



Southern Stl'atl'imx
Health Society

s7át'sxem

Serving N'Quatqua, Samahquam and Skatin

Summer 2025



Mark Your Calendars

ONE VALLEY CHILDREN'S HEALTH FAIR

Meet the organizations that serve children from the Southern Stl'atl'imx communities, Lílwat Nation and Pemberton at the Pemberton Community Centre on **Saturday, October 18** from 10 am to 1 pm.

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Message from the Health Director Finishing the Re-Building of SSHS

When this newsletter comes out my team and I will be getting ready for the August 7 Board meeting. These are now well organized. They begin and end on time. Their minutes are professional and are circulated later in the same day. It's a testament to good management and a well-organized, qualified team. Of course, this was not always so.

These newsletters come out seasonally and we use them to summarize your health programs and services. Every member of the team has input. If you follow our newsletters, you've seen the progress we've made.

When I joined SSHS as the interim health director there was no budget or annual work plan. There was barely enough cash to keep the doors open, the lights on, and to meet payroll. I did not replace a health director, I replaced a "transition committee" made up of directors and consultants. It was management by committee. Meanwhile SSHS was feeling the strain of political conflicts. Xa'xtsa had begun a process to disengage.



Eppa (Gerard Peters), Health Director

And so, the rebuild began.

With support from Clear Course Consulting and Humanity Financial, a budget and associated work plan was developed and approved by the Board. Delinquent reports were brought up to date. The administration was improved in fairly short order. Management was refined by naming Amanda Munnings our Programs and Contracts Manager. She now effectively runs the operational side.

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INDIGENOUS PATIENT NAVIGATOR PROGRAM

Supporting First Nations, Metis, and Inuit Peoples



VICTORIA: PEMBERTON HEALTH CARE CENTRE'S INDIGENOUS PATIENT NAVIGATOR

Victoria, who is a member of N'Quatqua First Nations has started her journey as Pemberton Health Care Centre's Indigenous Patient Navigator. Through her work at Vancouver Coastal Health, Victoria is dedicated to addressing health disparities and promoting wellness in Indigenous communities. Her efforts make her a key figure in advancing culturally sensitive healthcare and empowering Indigenous patients on their health journeys.

Victoria will be available Monday-Friday 8:30am to 4:30pm

Contact Information:

Email: victoria.barley@vch.ca

Phone: 236-995-1546 Available by text and calls

WHO ARE INDIGENOUS PATIENT NAVIGATORS?

Indigenous Patient Navigators (IPNs) are leaders in cultural safety and humility. They follow a relational approach to improve the health care experience and outcomes for Indigenous patients.

How we can help:

- Advocate for patients and families
- Mitigate and address complaints at bedside.
- Connect with FNHA and First Nations communities.
- Ensure continuity of care



Southern Stl'atl'imx Health Society

OUR VISION

Stl'atl'imx enhanced holistic health services.

OUR MISSION

Weaving traditional wellness into our health services.

OUR VALUES

**Community
Ucwalmicw**

**Respect, language
and culture**

**All Stl'atl'imx people
are loved and cared for**

www.sshs.ca

About the SSHS newsletter

s7átsxem, the SSHS newsletter, is published quarterly to reflect the seasons. **s7átsxem**, which means caring, lets members know about SSHS programs, services, plans, projects, and events. It also provides valuable physical, emotional and spiritual health information.

Members can learn what every department is doing to help fulfill SSHS's Mission and Vision through regular department reports.

Southern Stl'atl'imx Health Society

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(Health Director continued from page 1)

Governance structure began to be addressed by renewed by-laws that I hope will be adopted by the members in December, which should limit the potential for political conflict. In fact, the organization is transitioning to a community-based, membership driven model as the members choose one of the two directors from each community.

And so, it's time. I will therefore table my recommendations to the board for bringing on my replacement as health director. I can't go into details until the board accepts my recommendations of

course, but I'm confident that the organization will be managed by a dedicated health care professional who will be in for the long term. This professional will report to and take direction from a qualified board of directors and will manage accordingly.

When taken all together, the organization is ready to go confidently into the future. I am definitely not a health care professional, and the organization ideally should be managed by one. Of course this won't happen overnight. The plan is for a transition that takes place gradually until March 31, 2026.

In fact, I anticipate that I'll be around in some capacity even after that date as I expect to continue in the directorship of the es zúmin' Primary Care Society as the SSHS health director's designate.

I feel proud of the work my team of staff and consultants were able to accomplish in the past two years and look forward to its completion by the spring of 2026.

I thank you for your continued confidence and support in our team here at SSHS.

— Eppa
Health Director

SSHS Board of Directors Contacts

SSHS is governed by a six-member board of directors that works closely with the health director to ensure the organization meets the goals of its strategic plan. Each of the three communities appoint two members to the SSHS Board of Directors.

N'Quatqua Board Members

Doris Peters

Chair

E: doris.peters@nquatqua.ca

Nicole Patrick

Board Member

E: nicole.patrick@nquatqua.ca

Samahquam Board Members

Dustin French

Vice-Chair

E: dustin.french@samahquam.ca

Chief Brock Peters

Board member

E: brock.peters@samahquam.ca

Skatin Board Members

Xavier Williams

Secretary-Treasurer

E: xavier@skatin.ca

Ravleen Brar

Board member

E: ravleen.brar@sshs.ca

SSHS Charitable Society Saved

Following my appointment as interim health director in May 2023, I discovered that SSHS had developed a charitable society, the Southern St'atli'inx Charitable Society (SSCS), with a different membership and separate Board of Directors. This intrigued me because it presented the potential to access non-government funds from foundations.

SSHS is a registered non-profit society. Its Board of Directors can make legal decisions, enter into contracts, raise and manage money, as long as it operates within its "Purpose" as set out in its constitution and by-laws.

SSHS must hold an Annual General Meeting (AGM), report to its members, appoint an auditor, and submit reports to the Registrar. Failure to meet these obligations puts the society at risk of losing its good standing.

SSHS can enter into Funding Agreements with FNHA, ISC, MCFD, and other agencies. It must report to these funders, who may withhold funding or withdraw funds if reports are not made.

A charitable society must do all of this and by arrangement with Revenue Canada, can issue tax receipts. Its Purpose is more restricted to "charitable" areas such as education and relief from poverty.

While researching the organi-



SSCS revived and ready to pursue new forms of health and wellness funding.

zation internally, I found little documented information in SSHS files about the charitable society, but fortunately, SSHS's legal counsel also represented the charitable society. At my request, our lawyer investigated and found that the charitable society was at serious risk of losing its legal standing due to not complying with the requirement to hold an AGM for several years.

Our legal advice was quite clear: starting a new charitable society would take a long time, involve significant process, and be costly. It made sense to try and preserve the existing one. I brought the matter to the SSHS Board where I got direction to do what I could to save the charitable society.

To regain good standing, the society needed to hold an AGM

and conduct certain business. A general meeting required formal notice, but this could be waived with membership agreement. The members and directors were determined to be Don Harris, Neil Phillips, Doris Peters, Nicole Patrick, Teresa Barney, Patrick Williams, Geneva Quipp, Jane Sam, Clara Smith and Malcolm Smith.

I reached out to the directors of the charitable society and with the support of Munnings Law, the AGM was held and business was brought up to date. The members named above agreed to resign and to appoint the sitting SSHS Board as the new members and directors.

That's what happened. The Registrar reinstated the charitable society in good standing and now with the membership and directors aligned with SSHS, it will be more efficient to manage.

I will recommend to the Board that we now open a bank account and begin preparing to access funding that would not otherwise be available. I'm confident our efforts will prove worthwhile.

I wish to acknowledge the continued support of Chief Don Harris and Xa'xtsa. Unfortunately, Neil Phillips had passed by this time. Although Xa'xtsa was no longer an SSHS community, they immediately cooperated with our request for their

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Introducing Matt Hall, RN

(Charitable Society continued from page 5)

membership and directorship resignations and they supported the required resolutions.

I would also like to thank Chief Pat Williams, Geneva Quipp, Malcolm Smith, Clara Smith, Jane Sam, Teresa Barney, Nicole Patrick, and Doris Peters for readily agreeing to resign as members and directors so that the SSHS Board could be installed.

Thank you to Matt Hall for obtaining some of the required signatures in a timely fashion, and to Munnings Law, especially Lana Nielsen, for your capable representation.

We actually were on the very last day of a deadline when we tabled the report to the Registrar. Saving the charitable society is another milestone we can all be proud of.

— *Eppa*
Health Director



Matt Hall, RN, Community Health Nurse for Community-Led Health & Wellness Initiatives

From 2015 to 2018, Matt Hall served as the Men’s Health Coordinator with SSHS. In that role, he helped lead the development of a grassroots men’s health program rooted in connection, healing, and community strength. With a background in public health nursing, Matt brought trauma-informed care and a deep commitment to listening to community voices.

His work focused on addressing the social determinants of health—especially employment—by creating inclusive opportunities through health programming. The relationships and initiatives built during his initial stint with SSHS continue to leave a lasting impact.

Today, Matt remains passionate about supporting Indigenous communities through health, wellness, and economic empowerment.

This spring, Matt took on a new role with SSHS. As the Community Health Nurse for Community–Led Health & Wellness Initiatives, Matt provides a number of services including:

- Delivering direct nursing care as needed.
- Providing in-home client assessments, post-surgical care, wound care, palliative care, chronic disease management, and medication administration.
- Delegating tasks to Home Support Workers/Health Advocates and responding to their reports regarding client care needs or changes in client health status in a timely and solution-oriented manner.
- Developing and implementing care plans with clients, families, caregivers, and relevant professionals to achieve desired care outcomes.
- Providing wellness and health support for community-led initiatives.

Please join us in welcoming Matt back to SSHS. Staff and management look forward to working with him to continue to improve healthcare delivery for our members.

Department Reports

Administration

Message from Amanda Munnings

Someone asked me recently, “What have you been doing for your self-care?”

And honestly, I didn’t have an answer. Had I forgotten about myself?

Being a Program Manager comes with a lot of responsibility. I do my best to support and care for my team but that doesn’t mean I should forget about my own needs. The same can be true for any of us. Maybe you’re a parent, a caregiver, a teacher, a nurse or someone who carries many responsibilities for your family or workplace. Taking care of others is important but so is taking care of yourself.

So I ask you: What have you been doing for your self-care? You might be asking, “What does self-care even mean?” Self-care is anything you do on purpose to take care of your wellbeing, health and happiness. It’s about recognizing your own needs and taking steps to meet them, whether it’s physical, emotional, psychological or spiritual. It’s about knowing what you need and meeting those needs with care and kindness. Self-care can look like getting enough sleep, eating well, going for a walk, reading, talking to someone you trust or taking a break when you

need one. Self-care can also include exercise, meditation, setting boundaries, nurturing relationships (spending time with people you love) and taking part in activities that bring you joy.

Self-care isn’t selfish. When you take care of yourself, you’re better able to show up for others: your family, your friends, your coworkers, your communities. As part of our commitment to wellness, the SSHS team will be taking part in self-care training. We’re learning how to care for ourselves so we can better support our programs and the people we serve!

Kúkwestuńckacw (Thank you)
Chi-Miigwetch,

—Amanda Munnings
Program and Contract Manager

Message from Julia Schneider

Kalhwa7alap! | Hello everyone!

We are still humming along over here at SSHS and we are still in the midst of making changes around here. I know, change



Kelklex and her dad Dan Dan Peters at Skatin's Alkwilhálhchw Childcare Centre grand opening.

seems so scary but I have been trying to think of changes as improvements. We are improving our policy and procedures so we can elevate the service and program delivery to our member communities. It has been an honour to watch everything fall into place and to contribute to good change.

On June 1, I marked two years of working as the Executive Assistant. In the Spring Newsletter I

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Getting out harvesting! Candice Wells , Carolyn Peters, Rodney Thorne Jr., Rita Wells with Holly Bikadi going out for a medicine walk, talk and harvest in Q'aLaTKu7eM.

(Administration continued from page 5)

wrote about my struggles and how I got through them, my journey with SSHS, and how rewarding it has been to work here. I truly do enjoy my job and what I get to do for such welcoming communities.

I feel that I am a valuable team player and often go home with a feeling of accomplishment and pride in what I was able to get done that day. It is very rewarding to know that my work contributes to bring health and wellbeing to Southern Stl'at'imx communities—places where I call home and see family around every corner.

As you know, SSHS has been busy with governance renewal and are in the final stretch to adopt the amended by-laws which will happen on December 1, 2025 at a Special General Meeting. Please mark your calendars and

keep an eye out for the notice, you are welcome to review the drafted amendments that are available on the SSHS website on the Administration page's Program News button.

Thank you for your ongoing support and trust!

Kúkwstuw̓ckacw,

—Julia Schneider
Executive Assistant

Message from Justin Thevarg

The SSHS Fleet has added another reliable vehicle for Men's Health, a 2025 Chevy 1500 with crew cab.

Maintenance at the SSHS office for the heat pump unit on the es zúmin' Primary Care Clinic side of our building was completed. The heat pump is functioning much better thanks to Eco-Temp. As well, maintenance was

completed on the Skatin Health Building furnace unit. We are still waiting on permanent fix but the unit is functioning for now.

es zúmin' and SSHS staff are working together to get some gardening planters installed on the office lawn area at the back of the building. This work is underway.

—Justin Thevarg
Administrative Assistant

Addictions

Message from Leroy Joe

Kalhwá7alp áma i nsnúkwnukwa, wa tu7 wa áma ti pipantseka,

Hello all my good relatives, if you or anyone you know is struggling

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Southern Stl'at'imx
Health Society

SSHS Addictions Program

Wellbriety Meetings in your community

Join Leroy for regular Wellbriety meetings. This holistic approach supports clients' physical, mental, and spiritual healing through your recovery right in your community!

6:30pm to 7:30pm

Mondays - N'Quatqua Health Station

Tuesdays - Q'aLaTku7eM Health Station

Thursdays - Skatin Health Station

Light
snacks and
beverages
provided

Every 3 weeks there will be a drum circle in each community to celebrate our progress!

Stay up to date by adding **Leroy Sshs** on Facebook



Leroy Joe

FB: Leroy Sshs

E: leroy.joe@sshs.ca

C: 604 830 6236





Sandy Henry sharing Ucwalmícwts immersion at the Skatin Day Care with Valkyrie, Ashley, Martha, Kakwela, Kelklex, Remi, Candice, James Jr., Jaxsen, Mathilda and Rodney Jr.

(Addictions continued from page 8)

with addiction, I am here to help with treatment referrals, setting up a meeting with a therapist, or to listen if you need to talk. I can be reached at **604-830-6236, 604-894-0151, leroy.joe@sshs.ca** or by facebook messenger under Leroy SSHS.

The good summer weather is here and I can't believe it has been a year since I started my job at SSHS. What a year it's been! I've been very busy with helping clients navigate their sobriety journeys and although there's been a few challenging times, things are working out for them.

I am continuing to facilitate my Wellbriety meetings in the communities and have some good

ideas to create more engagement, which will include hand drumming circles, sweat lodges and monthly dinners.

Next March, I wish to host a Wellbriety Round Up to get together, network and learn more about this movement. There will be guest speakers and Elders who will share their journeys and an entertainment night—I'm really looking forward to that. I'm also planning a sober event with live music this summer, so stay tuned for the announcement. Take care all you good people and have a great rest of your summer.

Kúkwstuw̓nckacw snúkwa,

—Leroy Joe
Addictions Coordinator

Early Childhood Development

Message from Kelly Hanson

Welcome to summer! With the dawn of this new season, we reflect on the abundance of life and the sun's gifts. It's a time for growth, allowing children the freedom of lived experience and gaining emotional intelligence. For many, it marks the transition from youth to adulthood.

Our Early Childhood Development program is also transitioning! We are delighted to announce our move from the Skatin Community School to the brand new Skatin Alkwiłhálhcw

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ONE VALLEY

Children's Health Fair

Pemberton, B.C.



FREE

For children
5 years old
and younger
along with
their caregivers

SATURDAY, OCTOBER 18

10AM - 1 PM

PEMBERTON COMMUNITY CENTRE

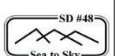
Supporting the health and well-being of children in Pemberton,
Lil'wat Nation, and the Southern Stl'atl'imx communities.

Resources and activities will be focused on:

- Nutrition
- Movement
- Sleep
- Screen Time
- Social-Emotional Well-being
- Health and Hygiene
- Vaccinations



We're looking for community providers
to participate in hosting this event.
Sign up using this QR code →



(ECD continued from page 10)

Childcare Centre, where we've been invited to join them with our programming. ECD will be supporting programming at minimum twice weekly with our early years programming that focuses on school readiness and developmentally appropriate play and skill building.

In Q̄aLatKu7em, Samahquam children have been enjoying increased playgroup days, which run regularly Monday through Wednesday with additional days as needed for our extra programming. It has been particularly enriching these past few weeks for the children with the addition of an outdoor play yard and new education play-based toys to support their ever growing development.

Our Aboriginal Supported Child Development Worker (ASCD) and ECD Assistant will continue their work in Skatin at the Alkwilh̄ahcw Childcare Centre and Q̄aLatKu7eM Playgroup, supporting the children of both communities. They will also be back at the Skatin Community School and Q̄aLatKu7eM Community School in the fall. Their time is divided between each community, their schools and Early Years locations, ensuring all children and families have equal opportunity at foundational learning and supports.

ECD is very pleased to inform you that we have been able to secure even more days for the summer with our Pediatric Therapist Program, particularly Occupational Therapy (OT). We will be adding an additional Oc-



Zoe and Rodney Jr. enjoying new playground equipment in Q̄aLaTKu7eM.

cupational Therapist to our team as well as Speech and Language Pathology therapist and Behavioural Consultant. Skatin and Samahquam will have therapy services attending to their children's development at minimum four times a month, with the support of our ASCD Worker.

Our Ucwalm̄icwts Immersion and Language Nest program is also being allocated extra days over the summer with Knowledge Keeper Sandy Henry who is regularly joined in community by a local Elder or Knowledge Keeper, such as Language Keeper Dan

Dan Peters, to ensure the unique dialects and protocols of each of the SSHS communities.

ECD is honoured to bring back a favourite program this harvesting season with Holly Bikadi. Holly will be joining communities on the land, sharing her knowledge of native plant species for identification and harvesting food and medicine plants. She will also be sharing her knowledge of traditional nature-based crafting. Holly is well known in all communities for her

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(ECD continued from page 12)

extensive knowledge and for writing *The Ntákmén Calendar*.

Finally, it is with a heavy heart that I announce my departure from the Southern Stl'at'ímx Health Society's Early Childhood Development Program at the end of the summer.

My nine years here have been incredibly rewarding, and I can truly say I've learned more than I've taught. Though I am leaving this role, I will carry you all in my heart, and I hope to remain in yours. This is not goodbye, but "see you later."

Thank you for always making me feel so welcome, you are family.

Kúkwstumckálap

—Kelly Hanson
Early Childhood Development
Program Coordinator

Message from Alexandrea Smith

Hello Everyone,

The last two months I have been busy supporting Brandy and Candice in Samahquam and Skatin with the Playgroups that attract between two and seven children per session. I have really enjoyed reading to the children, planning and leading art projects, and taking part in the planning of other events. I love looking at different ideas for engaging activities that the kids will enjoy including crafting and language learning. Art, from using stickers to paint brushes, helps with children's fine motor skills and the finished result gives them a sense of accom-



Aurora expresses herself in a rainbow of colours at the Skatin Playgroup.

plishment. I am looking forward to supporting Circle Time at the Skatin Playgroup in their new childcare centre.

One of the great things happening with ECD in the communities is the Ucwalmícwts Immersion sessions that Sandy Henry has been offering in Skatin and Samahquam. We have also been fortunate to have Holly Bikadi coming out to take the children and their parents out onto the land. Everyone gets the chance

to experience harvesting and learn more about the food and medicine plants that live on this beautiful land.

At SSHS, we are also planning a two-day First Aid course for all staff that will include CPR and wilderness first aid training.

Stay safe and enjoy the summer.

—Alexandrea Smith
Early Childhood Development
Assistant

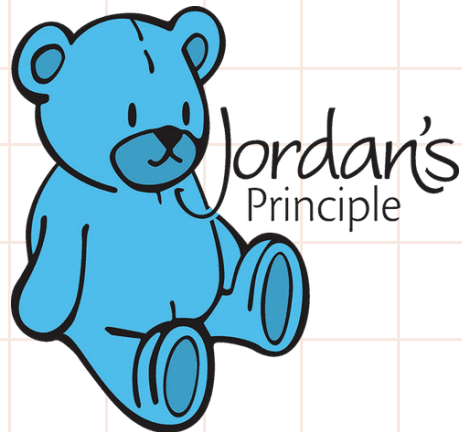
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Jordan's Principle Info Booth

July 28, 2025

**5:00pm-6:00pm
N'Quatqua Health Station**

**Drop by and learn how
Jordan's Principle can
help you get your child
the health and
wellness supports they
need, when they need
them.**



Serving the people of N'quatqua,
Lil'wat, Samahquam, Skatin, and
Xa'xtsa. Jordan's Principle is
administered by SSHS



**Southern Stl'atl'imx
Health Society**

(ECD continued from page 13)

Message from Jordana Abraham

Íalhwa7acw | Hello

The summer fun begins!

So many wonderful and exciting things happened in the ECD program over the spring. We celebrated our wonderful parents on Mother's Day and Father's Day with gifts made with love.

