



February 2019
Volume 6, Issue 1
Kwantlen First Nation

*Do you have a story or photos
to share? Submit them to
leanne@pictographic.ca*

In this issue:

- Health & Social Services Update
- Lands Department Update
- Head Lice
- Heart Health
- Dates to Remember

KWANTLEN TIRELESS RUNNER



HEALTH & SOCIAL SERVICES UPDATE



In January our team hosted Hair Care, Foot Care, Youth Outings, Youth Health and Safety Talks, Nutrition Voucher Program and Fitness Classes.

I attended various meetings such as the FNHA Transformation Working Group, Joint Gathering Conference hosted by INAC, KFN Program Planning Meetings and a Director and Council Meeting.

In February we will be hosting a Harm Reduction Lunch and Learn for staff.

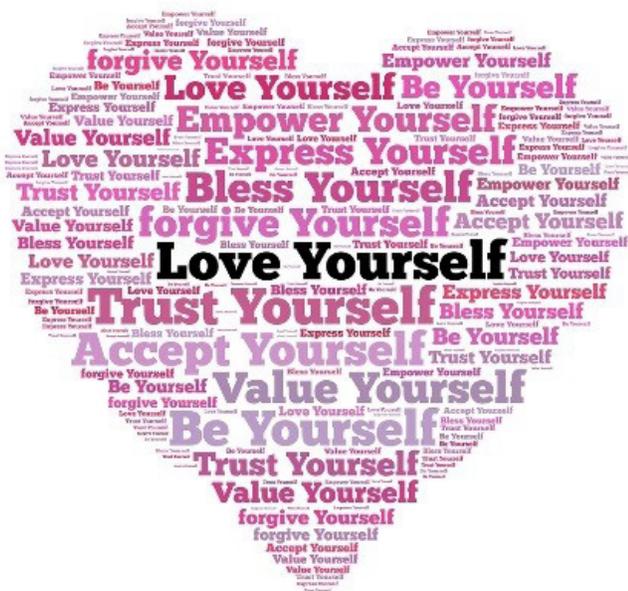
In March we look forward to hosting a Will and Estates Workshop.

Malissa Smith
Health & Social Services Manager



Don't forget to check us out on Facebook:

Kwantlen First Nation Health

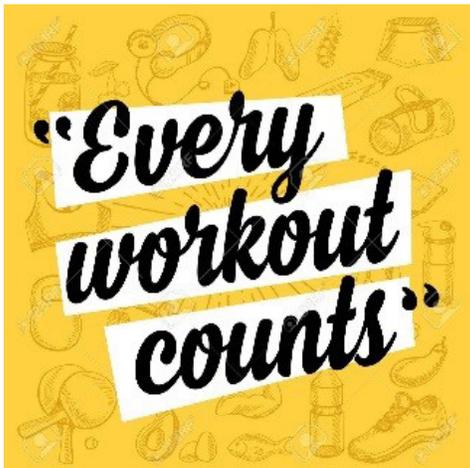


COUNSELLING

Our team can also connect you with drug and alcohol counselors, individual counseling, traditional counseling, a child and youth counselor, family counseling, mental health counseling and art therapy. If you or someone in your family is interested in receiving counseling, please contact Malissa or pick up a referral form at the office. Completed referral forms can be submitted to Malissa in a sealed envelope.

FITNESS CLASSES

Fitness Classes are on Tuesday and Thursdays at 5:45pm at the Cultural Centre or in the park depending on the weather!



HOME AND COMMUNITY CARE

Heart Health- Prevention is key

Nine in ten Canadians have at least one risk factor for heart disease and stroke. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviours. That means that habits like eating healthy, being active and living smoke free, have a big impact on your health.

Lifestyle risk factors:

- **Unhealthy diet**- Processed food.
- **Physical inactivity** - Watching t.v.
- **Unhealthy weigh**- Not weighing yourself & high blood pressure
- **Smoking**
- **Stress** - Ignoring your stress
- **Excessive alcohol & Drug Abuse** - Over drinking your weekly intake, using cannabis, cocaine, mdma etc.

Make healthy lifestyle choices.

Many risk factors for heart disease and stroke are in your power to control.

Eat Well - Whole balanced diet.

Get Moving- 20 minutes a day, 5 days a week or ask your Health Care Professional.

Maintain a Healthy weight - Weigh in twice a month. Keep track of your blood pressure.

Stop Smoking - Try the smoking cessation program.

Manage Stress - Identifying your stressors & taking action against your stress.

SOCIAL SERVICES



Xyolhemeylh is a delegated agency through the Ministry of Child and Family Development. If you have any child protection concerns, please call 604-533-8826 and ask to speak to the Duty Worker. If you need to make a report on the weekend or after 5pm please call 604-310-1234. It is the responsibility of each and every one of us to keep our kids safe. If you are unsure, please call and they will decide if they need to investigate further. You do not have to give your name. If you have any questions, contact Malissa at the office.

INCOME ASSISTANCE

Please submit your declarations by the 23rd of each month.

Cheque Issue:
February: February 1st
March: March 1st

YOUTH GROUP

In January, the Fort Langley Youth went to Science World and the Chilliwack youth went to Castle Fun Park. A great time was had by all!

Next month the youth will be **Youth Safety Talks with Careless Carrie**. A once a month chat with our youth ages 8 and up.

Topics related to Personal safety, Home safety and Environmental safety.

After our discussions a fun movie and popcorn!

February Topic:

Cell Phone Distractions

(Special Guest ICBC Rep)

February 20th /
5:30-8:00pm
@ Kwantlen Boardroom

Pizza and popcorn included

FOOD BANK

If you would like to sign up or you require a ride to the Langley Food Bank please contact Chauntelle.



NUTRITION VOUCHER PROGRAM



The Save On Gift Cards will be available the first week of the month. Please continue to keep us informed if your contact info changes.

Thanks Sherry and Malissa

FEBRUARY DATES TO REMEMBER

- Thursday, February 7th: Elder's Meeting @ 9:30am
- Thursday, February 7th: Hair Care @ 1pm – “Note: different day than Foot Care
- Friday, February 8th: Fort Langley Youth Group @ 4pm – Dinner and a Movie
- Wednesday, February 13th: Foot Care @ 1pm
- Thursday, February 14th: Valentines Day
- Monday, February 18th: Office Closed- Family Day
- Wednesday, February 20th: Youth Health and Safety Talks @ 5:30 – 8:00pm – KFN Boardroom
- Friday, February 22nd: Chilliwack Youth Group @ 4pm – Dinner and a Movie
- Fitness – Tuesdays and Thursdays at 5:45pm @ Cultural Centre
- Children's Oral Health Initiative (COHI) – Tuesdays @ 2pm – 5pm @ Headstart
- Saturday, March 9th: Wills and Estates Workshop – @ 11am – KFN Boardroom



MEDICAL TRANSPORTATION

Medical Transportation Year End
(April 1st, 2018 to March 31st, 2019)

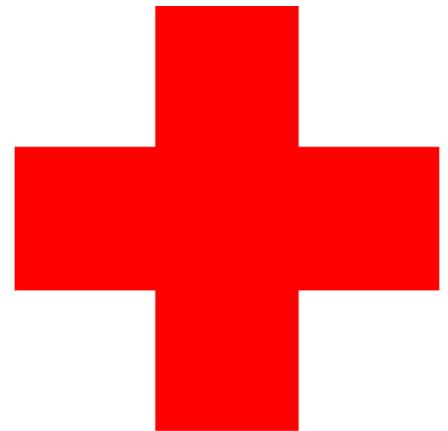
Please submit any Medical Transportation claims that may be outstanding between the dates listed.

If you require assistance, please contact Michelle Saul.

Cell: 778-772-6254

Email:
michelle.saul@kwantlenfn.ca

Facebook Messenger:
Michelle J Saul



MEDICAL TRANSPORT

CHILDRENS ORAL HEALTH INITIATIVE (COHI)

“Happy Valentine’s Day. Did you know that cavities can be transmitted through kisses? The bacteria that cause cavities in our saliva can be passed on through kisses and create cavities if they are not taken care of. Book a dental cleaning at your dentist to have a fresh smile for your Valentine date. Remember to drink water to keep yourself hydrated and floss to remove stuck food in your teeth to avoid bad breath.”



