

SEPTEMBER 2021

ST'UXWTEWS HEALTH & SOCIAL NEWSLETTER

The monthly newsletter of St'uxwtews First Nation



EVENT SUCCESS!

AUGUST 12, 2021 - YOUTH DAY @ BIB BALL FIELD

The St'uxwtews Health and Social Team held a Youth Day at the BIB Ball Field on August 12, 2021, to honor our youth. We had a great turn out, with 27 children attending. The youth were able to enjoy a bouncy slide castle, and a dunk tank from Fun Zone. We shared a meal together and they were able to take home prizes. We look forward to more events in the near future. It was a great day spent celebrating our St'uxwtews youth.



LOON LAKE COMMUNITY CAMP OUT

AUGUST 14 & 15, 2021

Our team did a great job hosting a community camp out at Loon Lake on August 14 + 15, 2021. We had 23 families attend, with over 80 community members camping together. The event was a great a success!

The community enjoyed canoe rides, pontoon boat rides, a horseshoe tournament, and bingo. The kids made crafts and learned proper hand washing technique.

Our members also got to fish for trout in loon lake. The new playground equipment was enjoyed by many youth throughout the weekend. St'uxwtews was able to come together as a community and enjoy all that Loon Lake had to offer. We hope to see more community members at our events in the future. We thank everyone for their hard work and making this weekend possible!
Kukwstsemc!



HYDRATION STATION

TIPS ON HOW TO STAY HYDRATED

I have always had problems with staying hydrated. Recently I started keeping track of my water intake and meeting my goals. I started to feel energized and have less headaches throughout the day. It has really made a difference in my health!

Fluid is essential! It has many important roles such as moving nutrients and waste through your body, regulating blood pressure, protecting and cushioning your joints and organs, controlling your body temperature and lowering your risk of dehydration. Women should have an average of about 8 cups of fluids per day. Men should have an average of 10 cups per day.

How to know you are drinking enough! Check your thirst- if you are thirsty or have a dry mouth, it is likely that you are not drinking enough.

Check your urine- if your urine is a dark yellow color and has a strong smell, you may not be getting enough fluids. Urine that is light yellow or clear in color usually means that you are drinking enough fluids

Check your mood- if you feel light headed and tired, are not able to focus or have many headaches, these could be signs that you are dehydrated.

Tips to meet your fluid

- Keep water nearby with you, buy a water bottle with a straw for easy access to drinking.
- Choose decaffeinated drinks more often to keep you well hydrated. Drinks with caffeine should be limited to 3 cups per day. Non caffeinated, non-sweetened tea is a great option!
- Take sips of water while eating meals or snacks
- Keep a jug of ice water, with lemon, lime or organize or cucumber slices in your fridge at home or at work

Telleighla Gies, RN BSN
Community Health Nurse
FNHA



First Nations Health Authority

FOR IMMEDIATE RELEASE

AUGUST 20, 2021

NEW HEALTH MEASURES INTRODUCED FOR ALL INTERIOR HEALTH REGION

IH-WIDE - interior Health (IH) is introducing new public health orders covering the entire Interior Health region to manage COVID-19 activity.

Effective tonight at midnight:

- Masks are mandatory in all indoor public spaces for people 12 years and older.
- Low-intensity indoor group exercise is permitted to a maximum of 10 people per class. High intensity indoor group exercise is not permitted.
- Outdoor personal gatherings (e.g. birthday parties, backyard BBQs) are limited to no more than 50 people.
- Organized indoor gatherings (e.g. weddings, funerals, seated events) are limited to 50 people and outdoor gatherings are limited to 100 people, both requiring a COVID-19 safety plan.

The previous orders for central Okanagan food and liquor establishments remain in place.

These measures will remain in place until the end September and Interior Health experiences lower cases and higher vaccination rates.

"while we are beginning to see cases in the Central Okanagan slowly plateau, we are seeing more cases in other areas of Interior Health," said Interior Health president and CEO, Susan Brown. "We are calling on all young adults to get your vaccine, especially those who work in jobs where you interact with the public. It is the most effective way to protect yourself and to reduce transmission in the community."

Most people are being exposed at social gatherings, work places or in private households. The delta variant is leading to faster transmission and more severe outcomes for younger people. Immunization remains the most effective prevention against COVID-19.



