

SPLATSIN COMMUNITY NEWSLETTER

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Month	Newsletter Deadline	Distribution Date
February	18	25
March	18	25
April	19	29
May	20	27
June	17	25
July	19	26
August	19	26
September	20	27
October	21	28
November	18	25
December	13	20

Indian Residential School Records

What are my records?

Your records are:

- your IAP or ADR **application** form
- the printed record (**transcript**) of your testimony
- the voice **recording** of your testimony, and
- the **decision** on your claim.

Where are my records?

Your records are being kept securely at the IAP Secretariat.

And my other records?

The IAP Secretariat is required to destroy other records after the end of your claim, such as your medical and employment records and other documents used in deciding your claim.

Anyone else who had copies of your records because they were involved with your hearing—such as the Government of Canada or a church—is required to keep them confidential and destroy their copies after they are no longer needed for your claim.

Why am I being asked about my records now?

In October 2017, the Supreme Court of Canada decided what happens to IAP and ADR records after claims are finished.

The Supreme Court ruled that you were promised confidentiality and that promise is being kept. As a claimant, you and you alone choose what happens to your records.

For more information

For more information about your choices, or for help with forms, contact:

- **IAP Information:** call toll free, 1-877-635-2648,
email: MyRecordsMyChoice@irsad-sapi.gc.ca
online: www.MyRecordsMyChoice.ca

- **Assembly of First Nations:**
call toll free, 1-833-212-2688
email: iapdesk@afn.ca
online: www.afn.ca

- **Inuit Representatives:**
Contact for the Inuvialuit:
Contact: Gayle Gruben, Project Administrator
Telephone enquiries: (867) 777-7018
Email: ggruben@inuvialuit.com
Website: <http://www.irc.inuvialuit.com/>

Contact for Makivik:

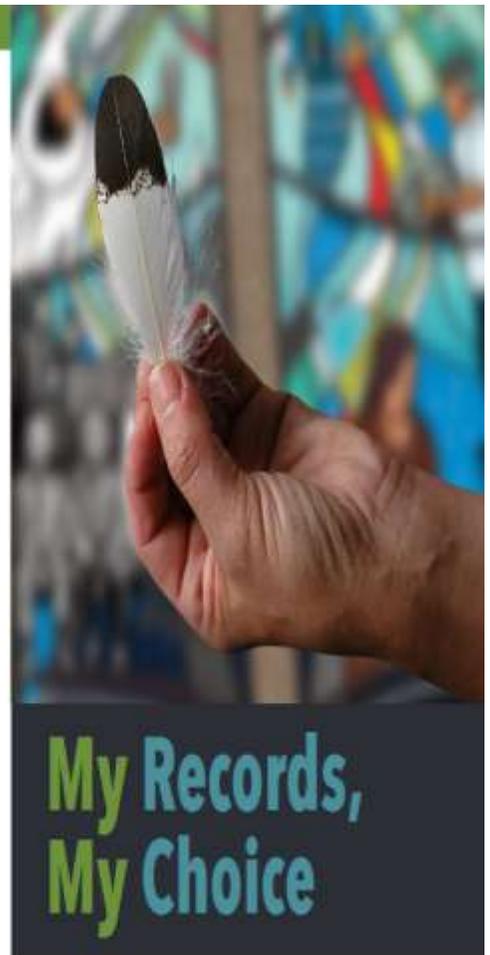
Call toll-free (800) 369-7052

Electronic communications can be submitted at:

<http://www.makivik.org/contact/>

Website: <http://www.makivik.org>

- **National Centre for Truth and Reconciliation (NCTR):**
call toll free, 1-855-415-4534
email: NCTRrecords@umanitoba.ca
online: www.NCTR.ca



If you made a claim in the

- Independent Assessment Process (**IAP**) or
- Alternative Dispute Resolution process (**ADR**)

This booklet has important information about your confidential records.

The **IAP** is the process for compensating claims of Indian residential school abuse. The deadline for IAP applications was in 2012.

The **ADR** was the earlier process for the same types of claims.

If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line:

Residential Schools Crisis Line: 1-866-925-4419

This booklet is **not** about the Common Experience Payment (CEP).



What are my choices?

- You may **do nothing**. Your records will remain confidential. On September 19, 2027 they will be **automatically destroyed**.
- You may get a **copy for yourself**, to keep or to share with others.
- You may choose to **preserve your records** at the National Centre for Truth and Reconciliation (NCTR) for history, education, and research.
- You may choose to get a copy for yourself and also preserve them at the NCTR.

THE CHOICE IS YOURS, AND YOURS ALONE.

Privacy of other people

If you get a copy of your records for yourself, or have them preserved at the NCTR, information that identifies other people will be blocked out. That way, you control what happens to your records and the privacy of others is respected.



Preserving the history of Indian residential schools

The NCTR was created to preserve the history and legacy of Canada's residential schools. It has a responsibility to foster truth, reconciliation, and healing.

Hosted at the University of Manitoba, it is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR welcomes those who made IAP or ADR claims to add their records to this collection. Preserving your records at the NCTR will help future generations understand the history and impacts of residential schools.

How would my records be used at the NCTR?

NCTR records will be used for education and research. If you choose to include your records, you may choose either restricted or open access.

