



AUGUST 29, 2025

Wellness Canoe

EMPOWERING OUR COMMUNITY, ONE PADDLE AT A TIME.



WELCOME TO OUR

Wellness Newsletter



Stay Safe, Keep Our Community Safe!

If you're feeling unwell, please refrain from entering our Health and Community Centre unless you have an appointment with our Nurse or Doctor.

To protect our vulnerable members, staff, and outside community guests, including nurses, clinicians, and facilitators, we kindly ask that you wear a mask if you are experiencing cold, flu, or any other illness symptoms. Thank you for your cooperation and understanding!



In this newsletter you will find:

Latest health information, educational health workshops, clinics, health programming and more. Keep Reading!

Viruses Still Active in 2025:

Know the Differences

As of Summer 2025, illnesses like Flu, COVID-19, Norovirus, and Strep Throat are circulating, each with unique symptoms, transmission methods, and durations. Here's how to identify and differentiate them.

Virus	Influenza (Flu)	COVID-19	Norovirus (Stomach Flu)	Strep Throat
Symptoms	<ul style="list-style-type: none"> • High fever • Severe fatigue • Persistent dry cough • Muscle and body aches • Sore throat • Headache • Chills 	<ul style="list-style-type: none"> • “Razor blade throat” (sharp sore throat) • Cough • Fever/chills • Fatigue • Loss of taste/smell • Headache • Congestion • Shortness of breath 	<ul style="list-style-type: none"> • Sudden vomiting • Diarrhea • Stomach cramps • Nausea • Low-grade fever • Body aches 	<ul style="list-style-type: none"> • Severe sore throat • Painful swallowing • Fever • Swollen lymph nodes • Red spots on the roof of the mouth • <i>No cough</i>
Transmission	Airborne droplets, close contact	Airborne and surface contact	Contaminated food/water, surfaces, and person-to-person	Respiratory droplets
Onset	Sudden	Gradual or sudden	Very sudden (12–48 hrs after exposure)	Rapid
Duration	5–10 days (fatigue may linger)	7–14 days (longer if complications arise)	1–3 days	3–7 days (with antibiotics)
Note			Note: Hand sanitizer is NOT effective—use soap and water.	

For medication needs or to book a phone appointment with a doctor, contact Katzie Pharmacy at 604-457-1030 or email KatziePharmacy@gmail.com

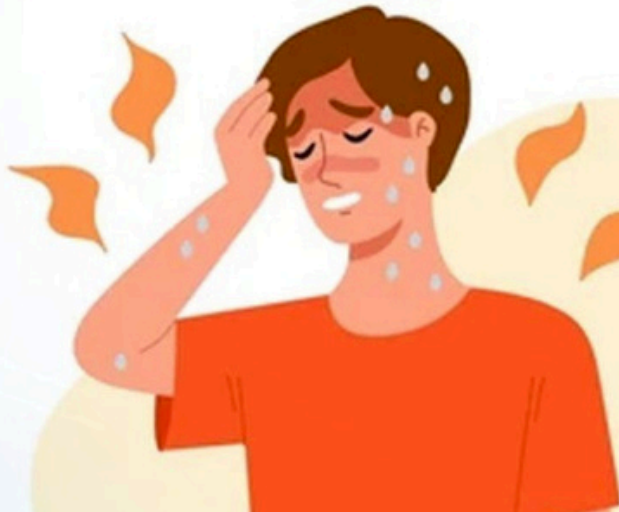
To prevent illness: Stay home when sick, Wash hands frequently, especially for norovirus, Test for COVID-19 or strep if symptoms arise, Keep vaccinations up to date to reduce flu and COVID-19 severity.

Take extra precautions for children and the elderly, and promote a healthy lifestyle with proper nutrition and exercise to boost immunity. Regularly disinfecting surfaces can further reduce transmission risks, benefiting both personal and community health.

Warning Signs Of

DEHYDRATION

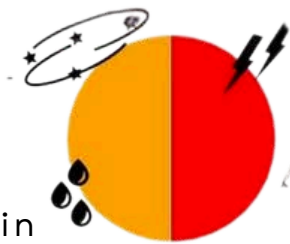
YOU SHOULDN'T IGNORE!



