

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

**EV'S 163rd Issue!**



**HAPPY BIRTHDAY TO ALL ELDERS BORN IN JUNE!!**

The 38th Annual Elders Gathering  
The dates for next years event  
have been announced as  
July 7, 8, and 9th 2014 and will be held at the  
Trade And Convention Centre in Penticton.  
Watch the EV for further press releases on the  
Gathering from the new host.

Contact: Inez Pierre, Elder's Coordinator      Email: ipierre@pib.ca  
Tel: 250-493-0048      Fax: 250-493-2882      TF: 1-877-493-0048

Dear Elders,

The Personal Credits info on Pg. 6-7 is time sensitive. I don't know why there would ever be such a fast deadline for the elders to access this \$3000 credit for themselves or a family member for educational purposes, but if people aren't going to use them then they really should be pooled to do some good in each community.

There isn't much time though if someone is going to organize a traditional language group, etc. as it takes time to plan these things out. But I strongly encourage people to see what they can do with these credits before it is too late. Sincerely, Donna Stirling, BCECCS Coordinator

**HAPPY ABORIGINAL DAY EVERYONE!!**

**HAPPY FATHER'S DAY DADS!!**

**Inside this issue**

Easy Bakers Corner/Website	2
List of Paid Support Fees	3
2014 Annual Elders Gathering Poster	4
Elders Group Registration Form for the 2014 Elders Gathering	5
\$3000 Personal Credits	6
Non-cash Credits Trigger Outcry from Survivors	7-8
Aboriginal Travel Services	8

**Pg. 9:** Residential School Students Honoured with Monument in Winnipeg

**Pg. 10:** UBCIC : Shawn A-in-chut Atleo

**Pg. 11:** Ktunaxa Nation Appealing

**Pg. 12:** VIHA-Maintaining Mental Wellness

**Pg. 13:** Aboriginal Tourism BC Cultural Event

**Pgs. 14-15:** VIHA-Talking About Dementia

**Pgs. 15-16:** DATES: Day Scholars Hearings

**Pg. 17:** World Elder Abuse Awareness Day

**Pgs. 18-19:** Seniors:Caring for Natural Teeth

**Pg. 20:** New Horizons for Seniors: Funding

**Pg. 20:** FNESS Safety Expo/Smoke Alarms

**Pgs. 21-23:** Questions and Answers About Banishing Bronchitis

**Back Page:** Annual Elders Gathering Corner Contact Information, Quotes and Horoscopes

## Easy Bakers Corner – Carrot-Pineapple Cake

Preheat oven to 325°F.

Grease thoroughly and lightly dust with flour two 9-in. square pans or three 8-in. round pans. Sift 2 cups of self-rising flour and 2 tsp. of cinnamon together.

Combine 1 1/2 cups of cooking (salad) oil, 2 cups of granulated sugar and 4 eggs in a large mixer bowl and beat thoroughly.

Add flour mixture and beat to blend ingredients.

Fold in 2 cups of finely grated carrots, 1 can (8 1/4 ounces) crushed pineapple (do not drain) and 3/4 cups of chopped nuts of your choice.

Pour batter into prepared pans and bake until cake begins to pull away from sides of pans (about 1 hour). Cool 15 minutes and remove from pan.

Cool completely before frosting.

Cream Cheese Frosting - to make 3 cups:

In a medium bowl, cream together 2 (8 ounce) packages of cream cheese, softened and 1/2 cup of butter, softened until creamy. Mix in 1 tsp. of vanilla, then gradually stir in 2 cups of sifted confectioners' sugar and frost your completely cooled carrot-pineapple cake. Enjoy!

## 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](http://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](http://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](mailto: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
- 3.

16. St. Mary's Indian Band
17. Lhtako Dene Nation
18. Westbank First Nation
19. Sts'ailes Band
- 20.

### 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.

### 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

### Donation:

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



# 38TH ANNUAL ELDERS GATHERING

**JULY 7, 8, 9TH, 2014  
PENTICTON TRADE  
& CONVENTION CENTRE**



The Purpose of the Elders Gathering is so the Elders can come together and take their rightful place as advisors, teachers and leaders. Many Elders are involved and work at the community level throughout the year. They participate at meetings, workshops and various events to support the Youth, education committees, Band Council and so on. The Gatherings are a time to socialize and celebrate their accomplishments as well as regenerate themselves for future work. It provides an opportunity for Elders to share traditional ways with visiting cultural and linguistic groups. This is done through songs, dances and ceremonies throughout the event.

Contact Information  
Dianne Garner  
604 798 4519  
elders38@telus.net  
Inez Pierre  
250 493 0048  
  
Request King & Queen  
Mike Pierre  
250 493 7799

King is Emory Gabriel & Queen Vera Gabriel  
of the Penticton Indian Band/Okanagan Nation

*“Honouring our Old Ones, Story Tellers & Teachings”*

<http://pentictonelders2014.com>

[www.facebook.com/38thBCEldersGathering](http://www.facebook.com/38thBCEldersGathering)



## 38<sup>TH</sup> ANNUAL BC ELDERS GATHERING

HOSTED BY PENTICTON INDIAN BAND ELDERS  
 RR #2 SITE 80 COMP. 19 PENTICTON, BC V2A 6J7  
 PHONE: 250 493 0048 □ FAX: 250 493 2882  
 WEBSITE: [HTTP://38THBCELDERSGATHERING.COM](http://38thbceldersgathering.com)

# ELDERS GROUP REGISTRATION FORM

### GENERAL INFORMATION

JULY 7, 8, & 9, 2014  
 SOUTH OKANAGAN EVENTS CENTRE &  
 PENTICTON TRADE & CONVENTION CENTRE  
 853 ECKHARDT AVE W, PENTICTON, BC

### REGISTRATION

EARLY BIRD – BY MAY 10, 2014 \$125.00 PER GUEST

LATE – AFTER MAY 10, 2014 \$150.00 PER GUEST

\*REGISTRATION INCLUDES CONTINENTAL BREAKFAST, LUNCH,  
 AND DINNER PER AGENDA FOR ONE PERSON; WELCOME PACKAGE;  
 SCHEDULED TRANSPORTATION; PARKING; AND TOUR OPTIONS.

GROUP / NATION / TRIBE:			
GROUP CONTACT NAME:		EMAIL:	
PHONE:		FAX:	
ADDRESS:			
ON SITE CAREGIVER NAME:		CONTACT # :	

HOTEL/MOTEL NAME:		PHONE:	
ADDRESS:			

PARTICIPANT NAMES:	HEALTH CONCERNS, DISABILITIES, AND/OR DIETARY NEEDS <small>(THIS INFORMATION WILL BE ON BADGE WORN BY ELDER FOR EMERGENCY PURPOSES)</small>
1	
2	
3	
4	
5	
6	
7	
8	

PLEASE MAIL COMPLETE REGISTRATION FORM WITH  
 CHEQUE OR MONEY ORDER PAYABLE TO:

**PENTICTON INDIAN BAND**  
 RE: 38<sup>TH</sup> ANNUAL BC ELDERS GATHERING  
 RR #2 SITE 80 COMP. 19  
 PENTICTON, BC V2A 6J7

\*FULL PAYMENT MUST ACCOMPANY REGISTRATION FORMS;  
 NO REGISTRATION WILL BE SECURED WITHOUT PAYMENT

### REGISTRATION FEE

I AM ENCLOSING EARLY BIRD REGISTRATION FEES  
 FOR \_\_\_\_\_ (#) PARTICIPANTS @ \$125.00 EACH

I AM ENCLOSING LATE REGISTRATION FEES  
 FOR \_\_\_\_\_ (#) PARTICIPANTS @ \$150.00 EACH

TOTAL CHEQUE/MONEY ORDER

ENCLOSED: \$ \_\_\_\_\_

FOR FURTHER REGISTRATION INFORMATION AND/OR CHANGES PLEASE CONTACT:

SABRINA ENEAS, REGISTRATION COORDINATOR

EMAIL: [SENEAS@PIB.CA](mailto:SENEAS@PIB.CA) PHONE: (250) 493 0048 EXT. 135

“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”

~THE 38<sup>TH</sup> ANNUAL ELDERS GATHERING CORE COMMITTEE IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS, NOR INJURIES OR ILLNESSES DURING THE EVENT~

## 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 1<sup>st</sup>, 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](mailto: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.

## Non-cash education credit triggers outcry from residential school survivors

<http://www.edmontonjournal.com/life/Noncash+education+credit+triggers+outcry+from/9851450/story.html>

By Tamsyn Burgmann, The Canadian Press May 18, 2014

Non-cash education credit triggers outcry from residential school survivors

Carla Robinson, left, poses with her mother Winnie Robinson in Kitimat, B.C. in this December 2013, family handout photo. THE CANADIAN PRESS/ HO

VANCOUVER - Carla Robinson's mother was sexually abused as a child attending two Indian residential schools in British Columbia, but her father dodged that system and encouraged both his daughter and her children to pursue higher education.

The decades-old torment for her mother, however, has resurfaced to produce fresh anger and suspicion after the Robinson family learned a \$3,000 education credit offered as part of the residential schools settlement may not be used as tuition for her 12-year-old granddaughter's private arts school.

Many more survivors also fear they won't be able to access the money.

Robinson's case is one among hundreds of wide-ranging complaints expressed by First Nations families across Canada since a January announcement that remaining compensation from the \$1.9 billion settlement fund would be dispersed for educational purposes. A dedicated information line, set up to help survivors making their claim, has also received more than 9,300 calls to date.

The notion that reconciliation could be fostered through education, when that was the source of so much trauma for her mother, further appals Robinson, who lives on the Six Nations reserve near Brantford, Ont.

"It's like in The (novel) Hunger Games, where you're like 'Haha, you win the opportunity because you're a survivor to go fight the other survivors from previous Hunger Games.'"

Just under \$300 million remained after compensation cheques were sent to almost 80,000 former students aimed at resolving claims of abuse at more than 130 Canadian residential schools. Those students, many now elderly, are eligible for non-cash personal education credits that can be used or transferred to a spouse, sibling, child or grandchild.

But the plan has raised the ire of many survivors, who've flooded an aboriginal advocacy group with upset telephone calls and condemned the dispersal at community gatherings and in online postings.

Much of the outcry has been fielded by the Residential Indian School Survivors Society in North Vancouver, which has taken about a dozen emotional calls daily since the New Year.

"We've had a lot of complaints because people have said, 'Well, I don't have grandchildren and my kids aren't interested in going to school, so why can't we just get the money?'" said Maxine Windsor, with the society.

"There's all kinds of feedback, and it's people just getting triggered (emotionally) one way or the other, due to the abuse at the schools."

Survivors are struggling through the multi-page application due to low literacy levels, are frustrated by a tight Oct. 31 deadline, and have suspicions of two trust funds where any remaining cash will be funnelled, Windsor said.

