

**Volume 15 Issue 6**

**May 2015**



**BC ELDERS COMMUNICATION CENTER SOCIETY**

**ELDERS VOICE**

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

**EV'S 174th Issue!**

## **HAPPY MOTHER'S DAY!!**

**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**  
**2015 Event Coordinator: Dianne Garner**  
**Email: 39elders@telus.net**  
**Ph: 604-798-4519**  
**Website (for online registration): bcelders2015.ca**

### 40th Annual Elders Gathering in 2016

Our office itself, the BCECCS/BC Elders Council will be bidding on the 2016 Elders Gathering to be held in Campbell River next year. It has only ever been here once when we hosted in 2000, and we are hoping you would all like to come back here again and that you will support our bid in July in Saanich.  
**Best regards, Donna Stirling**

## **HAPPY BIRTHDAY** **TO ALL ELDERS BORN IN MAY!!**

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## Easy Bakers Corner – Rich Dark Ginger Cake

Preheat oven to 325°F. Grease a 7 inch/18 cm cake pan.

Cream 4 oz./100g butter, and 4 oz./100g soft dark brown sugar until the mixture is light and fluffy. Beat in 2 large eggs and 10 oz./275g black treacle (molasses).

Sift 8 oz./225g all purpose flour with 5ml ground ginger and stir it into the creamed mixture. Add 4 oz./100g sultanas (seedless raisins).

Roughly chop 2 oz./50g walnuts.

Warm 30 ml milk slightly, stir in the 2.5 ml baking of soda and stir it into the other ingredients with the nuts.

Turn the mixture into your prepared tin.

Bake for 60-90 minutes.

The cake will rise and sink on cooling and is very moist.

## 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 15th Year GRATITUDE LIST

Support Fee from Nov. 1st 2014 – Oct. 31st 2015

(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. