

Newsletter

April 2023

T'IT'Q'ET APRIL 2023 ISSUE

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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 25









April

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 April Fool's Day
2 Autism Awareness Day		3		4		5 Good Friday
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	RECYCLE DAYS: April 5—Plastics April 12—Glass April 19—Tins April 26—Cardboard/Paper		



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 from your e-transfer list and send all payments to Lesley Napoleon at 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

Do you need to relax?

Do you suffer from headaches or backaches?



APRIL 19, 2023 EVENING SESSION

COMMUNITY MASSAGE DAY 12:00 – 6:00 pm

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

Maytálhew (A place to Heal)

To book an appointment contact medical clerk

250-256-4118 Ext. 241

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



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

FRIDAY

APRIL 21, 2023

Please contact Medical Clerk

To book your appointment

Medicalclerk@titqet.org

250-256-4118 ext.241



T'IT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter Report

April 2023

The T'it'q'et Lands Committee is made up of 6 members. The Chairperson is Genevieve Humphreys, the Vice-Chairperson is Terence MacLellan, the members are Marie Barney; Myrus Doss, Marilyn Napoleon and T'it'q'et Council representative Harold Pelegrin. The Lands and Natural Resources Department currently has two staff members: Lands and Natural Resources Officer Stephanie Louie and Lands Committee Coordinator Dean Billy. The committee and staff have been meeting twice a month on zoom hosted by the Lands Advisory Board Resource Centre.

- **Lands Committee**
T'it'q'et Council has requested that the Lands Committee review incoming referrals on activities taking place on reserve lands. The Committee is currently reviewing referrals from BC Hydro and Telus.
- **Law-Making & Enforcement**
The Lands Committee has begun work on a draft land allotment law. The T'it'q'et Lands Committee will hold a regular meeting in the first week of April in the Resource Room at the PCC to discuss the allotment law and a potential Trespass Law and Banishment law.
- **Natural Resource Management**
The T'it'q'et Land Use Plan of 2015 will be updated in 2023-2024. T'it'q'et will be working with Urban Systems to update the Land Use Plan in light of the T'it'q'et Land Code.
- **Lands Administration**
The Lands Committee has proposed additional duties for the Lands and Natural Resources Director Position Description. They have proposed additional duties and responsibilities that related to economic development. The Lands Committee Coordinator has proposed that the Position title change from 'Lands Committee Coordinator' to 'Lands Coordinator'.
A draft fee schedule has been proposed for processing documents with the Lands and Natural Resources department.
These proposals have gone to T'it'q'et Council for discussion at their next regular meeting in April.

Please register as limited amount of seats for this Participation group work
T'it'q'et members given first seats; waiting list available if all seats not filled

Personal Growth Workshop 2023

April 11, 2023 T'it'q'et, P'egp'ig'lha Community Centre

Dr. Lee Brown, the former Director of the Institute of Aboriginal Health in the College of Health Disciplines at the University of British Columbia. He was also the Director of the Indigenous Doctoral Program in the Department of Educational Studies at UBC.

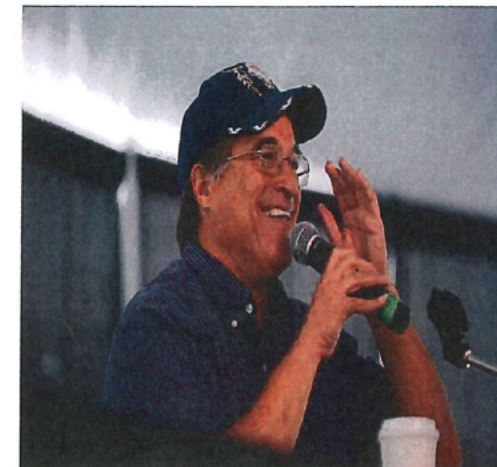
Lee's Doctoral Thesis is entitled: Making the Classroom a Healthy Place: The Develop of Affective Competency in Aboriginal Pedagogy. He is the Co-author of *The Sacred Tree*, an educational curriculum based in the Aboriginal values and epistemology of the Medicine Wheel. Lee has contributed to the Round Lake Native Healing Centre in Vernon, BC during the last Forty years in a number of capacities including clinical supervisor, counselor and currently as a cultural resource to the centre.