She also said some people claim they were short-changed in the initial compensation, and then there are the concerns about the potential emotional toll of urging people to seek education when its institutions were the bedrock of trauma.

Even when survivors want to direct their credit to a school, some have found their institutions aren't eligible.

Robinson made that discovery when she attempted to transfer the credit from her 69-year-old mother, Winnie, who now lives in Kitimat, B.C., to her daughter Leenah. There's an appeal process, but Robinson notes that means more paperwork without any guarantees.

---

## **ABORIGINAL TRAVEL SERVICES**

**Good Afternoon,**

**By way of introduction, my name is Charlene Seward and I am pleased to advise you of a recent launch of Aboriginal Travel Services (ATS), a full-service travel agency dedicated to the business and leisure needs of companies, First Nations bands, organizations and individuals throughout Canada.**

**Located on Coast Salish Territories in downtown Vancouver, Aboriginal Tourism BC is extremely proud to launch a First Nations owned and operated agency that will re-invest profits into the Aboriginal communities and tourism initiatives.**

**Please review the link indicated below, which provides a comprehensive overview of the type of service offered by Aboriginal Travel Services. The website also includes testimonials and a video to the economic impact among First Nations communities we are doing business with.**

**<http://www.aboriginaltravelservices.com/>**

**We welcome the opportunity to hear from you and would be pleased to review potential travel savings among the many airline and hotel partners we are working with.**

**Thank you for your support.**

**Charlene Seward**

**Travel Consultant  
Aboriginal Travel Services  
1303 Homer Street  
Vancouver, BC V6B 5M9  
604-678-4890  
1-855-319-4552**



## **Residential school students honoured with monument in Winnipeg**

**CBC News Posted: May 26, 2014 [www.cbc.ca](http://www.cbc.ca)**

**A monument to honour those who attended residential schools in Canada was unveiled in Winnipeg near the Canadian Museum for Human Rights.**

**The engraved stone monument, located at the Peace Garden outside the museum, was first suggested by an elder who was a residential school survivor. Nelson James, from Roseau River, had called on the federal government to erect something in tribute to those who attended residential schools before his death five years ago.**

**James said such a monument needed to be in a public place where many would see it and gain an understanding of what happened in that dark part of Canada's history.**

**As a result of their experience at residential schools, many survivors returned home without their language and limited understanding of their heritage and spirituality. Many did not know how to parent and many fell victim to alcohol, drug addiction and crime.**

**'We are sending the nightmares away and beginning the healing journey.'** - *Sylvia James*

**According to the national Anglican Church website, during the century following Confederation, there were an estimated 80 church run, government funded Indian residential schools. The purpose of the schools was to assimilate First Nations children into the European lifestyle.**

**Children were abused sexually, physically, emotionally, culturally and spiritually. Some did not make it home.**

**Survivors of the schools eventually launched a successful lawsuit that resulted in a Canadian apology and the birth of the Truth and Reconciliation Commission in Canada.**

**Elder Sylvia James, one of a group of four partners that brought the monument to reality, said watching it being installed was a powerful experience.**

**"We were witness to reconciliation taking place," she said. "It was an awesome feeling watching this unfold."**

**The monument itself was a gift from David Bohn of Larsen Memorials and a member of St. Paul's Anglican Church.**

**"David dug a hole to set up the rock. When I looked into the hole I was reminded of the hurt, shameful damaged awful dreams being laid to rest and new beginnings for new life coming up," said James.**

**"We are sending the nightmares away and beginning the healing journey in remembering those who didn't get a chance to witness this."**

**The monument is located at The Forks, a historic site at the confluence of the Red and Assiniboine rivers where First Nations people gathered for centuries and then met with European fur traders, and where Winnipeg first began as a settlement.**

**Press Release**

## **UBCIC Statement on Shawn A-in-chut Atleo and Harper Government**

**May 3, 2014**

**On behalf of the UBCIC and our member communities, we relay our deep appreciation to former National Chief Shawn A-in-chut Atleo for his many accomplishments, contributions and efforts to improve the socio-economic well being of Indigenous Peoples.**

**Clearly, as National Chief, A-in-chut was deeply committed to the safety and protection of Indigenous women and girls. Similarly, he was dedicated to improving the educational outcomes of all Indigenous children.**

**A-in-chut knew and understood that the Government of Canada would need to dramatically change its attitudes, approach and policies to bring about the necessary transformative change to First Nation communities.**

**We were shocked, disappointed and deeply saddened to hear of our National Chief's resignation.**

**Without question, the Harper government's consistent, unilateral, paternalistic and 'take -it or leave-it' approach to its First Nations legislative agenda has completely poisoned the well of Canada's relationship with First Nations across this country.**

**In order to restore a modicum of trust and confidence in the integrity of the Harper government the Minister of Aboriginal Affairs and Northern Development must resign forthwith.**

**In closing, we have every confidence that A-in-chut will continue to work for the betterment for Indigenous Peoples and we sincerely wish A-in-chut and his family a well-deserved rest and peace in every sense of the word.**

**Grand Chief Stewart Phillip  
President**

**Chief Bob Chamberlin  
Vice-President**

**Chief Judy Wilson  
Secretary-Treasurer**

**For Immediate Release  
May 5, 2014**

**Ktunaxa Nation Appealing B.C.  
Supreme Court Decision on Qat'muk**

***Cranbrook/Ktunaxa Territory* - Today the Ktunaxa Nation announced that it is appealing the April 3rd Supreme Court of British Columbia ruling about the proposed all season ski resort development in the Jumbo Glacier area known to the Ktunaxa as Qat'muk. To the dismay of the Ktunaxa, the court found that the resort would not cause significant interference with Ktunaxa spiritual beliefs and practices such that the Province needed to factor this interference into its approval of the resort.**

