

OCTOBER 2017 XAXLI'P NEWSLETTER



Xaxlip Immunization Clinics

Date: September 6th & September 27, 2017

Xaxlip Health

All Ages Welcome For Immunizations That May Be Due

Please Contact Laura: (250) 256-4800 Ext# : 1202

Don't Forget To Hang Your Calendars On Your Fridge For Your Information.

Xaxli'p Office Closed On October 9, 2017 Thanks Giving Day

**HAPPY
HALLOWEEN**



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Laura will be away Oct. 17th-25th for training in Vancouver. Please contact Rose James NP for health concerns during this time. 2502561314

Rose is available in different communities throughout the week. Please call to see where she is stationed, you are allowed to see her in any community, not just home community.

She will be in Xaxli'p October 23rd 10-2.

We have had a lot of calls asking about flu shots. This is great and I am so happy that community members are taking an active role in their health. Flu vaccine is not currently available and should be available by November. Flu clinic dates in early November to be announced in November newsletter.

Laura Moore CHN 😊

Elders / Membership Report

Elders lunch Wednesday, October 11, 2017.

I will be setting up information session for fall prevention and safety equipment.

Addresses? If you have recently moved please send me your new address.

Membership- Sending in any kind of an event (births, transfer) change it is taking Vancouver 6 (six) months to get paper work back to me.

Are you paying taxes on your B.C. Telus Cell Phone? If so phone 1-866-558-2273.

Are you paying taxes on your B.C. Telus Home Phone? If so phone 1-888-811-2323.

Individuals have to phone in, answer questions then they will send you a tax exemption form, then your status card has to be photo copied front and back sent to them.

Get your care card updated, this will have your photo on it. In Lillooet you have to go to the Insurance office beside the Credit Union. I suggest having this separate from your drivers license, so you can have a second picture I.D.


Patient Travel - Please have your written Doctors letter stating what time the appointment is, in to the office at least 1 week before your appointment, this is to ensure your travel will be ready in time. On these referrals it would state if a room is needed the night before or after and if an escort is required.

Some of you are receiving phone calls for your appointments, at this time ask them to fax the appointment date / time to 250-256-4803 atten: Alice

These appointments are for specialist out of town. Please have the Confirmation form filled out and return to the office, I say this because I am getting confirmation forms with a stamp on it, no name, no date. Confirmation form has to be returned to the office, before your next appointment. Any questions re Adult in Home Care, Membership or Patient Travel call me at the office.

Happy Halloween

HAVE A FUN AND SAFE TRICK OR TREAT



Health Fair
Sq7amograms (Mammograms)
And more.....

SAVE THE
B  BIES

-NBzA

When: November 23, 2017

Where: Nuk'way'lh Hall

Time: 10:00 am – 4:30 pm

Hello ladies☺! Come on out and have some screening done along with information booths and crafts, have a nutritious snacks and lunch!

Forms available at the office and if you need a ride or more information please call the Xaxli'p Health @ 250-256-4800



SCREENING MAMMOGRAPHY PROGRAM OF BC REGISTRATION FORM

SMPBC provides screening mammograms to eligible BC residents age 40 and up

Eligibility questions:

*If the answer is **yes** to any of the questions below you are not eligible for screening mammography. Please contact your family doctor to find out about other breast health options.*

1. Are you currently pregnant?
2. Have you been breast feeding in the last three months?
3. Have you had breast enlargement surgery, such as implants or injections?
4. Have you had breast cancer?
5. Do you now have any new breast complaints such as a solitary lump or nipple discharge?
6. Have you had a mammogram on both breasts in the last 12 months?

Registration form - the following information must be provided:

Last name: _____ Title: _____ (Ms., Mrs., Miss)

First name: _____ Middle initial: _____

Birth surname: _____

Date of birth: / /
 Day Month Year

Place of birth: _____

Personal health number (care card): _____

Mailing address:

Street: _____

City/Town: _____, BC

Postal Code: _____

Home telephone: _____ - _____ - _____

Work telephone: _____ - _____ - _____

Family Doctor: _____

City/Town: _____

For your mammogram appointment, do not wear deodorant, body powder or perfume.

APPOINTMENT DATE: _____ TIME: _____

LOCATION: _____ ***Fax completed form to 604-877-6231***

Starting on September 15th

Every Friday, 10-2pm

@T'it'q'et Preschool

St'at'imc Skuza7

(St'at'imc Little Ones)

Drop-in program for First Nations parents/caregivers and their children 4 and under

Schedule:

10-12: cooking a healthy meal together and socialize, kids play

12-2: Eat and clean up

Transportation
Provided.

Contact
Shonna or
Laura.

At least one Community Health Nurse will be available to weigh babies, answer questions and share information throughout

Come out and enjoy:

- FREE healthy meal
- \$10 gift certificate for First Nations band members on and off reserve who are pregnant or with children 4 and under.
- Child friendly environment with toys
- Connecting with other parents

For more information please call: 250-256-7017 or 250-256-4800 ext: 1202



First Nations Health Authority
Health through wellness



CHANGWAYS

Group Program

No Cost

Lunch
Provided



Practical Strategies for Personal Change

(Core Program)

Phone to
arrange
transportation
and to
register –
Limited
seating.