- Increased Thirst
- Fatigue, Confusion, or anger
- Dry Eyes or Blurred Vision
- Heads or Disorientation
- Muscle Cramps
- Lack of Sweats
- Dark Urine
- Fever

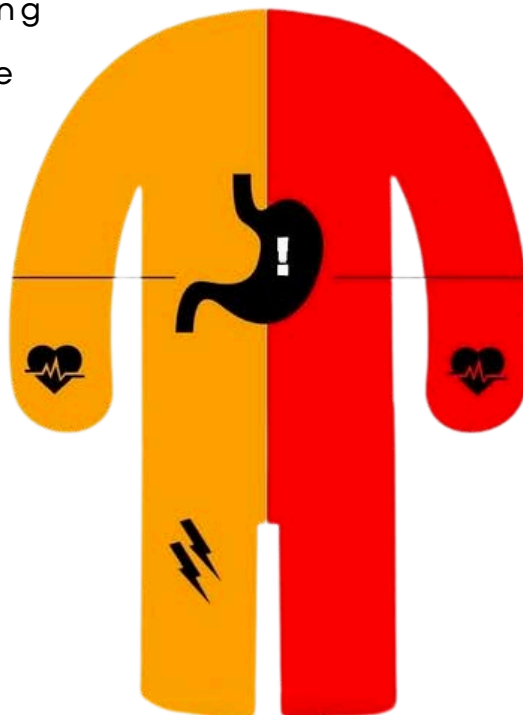
HEAT EXHAUSTION

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps



What to do?

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses



HEAT STROKE

- Throbbing headache
- No sweating
- Body temperature above 103^of
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

What to do?

- CALL 9-1-1
- Take immediate action to cool that person until help arrives

HEAT SAFETY

Everyone is at risk of heat-related illness

Symptoms include dizziness, faintness, nausea, vomiting, headache, rapid breathing/heartbeat, dry mouth and sticky saliva

Take extra care for yourself and others during a heat wave:

Slow down and avoid activity during the hottest part of the day

- Protect yourself outside with **SPF 30 or higher sunscreen**, loose-fitting, light-coloured clothes and a wide-brimmed hat

Drink water BEFORE you're thirsty

- Avoid sugary drinks and coffee, they can dehydrate you
- Eat watery fruit and vegetables like watermelon or cucumber
- Add fruit juice to water to make it fun for kids

Close blinds and windows

- Cover windows with tin foil or cardboard to block the sun
- If you have air conditioning use it to keep at least one room cool, or place a tray of ice in front of a fan to create a cool breeze
- Plan meals you don't need an oven to cook

Check in on friends, family and Elders

- Are they comfortable and drinking enough water?
- Some medications or illnesses need special attention in heat. Talk to a healthcare provider to see if extra caution is needed
- Symptoms of heat illness in children include sleepiness, or temper tantrums, so keep an eye on their behavior

Make sure pets are safe

- Avoid walking dogs during the hottest time of day, and make sure all pets have access to shade and water. **DO NOT** leave a pet in your car for any amount of time

See signs of heat illness? Move to a cooler place and drink water immediately. Call 8-1-1 for free health information.

If someone is unconscious, confused, or has stopped sweating, call 9-1-1



Contact FSHem@fnha.ca or;
Learn more at www.healthlinkbc.ca



FRASER SALISH REGION
First Nations Health Authority

Sunburn Care

If you've been sunburned, you'll notice the symptoms within a few hours of being in the sun too long. The affected skin will be painful, inflamed and hot to the touch. Blisters might develop. You may also have headache, fever or nausea.



When to seek emergency help

Seek immediate medical care if you are sunburned and have:

- A fever over 103 F (39.4 C) with vomiting.
- Confusion.
- An infection.
- Dehydration.
- Cold skin, dizziness or faintness.