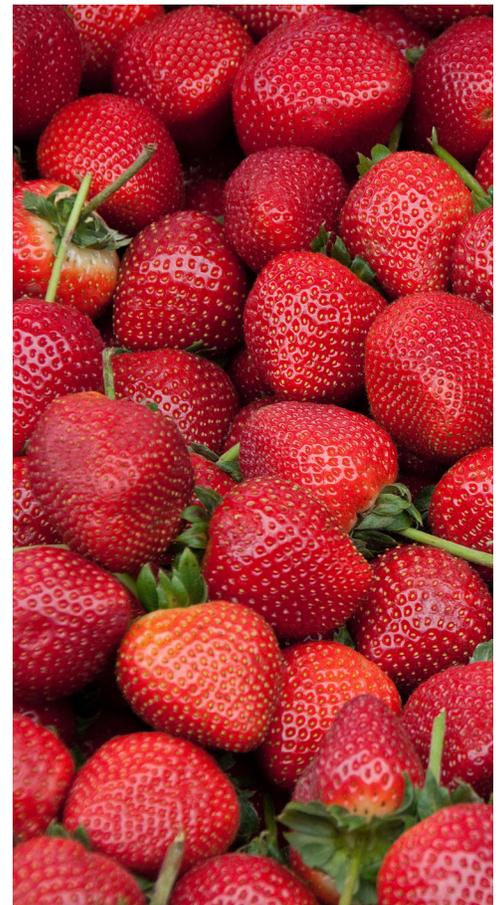
Water Infused Recipe:

Strawberry Apple

Hull (remove the leaves and stem) and slice 8 strawberries, core and slice one whole apple, let chill in fridge for 2 hours before serving for best flavor. If you want to be creative, cut apple slices into hearts for a Valentine Day treat.

Health Benefits of Strawberries: Contains potassium to help lower blood pressure. Surprisingly high amounts of Vitamin C, 8 strawberries contain more Vitamin C than an average orange. Which can help boost your immune system, and promote healthier skin by softening and healing skin cells.

Health Benefits of Apples: Could help with dementia to promote neurological health. High in dietary fiber, to help regulate bad cholesterol and keep you more regular.



LANDS DEPARTMENT UPDATES



January 2019

THE REFERENDUM PROCESS (SECTION 9 OF LAND CODE)

- 44 days before referendum, determine question to be asked and appoint a referendum officer
- 30 days before referendum, post notices in administrative offices and deliver the mail-in ballots and information packages.
- Anytime before referendum, hold a general members meeting.
- Referendum held in band office

LAND CODE UPDATE:

One of the primary functions of the Land Code is to hold referendums to ensure a majority of Kwantlen members support major decisions regarding the use of Kwantlen Lands. In the Land Code, any development that persists for over 20 years must go to a referendum. The referendum process is detailed in Section 9 of the Land Code and describes each step that must be taken to hold a fair, informed, and successful election (summarized in the blue box on the left).

The Lands Department is holding two referendums in 2019. The first is to determine if the community supports a proposed housing subdivision east of Glover Road and north of the four plex. The second will determine if the community supports the adoption of the Community Plan for the proposed health building, of which there have been several community consultation sessions, and more to come.

Referendums are a key component to self-governance and ensure that everyone has their say in large projects on Kwantlen lands. Eligible voters must be registered members who are 18 and over. A simple majority is required for the vote to pass, meaning that 51% or more of eligible voters must support the project or plan for it to go through. The Land Code

requires extensive community consultation and notice for referendums, which begin as soon as the referendum date is selected. Meetings will be held, polling dates will be posted in advance, and information packages will be delivered to each eligible voter. This is an exciting time for the community and we will keep you informed as we continue working on this.

LANDS ADVISORY COMMITTEE:

The Lands Advisory Committee (LAC) has been discussing the legalization of cannabis and what that means for Kwantlen under Land Code. The Lands Dept. has been directed to survey the community to better understand members' thoughts and feelings on cannabis use and products. It will be delivered to residents in February. **The survey is for information gathering purposes only.**

Need a copy of the Land Code? Want to speak to the Lands Manager confidentially about thoughts or concerns about land use?

Please contact Ashley Doyle: Phone or Text: 778-908-4276 Email: ashley@sqbg.ca



Head Lice

Head lice are tiny insects that live on the scalp, where they lay eggs. Head lice do not spread disease. It's not your fault if you or your child has head lice.

Having head lice does not mean you are not clean.

What do head lice look like?

Lice have 3 stages – the egg (nit), the nymph and the adult.

- Nits are whitish-grey, tan or yellow ovals, about the size of a grain of sand. They stick to the hair close to the scalp and can look like dandruff. Nits hatch into nymphs in 9 to 10 days.
- Nymphs are baby lice. They look like adult lice but smaller.
- Adult lice are hard to see since they are about the size of a sesame seed. Adult lice can live for up to 30 days on a person's head, but they die within 2 days

away from the scalp.

How do they spread?

Head lice spread easily, especially where people are in close contact. They are very common among school-aged children or children in child care.

- Head lice spread through direct hair-to-hair contact or indirectly by sharing hats, combs, hairbrushes and headphones.
- Head lice don't fly or hop, but crawl very quickly.
- The head lice that live on people are different from the kind that live on cats or dogs. People cannot get head lice from animals.

How do you know you have head lice?

One of the first signs of head lice is an itchy scalp, but it's possible to have head lice without any symptoms. Most itchy scalps are not from head lice. If your child has an itchy scalp or was exposed to head lice, check his hair right away. Check again once a week for 2 weeks in case you missed them.

How do I check for head lice?

Look carefully through the hair for live lice and nits. If you

only find nits, your child may not have head lice. Usually children have no more than 10 to 20 live lice.

- Because lice are so small, good lighting is important. A magnifying glass may help.
- Head lice move fast and are hard to see. You may just see movement rather than the actual lice. Lice are usually found very close to the scalp, at the bottom of the neck and behind the ears.
- To look for nits, part hair in small sections, moving from one side of the head to the other. Look close to the scalp. If you only find nits and no lice, check again every day for 1 week to make sure that you did not miss any live lice.

How can I treat head lice?

Do not treat anyone with a head lice product unless you find live lice in their hair. If someone in the house has lice, check all family members.

Head lice can be treated in a variety of ways:

Insecticides

Insecticides are chemicals that kill insects. In Canada, 2

insecticides are approved to treat head lice:

- pyrethrin (found in R&C shampoo + conditioner)
- permethrin (Nix creme rinse or Kwellada-P creme rinse)

Pyrethrin and permethrin are safe when used on humans over two months old. You do not need a prescription. Over time, head lice have become resistant to some of the chemicals used to kill them. So some products may be less effective than they used to be. But they are still worth trying.

How to apply insecticides:

- Follow package directions carefully.
- Don't leave the shampoo or rinse in the hair longer than directed.
- Rinse hair with cool water after the treatment. It's best to rinse over a sink, not in the bath or shower, so that other body parts don't come in contact with the product.
- Repeat the treatment after 7 to 10 days, in case new lice hatched from the nits.

These treatments can sometimes make the scalp itchy or can leave a mild

burning feeling. If your child is scratching after treatment, it does not necessarily mean the lice are back.

Non-insecticides

Isopropyl myristate/ cyclomethicone (Resultz) is approved for use in Canada, but it should only be used in children 4 years of age and older. It dehydrates the lice and they die. Apply to a dry scalp and rinse with warm water after 10 minutes. Repeat after 1 week.

- Silicone oil dimeticone (NYDA) is effective against live lice, nymphs and nits. It is not recommended for children under 2 years old. A second treatment is recommended after 8 to 10 days.
- Benzyl alcohol lotion 5% (Ulesfia) is effective against live lice but a second treatment is recommended after 9 days.

These products are usually more expensive than insecticides. It is not known for sure whether they work better.

Other treatments

- Some people suggest home remedies such as mayonnaise, petroleum

jelly, olive oil, vinegar or margarine. Although these products may make it hard for lice to breathe, they probably won't kill them.

- There is little evidence that wet combing (removing lice by combing wet hair with a fine-tooth comb) works all on its own.
- There is no evidence that products such as tea tree oil or aromatherapy work to treat head lice.
- Ivermectin is a drug that can be taken by mouth or used as a cream, but it is not approved for use in Canada.
- Never use gasoline or kerosene. These products can be extremely dangerous.





Flood Mitigation Plan for McMillan Island Community Presentation

Date: January 30th, 2019
Time: Dinner is served at 5:00 pm
Presentation from 6:00 pm – 8:00 pm
Location: Kwantlen Cultural Centre Longhouse

Kwantlen First Nation is holding the third and final community presentation for the Flood Mitigation Plan project for McMillan Island. The first presentation (Phase 1) was held on March 14, 2018 and the second one was on September 19, 2018.

This third presentation for Phase 3 of the project includes:

- Review results from Phase 2 questionnaire completed by participants
- Flood risk management measures and options
- Questionnaire to obtain feedback
- Next steps



We invite all KFN and community members and their families/children to attend. Free child care is available at the Headstart building.

There are raffle prizes for those who attend the presentation!!
Those who attend all three presentations will be entered into a grand prize draw for \$500 cash.

If you are unable to attend but are interested in receiving the presentation information and questionnaire, please contact Elaine Kenny at Elaine.Kenny@kwantlenfn.ca or 604-888-2488 Ext 257