I also had some projects of my own to do over the past few months. I created calendars and extra prompts for each of the community's programs. I did plenty of printing, laminating, cutting and adding Ucwalmícwts! These calendars and learning prompts were recently put up on the walls at the Skatin Daycare and the Q'aLaT-Ku7eM playgroup.

We have had the great pleasure of welcoming Sandy Henry and DanDan Peters in our programs to do some language teaching with the children, how exciting!

On a very special note, the playgroup has now officially moved over to the new daycare centre in Skatin. Their grand opening was, what a job well done! I look forward to seeing many of you there over the summer break.

As you may know, I've been teaming up with our pediatric therapists to offer ongoing extra support and guidance wherever it's needed in your child's development. We will continue to offer our support to the children and their families throughout the summer.

Wishing you a fun filled summer!

—Jordana Abraham
Aboriginal Supported Child
Development Worker

Jordan's Principle

Message from Tyra Frank

Hello Everyone,

I hope you're all enjoying a wonderful summer! With the nice weather, I know many of you are spending time outside and making the most of the summer break. Whether you're relaxing with family, attending community events, or simply enjoying the sunshine, I hope it's been a season of rest and joy.

Recently, I've had the pleasure of visiting each community. It was so great to see those who came out. It's always a highlight of this work to connect in person, hear your stories, and offer support. If I didn't get a chance to see you, please feel free to reach out!

I'm always happy to connect, answer questions, and support you however I can. I'll be continuing to visit the communities more often as opportunities come up, so keep an eye out. I look forward to seeing more of you in the future!

I also want to acknowledge that many of you are still experiencing long wait times with Jordan's Principle applications. I understand how hard and frustrating that can be. Please know that I'm doing everything I can to advocate for each application and to ensure your voices are heard.

Your children and families matter, and I'm committed to doing my part to help get the support you need.

Wishing you all a continued safe and happy summer!

Warm regards,

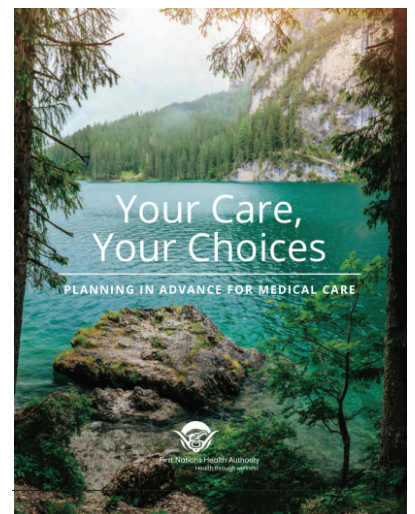
—Tyra Frank
Jordan's Principle
Service Coordinator

Life's Journey Coach

Message from Anita Samuels

Hello to all,

I have been continuing my work as a Life's Journey Coach. I have been helping people of all ages work on their Advanced Care Planning/End of Life Planning.



Your Care, Your Choices, a booklet from FNHA that used in advance care planning

A large part of this work involves having people start thinking about what types of life sustaining medical treatments they

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(Life's Journey continued from page 14)

may or may not want if they are faced with an irreversible medical situation that they will not recover from. Many people do not want to be kept alive artificially, and would rather chose to pass away with dignity. If a person's wishes for medical care are not known prior to this irreversible medical situation occurring, it can place great emotional strain on families and friends as they try to decide what their loved one may have wanted or not wanted.

Aside from the decisions about medical care, we may discuss what a person's wishes are for their final resting place, how they may want to distribute their possessions, and what they want to occur during their Celebration Of Life. One Elder wanted her family to write her life story as a way to honor her legacy. To help facilitate this planning process, FNHA provides a working booklet called *Your Care, Your Choices* which includes a number of true life stories:

- Be Prepared for the Unexpected
- Be Prepared for the Journey
- Be Prepared for the Transition

I provide each person with them with their own copy of *Your Care, Your Choices* This gives them the opportunity to work through the book. End of Life planning is not a quick process. I often meet with people on a number of occasions as they make decisions about their medical care, have what can be difficult discussions with their families and friends, and make a plan for what they want the end



Kruize, Shelby, Tim, Scotty and Clint hanging out at one of the cabins in Nquatqua that the Men's Health "Cabin Guys" built years ago.

of their life to look like.

In the near future I will be hosting workshops in each of the communities to help spread the word about this important work. It is a personal choice that takes great courage to complete.

One Elder described this work as an act of self-care, not only for herself, but also for her family. She felt that now that her plan was made, she would no longer be a burden to her family if something unexpected happened. If anyone wishes to learn more about this, please feel free to

contact me via email or on my cell. Alternatively, people can let their CHR or Elders support worker know that they would like me to contact them.

I can be reached at **604-698-5074** or by email at: anita.samuels@sshs.ca

—Anita Samuels, BSR
Life's Journey Coach

Men's Health Moments

Whether throwing axes at Forge in Function Junction or out on the land harvesting xúsum, the Men's Health program builds a sense of brotherhood among the men of the SSHS communities. The enthusiasm Men's Health Lead Scotty Leo brings to the group is not only fun, it's contagious!

If you have a man in your life that you think would enjoy outings with other guys, please encourage them to check out what Men's Health has to offer!



Men's Health

Message from Shelby Joe

Ƙalhwa7alap enta sLawa7
muta7s Mowich ucwalmícwts
skwatsits nilh ti Shelby sama7
skwatits.

Hello, my traditional names are Lawa7 which translates to Salmon, and Mowich, which translates to Deer in our language, my English name is Shelby.