**"The Supreme Court of Canada already determined in 2004 that Canada's Aboriginal peoples' rights must be recognized and respected," said Kathryn Teneese, Ktunaxa Nation Council Chair. "Our beliefs are what make us Ktunaxa and being told that our sacred relationship regarding Qat'muk and its need for protection from this development are not important enough to stop the destruction of our sacred place should concern any British Columbian who cherishes the freedom to practice their religion without interference and respects constitutionally protected rights."**

**"As Ktunaxa, Qat'muk has always and will always be sacred, despite what any court tells us," continued Teneese. "We will continue to fight the construction of the Jumbo Glacier Resort and appreciate the support we have received from the many non-Ktunaxa organizations, Kootenay residents and people far and wide who oppose this development."**

**Qat'muk is where the Grizzly Bear Spirit was born, goes to heal itself, and returns to the spirit world. For Ktunaxa, Grizzly Bear Spirit is a unique and indispensable source of collective as well as individual guidance, strength, and protection. Qat'muk's spiritual importance is deeply connected to its biological significance for living grizzly bears now and in the future.**

**The appeal will be heard in the British Columbia Court of Appeal later this year or in early 2015.**

**-30-**

**For Further Information Contact:**

**Jesse Nicholas  
Communications Manager  
250-489-2464  
jnicholas@ktunaxa.org  
www.ktunaxa.org**

**FYI: promoting island health**

**For Immediate Release**

**May 9<sup>th</sup>, 2014**

**Maintaining mental wellness**

While some of us might say that we're 'fine' when we're not –suffering mental distress in silence—many more are unsure about where to go for help or how to strengthen our own mental wellness. As Canadian Mental Health Week draws to a close, Island Health is encouraging everyone to take steps throughout the year to improve our mental wellness and overcome the barriers that keep us from reaching out for help.

**Coping with stress in the present to combat stress in the future**

The tools we use to strengthen mental wellness in our lives mirror much of what we can do to keep ourselves physically healthy. Engaging in regular exercise, eating a balanced diet, sleeping well and avoiding problematic use of food, alcohol and drugs are as important to our mental wellness as they are to our physical health. Mental wellness can also be supported by reaching out to friends and family and developing community and social networks.

**Fight stigma. Reach out for help.**

Despite our best efforts to keep well in mind and body, the pressures we experience in our lives can overwhelm us and compromise our well-being. Yet, the stigma associated with mental illness often prevents people from reaching out for the help they need. In fact, almost one half (49%) of those who have suffered from depression or anxiety have never gone to a doctor for help.

Stigma, along with not knowing where and when to get help, can deepen isolation during times when support is needed most.

**Help is as close as a click or phone call away**

Fortunately, free confidential support and referrals are available 24 hours a day for everyone on Vancouver Island through the Vancouver Island Crisis Line (1-888-494-3888).

Last year, the line received 31,382 calls from people who were in crisis or required emotional support. A common misconception about calling a crisis line is that reaching out should be reserved for urgent situations, however that is not the case. People who just need someone to talk to are encouraged to call.

The Vancouver Island Crisis Line also operates an online crisis chat from 6 to 10pm PST everyday with crisis workers who are available to listen and provide support online. For youth who are experiencing mental health challenges, YouthSpace.ca offers online chat and SMS text forums where youth (30 years and under) can connect with staff every night from 6-11pm PST. Through the website, youth are offered unconditional acceptance from staff helping develop safety plans, exploring their options and accessing resources.

**Additional local resources and support**

**Provincial Crisis Line (accessible anywhere in B.C., toll-free)**

**1.800.SUICIDE (1.800.784.2433)**

# Victoria BC's First Annual Aboriginal Cultural Event Announced

## Aboriginal Tourism BC

(May 12, 2014, Victoria, BC) – From June 19 to 21, Victoria, BC will host the 2014 Aboriginal Cultural Festival, highlighting and celebrating the region's rich indigenous culture through storytelling, artisans, dance, song and food.

Created in partnership with Aboriginal Tourism BC (AtBC), the Esquimalt and Songhees Nations, Royal BC Museum, Tourism Victoria, Robert Bateman Centre, Greater Victoria Harbour Authority, and First Peoples Cultural Council, the three day festival will take place on both the outdoor grounds and the second floor mezzanine of the Royal BC Museum and around Victoria's Inner Harbour.

"We are so pleased to have received such outstanding support from our local partners from the moment we mentioned this idea," says Keith Henry, CEO of Aboriginal Tourism BC. "It means so much to us and also to the Songhees and Esquimalt Nations, both nations which have incredibly rich and vibrant cultures to showcase."

The three-day festival will feature main stage performances including three-time world champion hoop dancer Alex Wells; an artisan area where people may watch demonstrations, meet the artists and also learn about the new Authentic Aboriginal program that helps consumers identify products designed, created and sold by local Aboriginal artists; a children's storytelling area; food vendors; and an Aboriginal Tourism BC information booth.

The festival is also an opportunity to celebrate, share and learn more about the history of the First Nations people of BC, and the capital of BC, before the city became Victoria. Esquimalt and Songhees Nations were one of the first nations to sign a treaty in BC – known as the Douglas Treaties, which were signed between 1850-1854. A special protocol ceremony will be held to acknowledge the history and treaties of Esquimalt and Songhees Nations on Wednesday, June 18, 2014.

