

ATTENTION: Elders Contact People Please Make Copies of the EV Each Month For Your Elders, Chief & Council and Boards of Directors if possible.

HAPPY BIRTHDAY TO ALL ELDERS BORN IN AUGUST!!



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

38th Annual BC Elders Gathering a Huge Success! from FNHA eBlast Thousands of First Nations and Aboriginal Elders from around BC and abroad came together in Penticton July 7-9 for the 38th Annual BC Elders Gathering. Hosted by Chief Jonathan Kruger and the Penticton Indian Band, the event was a complete success with dozens of guest speakers, presentations, songs, prayers, laughter and healing.

Many FNHA staff were onsite hosting information booths, workshops, plenary sessions, and Elder health screening in partnership with Interior Health and the Penticton Indian Band. The FNHA raise our hands to all the Elders, volunteers, and participants that made this year's gathering one to remember!

The 39th Annual Elders Gathering
Hosted By: Tsawout First Nation July 7-9, 2015
Place: Panorama Recreation Centre
1885 Forest Park Drive, North Saanich, BC, V8L 4A3
(Watch the EV for more info from our Host)

40th Annual Elders Gathering in 2016
Our office itself, the BCECCS/BC Elders Council will be bidding on the 2016 Elders Gathering to be in Campbell River. It hasn't been back here since we organized it in 2000. We hope that you will all support our bid next year in Saanich. Donna Stirling, BCECCS/BC Elders Council

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Easy Bakers Corner – Best Ever Sugar Cookies

Preheat oven to 375°F.

Cream together 1 cup of powdered sugar, 1 cup of granulated sugar, 1 cup of butter or margarine and 1 cup of vegetable oil. Add 2 eggs and 1 tsp. of vanilla.

Sift 4 1/2 cups of all-purpose flour with 1 tsp. of salt, 1 tsp. of cream of tartar, and 1 tsp. of baking soda.

Mix together with first mixture. Chill dough.

Roll in small balls and place on an ungreased sheet and press down with a glass with a pretty etched design.

Bake for 12 minutes or until very lightly brown.

Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered.

"Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

-She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go." (from Maxine—laughter is the best medicine)

What Can you please share?

The following is a short list of Elders suggestions of what might be shared: Your local Newsletters/Upcoming Local Events/Prayers/Poems/Quotes/Comments/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries, etc. Submissions are best forwarded to me via email by the 15th of the preceding month. If you are interested in providing articles, please do so, I look forward to hearing from anyone who wants to contribute to the content of your newsletter.

Gilakasla, Donna Stirling

'PRESERVING THE PAST'

The *First Ever* Elder's Website "Preserving the Past" is now online (as of Sept. 2002). Registration forms, booth forms, maps of the host territory, accommodation information, etc. concerning the Annual Elders Gatherings are available each year on the BC Elders Communication Center Society's website www.bcelders.com as soon as they are made available from each new host community.

As of Aug. 1st. 2011 issues of your Elders Voice Newsletter will be emailed out to all contacts as well as posted on the website www.bcelders.com the 1st of each month. Although we mailed out the issues for almost 11 years (128 issues) we can no longer afford the cost to do so. Please email bcelders@telus.com to be added to the email list. Thank you

Disclaimer:

Health articles, etc. are provided as a courtesy and neither the BC Elders Communication Center Society's Board/ Members or anyone working on its behalf mean this information to be used to replace your doctor's and other professional's advice. You should contact your family physician or health care worker for all health care matters. Information is provided in the Elders Voice for your reference only. And opinions contained in this publication are not those of Donna Stirling, Coordinator unless her name appears below the material.

BCECCS 14th Year GRATITUDE LIST

Support Fee from Dec. 1st 2013 – Nov. 30th 2014

(In the past the fee has always been \$250 yearly, but in these economic times it has become necessary to ask groups to consider assisting more, if possible, to make up for groups who cannot help.)

Your support is much appreciated!

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. Tahltan Band Council
2. Provincial Health Services Authority

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation
2. Carrier Sekani Family Services
- 3.

SISIUTL LEVEL - \$500

1. Aboriginal Tourism Association of BC
2. First Nations' Emergency Services Society of BC
3. Osoyoos Indian Band
4. Tsleil-Waututh Nation
5. Tale'awtxw Aboriginal Capital Corporation
6. We Wai Kai Nation
7. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation
- 8.

HUMMINGBIRD LEVEL - \$250

1. Union of BC Indian Chiefs
2. Lake Babine Nation
3. Irving K Barber BC Scholarship Society
4. Skidegate Band Council
5. Seton Lake Indian Band
6. Xaxli'p Indian Band
7. Mamalilikulla Qwe'Qwa'Sot'Em Band
8. McLeod Lake Tse'khene Elders Society
9. Lytton First Nation
10. Akisqnuq First Nations
11. Doig River First Nation
12. Weiwaikum First Nation
13. Pacheedaht First Nation
14. Hailika'as Heiltsuk Health Centre
15. Tk'emlups Te Secwepemc

16. St. Mary's Indian Band
17. Lhtako Dene Nation
18. Westbank First Nation
19. Sts'ailes Band
20. Spuzzum First Nation
21. BC Assembly of First Nations
- 22.

Donation:

1. First Nations Tax Commission
2. The Story Telling Elders

Personal Credits

The Indian Residential Schools Settlement Agreement stipulates that once all Common Experience Payments (CEP) have been made, if more than \$40 million remains in the Trust Fund, the funds are to be made available to CEP Recipients, upon application, in the form of non-cash Personal Credits of up to \$3,000 each for educational purposes.

- CEP Recipients will be able to choose to transfer their Personal Credits to certain Family Members as defined in the Indian Residential Schools Settlement Agreement and the Terms and Conditions;
- Terms and Conditions for Personal Credits have been developed by Canada and the Assembly of First Nations and by Canada and Inuit Representatives to determine which Education Entities and Groups and which Educational Programs and Services are eligible;
- Once the Personal Credits have been distributed, any amount remaining in the Trust Fund on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Foundation to be used for educational programs.

Important Deadlines

Deadline to submit your Personal Credits Acknowledgement Form: postmarked by October 31, 2014.

Deadline for Education Entity or Group to submit Personal Credits Redemption Form: postmarked by December 1, 2014.

All inactive files will be closed on December 1, 2014.

Applying for Personal Credits

In January 2014, a Personal Credits Acknowledgement Form will be mailed to each CEP Recipient who has received a CEP payment. The Acknowledgment Form must be completed and returned to the Personal Credits Administrator postmarked no later than October 31, 2014.