At the beginning of summer, we started to plan some big outings with the guys including Skatin, Samahquam, Lílwat, and N'Quatqua which was a great turn out! We went up to Glacier Lake and had a BBQ. Everyone introduced themselves in their own way, some went kayaking, fishing, while others told some stories.

In June we held a drum making night for the guys in Samahquam and had eight guys make a hand drum of their own. For some it was their first time making a drum, so it was a very eventful evening I'm glad to be able to help set up events like this for the communities.

We also did about a 10km hike up along the Billy Goat Creek, it was amazing to see all the old growth trees, following along the wild game trails. We were even lucky enough to come across some berries.

In July, we brought a group of 12 guys out to Whistler to the Squamish Lílwat Cultural Centre. We did the hour-long walk-through tour and had lunch together at the Thunderbird Café which was



Scotty Leo and Taylor Smith taking our lunch on the Squamish Valley trip.

super exciting, as it was some of the guys first time going there, and hearing/seeing some new things about our culture. For mid-July we went out to harvest xúsum, also known as soap berries. To end July we held a big outing with all communities in N'Quatqua with a BBQ, games, swimming, kayaking, drumming and singing.

To continue building our Men's Health community, I would like

to invite you to join our Facebook page to keep informed about the activities and happenings in the Men's Health Program at: **SSHS Men's Health**
[www.facebook.com/
share/g/1aRN67t5rn/](https://www.facebook.com/share/g/1aRN67t5rn/)

—Shelby Joe
Men's Health Coordinator

(Continued on page 19)

(Men's Health continued from page 18)

Message from Scotty Leo

Hey everyone,

It's crazy to think that it's already been seven months since I stepped into the role of Men's Health Lead. It's been a journey of learning, growing, and connecting with the communities, and there have been some challenges for sure, but the experiences we've shared have been really great.

This spring/summer, we've been keeping active and connected through a variety of outdoor activities. We've been out harvesting seasonal berries like black caps and xúsum, and apricots. We've also been exploring Stl'atl'imx territory a lot. We have been hiking, fishing, doing firewood, and enjoying the land together. As we look ahead to the fall, we're excited to begin planning some hunting trips as well.

What makes this role so great is the strong sense of brotherhood that continues to grow within the group. I'm grateful for the friendships that we have formed and the support everyone brings to each other.

We've got more plans in the works, including regular weekly



The Men's Health Group relaxing down by the lake, enjoying time on the land with each other.

group days and new events coming up, so stay tuned.

If you have any ideas or activities you'd like to see for the Men's Group, please don't hesitate to reach out.

You can connect with me through my Facebook, Scotty SSHS account or join the conversation on our Facebook group page that we are trying to grow at: **SSHS Men's Health** www.facebook.com/share/g/1aRN67t5rn/

Looking forward to making more great memories and adventures with the guys.

— Scotty Leo
Men's Health Lead

(Men's Health continued on page 21)

OPPORTUNITIES AT SSHS

ABOUT US

Health Program

Clinical Services Manager

Provides leadership of a comprehensive range of nursing programs within community and public health

Community Health Nurse

Provide care to adult members (19+), being responsible of full scope nursing care to a variety of clients, constantly promoting health and wellness education, and aligning care out of community

Home & Community Care Nurse

Provide care to adult community members (19+), being responsible for full scope nursing care to home care clients and members with chronic diseases, constantly promoting health and wellness education, and aligning care out of community

Child & Family Services

Family Preservation Worker

Supports SSHS families through culturally sensitive programs and services, promoting children's safety and quality of life. This role coordinates resources to enhance family unity, empowering families as primary caregivers.

Jordans Principle

Jordans Principle Administrative Assistant

Provides administrative support to the Jordan's Principle Service Coordinator, Service Coordination delivery, and support community building activities as needed. Disseminate information to the public and to service providers and community-based professionals to promote Jordan's Principle and reduce service barriers for Indigenous children in BC.

Early Childhood Development

ECD Program Coordinator

The ECD Coordinator oversees quality programming in N'Quatqua, Skatin, and Samahquam, including Early Childhood Development Drop-ins, Playgroups, and licensed childcare. They support children aged 0-6 and their families using a strengths-based approach, managing program planning, staffing, resources, recordkeeping, and reporting.

SSHS is a non-profit Indigenous Health Organization dedicated to improving the health and wellbeing of Indigenous communities. Our organization provides culturally appropriate healthcare services, programs and initiatives to support the holistic health of Indigenous individuals and families.

SSHS offers a competitive benefits and employment package for full-time staff. All positions require on-site availability.

SSHS team members travel from our office in Mount Currie, BC into the communities, often driving along a Forest Service Road for up to two hours or being helicoptered in. This ensures that SSHS members-from newborns to Elders-have access to the health and wellness supports at their health stations, or health space, in their home communities.

APPLY NOW

Apply by sending your resume and cover letter via email: Julia.schneider@sshs.ca

View the full job postings on our website: sshs.ca/careers/

Message from Matt Hall

The project I currently find most interesting is the work we are doing on the Billy Goat Creek Trail. Youth from Samahquam have invested many hours into route finding in wilderness conditions. On our last hike into the area, we found an excellent end point to the trail. It is a beautiful area on the banks of the creek with old growth cedar and fir trees towering above.

With some hard work we hope to establish the trail with the goal of eventually making it available to paying tourists. This can bring such much needed economic activity into the area and provide many community members with the chance to participate in the project. Those who may not be able to participate in the trail building itself can avail themselves of other opportunities such as logistical support, food preparation, souvenir manufacturing or sales. Though very much in the early stages of development, I am very hopeful that we will see this project come to life before the end of the summer season.

