



April 11, 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!



**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



**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.



**All Ages Welcome**



*"Push Your Limit and  
Get Stronger"*

# **NEW FITNESS CLASSES**

**New Sunday time!**

**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





First Nations Health Authority  
Health through wellness

# HONOUR YOUR STRENGTH:

## Our diabetes wellness journey



# You are invited!



**Who:** People living with type 2 diabetes, and anyone wanting to learn about living well with type 2 diabetes

**What:**

- Eight session series introducing living well with diabetes
- Information sharing, storytelling, activities and building your own diabetes wellness plan

**Where:** Katzie First Nation in Board Room

19700 Salish Road

Lunch will be served

r

**When:** Session# 5(second half) on April 15, 2025 @ 10:00 am  
Group: 6-12 people

**For more information or to register contact:**

Mandy Atwal, RN(C): 604-464-8921  
Cell # 236-332-6223





CLEARLIGHT EYECARE

# Eye Clinic

*From eye exams to glasses, we're here for your eye care needs.*

Our mobile eye clinic is providing eye exams and glasses to the **Katzie First Nation Community** for patients covered under FNHA (Status) and MSP. For booking, please contact Health and Community Centre @ 604-465-8921

**Date: Thursday, April 24th**



Dr. Swail Pirzada is the owner and optometrist at ClearLight Eyecare, an independent clinic on the North Shore. Passionate about innovative technology and patient-centered care, Dr. Pirzada also brings eye care directly to communities through a mobile eye clinic.

Contact Us



604-770-0475



[www.clearlighteyes.ca](http://www.clearlighteyes.ca)



**PREP TIME:**  
15 minutes

**COOK TIME:**  
15 minutes

# Lemon-Garlic pasta with Salmon

## INGREDIENTS

- 8 ounces whole-wheat pasta
- 5 tablespoons extra-virgin olive oil
- 5 cloves garlic, chopped
- 1 teaspoon anchovy paste
- ¼ teaspoon crushed red pepper
- Zest and juice of 1 lemon
- 1 1/2 cups flaked cooked salmon
- 3 tablespoons chopped fresh parsley
- ¼ teaspoon salt
- 2 tablespoons whole-wheat breadcrumbs, toasted



## DIRECTIONS

- Cook pasta according to package directions. Drain, reserving 1/2 cup cooking water.
- Combine oil, garlic, anchovy paste, crushed red pepper, lemon zest and lemon juice in a large skillet. Heat over medium-high heat until sizzling, about 3 minutes. Add the reserved water, the pasta, salmon, parsley and salt. Cook, stirring, until the sauce coats the pasta, about 2 minutes. Serve topped with breadcrumbs.

## Nutrition Facts

- Calories: 473
- Fat: 23g
- Carbs: 49g
- Protein: 20g
- Total Sugars: 4g



# Q & A

## QUESTION



I've just been diagnosed with diabetes and I'm really worried about what that means for my life.

## ANSWER

It's always difficult when we get diagnosed with something and I'm sorry that you're feeling stressed. It's very understandable. My suggestion would be that you speak to Mandy here at the Health Centre and get the right information for you to manage your diabetes. Everybody is probably giving you advice about what to eat and what not to eat but everyone's body is different so it's best to speak to a professional. It's also important that you find ways to de-stress whether that means listening to music, having a hot bath or just taking some "me" time while you struggle to make sense of this new reality.

We always tend to imagine the worst but diabetes is manageable. It will require some lifestyle changes for sure but they are changes that would be beneficial for anyone. Fewer sugars, fewer carbs and more exercise... who couldn't benefit from that? This diagnosis might actually lead to you being your healthiest self yet ! And remember, you're not alone, there's lots of support out there.

Take good care, Heather



Heather  
MHSU Counsellor  
609-834-0939



## Increase in Influenza, Pneumonia, and Covid Cases

We have an increase in cases of illness in community with most common Influenza, Pneumonia, and Covid. All are contagious and spread easily. If you are experiencing symptoms and illness we encourage you to see our on-site Nurse Practitioner, Doctor of the day over the phone, or your family Doctor. Call the Health ctr if you need to book an appointment.

KFN Health Department has released some care packages this past week. If you currently ill and are in need please contact [healthservices@katzie.ca](mailto:healthservices@katzie.ca) with the details, your name, and address. Off reserve can be available for pick up only.