DEVELOPED BY UBC DEPARTMENT OF PSYCHOLOGY

Some of the topics that are covered in the ten-week time frame are:

- Setting and achieving attainable goals
 - The nature of stress
- The nature of depression and anxiety
 - The sustaining lifestyle
- The importance of social/support networks
 - Assertiveness
- Becoming aware of negative thoughts
 - Challenging distorted thinking
 - Relapse prevention
 - Relaxation techniques

September 26, 2017 to November 28, 2017

Every Tuesday @ 12:30 PM to 3 PM

FACILITATED BY:

St'át'imc Outreach Health Services

Laura Rhodes and Janice Knighton

650 Industrial Place, Lillooet, BC (next to Fisheries)

Office: 250-256-7530

Fax: 250-256-7535

Hours: 8:00am to 5:00pm (Monday to Friday)

website: www.statimchealth.net





Xaxli'p Settlement Fund



Hello Xaxli'p Members

The Xaxli'p Settlement Fund is available to assist community members to improve their skills or education for current or future employment. If you are interested in taking trades training courses, you can apply to the Xaxli'p Settlement Fund (Hydro Agreement).

The Xaxli'p Settlement Fund working group (XSPWG) meets on the 1st Friday of each month to approve applications. The working group's policy is **"you must have your application in at least one month before your training starts."**

As Coordinator, I will assist you with your application and the process, to ensure you qualify for the funds. If you have any questions or want to know more about the funds, please stop in at the Xaxli'p Administration office to see me. It will be great to see you and help you with your employment opportunities and future endeavors.

My office hours are:

1) DATES:	October – 2 nd , 3 rd , 4 th & 5 th October – 30 th , 31 st , November – 1 st & 2 nd
TIME:	12:30 – 4:00 pm each day

2) XSPWG Meetings:	October 6 th	November 3 rd
TIME:	9:00 am – 12:00 pm	
PLACE:	Chief & Council Boardroom	

Thank you,

Jacqueline Ned
Xaxli'p Settlement Fund Coordinator

**Co-Dependents Anonymous Meeting (open)
Every Wednesday 6 P.M. (beginning Sept 20/17)
At the Bridge River Band Health Boardroom**



CoDA is.....a group of men and women whose common purpose is to develop healthy relationships. Many of us struggle with the question: What is codependence? Am I codependent?

CoDA is a program of recovery from codependence. We have all learned to survive life, but in CoDA we are learning to LIVE life.

For more information contact Matilda Brown 250-256-7423 ext.235

Xaxli'p Settlement Funds

- Meets the first Friday of each month
- Requests for funding requires at least a **month's notice**

Thank you!

Please contact Jacqueline Ned for more details:
settlementfund@xaxlip.ca

Traffic Control Certification • XFLG 0610

Lillooet

September 27th & 28th

Wednesday & Thursday; 8:30 – 4:30

OR

November 4th and 5th

Saturday & Sunday; 8:30 – 4:30

Cost: \$350


The BCSCA is the WorkSafe BC approved certifier of all high-risk traffic control persons in BC. This 2-day standardized course for Traffic Control Persons (TCPs) consists of classroom and practical training. Upon successful completion a three-year record of completion will be issued. Requirements: CSA safety-toed boots



THERE ARE MANY JOBS AVAILABLE IN TRAFFIC CONTROL!


Margaret McInerney, TRU Regional Continuing Studies

P: 250-246-6273 E: mcin@truce.ca Register to learn: <http://www.tru.ca/formal/regional/continuing>




Come on out with your family & friends to win a Turkey/Ham/Hamper for all your trimmings for your "Thanksgiving Dinner". Please the Xaxli'p Health if you need a ride or for more information @ 250-256-4800

Turkey Bingo



October 3, 2017
at 4:30 pm
Nuk'way'lh
Hall

Sponsored by
Xaxli'p Health





knitting Classes

WE WILL BE STARTING KNITTING CLASSES

Thurs, Oct 5 - Tues 10, 2017

5-7pm

along with Culture night

we will learn a few stitches, With Gerdine John then we will have a Teacher & Gerdine come in help us with knitting sock's and slipper's, if you have yarn and needles, please bring them, some will be available

for more info call Linda McDonald @ 250-256-4800



Family Tree will be available on this night as well

You're invited to a

Community Dinner Thanksgiving

Come on out and enjoy a dinner with all the trimmings with good company of family & friends! Diabetic friendly meal. Call the Xaxli'p Health if you need a ride or for more information @ 250-256-4800

Where: Nuk'way'lh Hall

When: October 4, 2017

Time: 5:00 pm



Professional Development Day Pumpkin Patch



Xaxi'p Youth Trip to Desert Hills Ranch to the Pumpkin pickers ride on the hay wagon. Lunch and a small/medium size pumpkin is provided.