— Matt Hall, RN
Community Health Nurse
for Community-Led Health &
Wellness Initiatives

Mental Wellness

Message from Brett Peterson

Seen from a distance, my work as counsellor appears to stay pretty much the same: I meet with people over Zoom or the telephone and together we try to resolve issues in their lives that are causing them suffering. Although the people and their stories change, the work overall does not. And there is seldom a shortage of it because as humans, suffering is an inherent part of our experience (but thankfully, not all of it!)

The paths to freedom from suffering are many, and it's sometimes surprising what can lead to a healing shift for someone. Many of the people I meet with are struggling with the effects of trauma—sometimes from a single event; but more often from repeated or ongoing traumas. Treating trauma often requires a deep dive into early life experiences or specific traumas occurring later in life.

But surprisingly, sometimes what is most helpful for an individual, couple or community is simply information. I have long wished we could provide more psychoeducation in the Stl'at'imx, something Cheryl Bate and I did back in the day when we were travelling into the communities.

So many relationship issues can be resolved by people adopting clearer, kinder communication; by becoming aware of how their historical traumas are playing out in present time; and by

realizing how damaging some accepted behaviours can be. Sometimes people don't recognize the various manifestations of lateral violence they are unleashing.

I recently found it very gratifying to witness profound change in the family of a man who simply learned to relate more skillfully to long-standing critical inner "voices," and to communicate more lovingly with his partner. His new awareness and kindness created a feedback loop in his family: his partner now responds with more trust and love, there is less frustration in their communication, and there is a more peaceful environment for their young children to soak up as they learn and grow. If how we are treated by our caregivers is how we learn to treat ourselves, and in turn, how we treat those closest to us, his new-found insight and behaviour changes may affect generations to come.

—Brett Peterson, RCC
Mental Wellness

BRIGHTEN AN ELDER'S DAY

**Social isolation is
an issue that many
Elders face.**

**This can affect their
mental, emotional and
physical health.**

**REACH OUT TO
THE ELDERS IN YOUR
LIFE TODAY**

SSHS Staff Contacts



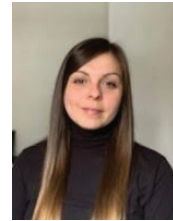
Health Director
Eppa Gerard Peters
E: gerard.peters@sshs.ca

Health Director Eppa and all SSHS staff can be reached by email or by contacting reception at **604-894-0151**.

Check out our website at sshs.ca for the most recent staff contacts. We look forward to hearing from you.



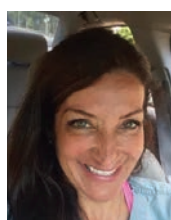
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Jordan's Principle Representative
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Addictions Program Coordinator
Leroy Joe
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Health Responder & Care Advocate
Jak Gracey
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Community Health Nurse
Matt Hall, RN
E: matt.hall@sshs.ca

Measles Info from Health Link BC

In light of recent measles cases, SSHS is reprinting the following document from HealthLinkBC and the BC Centre for Disease Control outlining prevention, symptoms and treatment.

What is measles?

Measles is a serious illness caused by the measles virus. It can cause encephalitis, an inflammation of the brain, which can lead to seizures, deafness, or brain damage. One out of every 3,000 people with measles may die from complications. Complications and death are most common in infants less than 12 months of age and adults.

Complications of measles can include:

- Ear infections
- Diarrhea
- Pneumonia
- Encephalitis (1 in every 1,000 cases)

Because of immunization, measles is now a rare disease in Canada. Most cases occur in unimmunized people, including visitors to Canada, who have traveled overseas.

Is there a measles vaccine?

There are 2 vaccines available in B.C. that provide protection against measles:

1. Measles, mumps, rubella (MMR) vaccine
2. Measles, mumps, rubella and varicella (MMRV) vaccine

The vaccines are provided free as part of routine childhood immunizations and to others that need protection against measles. For more information, see [HealthLinkBC File #14a Measles, mumps, rubella \(MMR\) vaccine](#) and [HealthLinkBC File #14e Measles, mumps, rubella and varicella \(MMRV\) vaccine](#).

How is measles spread?

Measles is very contagious and spreads easily. When an infected person breathes, coughs, or sneezes, the virus spreads through the air. The

the air for several hours. You can become infected when you breathe in these droplets or touch objects contaminated with the virus. The airborne spread of measles virus makes the disease very contagious. Sharing food, drinks or cigarettes, or kissing someone who has the virus can also put you at risk.

What are the symptoms?

Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs. The rash lasts about 4 to 7 days. There may also be small white spots inside the mouth.

Symptoms can start as soon as 7 days after a person is infected with the measles virus.

What if I have been exposed to measles?

If you have been exposed to the measles virus and have not had the disease or received 2 doses of a measles vaccine, you should get immunized to prevent the illness. You need to get the vaccine within 72 hours after exposure in order to be protected against the measles virus. People born before 1970 may not need to get the vaccine as they have probably had measles.

If you cannot get the vaccine in time or it is not recommended that you receive the vaccine, you may be given immune globulin for protection. Immune globulin contains antibodies taken from donated human blood. Antibodies are proteins that a person's immune system makes to fight germs, such as viruses or bacteria. Immune globulin provided within 6 days of being exposed to measles can protect against measles infections or make the

(Measles continued on page 24)

illness less severe. For more information, see [HealthLinkBC File #63 Immune globulin](#).

What should I do if I think I have measles?