Treatment

First aid for sunburn includes the following:

- **Take a pain reliever.** Use a nonprescription pain reliever as soon as possible after getting too much sun. Examples are ibuprofen (Advil, Motrin IB, others) and acetaminophen (Tylenol, others). Or try a gel pain reliever that you rub on the skin.
- **Cool the skin.** Apply to the affected skin a clean towel dampened with cool tap water. Or take a cool bath. Add about 2 ounces (60 grams) of baking soda to the tub. Cool the skin for about 10 minutes several times a day.
- **Apply a moisturizer, lotion or gel.** An aloe vera lotion or gel or calamine lotion can be soothing. Try cooling the product in the refrigerator before applying. Avoid products with alcohol.
- **Drink extra water for a day.** This helps prevent dehydration.
- **Leave blisters alone.** An intact blister can help the skin heal. If a blister does break, trim off the dead skin with a clean, small scissors. Gently clean the area with mild soap and water. Then apply an antibiotic ointment to the wound and cover it with a nonstick bandage.
- **Protect yourself from the sun.** While your skin heals from the sunburn, stay out of the sun or use other sun-protection measures.
- **Apply a soothing medicated cream.** For mild to moderate sunburn, apply nonprescription 1% hydrocortisone cream to the affected area three times a day for three days. Try cooling the product in the refrigerator before applying.
- **Treat sunburned eyes.** Apply a clean towel dampened with cool tap water. Don't wear contacts until your eye symptoms have gone away. Don't rub your eyes.

When to call your doctor

Seek medical care for large blisters or those that form on the face, hands or genitals. Also seek medical help if you have worsening pain, headache, confusion, nausea, fever, chills, eye pain or vision changes, or signs of infection. Signs of infection are blisters with swelling, pus or streaks.

September **Katzie Womens Group**

2025

Mondays from 5:30-7:30pm @ Wellness Den unless otherwise noted. Send RSVP's, questions and feedback to Faith 604-341-9485 or healingandconnection@gmail.com

SUN	MONDAY	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>No Group - Stat Holiday</p>	5	6	7	8	9
10	<p>8</p> <p>Full Moon Healing Circle 6-830pm</p>	12	13	14	15	16
17	<p>15</p> <p><u>Ribbon Skirt Class 1</u> 5-9pm <i>*Limited Space*</i> Registration & Commitment to all Classes is required</p>	19	20	21	22	23
24	<p>22</p> <p>Ribbon Skirt Class 2 5-9pm</p>	26	27	28	29	30
24	<p>29</p> <p>Ribbon Skirt Class 3 5-9pm</p>	30				



Katzie Pharmacy

MEDICAL SERVICE

YOUR HEALTH, OUR PRIORITY !

Katzie Pharmacy has partnered with Avee Doctors to offer phone call appointments! Booking an appointment is easy:

How to Book:

1. Visit Katzie Pharmacy:

You can stop by Katzie Pharmacy, and they'll help you book your appointment with Avee Doctors.

Things You'll Need:

- Your full name
- Your cell phone number
- A preferred time to receive the call



2. Self-Booking:

If you prefer, you can scan the QR code on the right to book your appointment on your own.

The system will show you the first available time slot.

- Click on that time
- enter your cell number, and
- you'll receive a text confirmation.
- Follow the prompts to complete your appointment setup.





Cythera Transition House
Society invites you to join us
for...

HEALTHY RELATIONSHIPS

Running Dates: Every Thursday
Running Times: 3:30pm - 5:30pm
Location: Wellness Trailer
beside Katzie First Nation Band Office

Weekly Women's Drop - in Group
facilitated by Laurel and Charlotte,
staff of Cythera Transition House
Society.



Snacks and beverages provided

No Cost Service

Program Description:

Healthy Relationships is approached with a holistic lens, and includes story - telling, conversation, support and social activities.

Going beyond a traditional drop-in group, sessions may include nature walks, and creative art-making as a holistic approach to therapeutic healing. It will also invite participants to bring activities to share with the group.

This program explores topics such as:

- Coping Skills
- Relationship Dynamics
- Communication skills
- Self care
- Trust building
- Community support
- Boundaries
- And much more.

Community Resources

Find information about the various support services available within our community. Whether you need assistance with mental health, addiction, or general healthcare, this section will guide you towards the resources you need.

Need a Doctor?

Virtual Doctor of the Day through FNHA

1-855-344-3800

7 Days a week | 8:30am - 4:30pm

Need a Nurse?