Any more information please contact Shayleen Jacob or Linda McDonald at 202-256-4800

Where: Desert Hills Ranch

When: October.20, 2017

Time: Meet at Youth Building 8:45am

Leave by 9:00am





Cooking Class

When: October 11, 2017 (Changed from 16th)

Where: Xaxli'p Health Kitchen

Time: 1 - 3

If you and your family would like to enjoy a healthy quick meal prepared by your hands, please join us along with some good company☺! For more information please call the Xaxli'p Health Centre @ 250-256-4800

Sk`ú'iten

(Custom well-known Tradition Practice)



When: October 5, 10, & 24, 2017

Where: Xaxli'p Health

Time: 5 – 7pm

Xaxli'p members welcome! Present class is making moccasins. Dinner will be available 😊!

For more information please call 250-256-4800

Pumpkin Patch

Xaxli'p Pre-post-natal/Pre-school/Head Start

When: October 24, 2017

Where: Dessert Hills (Ashcroft)

Time: 9am (leaving the Band Office & returning approx. 1:30pm)



If interested in attending the field trip please notify so we can make arrangements for rides call for Verna Adolph or

Shonna Jacob @ 250-256-4800 before October 20, 2017😊!

The children will be taking a pumpkin home and lunch will be provided!

Nsnek'wnuk'wa7
(My friend/relatives/people)

Wa7lhkaih ull'usilc lhkunsa
(We are gathered today)

Culture 2017



This will be a 2 day culture days for youth to participate in and do crafts, make drums, rattlers and hear stories from elders and many other activities available!
For more information please call the Xaxli'p Health Centre @ 250-256-4800

When: October 26 & 27, 2017

Where: Nuk'way'lh Hall

Time: 8:30am – 8:00pm 1st day

2nd day start 8:30am – 3:00pm

Breakfast, snacks and dinner available for both days!



Xaxli'p Community Forest Corporation
P.O. Box 19 Lillooet, B.C.
V0K 1V0 Canada

(250) 256-4228
Fax (250) 256-4223
email:

xfcassistant@gmail.com

CATERING OPPORTUNITY

The Xaxli'p Community Forest Corporation is looking for a caterer for the following events:

EVENT: Fuel Mapping – UNBC Presentation

DATES: October 12, 2017 @ 5pm

Dinner, dessert and drinks. XCFC provides the dishes.

NUMBER OF PEOPLE: 30

As Caterer, you will be responsible for;

1. Planning a healthy, economical menu with XCFC staff.
2. Purchase food and supplies, including napkins. XCFC supplies dishes.
3. Wash dishes before serving meal.
4. Meals prepared and served at requested time.
5. Clean up: kitchen, food, stove, countertops, kitchen floor.
6. Washing plates, cutlery, pans, pots, bowls, knives etc.
7. Provide and use own hair nets, gloves.

Submit bids with a price per plate to Anishia in the Forestry Office (downstairs in the Xaxli'p Administration Building), or by email to xfcassistant@gmail.com

DUE DATE: October 6, 2017 by 1:00 PM

A DECISION WILL BE MADE ON: October 6, 2017



Xaxli'p

Phone: (250) 256 - 4800 Fax: (250) 256 - 4803



CATERING BID –

For: Cultural Days

October 26 & 27, 2017

Xaxli'p is accepting Catering bids for approximately 50 for breakfast and 75 for dinner & 100 people for lunch. The menu will be a nutritious and must include menu items for diabetics.

Healthy breakfast, lunch & Dinner on the 26th & breakfast and lunch for the 27th

- Breakfast can be served at 8:30am
- Lunch @ 12 pm
- Community Dinner @ 5pm
- Healthy diabetic dessert
- Beverages: Coffee / Tea / Water / Juice / Sweetener / Cream / Sugar
- Cutlery / Plates / Bowls / Cups

Qualification Requirements:

- Valid Food Safe Certificate
- Experience in catering for 50 or more people
- Must clean kitchen / hall after catering completion
- Must wear hair net / gloves while cooking

Please submit your bid and a copy of Food Safe Certificate to Xaxli'p Health Office or by email: healthworker@xaxlip.ca .

Deadline for submissions: October 20, 2017 @ 3pm

Notification will only be given to the successful caterer.
Thank you in advance for your interest ☺



50th Wedding Celebration

Celia (nee Michell, 12 Mile) & **Doug Hyslop**

Invite all family & friends to celebrate their 50th wedding anniversary

DATE: Saturday, September 30, 2017

TIME: 1:00 – 4:00 pm

Cutting the cake at 2:00 pm

PLACE: Xaxli'p Hall

The celebration is an *informal drop-in gathering* so people can enjoy catching up on the news over the last 50 years. Drop in, say hello, have a coffee or tea.

There will be snacks, refreshments and cake

Hope to see on September 30, 2017

Memorial for George John & Rose John



Sunday October 22, 2017 at 12:00 pm

Blessing of headstones at Xaxlip Graveyard

Lunch to follow

Location TBD

Everybody welcome!