If you have not received your Acknowledgement Form by February 1st, 2014, please call the Personal Credits Help Desk at 1-866-343-1858 or 1-877-627-7027 (TTY).

You will receive a letter by mail once your Acknowledgement Form is received to let you know that we received it. If we have any questions about your Acknowledgement Form we will contact you by telephone and/or mail so it is important to keep us informed of any changes to your address or telephone numbers. You can contact us:

By Phone: 1-866-343-1858 or 1-877-627-7027 (TTY) By Fax: 1-888-842-1332

By Mail: Personal Credits Administrator
Suite 3 - 505, 133 Weber St N Waterloo, ON N2J 3G9

By Email: IRSPersonalCredits@crawco.ca

Incomplete information may lead to delays or denial of your request for Personal Credits.

You will receive another letter by mail once your Acknowledgement Form has been reviewed. If your Acknowledgement Form is approved, the letter will include a Personal Credits Redemption Form that you, and/or your Family Member(s), will need to provide to the Education Entity and/or Group. The Education Entity and/or Group will then need to fill out the Personal Credits Redemption Form and send it to us in order for the Education Entity and/or Group to receive the value of your Personal Credits.

<http://aptn.ca/news/2014/07/04/catholic-groups-lose-residential-school-argument/>

By Kathleen Martens
APTN Investigates

WINNIPEG – Priests, nuns and oblates have lost a small court battle related to residential school documents.

More than 30 Catholic organizations across Canada tried to stop the new National Research Centre (NRC) from participating in a hearing on the future of survivor testimony.

But Justice Paul Perell of the Ontario Superior Court decided otherwise. On June 14th, he granted intervenor status to the centre which will be located at the University of Manitoba.

Groups including the Truth and Reconciliation Commission (TRC) and the Indian Residential School Adjudication Secretariat are at odds over whether to archive or destroy documents collected through the Independent Assessment Process (IAP). So Perell will hear arguments from the centre and other groups seeking his direction on what to do with the documents. The hearing will happen July 14-16 in Toronto.

The IAP is a confidential, legal process where former students disclose the abuse they suffered to be eligible for financial compensation. It was created to help resolve claims of sexual abuse, serious physical abuse and other wrongful acts perpetrated by school staff and students.

The agency in charge of the IAP argues these highly personal and sensitive accounts should be destroyed. But the TRC wants to preserve them as part of the historical record.

As APTN Investigates reported last week, some survivors favour saving their stories, so their suffering is not forgotten.

The NRC will be directly affected by the decision because it is mandated to archive information collected by the TRC.

The 33 Catholic groups argued the NRC didn't meet intervenor status due to self-interest. But argued it could be a "friend" of the court and only offer information, without the legal standing that intervenor status would give. They also said Perell's court did not have the authorization to add the NRC to the case.

But the judge, who is one of nine national supervising judges of the Indian Residential Schools Settlement Agreement (IRSSA), disagreed.

"In my opinion, the NRC satisfies the criteria for being added as a party to the [Request for Directions] RFDs and that it would assist the court in having its evidence and argument. In this regard, it is worth noting that the court in providing directions pursuant to an RFD is not just exercising its adjudicative function, but it is also exercising its administrative authority to supervise a class action settlement," the judge said in the nine-page decision.

"While not a party to the IRSSA, the NRC is already a participant in the administration of the RFDs, and it has an interest that may be affected positively or negatively by the outcome of the RFDs. Depending on the outcome of the RFDs, which remains to be seen, responsibilities, and obligations may be imposed on the NRC."

Perell also said the administration of the IRSSA is an ongoing responsibility of the courts across Canada.

“The court has an ongoing obligation to oversee the implementation of the settlement and to ensure that the interests of the class members are protected. Where there are vulnerable claimants, the court’s supervisory jurisdiction will permit the court to fashion such terms as are necessary to protect the interests of that group,” Perell added.

The Catholic groups, who are a “party” to IRSSA and oppose NRC involvement, are:

Les Oeuvres Oblates de l’Ontario, Les Residences Oblates du Quebec, Soeurs Grises de Montreal/Grey Nuns of Montreal, Sisters of Charity (Grey Nuns) of Alberta, Les Soeurs de LaCharite des T.N.O., HotelDieu de Nicolet, The Grey Nuns of Manitoba Inc.- Les Soeurs Grises du Manitoba Inc., The Sisters of Saint Ann, Sisters of Instruction of the Child Jesus, The Sisters of Charity of Providence of Western Canada, Immaculate Heart Community of Los Angeles CA, Missionary Oblates-Grandin Province, Les Oblates de Marie Immaculee du Manitoba, Oblates of Mary Immaculate-St. Peter’s Province, Order of the Oblates of Mary Immaculate in the Province of British Columbia, La Corporation Episcopale Catholique Romaine de Grouard, Roman Catholic Episcopal Corporation of Keewatin, The Catholic Episcopale Corporation of Mackenzie, Roman Catholic Episcopal Corporation of Prince Rupert, Sisters of Charity Halifax, The Roman Catholic Bishop of Kamloops Corporation Sole, Roman Catholic Episcopal Corporation of Halifax, Sisters of Presentation, and Roman Catholic Archiepiscopal Corporation of Winnipeg, Les Soeurs de Notre-Dame Auxiliatrice, Les Soeurs de Saint-François d’Assise, L’institut des Soeurs du Bon-Conseil/Les Soeurs de Notre-Dame du Bon-Conseil de Chicoutimi, Les Soeurs de Saint-Joseph de Saint-Hyacinthe, Les Soeurs de Jésus-Marie, Les Soeurs de l’Assomption de la Sainte-Vierge, Les Soeurs de l’Assomption de la Saint-Vierge de l’Alberta, Les Soeurs Missionnaires du Christ-Roi, and Les Soeurs de la Charité de Saint-Hyacinthe, and The Sisters of St. Joseph of Sault Ste. Marie.

The Adjudication Secretariat says it has received 37,716 IAP applications and resolved 20,413, so far, with 17,303 in progress. Approximately \$2 billion has been paid in compensation and legal fees.

The wrong way to preserve residential-school history

<https://snt148.mail.live.com/default.aspx?id=64855#tid=cmLF2RvX0I5BGS1NidZ1wtCg2&fid=flinbox>
Ottawa Citizen (July 10, 2014)

Now that years of oral testimony have come to an end, the primary goal of Canada’s Truth and Reconciliation Commission is to identify sources and create a comprehensive record of the violence in residential schools. This objective is well meaning, and I support all efforts to publicize documents which describe the Canadian government’s, as well as church organizations’, involvement in the violence committed against First Nations students.

Last month, the commission requested ownership of Independent Assessment Process (IAP) hearing transcripts, in order to augment historical archives at the University of Manitoba’s National Research Centre for Truth and Reconciliation. To receive financial compensation through the IAP for damaging sexual, psychological and physical abuse, former students were required to provide extremely detailed testimonies about harms experienced, among other highly sensitive information, such as mental health, criminal and financial records. Former students who recounted their experiences at IAP hearings did so under the assumption that their stories would remain private. Forever.

Next week, the Ontario Superior Court of Justice will hear the IAP’s chief adjudicator Dan Shapiro’s request for directions on whether he may destroy the documents to eliminate the possibility of commission – or government – appropriation.

The commission's methods of attaining a complete history of atrocities can never be at the cost of re-traumatizing former students it ostensibly aims to serve. Respecting the wishes and defending the dignity of IAP participants is paramount, and their right to privacy should be forever guarded. Doing so need not be at the cost of comprehensive history making.

The IAP is tasked with determining compensation for abuses. To that end, the line of questioning, the types of records claimants are asked to submit, what constitutes abuse, and what counts as evidence of abuse, comprise IAP records. There is no doubt that financial compensation is due to those who suffered, and that engaging the IAP is cathartic for some. However, the records are limited in scope and focus, and legal determinations of violence and sexual abuse is narrow by design. Such variables make IAP records limited historical accounts as they do not capture the broader trauma and effects of physical and sexual abuse. Making public IAP proceedings, then, will not contribute to the National Research Centre archive as broadly as the commission claims it will.

Secondly, why is it that documents produced by the IAP or the commission – both creatures of the Indian Residential Schools Settlement Agreement – are rendered more important than the testimony supplied by former abused students over the past several decades? First Nations communities generated testimony – in the form of storytelling, protests, interviews, song and art – long before the IAP or the commission were established. Because these records were produced outside “official” settings, they are not counted as legitimate sources for history making. The commission and the government of Canada need to take a wide-angle view. Neglecting experiences recounted outside Indian Residential Schools Settlement Agreement mechanisms is also a betrayal of those who were abused as children in residential schools.

Turning over only high-profile stones in a search for remnants of a past is one way to craft an archive. However, history will judge history. If IAP transcripts are handed over to the commission or Library and Archives Canada, the National Documentation Center for Truth and Reconciliation would be ethically compromised. Tiffany MacLellan is a Phd candidate in the department of law and legal studies at Carleton University.

LOST WALLET AT THE ELDER'S GATHERING:

Hello,

My name is Maureen Isadore, My son Steven Able was helping the McLeod Elders at the Penticton Elders Gathering. His lost his wallet, he is not worried about the money just his ID. Please if any one turns a black and white cloth woven small zippered bag please return it to the address below.

Musi

**Maureen Isadore
P.O. Box 853
Fort St. James BC
V0J 1P0**

Residential schools commission calls for 30-year seal on records

http://www.thestar.com/news/crime/2014/07/15/residential_schools_commission_calls_for_30year_seal_on_records.html

A lawyer for the Truth and Reconciliation Commission has presented an alternative option to destroying the testimony of about 38,000 claimants — lock it in a vault for 30 years.

The Toronto Star (Tuesday 15 July 2014) By: Tim Alamenciak

The Truth and Reconciliation Commission is proposing a 30-year seal on documents from the claims of residential school survivors in a bid to avoid their outright destruction.

Julian Falconer, lawyer for the commission charged with producing a report on the residential school system, proposed the option in court Tuesday in the midst of a hearing that will decide the fate of transcripts and records from about 38,000 claimants.

“The minute you destroy this portion of history, you alter the ability for generations to come to remind people what was done to these individuals,” Falconer told the court Tuesday.

At the request of Justice Paul Perell, who is hearing the case, Falconer prepared a draft order that would satisfy the commission. The order would see the documents given to Aboriginal Affairs and Northern Development Canada to be sealed for at least 30 years and a large-scale “enhanced notice” program undertaken to inform claimants about the fate of their transcripts, applications and decisions.

“You’re guaranteeing the claimants that no one can access their information for three decades and you’re not putting yourself in that irreversible position the Truth and Reconciliation Commission is worried about,” said Falconer.

At the end of 30 years, the documents would be transferred to Library and Archives Canada where they would be subject to the federal Access to Information Act and Privacy Act.

The commission was originally requesting that the documents be transferred to the National Research Centre, a facility set up at the University of Manitoba for the sole purpose of handling residential school records and the home for other records gathered by the commission.

“A destruction order means it’s irreversible. You create an act that can’t be changed about accounts that are some of the most detailed accounts we have access to,” said Falconer. “A court should be empowered to open that vault in two generations to deal with what neither you nor I can anticipate.”

In June, Dan Shapiro, chief adjudicator of the claims process, publicly called for the destruction of all documents, which include applications, hearing transcripts, and decisions, created throughout the formal restitution process.

“I think it was decided from the beginning that there was, in fact, a confidential, private process. That part of it was decided, but what wasn’t decided fully was how that would be operationalized,” Shapiro told the Star in June when he first announced the move. “It is a logical conclusion to what is intended to be a private, confidential process.”

He said that the public testimony collected by the commission — which includes about 7,000 survivors — have given researchers enough information to inform the historical record.

Shapiro’s lawyer, Will McDowell, will deliver arguments for his position Tuesday afternoon. The hearing is scheduled to continue until July 16, 2014.

A Little Alcohol May Not Be Good for Your Heart After All

FRIDAY, July 11, 2014 (HealthDay News) -- A new study challenges the widely held belief that light drinking of alcohol may be good for your heart.

Researchers analyzed more than 50 studies that examined drinking habits and heart health in more than 260,000 people.

They found that those with a form of a gene tied to lower levels of drinking generally had healthier hearts.

The gene affects how a person's body breaks down alcohol, resulting in unpleasant symptoms such as nausea and facial flushing. Having this variant has been shown to lead to lower drinking over the long term, the researchers explained.

On average, people with the gene had lower blood pressure, lower body-mass index (an estimate of body fat based on height and weight) and a 10 percent lower risk of heart disease.

The results suggest that cutting alcohol intake -- even for light-to-moderate drinkers -- benefits heart health, according to the authors of the study in the July 11 issue of the *BMJ*.

"While the damaging effects of heavy alcohol consumption on the heart are well-established, for the last few decades we've often heard reports of the potential health benefits of light-to-moderate drinking," study senior author Juan Casas, a professor of epidemiology at the London School of Hygiene & Tropical Medicine, said in a university news release. "However, we now have evidence that some of these studies suffer from limitations that may affect the validity of their findings.