Also a reminder that our pharmacy is able to provide flu packages at no cost to you. Contact them directly at Ph: 604-457-1030

We hope that you and your family are managing this flu season as best you can. Please take good care of your self and stay home if you have any symptoms that may potentially contagious and harmful to others of all ages. If you are coming into seek service from a Kfn Nurse and are ill please wear a mask. Stay safe and reach out if you need support.

Katzie Health Team



## Katzie Pharmacy Hours

Sunday	Closed
Monday	9:00am - 4:00pm
Tuesday	9:00am - 4:00pm
Wednesday	9:00am - 4:00pm
Thursday	9:00am - 4:00pm
Friday	9:00am - 4:00pm
Saturday	9:00am - 9:30am

Ph: 604-457-1030

Located: 19700a Salish Road



## Available Vaccinations {No appointment needed}

- Shingles
- Pneumonia
- Tetanus
- Covid19
- Flu
- HPV
- Hepatitis A/B



# 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 | Catalina | Juliet  
Katzie Community Health Nurse  
Office: 604-465-8921

## 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

Legal Aid Services has resumed as of Jan 15

Wednesdays from 10am—11am

Drop in, or book an appointing via email  
[rmagnusson@mrpmcs.ca](mailto: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](mailto: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](mailto:hello@journeywjaz.com)
- Siobhan Avery, Counsellor
  - [Savery7@outlook.com](mailto:Savery7@outlook.com)
  - 778-791-1763
- Dan Kim, Counsellor
  - [dan.avantcounselling@gmail.com](mailto:dan.avantcounselling@gmail.com)
- Natalie Loi, Counsellor
  - 604-465-8921 ext 422
- Heather Dickson, MHSU Counsellor
  - [MHSUcounsellor@katzie.ca](mailto:MHSUcounsellor@katzie.ca)
  - 604-834-0939
- Alysha Khakh
  - [alysha@katzie.ca](mailto:alysha@katzie.ca)
  - 604-454-7397
- (Ivy) Yibin Huang
  - 604-465-8921 ext 422

## Our Cultural Advisors:

- Damian George
  - [damian@katzie.ca](mailto: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

No appointment necessary. Simply drop by during the clinic hours. For more information please call Katzie Health and Community Centre: 604-465-8921

## 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!



### Services Available:

- Thursdays & Fridays
- Last Monday of Each Month

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



April  
2025

# Katzie Womens Group

Mondays from 5:30-7:30pm at the Health Center, unless otherwise noted. Send RSVP's, questions and feedback to Faith Summers facebook or email - healingandconnection@gmail.com

**MONDAY**

**TUE WED THU SAT FRI SUN**

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**Dinner & Paint Party!**  
**5:30- 8:15pm @ Health Center**

14

**Aqua Zumba - Water Aerobics**  
*530pm- Light meal @ Wellness Lounge*  
*6pm - Leave to MR Leisure Center*  
*7-8pm - Aqua Zumba*

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**No Group - Offices Closed**

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**Women Who Run With The Wolves**  
**Dinner & Book Study / Self Exploration**  
**530pm @ Wellness Lounge**

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# April

## 2025

# Katzie Mens Group

Join us for Men's Group. Time to get together for an outing, or an activity and dinner.  
Meet @ Health Centre at 5:30pm every Wednesday (unless otherwise scheduled)  
If you are able to support driving or plan on attending, please let me know for reservation purposes. Contact Damian George directly with questions  
*email: [Damian@katzie.ca](mailto:Damian@katzie.ca) or phone 778-239-3325*

MON TUE

WEDNESDAY

THU FRI SAT SUN

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**No Group  
(Warriors game on  
friday April 4th)**

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Friday April 4th

**Warriors  
Game &  
Dinner  
Sign up only**

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**Rattle making- Sign Up Only**

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**Choice Pool Hall**

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**Richmond Go Carts**

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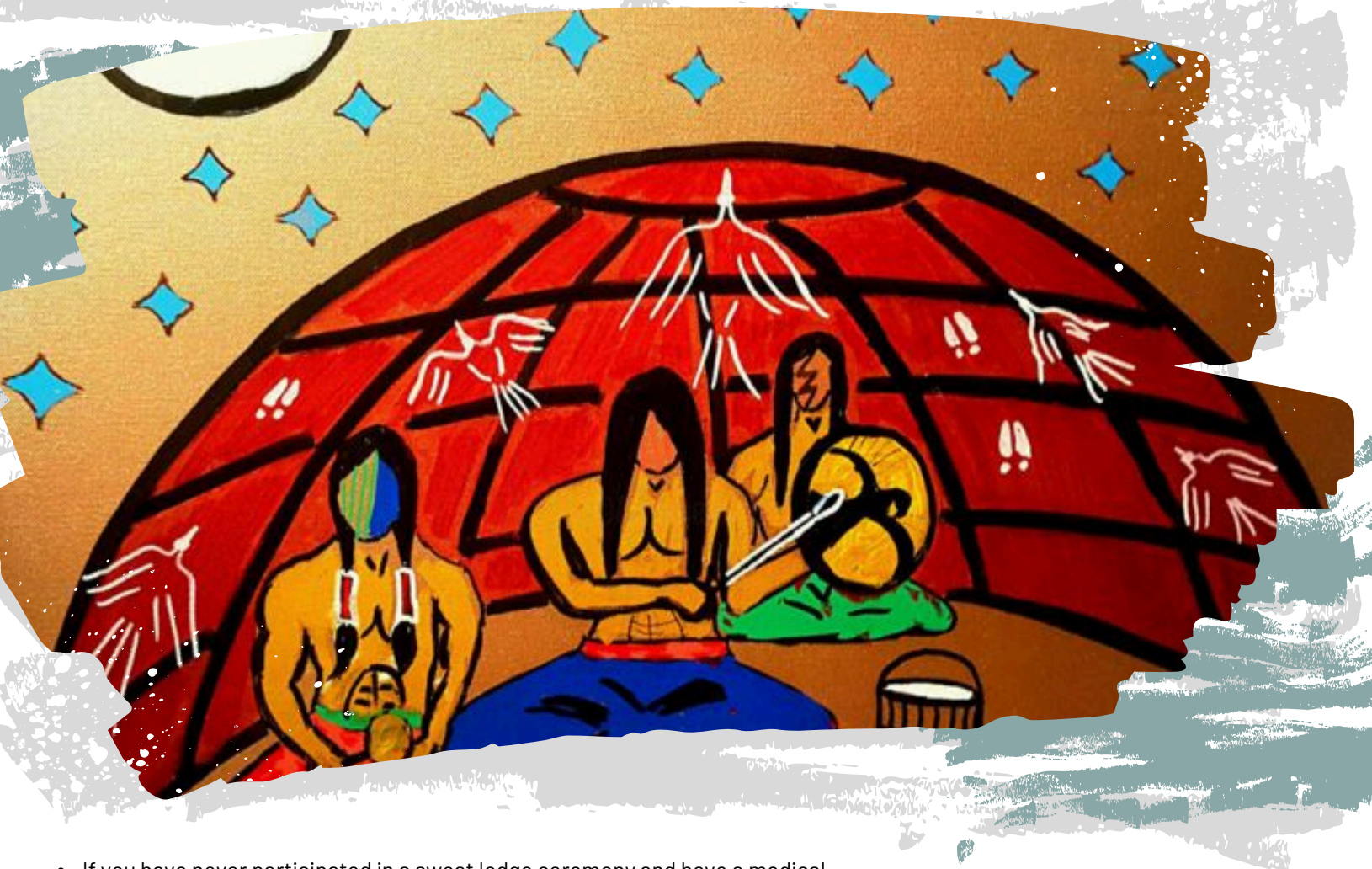
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**Landmark Movies**



# SWEAT LODGE CEREMONY



- If you have never participated in a sweat lodge ceremony and have a medical condition, it is recommended that you consult your physician beforehand.
- Women on their moon time are respectfully asked not to enter the lodge but are welcome to attend the teachings and sit outside during the ceremony.
- It is advised to remain free of drugs and alcohol for at least four days prior to the ceremony.
- Suggested attire includes loose-fitting clothing, such as a long flannelette gown or skirt with a t-shirt for women.
- Please bring a large towel and a hand towel with you.
- Kindly remember that nothing should be thrown into the fire.
- Children and youth will need permission by their parents to participate by sending Damian an email: [damian@katie.ca](mailto:damian@katie.ca)

## Upcoming Dates:

- April 17, 2025 | 6:00PM

For more information and to learn more about the private family sweats, and lifegiver sweats contact Damian George, Traditional Healer and Support Worker. E: [damian@katie.ca](mailto:damian@katie.ca)