Personal Growth Workshop

Please Pre-Register limit of approx. 15 - 20 participants

This workshop I would like more group process this time so a group of 15 to 20 people who want to do some work on themselves might work best.

This is a group work for personal acknowledgement and healing on personal level. Input and participation highly recommended.



Dinner

5:00

Presentation at

6:00PM - 9:00 PM

Thursday: April 11th 2023 T'it'q'et, P'egp'ig'lha Community Centre

Preference given to T'it'q'et members first- there will be waiting list- if seats are not filled

Wellness Coordinator Juanita Jacob
wellnesscoordinator@titqet.org

250-256-4118

Cell: 250-256-9410

Mammograms Can Save Lives

The mobile mammogram coach is coming to a community near you.

Mammograms are available for women ages 40+. Take a positive step for your health and book a free screening mammogram.

Scan this QR code or visit www.screeningbc.ca/communityvisits to learn more.



Upcoming visits:

MAY 17 2023
P'egp'ig'lha Community Centre
please contact medical clerk for appointment
medicalclerk@titqet.org
250-256-4118 ext.241.



P'egp'ig'lha Language Revitalization Group Update

The Pathways Project is nearing completion. The learners and speakers will be gathering for their final presentations to their friends and family. It has been another successful project for the Títqet Immersion Plus.

The PLRG has received funding for next fiscal from First People's Cultural Council to complete the Language revitalization strategic plan during the 2023–2024 fiscal year. We have also received funding from Native Indian Brotherhood Trust to develop learning resources for the 2023–2024 fiscal year.

Tákem snek'wnúk'wa7



FIND FOOD IN YOUR HOME AND
LIST 6 HEALTHY OPTIONS

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

FIND FOOD IN YOUR HOME AND
LIST 6 UN-HEALTHY OPTIONS

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____



<https://www.dreamstime.com/illustration/unhealthy-vs-healthy-food.html>

PLEASE JOIN US IN
DISCOVERING WHAT
FOODS ARE HEALTHY
AND WHICH FOODS
ARE NOT SO HEALTHY
FOR OURSELVES.

PRIZES TO BE WON

FOR ENTRY INTO CONTEST.
SUBMIT YOUR ENTRY TO
HEALTH DEPARTMENT FOR
A CHANCE TO WIN















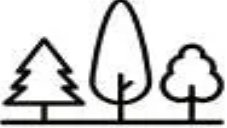












HEALTH FOOD

LET’S EXPLORE!!!!

NATURE SCAVENGER HUNT FOR T’IT’Q’ET COMMUNITY

SEND IN PICTURES FOR EACH ITEM FOR A CHANCE TO WIN A PRIZE

Nature Walk SCAVENGER HUNT

				
PINECONES	SPIDERWEB	BUTTERFLY	FLOWERS	A GREEN LEAF
				
A CLOUD	A SMOOTH ROCK	A BUG	THE SUN	TALL GRASS
				
A FEATHER	NEW GROWTH	3 KINDS OF TREES	A BIRD	A COMPOUND LEAF
				
DIRT OR SOIL	A NEST	A STICK	3 DIFFERENT COLORED ROCKS	A PUDDLE
				
FALLEN BRANCHES	2 SIMILAR ROCKS	TREE BARK	SOMETHING PRICKLY	SOMETHING FLUFFY



Got Burdock?

Tips for beating back those burrs!

Have you ever got burdock burrs stuck to you? What about in your horse's mane or on your dog? They are no fun! It is so hard to get them off your sweater or out of your dog's fur!! Here are some tips on how to get rid of burdock before those pretty purple flowers turn into big, nasty burrs!






What is Burdock?

Don't know what we are talking about? First of all, count yourself lucky! Second of all, look for a plant that starts out looking like rhubarb. It has large, wide leaves that grown in a cluster in its first year. In the second year, it sends up many stems with purple, thistle-like flowers that turn into loonie-sized burrs. It has a large taproot. Check out these photos and the LRISS website for more info. www.LRISS.ca





Removing Burdock

This process takes time so be prepared and patient: Check your property and surrounding area including roads, forest, & yard edges. Remove small patches. Dig up small plants including the root. Keep an eye out for new plants and plant something else to create some competition. If the plant has started to grow stems and flowers, the root may be too big to remove. The best method is to dig below the dirt about 5-10cm at the base of the stem and cut off ALL of the green leaves and stem. Make sure Nothing is left that could see the sun! Check for regrowth often.