If you have a fever and rash, and think you may have measles, especially if you have been in contact with someone with measles or traveled to an area with a measles outbreak, have yourself examined by a health care provider. It is best to call ahead so that you can be seen quickly and without infecting other people. Measles can spread easily in places like waiting rooms and emergency rooms. The doctor or triage nurse can make sure that you are taken into a closed area for an examination and attend the clinic at a time when the waiting room is empty. Bring your immunization record with you. A physical examination, blood test, and throat swab or urine sample will be collected to make the diagnosis of measles.

How can I prevent spreading measles to others?

A person with measles can spread the virus to others from 4 days before to 4 days after their rash first appears. If you have measles, you can help prevent spreading it to others by:

- Staying at home for at least 4 days after the rash first appeared

- Washing your hands regularly
- Coughing or sneezing into a tissue or sleeve rather than your hands
- Not sharing food, drinks or cigarettes, or kissing others

What is the home treatment?

After seeing a health care provider, the following home treatment tips may help you to be more comfortable while you rest and recover:

- Drink plenty of fluids such as water, juice and soup, especially if you have a fever
- Get plenty of rest

Acetaminophen (e.g., Tylenol®) or ibuprofen* (e.g., Advil®) can be given for fever or soreness. ASA (e.g., Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

For more information on Reye syndrome, see [HealthLinkBC File #84 Reye syndrome](#).



BC Centre for Disease Control
Provincial Health Services Authority



TREAT YOURSELF DAY

July 31 2025

for everyone in Qa'LaTku7eM !

Q'aLaTku7eM Health Station

***Hair By Ayla , Emhal'qwen' Nails,
and Beauty Barn*** are coming to
town!

Services Available:

- Basic Nail Care Cleanup
 - Polish application
- Hair cuts for Men, Women, and children

**To Book in, please contact
Julia Schneider:**

E: julia.Schneider@sshs.ca

C: 604 966 1228

FB: Julia Sshs Schneider



Hair By Ayla (Ayla Pascal), Emhal'qwem' Nails (Elvyra Wallace), and Beauty Barn (Hair by Roxann Wallace / Nails by Autumn Dan) are all small businesses run by st'at'imx ladies, offering their hair cutting and nail care services in Q'aLaTku7eM!

EYE MOBILE CLINIC

EYE EXAMS AND GLASSES!



Website:
www.ruraloptometry.ca

Date: Monday, September 8 2025



Southern St'at'l'imx
Health Society

Location: Skatin Health Station

SERVICES OFFERED:

- Comprehensive Eye Exams
- Prescription Glasses
- Children's Vision Care
- Diabetic Eye Exams
- Glaucoma & Cataract Screening
- Dry eye & allergy treatment
- Eye Health Education

WHY REGULAR EYE EXAMS ARE IMPORTANT:

- Detect vision changes and early eye diseases
- Prevent headaches and eye strain
- Support children's learning and development
- Maintain overall eye health

HOW TO PREPARE:

- Make a list of any vision problems or eye discomforts
- Bring your current glasses or prescriptions
- Provide your Status Number, Care Card Number, and DOB at booking



To book your appointment,
please contact:

Julia Schneider, SSHS
E: julia.schneider@sshs.ca
Ph: 604 894 0151 ext. 215
FB: Julia Sshs Schneider

Emergency Health Contacts

Please post this information in an easily accessible place, such as the side of your fridge, inside a cupboard door, by your landline, or where you charge your cell phone.

Having this information close at hand can save valuable time in an emergency.

Fire, Police, or Ambulance

911 is now available in all three SSHS communities.

Mental Health Crisis

Pemberton Health Centre
(Emergency/Urgent Care)
604-894-6633

Pemberton Mental Health Intake
604-698-5861

KUU-US Crisis Response Services
24-hour, culturally safe helpline services for First Nations and Aboriginal Peoples.

Child/Youth line:
1-250-723-2040
Toll free: 1-800-588-8717

Adult/Elder line:
1-250-723-4050
Toll free: 1-800-588-8717

24-Hour Crisis Support
A 24/7 crisis support and suicide prevention line.
Toll free: 1-800-784-2433

24-Hour Crisis Line
A 24/7 crisis support and suicide prevention line
Toll free: 310-6789

Drug and Poison Information

British Columbia Drug and Poison Information Centre
Information is available 24/7.
Call: 604-682-5050
Toll free: 1-800-567-8911

Domestic Violence

Stqaka7stúmc Transition House (Lílwat Nation)
Transition housing and resources for single women, and women and children, who are fleeing domestic violence.
Call the 24/7 intake line at: 604-384-7247

National Domestic Violence Hotline
Open to everyone who is experiencing domestic violence.
Toll free: 1-800-799-7233

PearlSpace
Crisis line: 1-877-890-5711

VICTIMLINK BC
1-800-563-0808 (toll free)

Seniors Abuse and Information Line
Toll free: 1-866-437-1940
Crisis Line: 1-604-872-3311

Mental Health After Hours Line
Call: 1-604-874-7307

Family Services

Ministry of Children and Families Development Services
Emergency After Hours Line:
Toll free: 1-800-663-9122

National Indian Residential School Survivors Crisis Line
Toll free: 1-866-925-4419

Children's Services

Kids Help Phone
Toll free: 1-800-668-6868

Helpline for Children (MCFD)
Howe Sound & Sunshine Coast
Toll free: 1-866-661-3311

Sexual Assault Support & 3rd-party Reporting

PearlSpace Emergency Sexual Assault 24/7 Support Line
Call or text the support line at anytime to speak with a specialized resource worker.
Call/Text: 604-389-9168

Rape Crisis Centre
Toll free: 1-877-392-7583