- **Restricted access** means your personal information will not be available to the public. It will be available to the NCTR and authorized researchers but won't be available to the public or to your family, and won't be published.
- **Open access** means that your records and personal information may be shared with the public, which may include your family.

Your personal information is your name and other information that could be used to identify you.

The NCTR is committed to the respectful use of your records. Records are kept in a secure database managed by carefully trained staff. However, there is always some risk of unauthorized use or disclosure.

What do I need to do?

To keep your records confidential you don't need to do anything. On September 19, 2027 they will be destroyed.

To get a copy of your records you must complete a request form and send it to the IAP Secretariat.

To ask the IAP Secretariat to send your records to the NCTR, complete a consent form and send it to the Secretariat. To get these forms or more information, use the contact information on the back of this booklet.

If you choose to get a copy of your records or preserve them at the NCTR, you have until September 19, 2027. But you don't have to wait until then. If you die or become unable to make decisions for yourself, nobody else can make the choice for you.

To get help

Resolution Health Support Workers (RHSWs) can answer questions and help with forms. To find an RHSW in your area, call the toll-free lines listed on the back, or ask your band office.

For emotional support and crisis referrals, the free, 24-hour Residential Schools Crisis Line is available until September 19, 2027.

*If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line:
Residential Schools Crisis Line: 1-866-925-4419*



New Staff Introduction



Jean M Brown is a Splatsin member.

Jean has equivalent work experience and training which reflects the position of the Community Mentor Outreach Worker and Wellbriety Co-Facilitator (located at the Splatsin Health Center).

Jean's past work experience has demonstrated her ability to respond as team member to crisis situations. Jean's Indian Residential School experience gives her the ability to understand people who may have experienced a form of inner childhood traumas. Jean was a former Band Councillor, and has the

knowledge and understanding of Confidentiality, Privacy and Security. Jean speaks the Traditional Secwepemc Language and practices Traditional Medicine (as taught by Dr. Jeannie Paul).

We are excited to welcome Jean to the Splatsin Health Services Team!

My Name is Marly VanWicklin I am the new Receptionist at Splatsin Health Centre. My Mother is a Splatsin community member, I am currently in the works of becoming a registered Splatsin member as well, and I have been away from my community for all these years, so it is exciting to be home and able to work in my home community.



A bit about me is I have owned two businesses, one being a cleaning business and the other being a food service, which included making perogies and cabbage rolls. I look forward to my new career here at the Splatsin Health Centre. In my spare time I like to be outdoors and golf.

Thank you,

Marly VanWicklin

Hello all, my name is Jonathan and I have just this month started working as a Social Worker with Splatsin Stsmamlt Services. I have worked as a Youth Support Worker with Splatsin as well as various child and family agencies in this area for several years, along with working as an Education Assistant in the school district and time as a Youth Worker with the Mandella Youth Inclusion Program in Salmon Arm. It has been an honour to work in the Splatsin community and I am looking forward to continuing to do so in this new role.



Sandy Duteau

I am a Splatsin Band member, looking forward to being a part of the janitorial program at the community centre.

I have an extensive background in janitorial and I'm happy to bring that along with me.

Mitch Ward



Waytk, my name is Mitch Ward and I am honored to have been asked to work alongside Kyle Crump as the Recreation Coordinator. I have a passion for working with youth and am very excited to put my heart into the position. I grew up in Salmon Arm and have a deep love of the area. Over the past ten years or so I have lived in Vancouver, Texas and Oregon as my wife Josee and I both studied and worked to learn about the world around us. Recently though, I

was able to permanently move back and with the birth of our daughter Eloise in 2017 we have begun to deepen our roots in this beautiful place. My background is varied and ranges from organic farming to youth programs to solidarity work in Indigenous communities who are pushing for land rights and greater autonomy. I believe strongly in always striving to build a healthy community and supporting those around me in any way that I can. In my leisure time, I love to be out in the bush camping and picking berries or mushrooms. I also love growing and preserving food, hiking and have recently gotten into cross-country skiing up at Larch Hills. I am so happy to have started work here at Splatsin and hope that I can contribute meaningfully to the program and the community as a whole.

Creator's Rainbow Medicine

(Fountain of Youth)

Every Friday starting December 14 at Splatsin Community Centre in the Community Room from 9:00 am – 3:00 pm

Spiritual Guide: Sk'ulnst (Rainbow) Maureen Roberts

Admission: Open to all, donation of whatever you feel is appropriate.

Events

Community

FIRST NATIONS HEALTH AUTHORITY representative Joyce Kenoras

is coming to the Splatsin Community Centre on February 15, 2019 from 10:00 am to 1:00 pm and again on March 22, 2019 at 6:00 pm.

FNHA is holding in-person focus groups to seek advice and feedback from our clients and communities on ways to enhance the Dental, Vision, and MS&E health benefits. Pacific Blue Cross will also have representatives at these meetings.

Joyce will be available following the meeting to answer specific questions.

Come join us for refreshments and a light meal.



Employment

NORTH OKANAGAN - SHUSWAP EMPLOYMENT AND BUSINESS FAIR

March 11, 2019

1:00 pm - 7:00 pm

Splatsin Community Centre - Enderby, BC

This event is for **Businesses** wanting to promote employment opportunities and showcase their products and services.

This is for **job seekers** to discover what work opportunities there are in the North Okanagan and Shuswap area. You can connect directly with potential employers.

This is for the **community** to discover first hand what our businesses and local organizations are offering.

Businesses.... **Book your table NOW!** please complete this **FORM** ASAP. Registrations are taken on a first come, first served basis and are guaranteed once payment has been received.

More information is available at the Enderby or Armstrong Chambers of Commerce.

More information for **Job Seekers** is available at the Enderby Nexus Community Resource Centre

Don't miss out on this opportunity to be part of a great local event!



Connect with Job Seekers
Showcase Your Business



Splatsin Development Corporation – General Manager

Position Purpose:

The purpose of this position is to work with the Board of Directors to define the Corporation's strategic direction and prepare and economic development strategy, the Corporation's associated strategic plan, annual work plan and budget and updating regularly. The General Manager will provide planning, management, direction and direct supervision to the Corporation's staff and management.

Qualifications and Requirements:

The GM position requires a self starter; an individual with strong entrepreneurial acumen, knowledge and ability to compensate for any formal educational shortfall. The individual should have at least 15 years experience in progressively more responsible positions.

Other requisite attributes are:

- A degree in business, commerce, economics, or a related discipline.
- Experience working with First Nations and an understanding of First Nation issues.
- Knowledge and understanding of the economic component of Aboriginal Title.
- Ability to provide mentorship and ensure professional development of your team.
- Proficiency in community economic and business development.
- Expertise as a strategic planner.
- Ability to effectively manage economic development and other related planning processes.
- Strong analytical and research skills.
- Seasoned report writing and verbal presentation skills.
- Experience in group facilitation, consensus building and negotiation.
- Effective financial management skills.
- Ability to deal with diverse groups of people and interests, organize multi-faceted activities and manage time effectively.
- Working knowledge of computers including word, power point, accounting and data base programs.
- Effective human resource management skills.
- Training and/or experience in a field related to the economy of the area (forestry, mining, tourism, manufacturing, etc.) would be considered an asset.

If you are a reliable, team player that enjoys a dynamic work environment, competitive salary and benefit package and an opportunity to share your skills and talents, we would like to hear from you. Please forward your resume and covering letter to human_resources@splatsin.ca, fax 250.838.2131 or send to: Human Resources, Splatsin, P.O. Box 460, Enderby B.C. V0E 1V0

DEADLINE FOR SUBMISSIONS:

January 31, 2019

Yucwmenlúcwu (Caretakers of the land) LLP - RESOURCE PROTECTION COORDINATOR

Position Purpose:

The purpose of this position is to assist with review, coordination, response, and tracking of referrals in collaboration with the Splatsin Title and Rights Department. Management and coordination of cultural heritage preliminary field reconnaissance (PFR) assessments will be a key function of this position. Reporting directly to the Yucwmenlúcwu Heritage Manager, the Resource Protection Coordinator will work closely with the Splatsin Title and Rights Director.

This position will be primarily office based, with some field-based activities required. Training and mentorship opportunities will be provided to the successful candidate. This is a career track position, with the successful candidate forming an integral part of Yucwmenlúcwu's Resource Management Team.

Other requisite attributes are:

- Knowledge and experience working with a First Nations Community
- Previous experience and understanding of First Nations cultural heritage
- Demonstrated experience with First Nations referral processes
- Previous experience managing and implementing multiple large projects
- Minimum of 2 years project management and supervisory experience
- Advanced ability to organize, prioritize, multi-task, and manage time
- Self-motivated, able to work with minimal supervision
- Strong desire to advance one's career and skill set
- Excellent written and oral communication skills
- Solid team player and interpersonal skills
- Strong conflict resolution skills
- Discretion and respect for confidentiality
- Proficient computer skills and experience with MS office Suite (Word, Excel, PowerPoint, etc.)
- Previous experience using GPS and iPad units
- Valid driver's license required

If you are a reliable, team player that enjoys a dynamic work environment, competitive salary and benefit package and an opportunity to share your skills and talents, we would like to hear from you. Please forward your resume and covering letter to info@splatsindc.com fax 250.838.2131 or send to: Human Resources, Splatsin, P.O. Box 460, Enderby B.C. V0E 1V0

DEADLINE FOR SUBMISSIONS:

January 31, 2019

Pursuant to section 16 of the Canadian Human Rights Act preference may be given to applicants of aboriginal ancestry.

Yucwmenlúcwu (Caretakers of the land) LLP - Environmental Technician

Position Purpose:

The purpose of this position is to assist with the implementation of natural resource programs, projects and initiative and assist project managers with the coordination and implementation of field programs and office-based tasks

Qualifications and Requirements:

The Environmental Technician position requires an individual who is a self starter and who wishes to develop their career with our diverse team.

Other required attributes are:

- Minimum Certified Environmental Technician Certification
- Minimum of 2 years experience working within environmental projects
- Previous experience using technical equipment such as GPS, iPad, and water monitoring equipment
- Proficient computer skills and experience with MS office software (Word, Excel, Access & PowerPoint)
- Valid Level 1 Occupational First Aid certification
- Ability to occasionally work in the field and out of the local area for extended periods of time
- Strong interpersonal skills
- Excellent written and oral communication skills
- Self-motivated, able to work with minimal to no supervision
- Strong time management skills with the ability to prioritize activities
- Strong conflict resolution skills
- Physically fit
- Valid driver's license required
- Discretion and respect for confidentiality

If you are a reliable, team player that enjoys a dynamic work environment, competitive salary and benefit package and an opportunity to share your skills and talents, we would like to hear from you. Please forward your resume and covering letter to, info@splatsindc.com fax 250.838.2131 or send to: Human Resources, Splatsin, P.O. Box 460, Enderby B.C., V0E 1V0

DEADLINE FOR SUBMISSIONS:

February 15, 2019

Splatsin Stsmamlt Posting - Family Liaison/Support Worker

Position Purpose

The purpose of this position is to provide support & advocacy for Splatsin families and children in collaboration with Splatsin Stsmamlt Services. Assist in family preservation, reunification and provide support services in view of positive development for Splatsin youth and families.

