Coordinator

December 2022

First Nations Health Authority

Interior Region Mental Health and Wellness

Quick Reference Mental Health and Substance Misuse

Support Resources



### Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US: toll free 1-800-588-8717**
- **Indian Residential School Survivors Society** toll-free: 1-800-721-0066  
Cultural Supports accessible through the office 1-604-985-4465 Monday to Friday 8:30 am to 4:30 pm
- **Tsow-Tun Le Lum Society:** 1-888-403-3123
- **Hope for Wellness Helpline:** 1-855-242-3310
- **Interior Health Crisis Line** 1-888-353-2273
- **First Nations and Aboriginal Specific Crisis Line available 24/7**  
Toll Free 1-800-588-8717  
Youth Line 1-250-723-2040  
Adult Line 1-250-723-4050
- **British Columbia Crisis Center** 1-800-784-2433
- **Canadian Mental Health BC Division** 1-800-555-8222

#### Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

#### Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line 1-800-563-0808** (24 Hour)
- **Kids Help Phone** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234 or text 686868
- **Seniors Abuse and Information Line (SAIL)** 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

#### Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support:** 1-833-308-6379  
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) [foundrybc.ca/get-support/virtual](https://foundrybc.ca/get-support/virtual)
- **Youth in BC online Chat:** 1-604-872-3311

#### PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week [inquiries@pflagcanada.ca](mailto:inquiries@pflagcanada.ca) [www.pflagcanada.ca](http://www.pflagcanada.ca)





Capricorn (Dec 22-Jan 19)

The fog is lifting, Capricorn! Mercury enters your sign on Tuesday and gives you clear thinking, problem solving, and strategy. Wednesday's Full Moon in Gemini wants you to change a habit to help you reach your goals. Venus enters your sign on Friday and attracts people and relationships that help you feel more beautiful and connected. month to the fullest.

Aquarius (Jan 20-Feb 18)

Time to let go, Aquarius. Mercury enters your Capricorn-ruled closure zone on Tuesday and asks you to initiate closure where you need it. Wednesday's Full Moon in Gemini helps you see your vulnerability as something beautiful to be proud of. Venus enters Capricorn on Friday and wants you to heal from patterns and people from your past.

Pisces (Feb 19-Mar 20)

You belong, Pisces! Mercury enters your Capricorn-ruled friendship zone and reconnects you to your friends and community. Wednesday's Full Moon in Gemini wants you to communicate your emotions clearly and specifically for inner peace. Venus enters Capricorn on Friday and intentionally blurs the lines between friend and lover so new dynamics can emerge.

Aries (Mar 21-April 19)

Step into leadership, Aries! Mercury enters your Capricorn-ruled career zone on Tuesday, inspiring more autonomy and freedom. Wednesday's Full Moon in Gemini helps you communicate in conflict for greater understanding and negotiation. Venus enters Capricorn on Friday and attracts relationships to uplift your career success!

Taurus (Apr 20-May 20)

Change your mind, Taurus! Mercury enters your Capricorn-ruled wisdom zone on Tuesday, helping you pivot your perspective. Wednesday's Full Moon in Gemini connects you with the values that give you safety, pleasure, and financial freedom. Venus enters Capricorn on Friday and attracts you to very different partners for mutual growth!.

Gemini (May 21-Jun 20)

What's your truth, Gemini? Mercury enters your Capricorn-ruled intimacy zone on Tuesday and helps you share deeper truths about yourself. The annual Full Moon in Gemini on Wednesday helps you to release the past so you can live more bravely and lovingly in the present. Venus enters Capricorn on Friday and takes your relationships to deeper, more sexually satisfying places.

Cancer (Jun 21-Jul 22)

It's all about opposites, Cancer! Mercury enters your Capricorn-ruled romance zone on Tuesday and helps you relate across differences. Wednesday's Full Moon in Gemini inspires you to nurture a spiritual practice that provides faith, vision, and hope. Venus enters Capricorn on Friday and puts the opposites-attract energy in the air for passion and excitement in your relationships.

Leo (Jul 23-Aug 22)

Take a small step, Leo! Mercury enters your Capricorn-ruled wellbeing zone on Tuesday and asks you to start a new habit slowly. Wednesday's Full Moon in Gemini could rearrange some friendships to bring you closer to meaningful connection. Venus enters Capricorn on Friday and wants you to notice who sees the small things, because that's a big green flag!

Virgo (Aug 23-Sept 22)

Speak from your heart, Virgo! Mercury enters your Capricorn-ruled courage zone on Tuesday and inspires you to show up more vulnerably. Wednesday's Full Moon in Gemini gives your career a major transformation if you stay flexible. Venus enters Capricorn on Friday and connects you with people who help you feel more confident.

Libra (Sept 23-Oct 20)

"Home" is a feeling, Libra! Mercury enters your Capricorn-ruled belonging zone on Tuesday and connects you to emotional safety in a powerful way. Wednesday's Full Moon in Gemini gives you an international/educational adventure that could be life-changing. Venus enters Capricorn on Friday and connects you with people who feel like home.



Scorpio (Oct 23-Nov 21)

Use your words, Scorpio! Mercury enters your Capricorn-ruled language zone on Tuesday, helping you communicate more effectively. Wednesday's Full Moon in Gemini reminds you that your mind is the most important sexual organ you have. Venus enters Capricorn on Friday and attracts you to well-spoken, intelligent, and curious partners who will have you thinking differently.

Sagittarius (Nov 22-Dec 21)

Ground down, Sag! Mercury enters your Capricorn-ruled income zone on Tuesday, helping you find the center that leads to financial safety/success. Wednesday's Full Moon in Gemini invites, deepens, or completes a relationship in a way that serves you and them. Venus enters Capricorn on Friday and attracts you to people that connect you to the wisdom of your body.

February 2022  
Newsletter Submission Deadline  
Thurs, January 26<sup>th</sup> at 4pm

anything submitted outside of this date will not be included in the newsletter.

Want to submit to the newsletter? Please email us at [reception@titqet.org](mailto:reception@titqet.org)

(PDF or Word documents are preferred.)



**TRIBAL POLICE**  
**(250) 256-7767**

**RCMP**  
**(250) 256-4244**

**FIRE DEPT.**  
**(250) 256-7222**

**AMBULANCE**  
**(250) 256-7111**

**POISON CONTROL**  
**1 (800) 567-8911**

**REPORT WILDFIRE**  
**1 (800) 663-5555**

\*Please post where visible in case of emergency

**EMERGENCY CONTACTS**