"For thousands of years, Victoria's Inner Harbour has been the gathering place of our people and we invite the community to join us in celebrating our traditional and modern culture," says Chief Andy Thomas, Esquimalt Nation. "It is a proud moment for all of us as we come together to make this festival happen."

"While our nations are small in numbers we are rich in song, language, stories, food and dance," says Chief Ron Sam, Songhees Nation. "This annual festival gives us the opportunity to continue to give life to traditions while showcasing our younger artists and cultural leaders."

This festival also coincides with National Aboriginal Day and the launch of the Royal BC Museum's new exhibit, *Our Living Languages: First Peoples' Voices in BC*, opening June 21, 2014. This innovative, interactive exhibition celebrates the resilience and diversity of First Nations languages in BC in the face of change. British Columbia is one of the planet's most linguistically diverse regions. From a global perspective, it's known as a linguistic "hotspot" because of the diversity and vitality of First Nations languages, of which 34 are spoken in the province. For more information on the exhibit, visit [www.RoyalBCMuseum.bc.ca](http://www.RoyalBCMuseum.bc.ca).

For a complete list of events during Aboriginal Cultural Festival, visit <http://www.AboriginalBC.com/events/cultural-festival-2014>.

**For Immediate Release**  
**May 13, 2014**

## **Talking about Dementia**

Howard Lamb and his wife have been married for more than 60 years; both are now in their 80s. On a trip to Europe several years ago, Howard noticed that his wife was reading the same page in her book over and over, that she didn't comprehend the words on the page and had to keep rereading it. "In retrospect, there were signs that something was wrong," says Lamb.

Memory issues are common as we age. However, when memory loss affects day-to-day activities, especially along with changes in communication or reasoning abilities, it's time to visit a doctor to determine the cause. While there are a number of physical reasons people experience these symptoms, the diagnosis could be dementia.

Dementia is an illness of the brain. There are a number of types of dementia, including Alzheimer's disease (which is the most common) and vascular dementia. Alzheimer's disease is characterized by "plaques" and "tangles." "Plaques" are numerous tiny dense deposits scattered throughout the brain, which become toxic to brain cells at excessive levels. "Tangles" interfere with vital processes, eventually "choking" the living cells. As brain cells degenerate and die, the brain also markedly shrinks in some regions.

Vascular dementia, the second leading cause of dementia, occurs when the cells in the brain are deprived of oxygen. It is often the result of a stroke, which occurs when blood flow in the brain is blocked.

The most important risk factor for dementia is age. The older you become, the greater the risk of developing Alzheimer's disease or another dementia. In Canada, 1 in 20 people over the age of 65 is affected by Alzheimer's disease. For people over 85 years, the likelihood of having dementia increases to approximately 1 in 4 people.

The majority of cases of Alzheimer's disease in people over the age of 65 are the sporadic, or "late onset," form of the disease, which suggests that there is no family link. "Familial" or "early onset" Alzheimer's is a rare form of the disease that runs in families and is responsible for about seven percent of all cases.

While many people avoid discussing their symptoms with their doctor, it is important to understand the source. Finding out the cause can help you get the proper care, treatment and support, and the earlier you start potential treatments, the better the result.

Constanta Jarvis was diagnosed with dementia in 2004. "People are afraid of the word dementia so they don't talk about it," says Jarvis. "But living with it and not knowing what's going on is far worse."

Jarvis turned to the Alzheimer Society of BC. They provide a wide range of programs, including early stage and family support groups, workshops and information resources to help understand the disease.

"Once you have been given a diagnosis, you have to work to deal with it in as graceful a way as possible," says Jarvis. "The Alzheimer Society has been a great source of information and education to help me find

my way.”

While there is no single treatment that can prevent Alzheimer’s disease, there is a growing amount of evidence that making healthy lifestyle choices may help reduce the risk. These choices include being physically active, eating healthily, reducing stress, watching your blood pressure, blood sugar and cholesterol levels, avoiding traumatic brain injury, staying socially active and keeping your brain challenged.

“Life today is challenging,” says Jarvis. “But I’m so grateful for my life and the world I live in. The journey has been amazing.”

Much of what caregivers express as a burden is actually unresolved grief. Island Health has produced videos and a workbook for caregivers and families to provide information about common losses related to caregiving, potential negative impacts and the importance of acknowledging and supporting grief.

For more information on the videos and workbook, visit <http://www.viha.ca/seniors/dementia.htm>

Thank you to the Alzheimer Society of BC for providing the information and background for this article.

**See our infographic on Tips for a Healthy Brain**

**-30-**

**South Island Media Inquiries**  
**Sarah Plank**  
**Media Relations Manager**  
**Phone: 250.727.4275**  
**Email: [sarah.plank@viha.ca](mailto:sarah.plank@viha.ca)**

**Central and North Island Media Inquiries**  
**Val Wilson**  
**Regional Communications Manager**  
**Phone: 250.739.6303**

---

## **DATES ANNOUNCED FOR THE DAY SCHOLARS CERTIFICATION HEARING**

### **For Immediate Release: Vancouver**

**The Chief Justice of the Federal Court of Canada has ordered that the motion seeking to certify the Day Scholars Law Suit as a Class Action will be held starting on April 13, 2015, and continuing the remainder of that week to finish on April 20, 2015. Justice Harrington of the Federal Court of Canada will be presiding.**

**In August, 2012 the Tk’emlúps te Secwépemc Indian Band and the Sechelt Indian Band, on behalf of the bands and band members launched the Day Scholars Class Action Law Suit against Canada to seek compensation for those band members who attended Indian Residential Schools, but who did not live at the schools.**

**While the Canadian Government has put forward various procedural road blocks over the last two years, the order of the Chief Justice signals that it is time for this law suit to go to the next stage, and ultimately resolution.**

**Chief Shane Gottfriedson of Tk'emlúps te Secwépemc said:**

- **“This is an important day for us. Finally we can see the light at the end of the tunnel, all of Canada’s attempts to delay this law suit are behind us and we can at last move on to discussing what really happened at the Residential Schools.”**

**Chief Calvin Craigan of Sechelt Indian Band**

- **“We have waited a long time to get to this point. While we aren’t guaranteed success at the certification hearing, we are confident that this law suit will be certified as a class action, and we can work at obtaining fair compensation for all those who were day scholars at Canada’s residential schools.”**

**Certification of a Class Action is a significant formal step in the life of a law suit. One of the main purposes of certification is to determine just who will be included as members of the class that, in this case, are suing the Canadian Government.**

**At the certification hearing, the judge will be asked to determine these issues. Under the claim as proposed, if TteS and SIB are successful, then any Native Canadian who attended an Indian Residential School, but who did not live at the school would automatically be added to the law suit. This would have the effect of dramatically expanding the number of people affected by the outcome of any trial or settlement discussion.**

**Once a law suit has been certified as a class action, then the matter will move forward to either a settlement or ultimately a trial. The two bands will continue to oversee the law suit, on behalf of any and all class members across Canada. The timing for any trial has not yet been determined.**

**Anyone wishing to learn more or ask about participating should contact:**

**Tk'emlúps te Secwépemc Indian Band: Jo-Anne Gottfriedson Ph: 250-828-9788**

**Email: jo-anne.gottfriedson@kib.ca**

**Sechelt Indian Band - Contact Person: Taleetha Elliott Ph: (604) 885-9404 ext: 267**

**Email: telliott@secheltnation.net**

---

## **QUOTES**

**“It is as simple as that. People will treat you as you treat them. It’s no secret. Look about you. You can prove it with the next person you meet. “** Winston Churchill, (1874 - 1965)

**“Love is patient, Love is kind. It does nor envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no records of wrongs...”**  
**1 Corinthians 13 : 4 – 5**



# Take a stand against elder abuse



Show your care and help  
reduce elder abuse in our communities.

**Wear Purple on June 15th**  
**World Elder Abuse Awareness Day**



Find out more about recognizing,  
responding to and preventing elder abuse at  
**Seniors Abuse and Information Line (SAIL)**  
**1-866 437-1940** *(toll free) Daily from 8 am–8 pm, Translation and TTY available*  
or, online at **[www.SeniorsBC.ca](http://www.SeniorsBC.ca)**





# Caring for Natural Teeth *tips for* Seniors and Caregivers

Oral hygiene is important to remove harmful bacteria and plaque from the teeth, gums and dentures and to keep the mouth healthy. For seniors and their caregivers, it can be challenging to maintain daily mouth care, but it is important to do as decay and infection can develop quickly. A healthy mouth supports good general health and overall well-being.

*Dental disease is largely preventable with daily mouth care, regular professional cleanings and a yearly examination by a dentist, including for seniors who wear dentures.*

### Supplies for daily mouth care:

- A soft toothbrush
- Fluoride toothpaste and mouth rinse
- Aids to clean between teeth

### Supplies for caregivers:

- Disposable gloves
- A towel or washcloth
- A basin and a cup of water
- A mouth prop, as appropriate

For seniors with natural teeth and a denture, please also refer to the tip sheet *Caring for Dentures*.



*Interproximal brushes can help make it easier for seniors to clean between teeth.*



*Adaptive toothbrushes.*



*Dental supplies.*

*Visit [bcdental.org](http://bcdental.org) for more information and to view an online educational video.*



### Seniors:

- Brush natural teeth twice a day; especially before bedtime.
- Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.
- An electric or adaptive toothbrush can help seniors with dexterity problems.
- Clean between teeth with floss or an interproximal brush to remove plaque and food debris.
- Visit the dentist regularly.

**Important!** If the gums bleed when brushing continue daily brushing for a week. If bleeding does not stop, contact a dental professional.

### Caregivers:

- Encourage seniors to brush their own teeth and support care where needed.
- Always wear gloves to prevent cross-contamination.
- Remove dentures before brushing.
- Brush in the bathroom, if possible. Always choose a comfortable location.
- Brush around the mouth in sequence to cover all parts of the teeth—the outer, inner and chewing surfaces. Don't forget to brush the tongue.
- Engage the senior in the process—let them know what you are doing as you do it. Ask the senior to tell you if you are brushing too hard or if they are experiencing any pain.
- Have the senior rinse their mouth with warm water when you are done brushing.
- Replace toothbrushes every three months, when worn or following a cold or flu—always store upright in a container.

Visit [bcdental.org](http://bcdental.org) for more information and to view an online educational video.



**British  
Columbia  
Dental  
Association**

MEMBER OF THE CANADIAN DENTAL ASSOCIATION



# The New Horizons for Seniors Program

<[http://www.hrsdc.gc.ca/eng/community\\_partnerships/seniors/index.shtml](http://www.hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtml)> is accepting applications for the 2014-2015 funding period.