"In our study, we saw a link between a reduced consumption of alcohol and improved cardiovascular health, regardless of whether the individual was a light, moderate or heavy drinker," Casas said. The study could only show an association between the two, however, it couldn't prove cause-and-effect.

Further large-scale gene studies are needed to confirm these findings, the researchers said.

"Studies into alcohol consumption are fraught with difficulty, in part because they rely on people giving accurate accounts of their drinking habits," Dr. Shannon Amoils, senior research advisor at the British Heart Foundation, said in the news release "Here the researchers used a clever study design to get round this problem by including people who had a gene that predisposes them to drink less."

"The results reinforce the view that small to moderate amounts of alcohol may not be healthy for the heart, although the study would need to be repeated in a larger group of people for definitive results," Amoils said. However, Dr. Suzanne Steinbaum, a preventive cardiologist at Lenox Hill Hospital in New York City, issued a word of caution about the latest findings.

"In light of the many trials revealing the [antioxidant] polyphenols found in red wine as being beneficial for cardiovascular disease, one must look at this trial with a critical eye," Steinbaum said. "It is clear that the patients with this genetic variant have a reduction in alcohol intake, but it is unclear if this in itself is the factor improving [their] cardiovascular outcomes."

Article from www.seniorshealth.com medbroadcast.com

FNHA and Province of BC Announce Release of BC Elders' Guide **New guide supports the health of Aboriginal and First Nations Elders**



Syilx Nation Territory (Penticton) – The First Nations Health Authority and Ministry of Health have released the first edition of the BC Elders' Guide. This unique health and lifestyle resource is based on the BC Seniors' Guide and is specifically designed for First Nations and Aboriginal Elders. "Elders play a pivotal role in the health and wellness of our communities and today it is more important than ever they are supported to live long and healthy lives, to provide their guidance, wisdom and support for the next generation," said First Nations Health Authority Board of Directors Chair Lydia Hwitsum. The BC Elders' Guide provides information on provincial and federal programs and community and local resources, with sections on health, lifestyle, housing, transportation, finances, benefits, safety and security, and other services.

In the guide, Elders share their secrets to aging well, including eating traditional foods and staying active through hunting and fishing. The guide also addresses the importance of nurturing spirit through being engaged in community life and a reminder to keep tobacco use ceremonial. The publication was launched by Wickaninnish Clifford Atleo Sr. at the 38th Annual BC Elders Gathering in Penticton to an audience of over 3,500 BC

First Nations and Aboriginal Elders. Read, download and share the BC Elders' Guide
For more information on seniors' services in BC, please visit: www.seniorsbc.ca

Media Advisory

First Nations Launch Legal Challenges Against Enbridge's Northern Gateway Project

Members of media are invited to attend a joint press conference in Vancouver by a number of First Nations to discuss the filing of legal challenges against the Harper Government's approval of Enbridge's proposed Northern Gateway Project. Leaders and representatives from First Nations across BC will speak to the topic of the proposed Northern Gateway Project and their unceded Aboriginal Title and Rights to their respective territories.

Leaders from each First Nation will be in Vancouver and available for individual interviews following the press conference.

WHEN: Press Conference

11:00 AM (PT) Monday July 14th

WHERE: Union of BC Indian Chiefs
5th Floor-342 Water St., Vancouver, BC.

WHO:

Peter Lantin, President, Council of the Haida Nation
Clarence Innis, Acting Chief Councillor, Gitxaala
Ellis Ross, Chief Councillor, Haisla
Martin Louie, Chief Councillor, Nadleh Whut'en
Jessie Housty, Councillor, Heiltsuk
Grand Chief Stewart Phillip, President, UBCIC

NOTE: There will be no teleconference available for this announcement

For more information:

Don Bain, UBCIC, call/text (604) 831-9709

Farewell thoughts from Queen Vera Gabriel

by Steve Kidd
Western News Staff

The drums have been stilled, the flags and banners taken down and 3,000 First Nations elders are making their way back home.

"It went wonderful, everything we expected," said Queen Vera Gabriel. "The elders all had a good time, they were eager to come back in the morning and they were all happy. That is what we worked towards."

Vera and her husband Emory, were selected last year to be King and Queen of the 38th annual Elder's Gathering at last year's event in Prince George. They've been on a long journey since, visiting First Nations across B.C. and even in other provinces to invite them to this year's gathering, hosted by the Penticton Indian Band.

"We talked to them about the importance of storytelling, the importance of talking to your children and relaying those messages they needed to hear, talking about becoming closer with your children in doing all that," said Vera. Developing those relationships, strengthening the ties between generations was the goal of this year's event: "Honouring our Old Ones, Story Tellers and Teachings."

"We wanted to give from the old people to the young

people. We wanted to encourage old ones to talk to their young ones," said Emory.

Vera remembers seeing examples of those ties throughout the gathering.

"I could see a grandfather leading his grandsons down the aisle - it was good," she said. Renewing old connections and forging new ones was also a big part of what happened at the event

"This is what it is all about, people getting back together, old acquaintances being renewed," Vera said, explaining how she met with companions from the residential schools.

"We had a mini school reunion. We just talked about good times, we didn't talk about the bad things that a lot of us remember," she said. "We found some good in what happened at the residential schools, like my friends, my family. They became my family once I was torn away from my real family."

And learning came in many forms along the way to the Elders' Gathering, including some very personal ones.

Organizing the gathering and being ambassadors, both Emory and Vera agreed, was a hard job, sometimes even leading to friction between the king and queen. That changed, Vera said, during the Syilx Unity run in early



Mark Brett/Western News

Outgoing BC Elders Gathering King and Queen, Vera and Emory Gabriel received their special gifts on stage during the closing ceremonies of the 38th annual event Wednesday at the South Okanagan Events Centre.

June.

"Prior to that, we would have a blowout and I would go one way and he would go the other way and we would be mad for a couple of hours, but then we would always come back," said Vera.

Then a suggestion came that it would be nice if the King and Queen joined the youth in the Unity run, which took

place over five days, from Westbank to Omak, Wash., passing through PIB territory.

"I said OK, I didn't even ask him if he wanted to run. I didn't realize I wasn't ready even if it was just half a kilometre," said Vera. "But when I started to weaken as I got closer, he came back and he grabbed me and he held

Continued on page 5

Farewell thoughts *cont'd*

my hand and said 'Come on, we are just about there.' And he just kept encouraging me until we got there.

"And that is what this last part for us was about, learning how to work together. Even if that was just a run, we got there together."

The closing ceremonies included passing the baton, or in this case a symbolic totem, on to the Tsawout nation from Vancouver Island, which has been chosen to host the 2015 gathering.

"I don't know that we needed to pass on what we taught, what we learned or whatever, because they came and they watched," said Vera. "They came up and they met with us over the year, then they came and they watched, took down notes and they are ready to go."