FOR IMMEDIATE RELEASE

AUGUST 20, 2021

NEW HEALTH MEASURES INTRODUCED FOR ALL INTERIOR HEALTH REGION

Continued from page 4

"The vast majority of our cases are in people who are unimmunized or partially immunized and in adults between 20-40 years old. For those who haven't yet gotten their first dose of the COVID-19 vaccine, please get it now. Getting immunized will help keep our hospital beds open for treating people with other illnesses and needing surgery," said Interior Health medical officer, Dr. Rob Parker.

The interval between first and second COVID-19 vaccine doses has decreased to 28 days for everyone. People can get vaccinated by dropping into any IH immunization clinic or by booking and an appointment. Pop-up clinics are being added in communities throughout the region. All clinic locations and details are available here:

<https://news.interiorhealth.ca/news/covid-19-immunization-clinics/>,

Testing continues to be available to anyone experiencing symptoms of COVID-19. People can book an appointment online or call 1-877-740-7747 between 8am-7pm daily.

How to get vaccinated:

People can get their first dose or second dose of a COVID-19 vaccine by dropping in to any IH immunization clinic or by making an appointment.

To make an appointment, register online by visiting the provincial website at:

www.getvaccinated.gov.bc.ca/, or call 1-833-838-2323, or visit Service BC office and book an appointment,



Interior Health

MEDICAL TRANSPORTATION (PATIENT TRAVEL)

IN RESPONSE TO THE COVID-19 PANDEMIC, HEALTH BENEFITS CONTINUES TO PROVIDE MT BENEFITS TO SUPPORT CLIENTS NEEDING TO SELF ISOLATE. CONTACT 1-888-305-1505 TO REQUEST SUPPORT FOR SELF ISOLATION. SERVICE HOURS ARE MONDAY TO FRIDAY FROM 8:30AM - 4:30PM AND SATURDAY/SUNDAY FROM 12:00PM TO 4:00PM

About this Benefit:

For many First Nations people living in rural or remote areas, it can be challenging to access necessary medical care. Health Benefits offers supports to help with these challenges through the medical transportation (MT) benefit.

Health Benefits works with First Nations communities to deliver the MT benefit. Community Patient Travel Clerks or FNHA Assessors are your connections to help you access your MT benefits.

What my plan Covers:

Your MT benefits provide assistance with the cost of meals, accommodation and transportation to help you travel to a medical appointment outside your community of residence. **MT coverage is intended as a supplement and may not cover full cost of your travel.**

You can access medical transportation benefits if you are traveling to:

- medical services covered by MSP or a public health agency
- services covered by the Health Benefits Program (e.g., dental, vision, etc.)
- traditional healers
- treatment at NNADAP funded or referred facility.

MT benefits covers travel to the closest appropriate provider, using the most efficient and economical type of transportation appropriate for your needs and medical condition.

How Do I Access Coverage?

Most clients should contact their community's Patient Travel Clerk to access medical transportation benefits. (Jeannie: 250-457-6233 ext. 229 or by email: chr2@bonaparte.band) Off reserve members can contact: Health Benefits at 1-855-550-5454.



MEDICAL TRANSPORTAION

(PATIENT TRAVEL)

PATIENT TRAVEL CONTINUED FROM PAGE 6

a) Submit a 'medical transportation request form at least 5 business days before your trip to get prior approval before travelling. You will also need to submit written confirmation of your appointment from your provider. If you do not get prior approval for your trip, or if you do not submit your request form ahead of time, you may have to reschedule your appointment or pay for your travel costs yourself an then request reimbursement.

b) Your community Patient Travel Clerk makes you travel arrangements and sends you the details.

c) Attend your appointment as scheduled.

d) After your trip, submit a 'written confirmation of attendance'. You must provide confirmation from your provider that you attended your appointment. If you need to request reimbursement, you will need to submit your written COA with your request. Clients who do not attend their appointment may be asked to pay back the cost of their travel.

If you have any questions about your medical transportation benefits, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.

Escorts

If you need someone to accompany you on your trip to your appointment, you may be eligible to travel with an escort, Escorts are covered under certain conditions, including if you:

- are a minor
- need help with activities of daily living (e.g., dressing, eating, or bathing)
- are undergoing a medical procedure (e.g., day surgery) or have a medical condition that means you need hep to get home
- will face a language barrier
- are travelling to give birth

You may be asked to provide 'documentation from your health care provider' to show you need ab escort.



MEDICAL TRANSPORTATION (PATIENT TRAVEL)

PATIENT TRAVEL CONTINUED FROM PAGE 6

What My Plan Does Not Cover

Some types of travel are Exclusions. Exclusions cannot be covered as an exception and cannot be appealed. MT benefit Exclusions include, but are not limited to:

- compassionate travel (e.g., travelling to visit a family member who is receiving medical treatment)
- payment for fees for a doctor's note
- travel back to your community of residence if you became sick or injured while away from home.
- travel when the medically-necessary service is available in your community
- travel to access services that are not considered medically necessary

- travel where the only purpose is to pick up items that do not need to be fitted (e.g., prescriptions, prescription glasses or contacts and some medical supplies and equipment).