**THE APPLICATION DEADLINE IS JULY 4, 2014.**

The New Horizons for Seniors Program offers grants of up to \$25,000 for projects led or inspired by seniors that make a difference in communities and in the lives of others. The New Horizons for Seniors Program supports projects that aim to address one, or more, of the following objectives:

- \* promoting volunteerism among seniors and other generations;
- \* engaging seniors in the community through the mentoring of others;
- \* expanding awareness of elder abuse, including financial abuse;
- \* supporting the social participation and inclusion of seniors;
- \* providing capital assistance for new and existing community projects and/or programs for seniors.

This will be the only call for proposals for Community Based Projects in 2014.

For more information please visit: New Horizons for Seniors Program <[http://www.hrsdc.gc.ca/eng/community\\_partnerships/seniors/index.shtml](http://www.hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtml)>

\* or leave a voice message at: 1-866-717-5842. We will respond to your enquiry within 48 hours.



## The FNESS Safety Expo will be held in Smithers, BC on June 25-28, 2014.

It Includes Chiefs, Council Members and Fire Chiefs Leadership Convention; Fire Services, Emergency Preparedness & Response, Forest Fuel Management training and workshops; Provincial Fire Fighter Competition; FNESS AGM and special events.

Come cheer on the First Nation Fire Fighters on June 28<sup>th</sup> at Walnut Park in Smithers and be a part of an event that promotes safety in your community! Call 1-888-822-3388 for more info!



### Working Smoke Alarms Save Lives!

FNESS has sent over 16,000 Smoke Alarms to 114 BC First Nations. Check our website at [www.fness.bc.ca](http://www.fness.bc.ca) to view the details of the Smoke Alarm program. We strongly encourage all communities to install and have working smoke alarms on each floor of each home.

In order to provide your family with the best chance of surviving a home fire, installing and maintaining smoke alarms is the first step.

## **Q&A: Banishing Bronchitis** From <http://doctorklaper.com>

**Question for Dr. Klaper:** For the past seven days, I have been coughing up large quantities of yellow phlegm in the morning. Could I have bronchitis?

**Answer:** Not only might you have bronchitis, your symptoms define the disease – cough and hyper-secretion of mucus from an irritation (usually from infection) of the inner lining of the bronchial tubes of the lungs. (Incidentally, bronchitis differs from pneumonia in that bronchitis is limited to the inner bronchial tube lining, whereas with pneumonia, the infection has spread out into the substance of the lungs, infecting the microscopic air spaces, called alveoli.)

Such bronchial infections are generally caused by viruses or by the normal bacteria in your nose and throat which take advantage of your body's lowered immunity. Your resistance to infection can be compromised by factors such as insufficient rest, smoke-filled rooms, emotional stress, unfamiliar foods, time zone changes, air in airplanes, and many other assaults on our immune systems presented by modern life and travel. Such conditions can roll out the welcome mat for microbes to actively "set up housekeeping" in your bronchial tube linings, and – voila! – soon, you are feverish, achy, and coughing up colored phlegm. Bronchitis!

**(THE MOST COMMON CAUSE OF BRONCHITIS IS CIGARETTE SMOKING AND SMOKERS SHOULD CAREFULLY READ THE LAST FOUR PARAGRAPHS BELOW.)**

In the absence of inhaling hot smoke, your body will eventually clear itself of this bronchial infection; however, you have a great opportunity to speed up your own healing with the following strategies:

1. (a) Get enough sleep. Our bodies heal when we sleep. (Children grow while they sleep.) If your body tells you to lie down and take a nap, listen to it. Napping even for ten minutes can boost your immune response.

(b) Consider taking a (high potency) multivitamin/mineral supplement once weekly and vitamin C, 250 -500 mg., twice daily. Utilize any antibiotic prescribed by the physician in the manner stated on the label or via the physician's verbal orders.

(c) Eat plenty of fruits and vegetables and minimize your intake of refined sugars, hydrogenated oils and processed foods (packaged foods and "fast foods").

2. A key to clearing the infection out of your lungs is to eliminate the mucus accumulations which make you cough and provide a good culture medium for bacterial growth. You and your physician will decide whether you should take an antibiotic for this case of bronchitis. However, whether or not you employ an antibiotic, you must take an active role in clearing this bronchial infection from your lungs. Antibiotics alone will not clear the mucus from your chest and one of the most self-defeating things a person with a lung infection can do is to breathe quietly all day and allow the infected secretions to remain within the bronchial tubes.

Speed up your healing by intentionally eliminating the secretions from your bronchial tubes with the following strategies:

(a) Thick secretions must be *thinned*. Make your lung secretions thinner by:

(i) making yourself well-hydrated by drinking plenty of *clear* liquids, such as water, tea, or fresh vegetable juices – no dairy products! So, drink a six-ounce glass of something clear and wet every three or four hours.

(ii) inhaling some steam twice a day for 15 minutes, such as deep breathing in a steamy shower, inhaling steam off a pot of boiled water, use of a vaporizer, etc. If you want to use menthol (“Vicks Vaporub,” etc.) or eucalyptus oil, use only the  *tiniest*  amount.

(b) Once the bronchial secretions are thinner, they must be *moved out of the lungs*. You can accomplish this by taking advantage of the fact that when you take a deep breath *in* your bronchial tubes open up (expand their diameter) and when you breathe out, your bronchial tubes close back down (resume normal diameter). Thus, *deep breathing* provides a pumping action that gets the mucus secretions moving upward to the throat where they may be coughed out, spit out, or swallowed.

(c) At a minimum, *every hour*, sit up straight and take three or four deep breaths. If it’s comfortable, after the last breath, cough to eliminate as much bronchial secretion as possible.