Position requirements:

- Knowledge of First Nation issues, including communities, family structure, customs and traditions are essential.
- Previous experience working within a First Nations community or organization.
- Empathy for families and children experiencing problems and stress.
- Personal maturity, sobriety and leadership ability.
- Excellent interpersonal skills.
- Strong oral and documentation skills, including listening skills.
- Strong ability to build relationships and rapport.
- Ability to liaison with other team members.
- High ethical standards.
- Able to work with minimum supervision.
- Computer skills including knowledge of MS Office.
- Discretion & respect for confidentiality is essential.
- Valid driver's license and clear abstract.
- Clean criminal record check, including vulnerable sector.
- Certificate related to health or human services is considered an asset.
- High School Diploma.
- A combination of education and experience will be considered.

If you are interested, please submit an updated resume and cover letter to:

Human Resources

Splatsin

P.O. Box 460

Enderby B.C.

V0E 1V0

human_resources@splatsin.ca

Or fax application to 250-838-2131 Attention: Human Resources

DEADLINE FOR SUBMISSIONS:

February 15, 2019

Pursuant to section 16 of the Canadian Human Rights Act preference may be given to applicants of aboriginal ancestry.



Splatsin Tsm7aksáltn (Splatsin Teaching Centre) Society

2730 Canyon Road, Enderby, BC V0E 1V3

Tel: (250) 838-6404

Fax: 250-838-6429 | www.splatsin.org

Job Posting: Infant/Toddler Early Childhood Educator

Hours: Full-Time (40 hours per week)

Wage: Commensurate with experience

Posted: October 19, 2018

Closing: Open until filled

Position Overview:

The Infant/Toddler Early Childhood Educator will provide a quality caring and supportive childcare program that addresses the unique child care needs of the community, and meets all regulatory standards. The Infant/Toddler Early Childhood Educator is responsible for assisting in developing and implementing programming to achieve service delivery excellence. The Infant/Toddler Early Childhood Educator is expected to operate within the Child Care Practitioner Occupational Standards and Code of Ethics as defined by the Canadian Child Care Federation. This position reports to the Executive Director and to the Board of Directors.

Duties:

- Provide integrated child care to infants and children ages 0-36 months.
- Participate in program planning; schedule and modify as needed to meet needs of designated child/children.
- Maintain liaisons with other health, social service professionals and community resources.
- Ongoing cooperation and work within a multi-disciplinary team or networking with other related support fields to promote health, wellness, mental health, safety, nutrition, and other factors that affect the child's development.
- Assist the Infant/Toddler Program Supervisor to plan, carry out, and assess developmentally appropriate activities and experiences.
- Ensure guidance of children's behavior that encourages positive self-concept.
- Maintain the health, safety, and dignity of children in care.
- Contribute to the ongoing operations of the centre.

Qualifications:

- A Diploma or Certificate in Early Childhood Education from a recognized post-secondary institution.
- A Licence to Practice certificate in Early Childhood Education issued by the B.C. Early Childhood Education Registry.
- An understanding of the unique cultural and societal issues that affect children and their families.
- Must have excellent organizational, planning, and communication skills.
- Must be able to work independently and be reliable and self-motivated.
- Must be able and willing to work in partnership with other programs and resources.
- Ability to work cooperatively as a member of the team, facilitating a team environment through personal behavior, work contributions, and the sharing of expertise and knowledge

Requirements:

- Standard First Aid with CPR-C
- Food Safe certificate an asset
- Must consent to a Criminal Record check and comply with the Criminal Records Review Act
- Evidence that the candidate has complied with the Province's immunization and tuberculosis control programs
- Must have a Doctor's note stating that you are physically and mentally well to work with children

Send Résumé to: Splatsin Tsm7aksaltn Society
Attn.: Deanna Cook
2730 Canyon Road
Enderby, BC V0E 1V3

E-mail: splatsin@telus.net
Fax: (250) 838-6429
Telephone: (250) 838-6404

We thank all applicants for their interest; however, only individuals selected for interviews will be contacted.



Splatsin Tsm7aksaltn Society

2730 Canyon Road, Enderby, BC V0E 1V3

T: 250-838-6404

Fax: 250-838-6429 | www.splatsin.org

ASCD and AIDP Manager Job Description

Job Title:

Aboriginal Supported Child Development/Aboriginal Infant Development Program Manager

Reports to:

Deanna Cook, Executive Director

Splatsin Tsm7aksaltn (Splatsin Teaching Centre) Society Board of Directors

Position Overview:

The ASCD/AIDP Manager will oversee ASCD and AIDP program operations, including (but not limited to): statistics, budgets, hiring, training, supervision, reporting, assessments, community collaboration, and family supports. The ASCD/AIDP Manager will supervise and support ASCD/AIDP support workers in providing center-based and community-based support services to infants and children with developmental delays or disabilities in physical, cognitive, communicative, or social/emotional/behavioural areas. In collaboration with the parent(s)/guardian(s), the ASCD/AIDP Manager will develop an independent service plan for the child, and will implement strategies to achieve the service plan goals. The ASCD/AIDP Manager will ensure families and children receive inclusive, culturally-sensitive supports. The ASCD/AIDP Manager will ensure the goals and values of the Splatsin Tsm7aksaltn Society are demonstrated in all services provided to the community.