Bag that Burdock!

Everything you remove should be bagged and taken to the landfill. Do not compost especially the burrs. If you have a LOT of Burdock, cutting off the flowers & burrs is a great start because burdock reproduces by seed.




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.



Vitamin C Fact Sheet for Consumers



You can get enough vitamin C by eating a variety of foods including citrus fruits (such as oranges and grapefruit) and their juices, as well as red and green pepper, kiwifruit, broccoli, strawberries, baked potatoes, and tomatoes.

What is vitamin C and what does it do?

Vitamin C, also known as ascorbic acid, is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy. People are also exposed to free radicals in the environment from cigarette smoke, air pollution, and ultraviolet light from the sun.

The body also needs vitamin C to make collagen, a protein required to help wounds heal. In addition, vitamin C improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease.

How much vitamin C do I need?

The amount of vitamin C you need each day depends on your age. Average daily recommended amounts for different ages are listed below in milligrams (mg).

Life Stage	Recommended Amount
Birth to 6 months	40 mg
Infants 7–12 months	50 mg
Children 1–3 years	15 mg
Children 4–8 years	25 mg
Children 9–13 years	45 mg
Teens 14–18 years (boys)	75 mg
Teens 14–18 years (girls)	65 mg
Adults (men)	90 mg
Adults (women)	75 mg
Pregnant teens	80 mg
Pregnant women	85 mg
Breastfeeding teens	115 mg
Breastfeeding women	120 mg

If you smoke, add 35 mg to the above values to calculate your total daily recommended amount.

What foods provide vitamin C?

Fruits and vegetables are the best sources of vitamin C. You can get recommended amounts of vitamin C by eating a variety of foods including the following:

- Citrus fruits (such as oranges and grapefruit) and their juices, as well as red and green pepper and kiwifruit, which have a lot of vitamin C.
- Other fruits and vegetables—such as broccoli, strawberries, cantaloupe, baked potatoes, and tomatoes—which also have vitamin C.
- Some foods and beverages that are fortified with vitamin C. To find out if vitamin C has been added to a food product, check the product labels.

The vitamin C content of food may be reduced by prolonged storage and by cooking. Steaming or microwaving may lessen cooking losses. Fortunately, many of the best food sources of vitamin C, such as fruits and vegetables, are usually eaten raw.

2 • VITAMIN C FACT SHEET FOR CONSUMERS

What kinds of vitamin C dietary supplements are available?

Most multivitamins have vitamin C. Vitamin C is also available alone as a dietary supplement or in combination with other nutrients. The vitamin C in dietary supplements is usually in the form of ascorbic acid, but some supplements have other forms, such as sodium ascorbate, calcium ascorbate, other mineral ascorbates, and ascorbic acid with bioflavonoids. Research has not shown that any form of vitamin C is better than the other forms.

Am I getting enough vitamin C?

Most people in the United States get enough vitamin C from foods and beverages. However, certain groups of people are more likely than others to have trouble getting enough vitamin C:

- People who smoke and those who are exposed to secondhand smoke, in part because smoke increases the amount of vitamin C that the body needs to repair damage caused by free radicals. People who smoke need 35 mg more vitamin C per day than nonsmokers.
- Infants who are fed evaporated or boiled cow's milk, because cow's milk has very little vitamin C and heat can destroy vitamin C. Cow's milk is not recommended for infants under 1 year of age. Breast milk and infant formula have adequate amounts of vitamin C.
- People who eat a very limited variety of food.
- People with certain medical conditions such as severe malabsorption, some types of cancer, and kidney disease requiring hemodialysis.

What happens if I don't get enough vitamin C?