(d) Even better, if you feel up to it, any activity that produces *sustained deep breathing* will not only increase mucus secretion elimination, but the increased blood flow will draw any antibiotics into the chest region to help eradicate the infection more quickly.

An easy 20 to 40-minute walk, a gentle pedal on an exercise bike (5 to 30 minutes), a few laps in the pool, etc. – any activity that encourages you to breathe deeply in and out – done once or twice a day, will markedly help clear the chest, especially after you have hydrated yourself in the manner described in paragraph 2(a).

The natural course of bronchitis, when properly treated utilizing the strategies above, is for the colored mucus (green, yellow, gray, etc.) to turn white and then to clear over the 24 to 96 hours following initiation of treatment. The feeling of “being sick” usually subsides within 24 hours and normal activities can be resumed as strength and enthusiasm return (which they should do quickly, in the absence of other serious medical disease).

*Bronchitis is not contagious!* When people near someone with a bronchial infection “catch” bronchitis themselves, it is probably because they have established the same conditions in their body that allowed their friend or loved one to become ill – but, most likely, they did not *get* their infection *from* another person. However, be considerate and cover your mouth when you cough. Bronchitis makes you cough – and coughs can carry contagious viruses and other organisms to people nearby.

The recovery from bronchitis is usually complete and relatively prompt. If you do not re-create the conditions that allowed the infection to become established in your respiratory tract, there is no reason to expect you should experience another episode of bronchial infection.

**SMOKERS, PLEASE NOTE:** The most common and serious cause of bronchitis is cigarette smoking. Smokers repeatedly scorch their inner lung linings with hot, chemicalized smoke, keeping a continuous thermal and chemical burn percolating in their lung linings. As a response to the smoke assault, the bronchial tube linings secrete a sugar-rich mucus, which accumulates overnight and pools in the bronchial tubes. In the morning, the bronchitic person typically coughs up this colored phlegm – the classic “smoker’s cough.”

Chronic bronchitis in smokers never completely clears from the lungs as long as the person continues to smoke. Over the years, the ongoing inflammation and infection from the continual bronchitis plays a causative role in the scarring and narrowing of the bronchial tubes which results in emphysema, as well as lung cancers to which so many smokers fall victim.

**IF YOU ARE A SMOKER, REALIZE THAT THIS CASE OF BRONCHITIS IS A MESSAGE FROM THE INNER LININGS OF YOUR LUNGS. THEY ARE WAVING A FLAG TO YOU THAT YOU ARE DAMAGING YOURSELF SEVERELY AND ARE ON THE ROAD TO A HIDEOUS FATE OF EMPHYSEMA, OXYGEN TANKS, AND GASPING FOR AIR – OR DYING FROM AN AGGRESSIVE CANCER OF THE LUNG OR THROAT.**

**DO WHATEVER YOU NEED TO DO TO STOP SMOKING!!! THERE ARE MANY EFFECTIVE AIDS AVAILABLE TO YOU – MEDICATIONS, NICOTINE SOURCES, SUPPORT GROUPS, ETC. – BUT IT ALL BEGINS WITH YOUR REALIZATION THAT IT IS TIME TO STOP SMOKING AND YOUR RESOLVE TO DO SOMETHING ABOUT IT. TALK TO YOUR DOCTOR OR LOCAL LUNG ASSOCIATION ABOUT A SMOKING CESSATION PROGRAM.**

---

### **"A Father Means.."**

A Father means so many things...  
An understanding heart,  
A source of strength and support  
right from the very start.

A constant readiness to help  
In a kind and thoughtful way.  
With encouragement and forgiveness,

No matter what comes your way.  
A special generosity and always affection, too.  
A father means so many things  
when he's a man like you....

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

**ADDRESS:**  
1415 Wewaikum Rd.  
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](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)

**BCECCS HAS GONE  
PAPERLESS!  
AND NOW  
ELDERS VOICE ISSUES  
ARE EMAILED OUT TO  
ALL CONTACTS AND  
POSTED ONLINE BY THE  
1ST OF EACH MONTH!**

## Happy Father's Day

A Dad is a person  
who is loving and kind,  
And often he knows  
what you have on your mind.  
He's someone who listens,  
suggests, and defends.

A dad can be one  
of your very best friends!  
He's proud of your triumphs,  
but when things go wrong,  
A dad can be patient  
and helpful and strong  
In all that you do,  
a dad's love plays a part.  
There's always a place for him  
deep in your heart.

And each year that passes,  
you're even more glad,  
More grateful and proud  
just to call him your dad!  
Thank you, Dad...  
for listening and caring,  
for giving and sharing,  
but, especially, for just being you!

### GEMINI:

The Chatterbox (May 21 - June 20) Smart and witty. Outgoing, very chatty. Lively, energetic. Adaptable But needs to express themselves. Argumentative and outspoken. Like change. Versatile. Busy, sometimes nervous and tense. Gossips. May seem superficial or inconsistent. Beautiful physically and mentally.

**Annual Elders Gathering Grand Entry Photos are on:  
[www.bcelders.com](http://www.bcelders.com) each year**

## ANNUAL BC ELDERS GATHERING INFO CORNER

### The 38th Annual Elders Gathering

The dates for next years event have been announced as  
July 7, 8, and 9th 2014 and will be held at the  
Trade And Convention Centre in Penticton.

Contact: Inez Pierre, Elder's Coordinator

Email: [ipierre@pib.ca](mailto:ipierre@pib.ca)

Tel: 250-493-0048

Fax: 250-493-2882

TF: 1-877-493-0048