Cherysh | Mandy

Katzie Community Health Nurse

Office: 604-465-8921 ext 422

Help with Mental Wellness?

For mental health support and to book an appointment with a Counsellor or Cultural Healer, please refer to the next page for a list of service providers and their contact information

Suicide Prevention Recourses

Available in B.C:

* 24-Hour Hotline: 1-800-784-2433

* Crisis Text Line: 604-872-3311

* Anyone in B.C can approach a clinic or go physically into a hospital if they are at risk

Naturopath Clinics:

Fridays from 9:30 AM to 3:00 PM

Naturopathic physicians frequently excel in treating chronic conditions that may not respond well to conventional medicine. These conditions include, but are not limited to, diabetes, high blood pressure, fatigue, pain, sleep issues, and digestive disorders.

To schedule your appointment, please contact Peggy Florence. Phone: 604-465-8921 ext 101

Medical Transportation Rides Schedule

Here are the available times for Medical Transportation Rides:

- ****Local Appointments****
 - (Pitt Meadows, Coquitlam, Maple Ridge)
 - Monday to Friday: 9:30 AM - 12:30 PM
- ****Appointments Further Away****
 - Monday to Friday: 10:00 AM - 11:30 AM
 - *Note: Exceptions are made for Specialist Appointments Only*

Eligible appointments include those for Family Doctor, Vision Care, Dental, Physiotherapy, and Medical Labs. Please note that medical rides are available exclusively for Katzie Members who do not have a functioning vehicle at home and require transportation to their medical appointments.

When booking, be prepared to provide your status number and date of birth if necessary.

Additionally, bus tickets are available for medical appointments.

Please ensure to book Medical Transportation at least 24 hours in advance. For further information, contact the Health Department at (604) 465-8921 or visit the Front Desk at the KHCC.

Legal Aid | Roni

Wednesdays from 10am—11am

Drop in, or book an appointing via email rmagnusson@mrpmcs.ca

A legal aid community partner offers free or low-cost legal services to individuals unable to afford traditional representation.

Services include legal advice, representation, educational resources, and referrals, empowering vulnerable populations to navigate legal challenges and protect their rights.



If you have any questions about these services you can contact MOA Reception at 604-465-8921 or peggy@katzie.ca.

COUNSELLING SERVICE

A counseling service is a professional support service that provides emotional and mental health support to individuals who are facing personal challenges or difficulties.

Our Counsellors:

- **Jazmin Feschuk, Counsellor**
 - hello@journeywjaz.com
- **Siobhan Avery, Counsellor**
 - Savery7@outlook.com
 - 778-791-1763
- **Dan Kim, Counsellor**
 - dan.avantcounselling@gmail.com
- **Natalie Loi, Counsellor**
 - requires referral from Family Doctor
- **Alysha Khakh**
 - alysha@katzie.ca
 - 604-454-7397
- **(Ivy) Yibin Huang**
 - 604-465-8921 ext 422

Our Cultural Advisors:

- **Damian George**
 - damian@katzie.ca
- **True Thomas**
 - 604-465-8921 ext 422



Health Services

Contact the front desk at 604-465-8921 to book for the following services.



Nurse Drop-in Clinic

Monday, Wednesday, and Fridays
9:00am - 11:00am

Need to see a nurse? Our Nurse Drop-in clinics are here to provide you with convenient access to basic healthcare services. Whether you have questions, need advice, or require a quick check-in, our dedicated nurses are ready to assist you.

Services Offered

- General Health assessments
- Blood pressure checks
- Minor wound care
- Medication management such as reviews
- Health education and counselling
- Referrals to other healthcare professionals if necessary

Benefits

- Quick and easy access to culturally safe healthcare services
- Confidential and respectful environment
- Expert guidance from our experienced nurses
- Peace of mind knowing your health concerns are addressed promptly

For more information please call Katzie Health and Community Centre: 604-465-8921 ext 422

Foot Care Services

Available for Elders, Diabetics, and Vulnerable Members

If you have trouble reaching your feet and need foot care services, we are here to help!