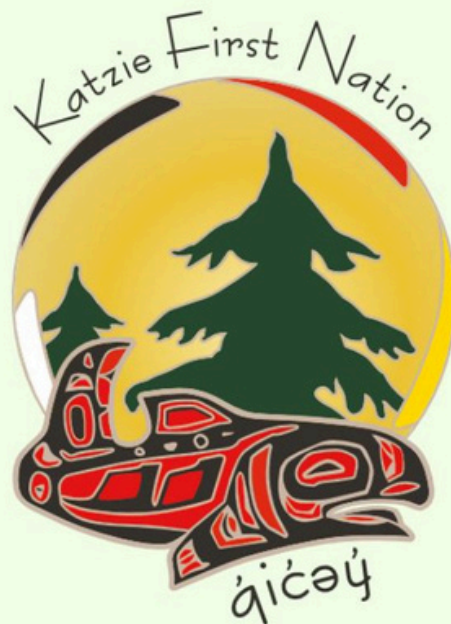
Promote your  
Spiritual Wellness  
with

*Sage*

Available for Pick up

At Katzie Health and Community Centre  
with Reception

19700a Salish Rd  
Pitt Meadows





First Nations Health Authority  
Health through wellness

# 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](https://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](https://www.kuu-uscrisisline.com).

**Métis Crisis Line** is a service of Métis Nation British Columbia.

Phone: 1-833-MétisBC

(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](mailto:VictimLinkBC@bc211.ca)

### 9-8-8 National Suicide Crisis

**Helpline** 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](mailto:nakazdli.elders@outlook.com).

### Carrier Sekani Family Services

provides health and cultural supports.

Phone: 250-567-2900

Email: [slarocque@csfs.org](mailto:slarocque@csfs.org).

**Gitanmaax Health Gitxsan Health Society** provides health and cultural supports.

Phone: 250-842-6320 or

Email: [healthdirector@gitanmaax-health.ca](mailto:healthdirector@gitanmaax-health.ca).

### Gitanyow Human Services

provides health and cultural supports.

Phone: 250-849-5288

Email: [director@gitanyowhealth.ca](mailto:director@gitanyowhealth.ca).

**Indian Residential School Survivors Society (IRSSS)** is a partner with the 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](https://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 Email:

[tbaskin@anspayaxwhealth.ca](mailto:tbaskin@anspayaxwhealth.ca).

### Nuu Chah Nulth Tribal Council

provides health and cultural supports.

Phone: 250-724-3939 or Email:

[sanne.vanvlerken@nuuchahnulth.org](mailto:sanne.vanvlerken@nuuchahnulth.org).

### Okanagan Nation Alliance

provides health and cultural supports.

Phone: 250-826-7844

Email: [Wellness.Manager@syilx.org](mailto:Wellness.Manager@syilx.org).

### Sik-E-Dakh Health Society

provides health and cultural supports.

Phone: 250-842-6876

Email: [andrew@sikedakh.org](mailto: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](https://www.tsowtunlelum.org).



### 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

**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.interior-health.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.northern-health.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>



**Administration Office: 604-465-8961 | Health and Community Centre: 604-465-8921**  
**Katzie Early Years Centre: 604-458-0045 | Katzie Development Corp: 604-460-8837**

Chief & Council	202	Chief Grace George	Health, Economic Development, Intergovernmental Affairs	grace@katzie.ca
	207	Council Rick Bailey	Aboriginal Rights/Title & Justice, Fishing and Hunting	rick@katzie.ca
	208	Council Lisa Adams	Housing, Municipal, Membership	lisa@katzie.ca
	208	Council David Kenworthy	Education, Culture, Human and Social Services	david@katzie.ca
Health	101	Peggy Florence	Reception/MOA	peggy@katzie.ca
	n/a	Grace George	Acting Director of Health Services	healthdirector@katzie.ca
	103	Barbara Larsen	Health Services Executive Assistant	healthservicesea@katzie.ca
	116	Alysha Khakh	Family Support/Social Worker	alysa@katzie.ca
	420	Allison Carcamo	Mental Health and Substance Use Coordinator	allison@katzie.ca
		Heather Dickson	MHSU Counsellor	MHSUCounsellor@katzie.ca
	421		Community Health Nurse	
	422	Jennifer Prince	Fraser Health MOA	jennifer.prince2@fraserhealth.ca
Human & Social Services	427	Damian George	Cultural Healer & Support Worker	damian@katzie.ca
	407	Donna Leon	Human & Social Services Manager	donnaleon@katzie.ca
		Cameron Bailey	Income Assistance/Program Assistant	cameron@katzie.ca
		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
	114	Rosie Leon	Elders Traditional Kitchen & Event Coordinator	rleon@katzie.ca
		Bruce Leon	Elders Support Worker	bruce@katzie.ca
	n/a	Leslie Bailey	Building Service Maintenance Worker	leslie@katzie.ca