Duties:

- Supervise staff in providing integrated support services to Aboriginal infants, age 0-4, and Aboriginal children and youth, age 0-12, with developmental delays and/or disabilities.
- Program planning, including creating schedules for workers and clients to meet needs of the designated infant/child.
- Facilitate community or center-based events and workshops for service workers and/or parents.
- Supervise staff in providing one-on-one and group supports for infants and children.

- Provide one-on-one and group supports for infants and children with developmental delays and/or disabilities as needed in order to assess infants and children's development and to identify appropriate strategies.
- Informally evaluates child's development and growth on a regular basis and documents the child's development.
- Support parents and provide knowledge and resources in learning about their child's development.
- Maintain liaisons with other health, social service professionals and community resources to meet the needs of the infant/child.
- Keep up-to-date with current research and new developments in the field of special needs and child development.
- Make appropriate referrals for further assessment and/or support services within *Splatsin Tsm7aksaltn Society* and/or to other agencies.
- Supervise ASCD and AIDP workers in implementing strategies laid out in the infant/child's independent service plan.
- Provide case consultation, training, and support to ASCD and AIDP workers in the field of infant and child development.
- Keep ongoing, accurate client records.
- Collect and submit monthly SIRD stats to MCFD.
- Submit quarterly written reports regarding the ASCD and AIDP programs for review by the Executive Director and Board of Directors.
- Ongoing cooperation and work within a multi-disciplinary team or networking with other related support fields to promote health, wellness, mental health, safety, nutrition, and other factors that affect the child's development.

Qualifications:

- A minimum of a Bachelor's Degree in one of the following areas: Social Work, Psychology, Early Childhood Education, and/or Child Development.
- Experience in performing assessments and comfortable with various assessment tools.
- Experience in working with infants and children with developmental delays or disabilities.
- Must be able to work well with infants and children with challenges and identify effective strategies for case planning.
- Aboriginal ancestry preferred with working knowledge of Aboriginal culture.
- Demonstrated ability to use a cultural safety framework when working with Aboriginal children, families and communities.
- Experience in a management/supervisory role.
- Must have excellent organizational and communication skills.
- Must be able to work independently and be reliable and self-motivated.

- Must be able and willing to work in partnership with other programs and resources.

Requirements:

- British Columbia Driver's License Class 5 (Class 4 an asset)
- Reliable vehicle with business insurance
- Standard First Aid with CPR-C
- Food Safe certificate an asset
- Must consent to a Criminal Record check and comply with the Criminal Records Review Act for Vulnerable Sectors

Please submit resumes to: splatsin@telus.net

Or via indeed:

https://ca.indeed.com/viewjob?t=ascdaidp+manager&jk=8493d36108bd6e3c&_ga=2.36259685.494301834.1547666456-141188854.1536602990

Position will remain open until filled

Health

The Red Road to Wellbriety Meetings

“Balanced Being”



Most people associate Wellbriety with addictions but Wellbriety is about much more. It means being a balanced person. Wellbriety can also support you with issues such as:

Conflict and disharmony in relationships; Impacts of abuse and violence; Grief

Meets every Monday from 5pm-7pm at Splatsin Health Services Flex Room

Come learn about healing, hope, unity and forgiveness.

Contact Denica B (250)838-9538 ext. 305

Healthy cooking on a budget

Healthy Cooking on a Budget with Kristi Christian
Splatsin Community members welcome
Every Thursday from 10:00 am-12:00 pm.



Please sign up at Health Reception.

For more information contact Kristi C: 250-838-9538 ext. 304



Splatsin Health welcomes you to this month's Maternal Child Health dinner with the focus topic of "Honoring our Babies: Safe Sleep".

All prenatal, postnatal, support people, and babies are invited to join us January 30th, 2019; 5:00 PM -7:00 PM for this event. Contact Meghan, Community Health Nurse, or Katrina, Family Support Worker for more information and to register: 250-838-9538.

Falls don't discriminate – be prepared for winter

Submitted by: Kelly Wilson, Interior Health Quality Consultant, Falls and Injury Prevention

More people fall during our cold, Canadian winter than during any other season. No one is immune to falls, yet the consequences of falls differ markedly across age groups. At 25, you may only injure your dignity; at 45, you may break your wrist; and above 65, you may suffer a serious fracture or head injury. Nevertheless, it takes but a second, and a fall for anyone could mean long-term rehabilitation, permanent disability, or death.