July Services Available:

- July 2
- July 30

To book an appointment or for more information, please call the Health & Community Centre.

Take care of your feet—your health depends on it!

Women's Wellness Clinic



When: Mondays | 1:00 PM - 3:30 PM

Where: Health & Community Centre

Join us for a safe and supportive space where women can prioritize their health and well-being. Our Women's Wellness Clinic offers essential healthcare services to help you stay informed and healthy.

Services Provided:

- ✓ Health check-ups, PAPs, and other screenings
- ✓ Reproductive health consultations
- ✓ Family planning & contraception
- ✓ Sexual health screenings
- ✓ Health education & counseling
- ✓ Referrals to specialists (if needed)

To schedule an appointment or for more information, contact the Health & Community Centre.

The importance of making your appointments and keeping them



The relationship between you and your Health Care professional is crucial for the success of your treatment and overall wellness. Making and Keeping appointments reflects your respect for others and shows that you value their time. Consistently attending scheduled sessions lay the groundwork for the essential, and sometimes challenging, work involved in your treatment.

If you need to cancel an appointment, please inform us as soon as possible by calling 604-465-8921. This allows us to offer your time slot to another person in need.

We must be considerate of our practitioners' schedules and their time in the community. If missed appointments become a regular issue, we will need to discuss the situation further, as we incur costs for the service even if you do not attend.

The Healthcare Team



"Push Your Limit and
Get Stronger"

NEW FITNESS CLASSES

Sundays: 10:00AM - 11:00AM

Tuesdays: 6:30PM - 7:30PM

* Please Note: times may vary depending on gym rentals/programs
and emergencies

Katzie Health and Community Centre in the Gymnasium

19700A Salish Road, Pitt Meadows

Please bring a water bottle and towel

About the Trainer: Tammy Ellison

With over 20 years of experience in fitness, my journey began as a teen playing rugby and soccer, which sparked my interest in strength and conditioning coaching. As a mom of teenagers who play lacrosse, I've brought this passion into my everyday life, even volunteering as a coach for the Ridge Meadows Minor Lacrosse Association.

As a Personal Trainer, my mission goes beyond helping people lose weight or gain muscle; I am dedicated to helping others love the skin they're in and build confidence—both inside and out. I focus on empowering my clients to overcome obstacles and injuries, while fostering a healthy mind and body. Watching my clients reach their full potential is what drives me, and it motivates me to continue inspiring others to live their best life.

I specialize in:

- Strength + Conditioning
- Weight Loss
- Weight Training
- Functional Training
- Injury Prevention
- Postural Assessment
- Pre-Post Natal
- Nutritional Wellness
- Older Adult Wellness
- Sports Specific Training
- TRX
- Kettlebell



Mental Health Supports

24 hour supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.
Phone (toll-free) 1-855-242-3310
Website: hopeforwellness.ca

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.
Phone (adults and Elders): 250-723-4050
Phone: (Youth) 250-723-2040
Phone (toll-free) 1-800-588-8717
Website: www.kuu-uscrisisline.com

Metis Crisis Line

is a service of Metis Nation British Columbia
Phone: 1-833-638-4722

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides information and referrals for all victims of crime.
Phone: 1-800-563-0808
Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Hotline offers immediate support anytime for support in English or French

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages
Phone: 1-800-784-2433

Indian Residential School Supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024
Email: nakazdli.elders@outlook.com

Carrier Sekani Family Services

provides health and cultural supports.
Phone: 250-567-2900
Email: slarocque@csfs.org

Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or
Email: healthdirector@gitanmaax-health.ca

Gitanyow Human Services

provides health and cultural supports.
Phone: 250-849-5288
Email: director@gitanyowhealth.ca

Indian Residential School Survivors Society (IRSSS)

is a partner with FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.
Phone (toll-free): 1-800-721-0066
Website: www.irsss.ca

Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.
Phone (toll-free): 1-866-925-4419

Kispiox Health

provides health and cultural supports.
Phone: 250-842-6236 or Email: tbaskin@anspayaxwhealth.ca

Nuu Chah Nulth Tribal Council

provides health and cultural supports
Phone: 250-724-3939 or Email: sanne.vanvlerken@nuuchahnulth.org

Okanagan National Alliance

provides health and cultural supports.
Phone: 250-826-7844
Email: Wellness.Manager@syilx.org

Sik-E-Dakh Health Society

provides health and cultural supports.
Phone: 250-842-6876
Email: andrew@sikedakh.org

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.
Phone: (toll-free): 1-888-403-3123
Website: www.tsowtunlelum.org

Mental Health Supports cont.