Vitamin C deficiency is rare in the United States and Canada. People who get little or no vitamin C (below about 10 mg per day) for many weeks can get scurvy. Scurvy causes fatigue, inflammation of the gums, small red or purple spots on the skin, joint pain, poor wound healing, and corkscrew hairs. Additional signs of scurvy include depression as well as swollen, bleeding gums and loosening or loss of teeth. People with scurvy can also develop anemia. Scurvy is fatal if it is not treated.

What are some effects of vitamin C on health?

Scientists are studying vitamin C to understand how it affects health. Here are several examples of what this research has shown.

Cancer prevention and treatment

People with high intakes of vitamin C from fruits and vegetables might have a lower risk of getting many types of cancer, such as lung, breast, and colon cancer. However, taking vitamin C supplements, with or without other antioxidants, doesn't seem to protect people from getting cancer.

It is not clear whether taking high doses of vitamin C is helpful as a treatment for cancer. Vitamin C's effects appear to depend on how it is administered to the patient. Oral doses of vitamin C can't raise blood levels of vitamin C nearly as high as intravenous doses given through injections. A few studies in animals and test tubes indicate that very high blood levels of vitamin C might shrink tumors. But more research is needed to determine whether high-dose intravenous vitamin C helps treat cancer in people.

Vitamin C dietary supplements and other antioxidants might interact with chemotherapy and radiation therapy for cancer. People being treated for cancer should talk with their oncologist before taking vitamin C or other antioxidant supplements, especially in high doses.

Cardiovascular disease

People who eat lots of fruits and vegetables seem to have a lower risk of cardiovascular disease. Researchers believe that the antioxidant content of these foods might be partly responsible for this association because oxidative damage is a major cause of cardiovascular disease. However, scientists aren't sure whether vitamin C itself, either from food or supplements, helps protect people from cardiovascular disease. It is also not clear whether vitamin C helps prevent cardiovascular disease from getting worse in people who already have it.

Age-related macular degeneration (AMD) and cataracts

AMD and cataracts are two of the leading causes of vision loss in older people. Researchers do not believe that vitamin C and other antioxidants affect the risk of getting AMD. However, research suggests that vitamin C combined with other nutrients might help slow AMD progression.

In a large study among older people with AMD who were at high risk for developing advanced AMD, those who took a daily dietary supplement with 500 mg vitamin C, 80 mg zinc, 400 IU vitamin E, 15 mg beta-carotene, and 2 mg copper for about 6 years had a lower chance of developing advanced AMD. They also had less vision loss than those who did not take the dietary supplement. People who have or are developing the disease might want to talk with their doctor about taking dietary supplements.

The relationship between vitamin C and cataract formation is unclear. Some studies show that people who get more vitamin C from foods have a lower risk of getting cataracts. But further research is needed to clarify this association and to determine whether vitamin C supplements affect the risk of getting cataracts.

The common cold

Although vitamin C has long been a popular remedy for the common cold, research shows that for most people, vitamin C supplements do not reduce the risk of getting the common cold. However, people who take vitamin C supplements regularly might have slightly shorter colds or somewhat milder symptoms when they do have a cold. Using vitamin C supplements after cold symptoms start does not appear to be helpful.

Can vitamin C be harmful?

Taking too much vitamin C can cause diarrhea, nausea, and stomach cramps. In people with a condition called hemochromatosis, which causes the body to store too much iron, high doses of vitamin C could worsen iron overload and damage body tissues.

The daily upper limits for vitamin C are listed below:

Life Stage	Upper Limit
Birth to 12 months	Not established
Children 1–3 years	400 mg
Children 4–8 years	650 mg
Children 9–18 years	1,200 mg
Teens 14–18 years	1,800 mg
Adults	2,000 mg

Are there any interactions with vitamin C that I should know about?

Vitamin C dietary supplements can interact or interfere with medicines that you take. Here are several examples:

- Vitamin C dietary supplements might interact with cancer treatments, such as chemotherapy and radiation therapy. It is not clear whether vitamin C might have the unwanted effect of protecting tumor cells from cancer treatments or whether it might help protect normal tissues from getting damaged. If you are being treated for cancer, check with your health-care provider before taking vitamin C or other antioxidant supplements, especially in high doses.
- In one study, vitamin C plus other antioxidants (such as vitamin E, selenium, and beta-carotene) reduced the heart-protective effects of two drugs taken in combination (a statin and niacin) to control blood-cholesterol levels. It is not known whether this interaction also occurs with other statins. Health care providers should monitor lipid levels in people taking both statins and antioxidant supplements.

