VOL. 5 ISSUE 4 · OCTOBER 2020

HOLISTIC WELLNESS WEEKLY

Official Newsletter of the Splatsin Holistic Wellness Team.

Weekly Elders Meditation

BY WHITE BISON

"I WALK IN AND OUT OF MANY WORLDS."
-- JOY HARJO, CREEK/CHEROKEE

In my mind are many dwellings. Each of the dwellings we create ourselves - the house of anger, the house of despair, the house of self pity, the house of indifference, the house of negative, the house of positive, the house of hope, the house of joy, the house of peace, the house of enthusiasm, the house of cooperation, the house of giving. Each of these houses we visit each day. We can stay in any house for as long as we want. We can leave these mental houses any time we wish. We create the dwelling, we stay in the dwelling, we leave the dwelling whenever we wish. We can create new rooms, new houses. Whenever we enter these dwellings, this becomes our world until we leave for another. What world will we live in today?

Creator, no one can determine which dwelling I choose to enter. No one has the power to do so, only me. Let me choose wisely today.

Wellness:

INDG. SELF CARE
FNHA WORKSHOPS! - PG.3

TRADITIONAL INDG. WELLNESS
WEEKLY WELLNESS ROUTINE - PG.4

ONLINE WELLBRIETY MEETINGS
WELLBRIETY - PG.5

SUPPLIES AND SUPPORT
HARM REDUCTION - PG.5
A&D - PG.8

ONLINE NATIVE COLOURING BOOK
ONLINE WELLNESS - PG.6

COMMUNITY QUESTIONNAIRE
OPPORTUNITY - PG.6

INDIGENOUS SELF-CARE
SELF-CARE - PG.7

CRAFT KITS

SPLATSIN HEALTH WILL BE PUTTING TOGETHER CRAFT KITS, TO CONTINUE WELLNESS AND CREATIVITY -- AT HOME!

***ONLINE VIDEO INSTRUCTIONS, OR PAPER INSTRUCTIONS, WILL BE PROVIDED*

Options for "kits" (1 per person):

- *Dream catcher*
- *Drawing kits (charcoal)*
- *Rattles*
- *Peyote-stitch key chains*
- *Mugs - design your own*

(More options for craft kits may be released at a later date)

If you are interested in a craft kit, please contact Denica
by October 31st 2020
Denica - (250)309-2936 (text or call) / denica_bleau@splatsin.ca

Wellness Videos

SUBMIT A 10-15 SECOND VIDEO TO EXPLAIN: "TO ME, WELLNESS IS..."

1) Create your video, starting with "To me, wellness is..." (10-15 seconds)

2) Send your video to Jessica Kent
jessica_kent@splatsin.ca
(250)309-2331
~DUE DATE: NOVEMBER 16th 2020~

3) Be entered into a draw for prizes!

TIMELINE AND TOPICS

Bi-weekly, Thursdays at 12:00pm

1. **Community Resiliency during COVID-19 and Beyond** *July 23rd*
2. **Food as Medicine (Wednesday)** *August 5th*
3. **Canning Workshop** *August 20th*
4. **Traditional Medicines & Herbs for Lung Health** *September 3rd*
5. **Traditional Medicines for the Immune System** *September 17th*
6. **Respecting Tobacco: Traditional Sacred Uses** *October 1st*
7. **Learning to Quit Commercial Tobacco Use** *October 15th*
8. **Indigenous Harm Reduction and Cannabis Use** *October 29th*
9. **Resiliency Through Physical Activity** *November 12th*