You can call Health Benefits at 1-855-550-5454 to learn more about what is covered.

You can call Health Benefits at 1-855-550-5454 to learn more about what is covered.

Appeals

When coverage request for travel has been denied, you have the right to appeal the decision. Items and services that are Exclusions cannot be appealed.



MEDICAL TRANSPORTATION (PATIENT TRAVEL)

PATIENT TRAVEL CONTINUED FROM PAGE 6

About Appeals

If you have been denied coverage for an item, service, or travel, you have the right to appeal the decision. You can submit an appeal up to 12 months from the date that your benefit was denied. Appeals can be submitted by the client, their parent or guardian, or a representative.

How to Submit an Appeal

Once you have spoken to Health Benefits and are ready to appeal a decision, write a formal letter that describes the situation in detail, including the following information:

- the diagnosis of your medical condition
- the prognosis, or expected outcome, of your medical condition, including what treatments have been tried
- justification for the proposed treatment
- any additional supporting information

Your appeal also needs to include relevant documentation, such as:

- a note from your doctor or health care provider explaining your condition and need for the item, service, or travel.
- diagnostic results (e.g. dental x-rays, blood test results)

Once you are ready, please mail your appeal to:

FNHA Health Benefits Program
#540 - 757 West Hastings Street
Vancouver, BC V6C 1A1

If you receive an Ambulance bill

If you receive an ambulance bill, please send it to Health Benefits by email, fax, or mail. Please be aware that ambulance bills as a result of a motor vehicle accident or a workplace incident will not be covered by the Health Benefits Program, and should be forwarded to ICBC or WorkSafe BC respectively.

Coverage for ambulance transport services in BC is based on the rules and rates set out by BC Emergency Health Services with your status number.



Doctor Day with Dr. Lawrie

CINUP 64+ Elders Benefits

Injury Surveillance and Prevention

Doctor Day

Dr. Lawrie will be here on
September 15, 2021 from 9am -
2pm.

Please call Kala Morgan to book
250-457-6233 ext. 242.

If Dr. Lawrie is fully booked on her
Bonaparte day, we can book an
appointment for you at her Orchard
Walk Medical Clinic in Kamloops.
Orchard Walk Medical Clinic -
Phone - 250-828-8080.

Injury Surveillance & Prevention

The St'uxwtews Health Centre will
be doing a monthly draw to
promote our Injury Surveillance.
Program. We will keep you posted.



CINUP 64+ Elders Benefits

Bonaparte First Nation is excited to
announce a 64+ Member benefit
offered through CINUP.

Please call Kala Morgan to receive
an enrolment package.

If you are 64+ and a registered
Bonaparte First Nation member and
you have already enrolled in the
program but have NOT received
your CINUP benefit card in the mail,
please contact Kala to arrange
another mail out.



Bonaparte Member Plan (age 64+) | HIGHLIGHT SHEET

OVERALL PLAN MAXIMUMS

- Prescription Drugs - \$25 / member / calendar year
- Healthcare and Dental - \$125 / member / calendar year (prescription drugs not included)

EXTENDED HEALTH CARE

- Single or Family Coverage / No deductible
- 100% Coverage of all eligible services
- Semi-private hospital, Ambulance Transportation (Ground or Air)
- Includes prescription drug and ancillary services covered through F.H.I.B.
- Paramedical Practitioner - \$300 per practitioner per calendar year on paramedical services (Chiropractor, Podiatrist, Foot Care Nurse, Naturopath, Chiropractor, Audiologist, Clinical Psychologist/Social Worker, Speech Therapist, Acupuncture, Licensed Massage Therapist/Reflexology, Dietician, Physiotherapist, Athletic Therapist) \$300 per calendar year
- \$5,000 every 12 consecutive months for Private Duty Nursing
- \$300 hearing aid benefit every five months
- Eye Exams - \$60 / 12 months (per 12 months for children)
- Glasses and Contacts - \$300 / 12 months
- Coverage terminates the date the policy terminates, you are no longer a member of the policy holder, or death
- Survival benefit for 2 years