Emory said the success of the gathering was due to the team of volunteers and helpers from the Penticton Indian Band.

"Everybody came and played their role and did their job, the result was people had a good time, they made us look good, our group. That's a plus, we didn't have to do it all ourselves," he said.

The King and Queen were understandably tired from their year of organizing, topped by the three day event, which was filled with multiple functions and activities. Though some of the tiredness no doubt stems

from the traditional powwow Monday night, which was matched by a rocking evening on Tuesday.

"It was wild. There is a certain amount of energy in elders, that they don't display until they get some rock and roll,"

said Vera. "And it was well displayed last night. We had had a jive contest, a twist contest, we had spot dances."

"We had a good emcee (Chris Derrickson from Westbank) and we had two good bands: one was Nighthawk and the

other was Richie and the Fender Benders."

Ray Silver, a Stó:lō elder and adviser on the board for the Elders' Gathering, said he was sad to see this year's event ending and to say goodbye to so many new and old friends.





Thank you to our sponsors and our volunteers

On behalf of the elders from all across British Columbia, we wish to thank our wonderful sponsor partners and volunteers for joining with us on our journey together. With the help of our sponsor partners we are able to provide much needed funding and in kind support to continue to improve the Annual BC Elders Gathering. The Annual BC Elders Gathering is all inclusive and open to everyone with no political or bias of any kind. All we offer our sustaining sponsor partners is an opportunity to get to know, understand and help our elders achieve whatever it is they wish to achieve. The majority of in kind support comes from the wonderful local FN volunteers and communities. It is truly inspiring to watch the youth to continue to grow in numbers and work so hard and selflessly for their elders.

The Annual BC Elders Gathering provides non-natives, corporations, organizations, government and community sponsor partners a wonderful opportunity to get to know, understand and learn to respect the traditions, cultures, complexity, protocol and diversity of First Nations. The single most important key developing sustaining partnership opportunities with First Nations is through building relationship. It is vital that organizations come to learn who they are dealing with and the context of how to move forward. To do this a positive relationship and

mutual respect needs to be developed and grown. Often, this means spending time to create a comfort zone so that opportunities can be identified and nurtured. For a meaningful relationship to be established, these opportunities cannot proceed more quickly than First Nations feel acceptable. Building such a relationship will help to enlighten others of the complexities of First Nation politics, leadership, communications, sustainability & environmental responsibilities, protocols and capacity. Respect and patience from business will lead to deep lasting partnerships and will work to bring certainty to future projects that will be of benefit for all the people of our province. Corporate Partners need to understand that project success criteria to the Elders of British Columbia is based on the Triple Bottom Line measurable that includes direct economic benefit through bottom line economics; Social benefit and stewardship of the land through sustainable employment, training, education and respect for mother earth; and that a Legacy is left bringing increased capacity; cultural, recreational, health, educational facilities and infrastructure to each community after projects come to fruition

The elders of British Columbia offer our greatest appreciation, respect and gratitude to each and everyone of our sponsor partners.

HOST



Penticton Indian Band

CO-PRESENTING SPONSORS



Annual BC Elders Gathering Society



First Nations Health Authority
Health through wellness

First Nations Health Authority



PENTICTON
INDIAN BAND

38th Annual BC Elders Gathering

38th Annual BC Elders Gathering Core Committee Members

38th Annual BC Elders Gathering King Emory Gabriel,
38th Annual BC Elders Gathering Queen Vera Gabriel,
PIB Chief Jonathan Kruger,
PIB Councillor Inez Pierre, Fundraising and Elders Coordinator
PIB Councillor Joseph Pierre, Web site manager
PIB Councillor Kevin Gabriel, Safety and First Aid Coordinator
PIB Financial Officer, Naomi Gabriel, Budget
Mike Pierre, King and Queen Care Taker
Sabrina Eneas, Registration
Grace Grayeyes, Grand Entry Coordinator
Jack Kruger, Traditional Gifts and Give Aways
Joanne Kruger, Healers
Charlene Roberds, PIB Core Committee Liaison
Lyn Kruger, Assistant Volunteer Coordinator
Rhonda Terbasket, Volunteer Coordinator
Dr. Ray Silver, Elders Advisor, Elders Gathering Society
Dianne Garner, Event Coordinator, Elders Gathering Society
Brad Boyes, Sponsor Partnership Chair, Elders Gathering Society
21st Annual BC Elders gathering King, Joe Pierre, Honorary Committee Member
21st Annual BC Elders gathering Queen Caroline Pierre, Honorary Committee Member

38th Annual BC Elders Gathering Coordinators

John Terbasket, Parking Coordinator
Janet Terbasket, Parking Alternate Coordinator
Crystal Kruger, Arts/Crafts/Info Booths Coordinator
Joanne Lafferty, Arts/Crafts/Info Booths Alternate Coordinator
Darryl Jean Cerenzte, Elders Rest Area Coordinator
Cindy Nelson, Elders Rest Area Alternate Coordinator
Carrie Kruger, Elders Support Coordinator
Patti Morven, Elders Support Alternate Coordinator
Diane Garner/K & Q, Entertainment Coordinators
Lenny Pierre, Alternate Entertainment Coordinator
Suzanne Johnson, Food/PTCC Coordinator
Lynn Kruger, Alternate Food/PTCC Coordinator
Inez Pierre, Fund Raising Coordinator
Karen Gabriel, Alternate Fund Raising Coordinator
Jack Kruger, Traditional Gifts Giveaway Coordinator
Joanne Kruger, Traditional Gifts Giveaway Alternate Coordinator
Grace Greyeyes, Grand Entry Coordinator
Kristine Jack, Grand Entry Alternate Coordinator
Kevin Gabriel, Security/First Aid Coordinator
Janet Terbasket, Security/First Aid Alternate Coordinator
Tessa Terbasket, Tours Coordinator
Amber Cardenas, Tours Alternate Coordinator
Billie Kruger, PIB Feast Coordinator
Fred Kruger, PIB Feast Alternate Coordinator
Jack Craven, Transportation Coordinator
Doug Vendl, Bus Transportation Alternate Coordinator
Mike Lizotte, Car Transportation Alternate Coordinator
Joseph Pierre, Website Coordinator
Joanne Kruger, Healers Coordinator
Tara Montgomery, Youth Coordinator
Jennifer Houde, Youth Alternate Coordinator

Strathcona Park TrailRider Wheelchair Program



(photos - compliments of BCMOS - The BC Mobility Opportunities Society)

What is a "TrailRider"?