When weather gets treacherous, take these steps to keep safe:

1. Shovel your driveway, walks and stairs. This is an obvious one but not to be neglected. It's also the neighbourly thing to do. Keep an eye out, too, for neighbours who are elderly or who have a disability and lend a hand if needed. With changes in temperature, a freeze-thaw cycle can make for extremely icy conditions. Spread salt or sand to reduce the risk of a fall.
2. Wear good footwear. Not all footwear is made equal. Even winter boots differ in the amount of slip resistance they offer. To find ratings on specific footwear, visit the Toronto Rehabilitation Institute's website, Rate My Treads. Ratings go from zero to three snowflakes, with three snowflakes offering the most grip. However, be cautious with cleats and spikes designed for outdoor icy conditions as they can increase your risk of falls on other indoor surfaces
3. Stay active. This is counter-intuitive advice since getting up and getting moving would seem to put you at risk of a fall. Yet a more sedentary lifestyle—more likely in the winter months—leads to muscle loss, which decreases strength and balance. So, if walking outdoors is not an option, walk indoors at your local mall, for example, or even in the hallways of your house or apartment building. Swimming at your local pool is another excellent way to stay limber. Mobility is medicine—take it every day!
4. Helmets, helmets, helmets. 'Tis the season for skating, skiing, snowboarding, and snowmobiling. For these and other activities, wear a helmet. Helmets look fashionable, keep you warm, and most importantly protect your brain. Adults set an example for your kids: don a helmet by default.
5. Be present in your body. Proprioception is our sense of our body's position in space, including our sense of balance. This sense suffers from the many distractions in our day, not least of which our smart phones. Avoid rushing and “multi-tasking”. Be mindful of where you put your feet and tune in to your surroundings when you are walking.
6. Eat and drink for good health. Eat healthy foods and drink plenty of water—poor nutrition and dehydration can cause dizziness.
7. Mind your medications. Taking more than five medications increases your risk for falling and some medications can make you feel dizzy or drowsy. If you think your medications are making you unsteady, be sure to tell your doctor, nurse practitioner or pharmacist right away. Don't stop taking your medication without speaking with them first.

Lastly, quality of life is key. To partake in the activities, we enjoy often entails a level of risk. We cannot completely eliminate risk, but through these steps we can greatly decrease our chances of a fall. May you enjoy the winter season and stay safe!

For more information about fall and injury prevention, visit the fall prevention site www.findingbalancebc.ca and the Your Health section at www.interiorhealth.ca.

Ask us about
the Mustimuhw
Citizen Health
Portal (MCHP)



Mustimuhw Citizen Health Portal

A Personal Health Record (PHR) Solution

Are you ready to take another step towards enhancing your wellness journey by using the secure Mustimuhw Citizen Health Portal?

Using the Mustimuhw Citizen Health Portal, you can access your health information, message authorized members of your healthcare team, request appointments, and manage health information for your dependents or someone you advocate on behalf of.

What is the MCHP?

A secure web-based tool that contains your health information and is accessed by you and authorized members of your healthcare team.

Is the MCHP secure?

Yes, you set up a private user ID and password.
The MCHP meets all federal, provincial and territorial privacy and security legislation.

How much does it cost?

There is no cost to create a citizen account and use the MCHP!

How do I sign up?

Register now by talking to your healthcare provider at your health centre



Mustimuhw Citizen Health Portal

A Personal Health Record (PHR) Solution

Citizen Frequently Asked Questions

What is the Mustimuhw Citizen Health Portal (MCHP)?

A trusted, electronic personal health record and information-sharing tool that can be accessed anytime, anywhere.

How does the MCHP benefit you?

It is an efficient modern health tool that recognizes your health information is a key to supporting your health and wellness. The MCHP:

- Provides the ability for you and your healthcare team to store and maintain key health information in one central location;
- Allows you to securely share the information with your healthcare teams and others (e.g. a family member who supports you in your wellbeing);
- Provides two-way messaging to enhance communication with your healthcare teams; and
- Accessible via the web – available wherever and whenever you need it.

What type of information will be in the MCHP?

You will add your health information – family history, allergies, medications, weight, blood pressure, blood sugar levels, and more. Your healthcare teams will add other key information, such as immunization records, lab test results, etc.

Is the MCHP secure?

Yes, you set up a private user ID and password.

How much does it cost?

There is no cost to the citizen!

Who can access my personal healthcare information?

Only you and your healthcare team can access your information. You have the option to give another individual access.

How do I access my health information?

Access it online from any internet-enabled device such as an iPad, tablet, smartphone, or computer.

How do I register for an account??

Register now by talking to your community-based healthcare provider.



Mustimuhw Citizen Health Portal

A Personal Health Record (PHR) Solution

We are collecting your email address so you can have a secure online connection to this clinic. Signing up is optional. In compliance with provincial privacy legislation, we will only use your email for this purpose and will not disclose it to others without your prior knowledge and consent.

Name: _____
(Please print your name as it appears on your health card)

Email: _____

PHN (health number): _____

Date of Birth (MMDDYYYY): _____

Address: _____

Home Phone: _____ Preferred:

City: _____ Postal Code: _____

Other: _____ Preferred:

Best Time to Contact: Morning Afternoon

PINK SHIRT DAY
WEAR PINK ON FEB 28

THE MESSAGE IS SIMPLE
THE IMPACT IS

BIG



Wellness Week & Storytelling

SPLATSIN HEALTH SERVICES

WELLNESS WEEK & STORYTELLING

Three Days!

Eleven 'Alternative Medicine Practitioners'!