Tell your doctor, pharmacist, and other health care providers about any dietary supplements and medicines you take. They can tell you if those dietary supplements might interact or interfere with your prescription or over-the-counter medicines or if the medicines might interfere with how your body absorbs, uses, or breaks down nutrients.

Vitamin C and healthful eating

People should get most of their nutrients from food, advises the federal government's *Dietary Guidelines for Americans*. Foods contain vitamins, minerals, dietary fiber and other substances that benefit health. In some cases, fortified foods and dietary supplements may provide nutrients that otherwise may be consumed in less-than-recommended amounts. For more information about building a healthy diet, refer to the *Dietary Guidelines for Americans* and the U.S. Department of Agriculture's MyPlate.

Where can I find out more about vitamin C?

For general information on vitamin C:

- Office of Dietary Supplements Health Professional Fact Sheet on Vitamin C
- Vitamin C, MedlinePlus*

For more information on food sources of vitamin C:

- U.S. Department of Agriculture's (USDA's) National Nutrient Database
- Nutrient list for vitamin C (listed by food or by vitamin C content), USDA

For more advice on buying dietary supplements:

- Office of Dietary Supplements Frequently Asked Questions: Which brand(s) of dietary supplements should I purchase?

For information about building a healthy diet:

- MyPlate
- *Dietary Guidelines for Americans*

Disclaimer

This fact sheet by the Office of Dietary Supplements provides information that should not take the place of medical advice. We encourage you to talk to your health care providers (doctor, registered dietitian, pharmacist, etc.) about your interest in, questions about, or use of dietary supplements and what may be best for your overall health. Any mention in this publication of a specific brand name is not an endorsement of the product.



For more information on this and other supplements, please visit our Web site at: <http://ods.od.nih.gov> or e-mail us at ods@nih.gov

Updated: December 10, 2019



Vitamin D Fact Sheet for Consumers



Very few foods naturally have vitamin D. Fatty fish such as salmon, tuna, and mackerel are among the best sources. Fortified foods like milk provide most of the vitamin D in American diets.

What is vitamin D and what does it do?

Vitamin D is a nutrient you need for good health. It helps your body absorb calcium, one of the main building blocks for strong bones. Together with calcium, vitamin D helps protect you from developing osteoporosis, a disease that thins and weakens the bones and makes them more likely to break. Your body needs vitamin D for other functions too. Your muscles need it to move, and your nerves need it to carry messages between your brain and your body. Your immune system needs vitamin D to fight off invading bacteria and viruses.

How much vitamin D do I need?

The amount of vitamin D you need each day depends on your age. Average daily recommended amounts are listed below in micrograms (mcg) and International Units (IU):

Life Stage	Recommended Amount
Birth to 12 months	10 mcg (400 IU)
Children 1–13 years	15 mcg (600 IU)
Teens 14–18 years	15 mcg (600 IU)
Adults 19–70 years	15 mcg (600 IU)
Adults 71 years and older	20 mcg (800 IU)
Pregnant and breastfeeding teens and women	15 mcg (600 IU)

What foods provide vitamin D?

Very few foods naturally contain vitamin D. Fortified foods provide most of the vitamin D in the diets of people in the United States. Check the Nutrition Facts label for the amount of vitamin D in a food or beverage.

- Almost all of the U.S. milk supply is fortified with about 3 mcg (120 IU) vitamin D per cup. Many plant-based alternatives such as soy milk, almond milk, and oat milk are similarly fortified. But foods made from milk, like cheese and ice cream, are usually not fortified.
- Vitamin D is added to many breakfast cereals and to some brands of orange juice, yogurt, margarine, and other food products.
- Fatty fish (like trout, salmon, tuna, and mackerel) and fish liver oils are among the best natural sources of vitamin D.
- Beef liver, egg yolks, and cheese have small amounts of vitamin D.
- Mushrooms provide a little vitamin D. Some mushrooms have been exposed to ultraviolet light to increase their vitamin D content.