DENTAL

- Basic - \$60
- Major - \$60
- Orthodontic - \$60

- Single or Family Coverage / No deductible
- Basic and Major combined maximum of \$300 per calendar year
- Orthodontic lifetime maximum of \$300
- Current Province of Residence fee schedule. Includes Specialist's fee schedule
- Reimbursement of eligible charges is subject to the co-insurance and plan maximum provisions
- Survival benefit for 2 years

Basic Services

Routine Examinations, X-Rays, Fillings, Extractions,
Oral Surgery, Gum Therapy, Space Maintainers, Root Canal,
Cleaning and Scaling, Periodontal Treatment

Major Services

Root Canal, Extractions, X-Rays, Fillings, Extractions,
Oral Surgery, Gum Therapy, Space Maintainers, Root Canal,
Cleaning and Scaling, Periodontal Treatment

Orthodontics

Braces/Orthodontics for children under
the age of 18

Dentures

Complete and Partial Dentures

www.cinup.ca



We're here to help.

Contact Your Capricorn Benefits
Advisor Buffy Mills
1800 670 1877 or
Buffy@capricornbenefits.ca
Call
Toll free 1 800.665.1234
Fax 1 833.702.4687
www.cinup.ca

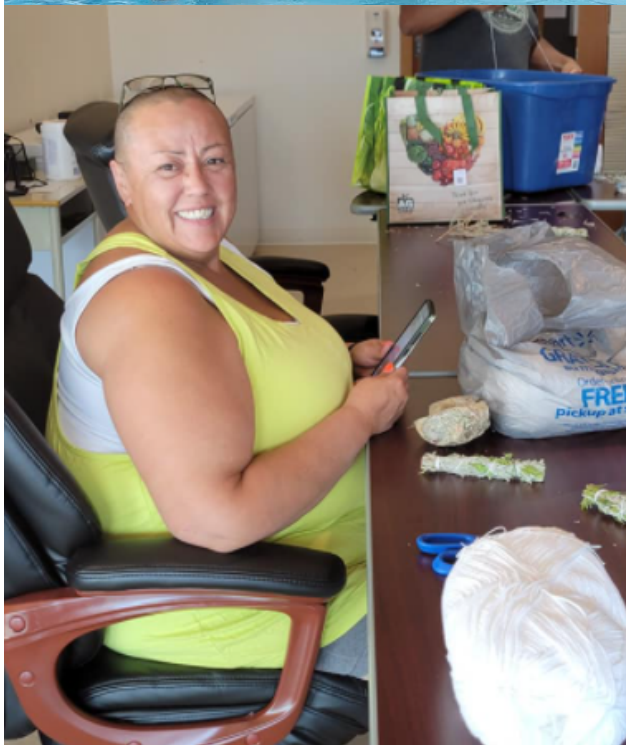
Youth Group

Karen has been taking the youth swimming at the Ashcroft swimming pool through out the summer. They had a blast!.

Although everyone will be going back to school, the youth group still has some fun planned for the evenings and weekends. Karen will be in touch.

Karen has backpacks for all youth that are going back to school.

Please call Karen 250-457-6233 ext. 249 or Krista Billy 250-457-6233 ext. 247 to arrange pick up. All youth are welcome to a back pack.



Health and Social Team

Angie Thorne
Social Development
Manager



Office: (250)457-6233 Ext: 239
Email: socialdev@bonaparte.band
Fax: (250) 457-9525
2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Karen Warren
Youth Worker



Office: (250)457-6233 Ext: 249
Email: youth@bonaparte.band
Fax: (250) 457-9525
2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Angie Pigeon
Registered Nurse,
Home and
Community Care



Office: (250)457-6233 Ext: 228
Email: hccn@bonaparte.band
Fax: (250) 457-9233
2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Matilda
Morgan
Social Development
Admin Assistant



Office: (250) 457-6233 Ext 243
Email: matilda@bonaparte.band
2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Carolyn Billy
Home Care Aid



Office: (250)457-6233
Email: hca@bonaparte.band
Fax: (250) 457-9525
2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Kala Morgan
Health Receptionist



Office: (250)457-6233 Ext: 224
Email: healthreception@bonaparte.band
Fax: (250) 457-9525
2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Jeannie William
Patient Travel/
Community Health
Worker



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P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

Boysie Porter
Recovery & Wellness
Worker



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2689A Sage Hill Rd.
P.O. Box 669 Cache Creek, BC V0K 1H0

KNUCWENTW'ECW

REMINDER!

BONAPARTE HEALTH CENTRE CLOSED



Closed: Monday September 6th, 2021

The Office Will Recommence Regular Hours Tuesday
September 7th, 2021

Thank You