Other culturally-safe supports

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.

Phone: 1-800-663-1441

Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult. Phone: 604-872-1234

Foundry virtual access province-wide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1-833-308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages
Phone (no area code) 310-6789

Youth Supports

North Fraser Indigenous Child and Youth Mental Health (ICYMH) Community-based teams offer free mental health and emotional wellness outreach counselling for children and youth aged 0-19
Call or Text Roger: 604-816-5580
Email roger.ekman@gov.bc.ca to access

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your closest Child and youth Mental Health clinic.

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1-800-668-6868 or Text: TALK to 686868
Texting support for adults available by texting TALK to 741741

Youth in BC offers crisis support available for youth 25 and under
Website: youthinbc.com

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents

Fraser Health

Phone: 1-866-766-6960

Website:

<https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)

Website:

<https://www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824

Website:

<https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789

Website:

<https://www.northernhealth.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1

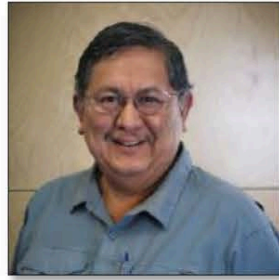
Website:

<https://www.vch.ca/en/health-topics/mental-health-substance-use>

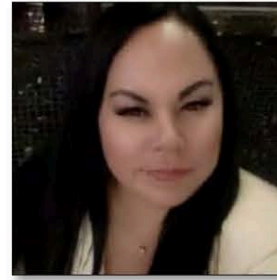
Leadership:



**Grace
George**
Chief
grace@katzie.ca



**Rick
Bailey**
Council
rick@katzie.ca



**Lisa
Adams**
Council
lisa@katzie.ca



**David
Kenworthy**
Council
david@katzie.ca

CAO & Directors:

**Stacey
Goulding**
Chief Administrative
Officer
stacey@katzie.ca

**Kimberly
Armour**
Director of Territorial
Guardianship and Referrals
kimberly@katzie.ca

**Grace
George**
Acting Director of Health
Services
grace@katzie.ca

**Allison
Carcamo**
Acting Director of Health
Services
allison@katzie.ca

**Imelda
Manthovani**
Director of Finance
imelda@katzie.ca

Health and Community Centre:

101	Peggy Florence	MOA Specialized Receptionist	peggy@katzie.ca
103	Barbara Larsen	Health Services Executive Assistant	healthservicesea@katzie.ca
116	Alysha Khakh	Clinical Social Worker	alysha@katzie.ca
420	Allison Carcamo	Mental Health and Substance Use Coordinator	allison@katzie.ca
422	Jennifer Prince	Fraser Health MOA	jennifer.prince2@fraserhealth.ca
427	Damian George	Traditional Healing & Support Worker	damian@katzie.ca
426	Donna Leon	Human & Social Services Manager	donnaleon@katzie.ca
407	Cameron Bailey	Income Assistance/Program Assistant	cameron@katzie.ca
426	Sarah Hildner	Training and Admin Assistant	training@katzie.ca
111	Meghan Florence	Youth Engagement & Education Coordinator	meghan@katzie.ca
109	Victor Florence	Youth Lead	victor@katzie.ca
	Taylor-Bree	Youth Coordinator	Taylor-bree@katzie.ca
114	Rosie Leon	Elders Traditional Kitchen & Event Coordinator	rleon@katzie.ca
114	Bruce Leon	Elders Support Worker	bruce@katzie.ca

Band Office
Ph: 604-465-8961

**Katzie Health and
Community Centre**
Ph: 604-465-8921

Pharmacy
Ph: 604-457-1030

Katzie Dev Corp
Ph: 604-460-8837

Early Years Centre
Ph: 604-458-0045