The TrailRider is a unique single-tire wheelchair designed to allow individuals living with physical disabilities to explore and enjoy the outdoors. Assisted by 2-6 operators or "sherpas", this unit provides opportunities for participants to access and explore terrain and trails that might otherwise be beyond their limits. The TrailRider has been tested on various terrains from Mount Everest base camp, to the top of Mount Kilimanjaro as well as city parks, provincial wilderness areas and everything in between.

Once fully funded, the Strathcona Park TrailRider program will be offered by the non-profit Strathcona Wilderness Institute (SWI) in partnership with BC Parks and totally dependent on volunteers. SWI will always be looking for enthusiastic volunteers to help push/pull the TrailRider and who enjoy hiking and eager to share that experience with those who may never of had that opportunity.

Each volunteer will work as part of a team to assist in guiding the TrailRider (either pushing or pulling the unit) along existing trails.

Video of TrailRider in use:

<https://www.youtube.com/watch?v=b7ZOWswTFu8>

History of the TrailRider:

(extracted from the BC Mobility Opportunities Society website)

As a teenager, Sam Sullivan enjoyed hiking in the wilderness of British Columbia and promised himself that he would return to it regularly. But in 1979, at age 19, he broke his neck in a skiing accident and became a quadriplegic. The wilderness seemed forever out of his reach but Sam pursued his passion and founded the BC Mobility Opportunities Societies (BCMOS) in 1985, with a goal to make it possible for

people with significant disabilities to access BC's great outdoors.

In 1988, Sam met Paul Cermak, a volunteer with the Tetra Society, another organization founded by Sam, which recruits engineers and technicians to create customized assistive devices for people with disabilities. Sam and Paul became friends fast and one day in 1995, over lunch, they sketched a design of the "bush chair" on the back of a serviette. Within a week Paul produced a prototype made from a recycled aluminum lawn chair and after a series of design modifications, the first functional TrailRider was crafted. That summer, Sam went camping overnight for the first time since his injury, fulfilling the promise he made to himself. Since that time the TrailRider has experienced steady refinement. Along with the development of other equipment, such as specialized protective clothing, hiking and camping is now entirely possible for everyone.

Today, BCMOS is the leading not-for-profit association in British Columbia Canada providing challenging outdoor recreational activities for people with significant disabilities. Based out of Vancouver in Pacific Spirit Regional Park, BCMOS completes over 200 hikes each season.

View BCMOS website here: <http://www.bcmos.org/main/index.php>



(photo - compliments of BCMOS - The BC Mobility Opportunities Society)

Strathcona Park TrailRider Wheelchair Program:

The Strathcona Park TrailRider program is focused on providing access to Strathcona Provincial Park, specifically the Forbidden Plateau area through TrailRider dayhike adventures. Other areas may be offered in the future, but the unit will be available on loan (\$10 maintenance and administration fee will apply) for independent adventures.

Strathcona Park website: <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/>

PHOTOS: <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/photos/>

Highlights of the program:

As a Rider:

- Experience new places – visit areas you never thought possible
- Friendship – meet new people all with the same passion for the outdoors
- Enjoy the outdoors – experience backcountry nature up close
- Challenge – enjoy doing something a bit different in a safe and supported way
- Fun – a hike with others is always fun!

As a Volunteer Sherpa:

- Enriching an individual's quality of life by providing opportunities to explore hard to access backcountry areas.

- Team work – become part of a new team of friends or strengthen existing teams.
- Community involvement – contribute to community spirit and inclusiveness
- Physical activity – explore new areas while improving your own health and fitness
- It's fun! A day hike is enjoyable and doing that hike with others is even better, but sharing that experience with someone for the first time provides long lasting great memories.

If you are interested in being a rider or volunteer Sherpa, or know someone who might enjoy adventuring into the backcountry of Strathcona Park on day trips, we strongly encourage you to get involved with us!

NOTE: The 2014 season is the start-up year for this program involving planning, logistics development, volunteer recruitment, equipment acquisition and first time trips. Therefore there may only be limited trips while the program evolves. However, to ensure ongoing success, it is hoped that both volunteers and "riders" will contact the Coordinator, Kyle Smith, at the email address or phone number listed below, to get your name on our lists for future trips. Thank you for your support.

No Costs:

While a \$10.00 maintenance and administration donation is requested for each single day use, this amount will be waived if affordability is a factor. There are no other costs associated with the program. The intent of the program is to make the backcountry accessible to as many people as possible.

Access to Other TrailRiders:

Although the Strathcona TrailRider program is new in 2014, there are other TrailRiders around for public use. The two closest units within the same region are at City of Campbell River, Recreation and Culture Department <http://sci-bc-database.ca> 250-286-1161 and in Powell River with the Powell River Mobility Opportunities Society <http://prmos.org>

How to get involved:

We are always looking for volunteers to help push/pull the TrailRider on every scheduled outing. To explore using the TrailRider or to get on the volunteer list please contact Kyle Smith for more information and/or bookings.

Kyle Smith:

Email: KSmith-Trailrider@outlook.com

Phone: (250) 898-7919

Other contacts/Links:

View BCMOS website here: <http://www.bcmos.org/main/index.php>

Strathcona Park website: <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/>

Aboriginal Travel Services (ATS) is entering its 4th month of operations since Aboriginal Tourism BC launched BC's 1st full-service travel agency promoting Aboriginal experiences and travel products.

Aboriginal owned and operated, ATS remains focused on the business and leisure travel needs of companies, First Nations bands, organizations and individuals throughout Canada.

To date, the majority of revenues have been generated from corporate travel (individual, groups and meeting related bookings) with the remainder from individuals seeking an Aboriginal experience associated with their leisure travel. However, there's more to ATS than simply selling travel! Along with reinvesting profits into Aboriginal communities with tourism development initiatives' and creating job opportunities, the agency also donates a percentage of service fee revenues to scholarship funds for First Nations youth education in tourism and hospitality.

ATS has partnered with an independent Vancouver based agency for technology and hosting capability support, which enables Aboriginal Travel Services to remain competitive in offering customers exceptional value and cost effective services. Strategic partnerships have also been forged with a number of airline, hotel and ancillary service suppliers that further enhance the ability of ATS to provide comprehensive travel management services.

ATS has been established as a key partner with event organizers within British Columbia and is the designated agency of record for events such as the annual Elders Gathering, Aboriginal Business Match, National Aboriginal Business Opportunities Conference and the Stó:lō Nation Business Match, to name a few.

In addition to ongoing promotional initiatives among First Nations bands and companies, ATS is actively expanding the business reach among stakeholders associated with Aboriginal Tourism BC. This includes online partner promotional initiatives in addition to package opportunities with key partners.