Can I get vitamin D from the sun?

Your body makes vitamin D when your bare skin is exposed to the sun. Most people get at least some vitamin D this way. However, clouds, smog, old age, and having dark-colored skin reduce the amount of vitamin D your skin makes. Also, your skin does not make vitamin D from sunlight through a window.

2 • VITAMIN D FACT SHEET FOR CONSUMERS

Ultraviolet radiation from sunshine can cause skin cancer, so it’s important to limit how much time you spend in the sun. Although sunscreen limits vitamin D production, health experts recommend using sunscreen with a sun protection factor (SPF) of 15 or more when you’re out in the sun for more than a few minutes.

What kinds of vitamin D dietary supplements are available?

Vitamin D is found in multivitamin/multimineral supplements. It is also available in dietary supplements containing only vitamin D or vitamin D combined with a few other nutrients. The two forms of vitamin D in supplements are D2 (ergocalciferol) and D3 (cholecalciferol). Both forms increase vitamin D in your blood, but D3 might raise it higher and for longer than D2. Because vitamin D is fat-soluble, it is best absorbed when taken with a meal or snack that includes some fat.

Am I getting enough vitamin D?

Because you get vitamin D from food, sunshine, and dietary supplements, one way to know if you’re getting enough is a blood test that measures the amount of vitamin D in your blood. In the blood, a form of vitamin D known as 25-hydroxyvitamin D is measured in either nanomoles per liter (nmol/L) or nanograms per milliliter (ng/mL). One nmol/L is equal to 0.4 ng/mL. So, for example, 50 nmol/L is the same as 20 ng/mL.

- Levels of 50 nmol/L (20 ng/mL) or above are adequate for most people for bone and overall health.
- Levels below 30 nmol/L (12 ng/mL) are too low and might weaken your bones and affect your health.
- Levels above 125 nmol/L (50 ng/mL) are too high and might cause health problems.

In the United States, most people have adequate blood levels of vitamin D. However, almost one out of four people have vitamin D blood levels that are too low or inadequate for bone and overall health.

Some people are more likely than others to have trouble getting enough vitamin D:

- *Breastfed infants.* Breast milk alone does not provide infants with an adequate amount of vitamin D. Breastfed infants should be given a supplement of 10 mcg (400 IU) of vitamin D each day.
- *Older adults.* As you age, your skin’s ability to make vitamin D when exposed to sunlight declines.
- *People who seldom expose their skin to sunshine* because they do not go outside or because they keep their body and head covered. Sunscreen also limits the amount of vitamin D your skin produces.

- *People with dark skin.* The darker your skin, the less vitamin D you make from sunlight exposure.
- *People with conditions that limit fat absorption,* such as Crohn’s disease, celiac disease, or ulcerative colitis. This is because the vitamin D you consume is absorbed in the gut along with fat, so if your body has trouble absorbing fat, it will also have trouble absorbing vitamin D.
- *People with obesity or who have undergone gastric bypass surgery.* They may need more vitamin D than other people.

What happens if I don’t get enough vitamin D?

In children, vitamin D deficiency causes rickets, a disease in which the bones become soft, weak, deformed, and painful. In teens and adults, vitamin D deficiency causes osteomalacia, a disorder that causes bone pain and muscle weakness.

What are some effects of vitamin D on health?

Scientists are studying vitamin D to better understand how it affects health. Here are several examples of what this research has shown:

Bone health and osteoporosis
Long-term shortages of vitamin D and calcium cause your bones to become fragile and break more easily. This condition is called osteoporosis. Millions of older women and men have osteoporosis or are at risk of developing this condition. Muscles are also important for healthy bones because they help maintain balance and prevent falls. A shortage of vitamin D may lead to weak, painful muscles.

Getting recommended amounts of vitamin D and calcium from foods (and supplements, if needed) will help maintain healthy bones and prevent osteoporosis. Taking vitamin D and calcium supplements slightly increases bone strength in older adults, but it’s not clear whether they reduce the risk of falling or breaking a bone.