Booking begins February 15th

Two appointments per community member

More information TBA

**FEBRUARY 26TH, 27TH, 28TH
SPLATSIN COMMUNITY CENTRE**

For more information:

Denica Bleau (250)838-9538 ext 305 denica_bleau@splatsin.ca

Crystal Morris (250) 838-9538 ext 301 jorcul@splatsin.ca

VISITOR INFORMATION

5 TIPS TO PREVENT THE Spread of Illnesses

1. Stay home if you are feeling unwell.
2. Get the influenza (flu) shot.
3. Wear a mask, located at facility front entrances, if you have not been immunized against influenza.
4. Cover your cough or sneeze with a tissue or your elbow.
5. Wash your hands frequently with soap or hand sanitizer.



! Children and individuals over 65 years of age are particularly vulnerable.

Who will you protect?

Thank you for doing your part to keep the people in our care safe.



Interior Health
Every person matters

Membership

For all cards issued, this includes 'Renewal', 'First Card', 'Lost Card', 'Stolen Card', and 'Replacement'.

Paper Laminate Certificate of Indian Status Cards issued to:

Splatsin Band members will be charged \$10.00

Non-Splatsin members will be charged \$45.00.

Secure Certificate of Indian Status Card applications will be charged as follows:

Splatsin Band members \$10.00

Non-Splatsin members \$65.00.

If you require further information, please feel free to contact Elizabeth Jean Brown, Indian Registry Administrator at (250)838-6496 ext. 221.

The Indian Registry Administrator will be in office on the following days for the Month of February 2019:

Wednesday Feb 6

Expired I.D., S.I.N. cards,

Thursday Feb 7

photocopied I.D. or certified I.D.

WILL NOT BE ACCEPTED

Wednesday Feb 13

I.D. must be intact and readable

Thursday Feb 14

Wednesday Feb 20

Your previously issued Status card (especially if expired) must be

Thursday Feb 21

returned to the issuing officer upon

Wednesday Feb 27

receipt of your replacement/renewal

Thursday Feb 28

Status card

The following is a list of Accepted Identification to obtain a Status Card:

Primary I.D.:

Valid Canadian Passport

Secondary I.D.:

****Certificate of Birth***

****Certificate of Marriage or Divorce***

****Provincial Health Card***

****Provincial Identification Card***

****Driver's License***

****Employee I.D with digitized photo***

****Student I.D. with digitized photo***

****Firearms License***

****Current Status card (Status card cannot be expired more than 6 months)***

Social Development

Notice to all Social Development Clients

If you handed in a declaration after the 15th of the month.

You will receive a cheque 5 business days after the cheque issue day.

Reminder that declarations are due on the 15th of every month

Title & Rights

Dear Splatsin Community Members,

This note is to update you on the plans for a community environment symposium. The event is planned for Saturday, May 11, 2019, in the Community Centre. The goals are to discuss environmental issues in Splatsin and to share research from community projects, including the work we've been doing over the past couple of years.

Along with a water ceremony, and research presentations, there will be presentations and discussions related to water law by Bonnie Leonard from SNTC and Aimee Craft from the University of Ottawa.

I will be back in Splatsin February 4-7. We are having a meeting on Tuesday, February 5, at 10:00 am to 11:00 am in the Community Room in the Splatsin Centre, to continue the planning for this event. Please come. It is open to all. Snacks will be served.

Also, we would like to find an artist, under 18 years of age, to do the art for a poster to advertize the event. If you are such an artist, or know of someone, please contact me by phone, email, or Facebook. Or come and talk about the poster, along with Kyle and the youth group, on February 7 at 4:30pm in the Community Room of the Splatsin Centre. All youth are welcome.

And, the big job now is to advertise and promote the event. Please spread the word.

Kukwstsámč! Thank you.

Tad McIlwraith
tmcilwra@uoguelph.ca; 778-230-6072

Dates to Remember

All meetings are scheduled but due to unforeseen circumstances they may be changed.

		← January		FEBRUARY 2019 →		March →	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	27	28	29	30	31	1	2
	<ul style="list-style-type: none"> ● AFETSCHHOOOL 10-18 TBD ● Secwepmtnsin Classes Qui 	<ul style="list-style-type: none"> ● Newsletter distribution ● AFTERSCHHOOOL 10-18 RUC ● Women's Healing Group 	<ul style="list-style-type: none"> ● LEADERSHIP 14-24 TBD 	<ul style="list-style-type: none"> ● AFTERSCHHOOOL 10-18 TBD ● Baby & Me Swim - Health 	<ul style="list-style-type: none"> ● Second Harvest Rides ● AFTERSCHHOOOL 10-18 DRK 		
	3	4	5	6	7	8	9
	<ul style="list-style-type: none"> ● Secwepmtnsin Classes Qui 	<ul style="list-style-type: none"> ● Women's Healing Group 		<ul style="list-style-type: none"> ● Baby & Me Swim - Health ● Elders Meeting (Splatsin 5 			
	10	11	12	13	14	15	16
	<ul style="list-style-type: none"> ● Secwepmtnsin Classes Qui 	<ul style="list-style-type: none"> ● Women's Healing Group 		<ul style="list-style-type: none"> ● Baby & Me Swim - Health 	<ul style="list-style-type: none"> ● Second Harvest Rides 		
	17	18	19	20	21	22	23
		<ul style="list-style-type: none"> ● Newsletter deadline ● Women's Healing Group 		<ul style="list-style-type: none"> ● Baby & Me Swim - Health 			
	24	25	26	27	28	1	2
	<ul style="list-style-type: none"> ● Secwepmtnsin Classes Qui 	<ul style="list-style-type: none"> ● Newsletter distribution ● Women's Healing Group 		<ul style="list-style-type: none"> ● Baby & Me Swim - Health 	<ul style="list-style-type: none"> ● Second Harvest Rides 		