For further information, or to inquire about travel or promotional opportunities with Aboriginal Travel Services, please visit the ATS website or contact Scott Roberts:

- www.AboriginalTravelServices.com
- 604-678-4892
- 1-855-319-4552
- Scott@AboriginalTravelServices.com

FYI: promoting island health

FOR IMMEDIATE RELEASE

July 23, 2014

Seniors who stay active reduce their risk of falling

PORT ALBERNI—Falling tops the list of injuries that lead to hospitalization for seniors but there are simple steps to reduce the risk, says Port Alberni-based geriatrician Dr. Dorothy (Sam) Williams.

A recent report by the Public Health Agency of Canada estimates that between 20 per cent and 30 per cent of seniors fall each year. Those falls frequently result in broken bones – most commonly hip fractures.

Dr. Williams, Chief of Staff at West Coast General Hospital, encourages people of all ages to maintain and develop healthy habits to help stay steady on their feet.

“When you are young and you’re moving and active, your balance is just second nature,” she says.

That sense of balance tends to decline over the years. Aches and pains may lead us to compensate in our movement and cause us to become even more tippy, says Dr. Williams.

The best approach to help seniors stay on their feet includes a fall risk assessment and tailored interventions, which may include activities that target balance, mobility and strength. Improvements can be as simple as making a point of getting outside and walking local pathways or visiting the gym or recreation centre and getting involved in appropriate activities.

“As we age, it’s very easy to become good at remaining completely still but you are never too old to improve your lifestyle,” says Dr. Williams. “Even if you’ve always had sedentary habits, you can get strong. Today is the time to change that. You may need help but you can train your balance.”

It’s important to stay mobile, particularly during a stay in hospital when it may be tempting to stay in bed longer than necessary.

“If you’re in hospital, help yourself by walking as much as possible. Mobility is a major factor in getting home faster,” Dr. Williams says.

Patients can walk with their hospital visitors to support their recovery and reduce the risk of losing muscle mass. Physiotherapists can provide support for those who have mobility challenges.

Island Health provides a web page with additional information and a link to a questionnaire on assessing the risk of falling at: <http://www.viha.ca/seniors/safety/falls.htm>

Suggestions posted on that web page and listed below (with additional web links) can help prevent a fall:

- Increase physical activity and muscle strength
- Improve your mobility and balance
- Follow the Canadian guidelines for calcium and vitamin D
- Have regular vision check-ups and correct vision problems
- Review all medications with a doctor or pharmacist
- Reduce trip and slip hazards in the home or outdoors

-30-

Cutline: "You can train your balance," says Geriatrician Dr. Dorothy Williams.

Restless legs syndrome

The first description of restless legs associated with severe sleep disturbances was written by the English physician Sir Thomas Willis (1621-1675). Although we now know more about the features and treatment of this condition, in many cases the cause of this condition remains elusive.

Who gets it?

Restless legs syndrome (RLS) can occur in 2 forms: primary (no cause is known), and secondary (associated with other medical conditions or medications). Secondary causes of restless legs syndrome include:

- medical conditions such as kidney failure, diabetes, nerve damage, anemia, and Parkinson's disease
- pregnancy
- medications such as antidepressants, cold medications, and anti-[nausea](#) medications

Restless legs syndrome affects between 5% and 15% of the population. Both men and women can have the syndrome, but women are affected more than men and it is more common in middle and older age. Children can also suffer from restless legs syndrome but children have a hard time describing their symptoms and it can be misdiagnosed as attention deficit hyperactivity disorder (ADHD). Also, during the last few months of pregnancy women are at a higher risk for restless legs syndrome, but symptoms usually resolve within a few weeks after delivery. There may be a genetic link to restless legs syndrome when symptoms appear at an earlier age.

Main features of restless legs syndrome

The main feature of restless legs syndrome is the presence of troublesome, but usually not painful, sensations in the legs that produce an irresistible urge to move. It is often difficult to describe these sensations, but terms such as creeping, burning, itching, pulling, aching, or tugging are frequently used. Sometimes people experience sharp "pins and needles" or numb feelings as well. Children often describe symptoms similar to "growing pains."

The symptoms occur or worsen at rest, typically ease with movement, and yet frequently return again upon resting. Finally, symptoms of this syndrome are worse in the evening and at night, especially when lying down. Symptoms can also come on when you are sitting for a long time such as when travelling by car or plane or when at a movie. Restlessness, fidgeting or nervousness create movements of the toes, feet, or legs when the sitting or lying down.

People with restless legs syndrome have difficulty in both getting to sleep and staying asleep. Problems in getting to sleep are due to the discomfort and the need to move, which delays the onset of sleep. About eight out of every 10 people with restless legs syndrome also have periodic limb movements (PLMs) that occur during sleep. Periodic limb movements are jerks that typically occur 5 to 90 seconds apart, on and off throughout the night, which disturb sleep and the bed partner. People with periodic limb movements are usually unaware of their own movements or of the brief awakenings that disrupt sleep. Although most people with restless legs syndrome have periodic limb movements, most people with these nighttime limb movements, especially seniors, do not have any other features of restless legs syndrome.

Because of difficulty sleeping, people with restless legs syndrome may be abnormally tired or even sleepy during waking hours. Chronic sleep deprivation and its effects on alertness, mood and thinking can affect work, relationships, and recreational activities. Unfortunately, the symptoms of RSL usually worsen over time.

Assessment for restless legs syndrome

Before undertaking any treatment for restless legs syndrome, you should have a complete medical assessment, including a detailed medical history, physical examination, selected laboratory tests, and usually an evaluation in a sleep laboratory. A careful medical evaluation is required to distinguish between primary and the secondary forms of restless legs syndrome, since secondary forms are treated by treating the underlying cause.

A diagnosis of restless legs syndrome is made if you:

- feel the need to move your legs because of unpleasant feelings in your legs
- your symptoms get worse when you are resting or not moving a lot
- your symptoms improve or go away when you move
- your symptoms are worse at night or only happen at night

Devising a treatment strategy

The best treatment plan for restless legs syndrome requires working closely with your doctor. As outlined below, choosing a healthy lifestyle and eliminating symptom-producing substances will all help reduce or eliminate the need for medications. However, if medications are required, you may need to try more than one medication to find the best one at the right dosage for you.

Lifestyle changes to ease the symptoms

Simple lifestyle changes can lessen the symptoms of restless legs syndrome. As caffeine can worsen symptoms, drinking coffee, tea, and soft drinks containing caffeine and eating chocolate should be reduced or stopped altogether. Also, since the consumption of alcohol and the use of tobacco products increase the duration or intensity of symptoms you should also reduce or eliminate them.