Cancer
Vitamin D does not seem to reduce the risk of developing cancer of the breast, colon, rectum, or lung. It is not clear whether vitamin D affects the risk of prostate cancer or chance of surviving this cancer. Very high blood levels of vitamin D may even increase the risk of pancreatic cancer.

Clinical trials suggest that while vitamin D supplements (with or without calcium) may not affect your risk of getting cancer, they might slightly reduce your risk of dying from this disease. More research is needed to better understand the role that vitamin D plays in cancer prevention and cancer-related death.

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Heart disease

Vitamin D is important for a healthy heart and blood vessels and for normal blood pressure. Some studies show that vitamin D supplements might help reduce blood cholesterol levels and high blood pressure—two of the main risk factors for heart disease. Other studies show no benefits. If you are overweight or have obesity, taking vitamin D at doses above 20 mcg (800 IU) per day plus calcium might actually raise your blood pressure. Overall, clinical trials find that vitamin D supplements do not reduce the risk of developing heart disease or dying from it, even if you have low blood levels of the vitamin.

Depression

Vitamin D is needed for your brain to function properly. Some studies have found links between low blood levels of vitamin D and an increased risk of depression. However, clinical trials show that taking vitamin D supplements does not prevent or ease symptoms of depression.

Multiple sclerosis

People who live near the equator have more sun exposure and higher vitamin D levels. They also rarely develop multiple sclerosis (MS), a disease that affects the nerves that carry messages from the brain to the rest of the body. Many studies find a link between low blood vitamin D levels and the risk of developing MS. However, scientists have not actually studied whether vitamin D supplements can prevent MS. In people who have MS, clinical trials show that taking vitamin D supplements does not keep symptoms from getting worse or coming back.

Type 2 diabetes

Vitamin D helps your body regulate blood sugar levels. However, clinical trials in people with and without diabetes show that supplemental vitamin D does not improve blood sugar levels, insulin resistance, or hemoglobin A1c levels (the average level of blood sugar over the past 3 months). Other studies show that vitamin D supplements don’t stop most people with prediabetes from developing diabetes.

Weight loss

Taking vitamin D supplements or eating foods that are rich in vitamin D does not help you lose weight.

Can vitamin D be harmful?

Yes, getting too much vitamin D can be harmful. Very high levels of vitamin D in your blood (greater than 375 nmol/L or 150 ng/mL) can cause nausea, vomiting, muscle weakness, confusion, pain, loss of appetite, dehydration, excessive urination and thirst, and kidney stones. Extremely high levels of vitamin D can cause kidney failure, irregular heartbeat, and even death. High levels of vitamin D are almost always caused by consuming excessive amounts of vitamin D from dietary

supplements. You cannot get too much vitamin D from sunshine because your skin limits the amount of vitamin D it makes.

The daily upper limits for vitamin D include intakes from all sources—food, beverages, and supplements—and are listed below in micrograms (mcg) and international units (IU). However, your health care provider might recommend doses above these upper limits for a period of time to treat a vitamin D deficiency.

Ages	Upper Limit
Birth to 6 months	25 mcg (1,000 IU)
Infants 7–12 months	38 mcg (1,500 IU)
Children 1–3 years	63 mcg (2,500 IU)
Children 4–8 years	75 mcg (3,000 IU)
Children 9–18 years	100 mcg (4,000 IU)
Adults 19 years and older	100 mcg (4,000 IU)
Pregnant and breastfeeding teens and women	100 mcg (4,000 IU)

Does vitamin D interact with medications or other dietary supplements?

Yes, vitamin D supplements may interact with some medicines. Here are several examples:

- Orlistat (Xenical® and alli®) is a weight-loss drug. It can reduce the amount of vitamin D your body absorbs from food and supplements.
- Cholesterol-lowering statins might not work as well if you take high-dose vitamin D supplements. This includes atorvastatin (Lipitor®), lovastatin (Altoprev® and Mevacor®), and simvastatin (FloLipid™ and Zocor®)
- Steroids such as prednisone (Deltasone®, Rayos®, and Sterapred®) can lower your blood levels of vitamin D.
- Thiazide diuretics (such as Hygroton®, Lozol®, and Microzide®) could raise your blood calcium level too high if you take vitamin D supplements.