02

FEBRUARY

SPLATSIN RECREATION TEAM CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1 After School Program Roller Skating	2 Closed
3 Closed	4 After School Program Cooking - Jerkey	5 After School Program Making Sprouts	6 Youth Leadership Nutrition	7 After School Program Garden Planning	8 After School Program Tube Town	9 Closed
10 Closed	11 After School Program Cooking - Cheese	12 After School Program Science Experiments	13 Youth Leadership Indigenous Music <small>Community Powwow 5-7PM Community Center</small>	14 After School Program Drop-In	15 After School Program Roller Skating	16 Closed
17 Closed	18 After School Program Cooking - Pizza	19 After School Program Origami	20 Youth Leadership Cultures: Mexico	21 After School Program Drop In <small>Community Movie Night Song of the Sea - 5-7PM Community Center</small>	22 After School Program Rock Climbing	23 Closed
24 Closed	25 After School Program Cooking - Glory Bowl	26 After School Program Maps	27 Youth Leadership Film Making	28 After School Program Campfire		

After School Program
Ages 10-18
4:30-5:30PM
Community Room

Youth Leadership
Ages 15-24
4:30-6:30PM
Community Room

Sports Camp
Ages TBD
Time TBD
Community Center

Community Event
All Ages
Time and Location on
Calendar

Closed For the Day

For more info about the After School or Youth Leadership programs contact Kyle Crump

2508389538 or
kyle_crump@splatsin.ca

Splatsin Tsm7aksaltn (Teaching Centre) Society

2017-2018 Annual Calendar of Events and Curriculum

Please note:

We are open from Sept.5, 2017 to June 28, 2018.

We will be closed for Christmas and Spring Break, Summer Holidays and some SD 83 Pro D Days.

February

Feb.1-28 - Cultural themes: terms for heart, domestic animals, birds, spring season

Feb. 12 – Family Day – Centre closed for care this day

Feb. 13 – Board of Directors Meeting @ 5pm

Feb. 14 – Valentine’s Day – Party from 2 to 4

Feb. 23 - Pro D Day – Closed for Child Care

Feb. 28 – Anti Bully Day – Wear Pink

March

March 1-31: Cultural themes: Name Place Song, Summer clothing, Our community

Mar. 12 – Board of Directors Meeting @ 5pm

March 15th - St. Patrick’s Day (wear green, green smoothies & Irish stew + treasure hunt with a pot of gold)

March 1- March 29: Spring break. Centre will be closed for childcare during this time.

2019 Baby Welcoming Ceremony

Looking for Splatsin babies born in 2018.

We are always honoured to host this special event. We are looking to celebrate babies born in 2018 of Splatsin decent they do not have to be registered. We just want to honour all babies with even a drop of Splatsin heritage.

Contact Salena Webb AIDP (250)838-6404 or email: splatsin_idp@yahoo.com

Date and Agenda to be announced.

Band Member Articles



Dr. Erica Lohrey graduated from Stanford University in Palo Alto, CA with a Bachelor of Science degree in 2005. She was third in her high school graduation class finishing with a 3.9 Grade Point Average. She graduated from the School of Veterinary Medicine at Washington State University in 2010. She is lead veterinarian at a Banfield Pet Hospital in Southern California. Erica and her husband Ty have travelled extensively to other countries, including Thailand, Peru, and Australia. She and Ty have two daughters, Daphne, age 4 and Alana, age 2.

Tim Maland attended classes at Central Washington University and finished at the University of Washington with a Bachelor of Science in biology. He transferred to New York University and graduated as a Registered Nurse (RN) from the School of Nursing there. He is employed as a RN in cardiology in the Seattle area.



Amanda Lorennij is a Registered Respiratory Therapist (RRT) after graduating from the Pima Medical Institute. She works as a lead RRT at a hospital in Seattle. She and her husband Diem have two children, Alyssa, age 11 and Jeremiah, age 8.

Sixties Scoop

SIXTIES SCOOP CLASS ACTION SETTLEMENT

Collectiva will hold Information Sessions on the Sixties Scoop Settlement Claim Process.

The Sixties Scoop Class Action concerns any registered Indian or person eligible to be registered or Inuit person who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991, which resulted in the loss of cultural identity. Eligible class members could receive compensation between \$25,000 and \$50,000 depending on the overall number of eligible members.

SIXTIES SCOOP INFORMATION SESSION

During the information session, class members will have access to professionals for answers to their questions, help in completing claim forms and financial wellness and planning presentation.

For the list of cities we will visit and for more information:

sixtiesscoopsettlement.info
1 844 287-4270
sixtiesscoop@collectiva.ca

**60'S
SCOOP**



[Dale Eurich Photography January 21 at 9:48 AM](#)

Lunar eclipse over Lumby, BC, Canada....Okay, this one I have to admit I'm pretty proud of!! First image in this sequence at 7:21PM and last image at 8:52PM.