Fatigue and drowsiness tend to worsen symptoms. Therefore, having good sleep hygiene is often helpful to feel well rested and, over time, reduce symptoms. Sleep hygiene includes ensuring that the sleeping environment is comfortably cool (or warm) and quiet, going to bed at the same time every night, and getting up at the same time every morning. For more information about sleep hygiene, read our article about it.

A variety of activities also provide effective, although temporary, relief: walking, stretching, taking a hot or

cold bath, massaging the affected limb, applying hot or cold packs, using vibration, performing acupressure, and practicing relaxation techniques (such as biofeedback, meditation, or yoga). When movement is impossible or restricted, as when travelling, distracting activities can be helpful, such as reading a gripping novel, performing intricate needlework, or playing video games.

Drug treatment

Unfortunately, most people with restless legs syndrome eventually require medications to provide relief.

A group of medications called *dopamine agonists* are the treatment of choice for restless legs syndrome. These medications include pramipexole and ropinirole and they work by mimicking dopamine, a chemical that the body naturally produces that regulates the delivery of messages between cells in the nervous system. Pramipexole and ropinirole can cause sudden sleep attacks when used in higher doses to treat Parkinson's disease, but the most common side effects are nausea, drowsiness, and dizziness. Bromocriptine is another medication that is effective for treating restless legs syndrome, but it isn't used as often because it has more side effects.

Although carbidopa-levodopa is effective for restless legs syndrome symptoms, it is not used frequently because up to 85% of people who take this medication to treat restless legs syndrome develop *augmentation* (where symptoms occur earlier and earlier in the day). This medication can also cause symptoms to start to occur in the morning, which is referred to as *rebound*. Most people with restless legs syndrome who develop augmentation or rebound must switch to another medication.

Benzodiazepines (e.g., clonazepam, temazepam) may be prescribed to help with sleep, but they don't actually reduce symptoms. Benzodiazepines help to minimize the disruption that symptoms have on sleep. They are best reserved if you have periodic restless legs syndrome symptoms or are not getting adequate results from other treatments. Side effects of benzodiazepines include daytime drowsiness or confusion, especially in seniors.

Opioids, which are narcotic analgesic (pain-killing) medications, are used most often for people with severe and unrelenting symptoms of restless legs syndrome. Some examples of medications in this category are codeine and oxycodone. Side effects include dizziness, drowsiness, nausea, vomiting, constipation, and headache.

The anticonvulsant medication gabapentin appears to work by decreasing the unpleasant sensations of restless legs syndrome and the urge to move. It is used when other medications are not working or are not tolerated. Possible side effects of gabapentin include dizziness, sleepiness, fatigue, increased appetite, and unsteadiness.

Written and reviewed by the MediResource Clinical Team

From SeniorsHealth@Medbroadcast.com

QUOTES

“The secret of success is constancy to purpose.”

Benjamin Disraeli

“The heart of the giver makes the gift dear and precious.”

Martin Luther

“Wisdom comes from disillusionment.”

George Santayana

Psoriasis: Managing and Preventing Flare-Ups

Keeping your skin hydrated

Keeping your skin moist and lubricated can help prevent dry skin and itching. And by keeping your skin well-moisturized, you may also be less likely to scratch.

When choosing a new non-prescription skin product such as a moisturizer, ointment, or lotion, talk to your doctor, dermatologist, or pharmacist first. These products can help keep moisture in the skin, but some contain ingredients that could worsen your symptoms. Avoid creams and lotions that contain alcohol, which can dry the skin and worsen psoriasis. (For scalp psoriasis, there are numerous shampoos available at most drug stores. Look for a shampoo that contains salicylic acid. Be sure to treat your scalp gently, as harsh shampoos, scalp massages or scratching can dry your scalp and aggravate psoriasis symptoms).

Take baths or soak affected areas of skin to replace skin moisture and soften scales. You will benefit most by applying an ointment, cream, or lotion within minutes after your bath to seal in moisture. Otherwise, when the water evaporates, it will make your skin even drier. Take care to monitor the temperature of your bath water - avoid bathing in very hot water.

Pat yourself dry (i.e., don't rub your skin) after a bath - this helps keep skin moisturized and prevents irritation.

If you're cleansing your skin while bathing, use a mild soap (such as Dove[®] or Neutrogena[®]) instead of deodorant soaps or other harsh soaps. Employ this general rule-of-thumb: if it smells strong, it might be too harsh for your skin. If you're unsure about what soap to use, ask your doctor, dermatologist, or pharmacist for a recommendation.

Keep in mind that your skin care regimens may vary with seasonal changes. It's important to increase your use of moisturizing creams and ointments during the winter by applying heavier layers, especially over the areas affected by psoriasis. Also during the winter months, remember that the humidity is generally lower, especially in homes with forced air heating. If possible, use a humidifier in your home during the winter months to help keep your skin well-hydrated.

www.medbroadcast.com

PROVERBS: Apples

An apple a day keeps the doctor away.

Eat an apple on going to bed, and you'll keep the doctor from earning his bread.

One rotten apple spoils the other.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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Campbell River, B.C.
V9W 5W9**

**Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator:
Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net**

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**Plan your Road Trip
and always do a 10-minute road-trip checkup**

“Getting the car ready for family travel can take as little as 10 minutes, and relieve a world of stress” says Be Car Care Aware spokesperson, Kelly Williams.

Here is a quick 10-minute check-up to help drivers ensure vehicle safety and reliability before heading out on a road trip.

- Check all fluids.
- Check hoses and belts.
- Check the tires.
- Check lighting.
- Check the wiper blades and make sure the windshield wipers are working properly.

The perennial Be Car Care Aware Family Road Trip Guide, which includes the “10-minute Road Trip Check-Up, is available online at www.carcarecanada.ca at no charge.

It helps Canadians prepare their vehicles for Spring and Summer driving and includes tips for saving gas, protecting the environment and ensuring safety, as well as in-car games for kids and meal planning.

**Information sent in by:
Great Canadian Oil Change in Campbell River**

LEO - The Boss (July 23 - Aug 22)

Very organized. Need order in their lives - like being in control. Like boundaries. Tend to take over everything. Bossy. Like to help Others. Social and outgoing. Extroverted. Generous, warm-hearted. Sensitive. Creative energy. Full of themselves. Loving. Doing the right thing is important to Leos. Attractive.

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year**

ANNUAL BC ELDERS GATHERING INFO CORNER

**The 39th Annual Elders Gathering
Will be Hosted By: Tsawout First Nation
July 7-9, 2015
Place: Panorama Recreation Centre
1885 Forest Park Drive
North Saanich, BC, V8L 4A3
(Watch the EV for more info)**