Tell your doctor, pharmacist, and other health care providers about any dietary supplements and prescription or over-the-counter medicines you take. They can tell you if the dietary supplements might interact with your medicines. They can also explain whether the medicines you take might interfere with how your body absorbs or uses other nutrients.

Vitamin D and healthful eating

People should get most of their nutrients from food and beverages, according to the federal government’s *Dietary Guidelines for Americans*. Foods contain vitamins, minerals, dietary fiber and other components that benefit health. In some cases, fortified foods and dietary supplements are useful



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 Administration

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

phone (250) 256 4118
fax (250) 256 4544
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 tired 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

Aries 2023 Horoscopes



Aries (Mar 21–April 19)

Happy birthday!!! You're starting a new lap around the Sun, and it's the perfect time of year to get a new lease on life. What do you want? Who do you want? Where do you want to go? Figure that out, make a plan, and go for it!

Taurus (Apr 20–May 20)

Before you can start anything new, you have to deal with everything else on your plate. This month is about coming to conclusions, finding resolutions, and moving on from your past. Exes might come back around, but don't stress. This is an opportunity to find closure.

Gemini (May 21–Jun 20)

You're feeling more popular than ever! Your buddies are becoming your besties, new friends are around every corner, and all eyes are on you. And you're loving it! Enjoy living it up in the spotlight and all of the fun this Aries season brings you!

Cancer (Jun 21–Jul 22)

Work's your top priority right now, Cancer. There are big projects or presentations that need to be completed soon, and it's important you do your absolute best. Your performance now will heavily influence the future of your career, so doing a great job could easily result in a raise or even a promotion by the end of the month.

Leo (Jul 23–Aug 22)

Take a class! Read a book! Try a new hobby! Go on a trip! The big idea of the next month is to broaden your horizons however you can. Whatever you do, this Aries season is asking you to expand your perspective and experience the world around you. By the end, you'll be transformed into a more well-rounded person.

Virgo (Aug 23–Sept 22)

Pisces season helped you meet new acquaintances and potential partners, and Aries season is here to help you pick the ones you like best and focus on deepening those relationships. Free advice: You tend to throw yourself into your relationships, and that's not the move right now. Take things slow and respect each other's boundaries.

Libra (Sept 23–Oct 20)

The Sun in Aries is setting your chart's relationships zone on fire, so your main focus rn is your "b" relationships—your bestie, your boo, and your business partner. Any time with another person is time well spent right now, Libra, and you're finding out that you can get a ton done by working with others. Also, if you've been seeing someone and want to upgrade your relationship, now is definitely the time to DTR!

Scorpio (Oct 23–Nov 21)

Your daily routine is in baaad shape, Scorpio. You're eating garbage, your place is a mess, and you haven't done a jumping jack in months... it's time to get it together. Tidy up your life this Aries season. Do some spring cleaning. Toss out bad habits and start making healthier life decisions. Making these changes now guarantees they'll stick for a while.

Sagittarius (Nov 22–Dec 21)

Aries season is one of the most exciting times of year for your sign! Your chart's zone of romance, sex, and fun is lit up right now, so you're defs getting tons of action. Dates, hookups, whatever, you're finding lots of success in regards to love. Have fun!

Capricorn (Dec 22–Jan 19)

Aries season turns you into a total homebody, but that doesn't mean you're not getting shit done! This month, you're working a ton around the house, so it's a great time to redecorate a room or revamp the entire vibe of your living space. You're

also focusing a ton on family, so expect to see your parents plenty in the next month. Use this as an opportunity to go back to your roots and honor your past.

Aquarius (Jan 20–Feb 18)

Say it like you mean it! If you have an idea, let it be heard! This Aries season is all about finding your voice, Aquarius. You have tons of great ideas—why not speak on them? You're hilarious and have a kick-ass personality—why not share that with others? Open up!

Pisces (Feb 19–Mar 20)

You're putting your nose to the grindstone this Aries season. The more work you do now, the better rewards you'll receive. If you do exceptionally well, a big raise or bonus might come your way! You're generating income, but here's the thing—you need to save it, don't spend it all!



May 2023 Newsletter Submission Deadline Friday, April 21st at Noon

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

(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