Live on:
Facebook & Zoom
No registration required

First Nations Health Authority

Xpey' Wellness

https://us02web.zoom.us/j/5611409368
Meeting ID: 561 140 9368

larissa.coser@fnha.ca

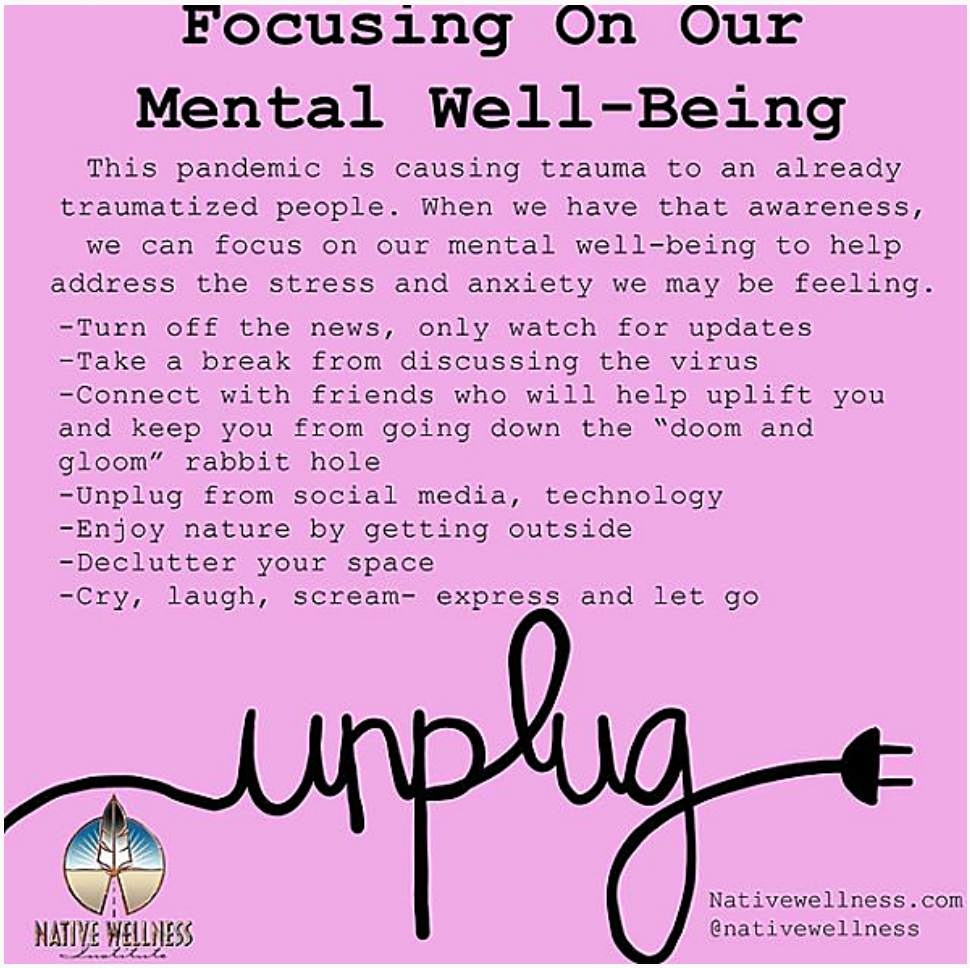
ZOOM: HTTPS://US02WEB.ZOOM.US/J/5611409368 MEETING

ID: 561 140 9368

Weekly Wellness Routine

CREATED BY: KYLIE CAYEDITO

During this time, we may be out of our normal schedules. NativeWellness.com provides some ideas for how to keep ourselves healthy, while remembering our core values and traditions.



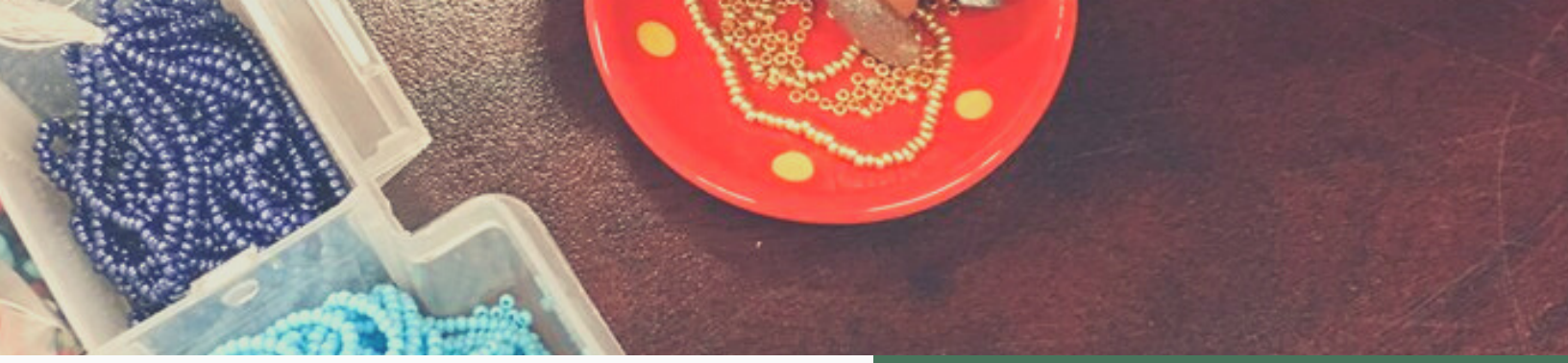
COUNSELLING:
Contact Denica or Jessica to be referred to a counsellor

LIST AVAILABLE ONLINE:
SPLATSIN.CA/UPLOADS/FILES/FNHA_COUNSELLORS.PDF

Denica Bleau (250)309-2936
denica_bleau@splatsin.ca

Jessica Kent (250)309-2331
jessica_kent@splatsin.ca

HOLISTIC WELLNESS PRACTITIONERS



Online Events/Resources

Part 1 - Support Groups & Harm Reduction:

COMPILED BY THE MENTAL WELLNESS TEAM

To access click on the web links

WELLBRIETY INTERNATIONAL: Wellbriety is an Indigenous 12-Step based program. The program focuses on healing from trauma and addictions.

Monday - Friday || 11:00 AM
Website: us04web.zoom.us/j/5485380164
Meeting ID: 548-538-0164 // Password:488123

TK'EMLUPS RECOVERY MEETINGS:

Website: https://us02web.zoom.us/j/84428458473
Meeting ID: 844 2845 8473
Monday - Friday Wellbriety - 1pm to 3 pm

VIRTUAL RECOVERY ROOMS: Various online meetings for AA, NA, Al-Anon, etc.

Click or tap: HERE
OR go to www.FNHA.ca -> About -> News & Event -> News -> When You're in Recovery and a Pandemic Hits (April 29, 2020)

HARM REDUCTION

Splatsin Health Services:

If you need naloxone kits, safe injection supplies, safe smoking supplies, crystal meth pipes, take-home drug testing for fentanyl, and safe sex supplies, please call or text the Community Health Nurse, Meghan, at 250-306-7764 for a no contact drop off for any needed Harm Reduction supplies.

***New* Downtown Vernon Mental Health and Substance Use Clinic: 250-503-3737, 3306A 32nd Ave, Vernon**

Over dose prevention, safe injection site, harm reduction supplies, and fentanyl testing, Monday-Friday 9am-3pm (closed 12-1 for lunch)

Lifeguard App (to help prevent overdoses):

www.lifeguarddh.com

For more information about:
Counselling and/or emotional support and referrals
Addictions counselling/referrals
Referral to elder/traditional support
Accessing online supports
Food bank/food security
Housing/shelters
Legal information/court and updates
Accessing financial services
Other resources and supports as needed

Contact:
Denica Bleau: (250)309-2936
denica_bleau@splatsin.ca

Jessica Kent: (250)309-2331
jessica_kent@splatsin.ca

WELLNESS WORKSHOP

Native Wellness Power Hour is presenting various videos/presentations, sharing national Indigenous knowledge
Website:
https://www.nativewellness.com/resources.html
Facebook:
facebook.com/NativeWellnessInstitute/

SELF CARE
ÁDAA ÁHLYÁ

25 other things you could do

- Listen to music
- Try playing or learning an instrument
- Learn a new language
- Skin care routine
- Movie night
- Declutter your closet
- Make coffee or tea
- Make a list of museums, concerts, places you want to visit when they reopen
- Rearrange your furniture
- Memorize the periodic table
- Watch StarWars in this order (Rogue One-IV-V-II-III-Solo-VI-VII-IX)
- Listen to a podcast
- Read
- Plant - Garden
- Yard Work
- Take photos
- Stretch
- Sleep
- Meditate
- Spend time with your animals
- Play board games - Game Night
- List what you're grateful for
- Work on a puzzle
- Drink lots of water
- Take a bath
- Dance

Start the day with gratitude, prayer, & affirmation

Write

poetry, stories, journal, letters to others, self-reflection

Stay Active

go for a walk, run, hike, bike ride, yoga, at home workout

Arts & Crafts

painting, beading, silversmith, weaving, sewing, drawing, coloring, leatherwork

Cook & bake new recipes

check out @thefancynavajo for ideas

Connect with family & friends

facetime, zoom, skype, google hangouts to video chat

Created by: Kylie Cayedito (Indigenous Photographer/Designer)

ADDICTION RECOVERY

(DURING THE COVID-19 CRISIS)

Splatsin Health Services

SERVICES:

- One-on-one Counselling (in-person, phone or video chat)
- Online Groups Wellbriety, AA/NA, etc.
- Harm reduction supplies (pipes, needles, sanitation)
- At-home-detox support
- Naloxone training & Naloxone kits
- Planning for the future

REFERRALS & APPLICATIONS:

- Referrals to Detox and Treatment applications
- Referrals to Recovery houses/second stage housing
- Referrals for OAT (Methadone and Suboxone), drug checking, & safe injection site

CONTACT:

Jessica Kent & Denica Bleau
jessica_kent@splatsin.ca // (250)309-2331
denica_bleau@splatsin.ca// (250)309-2936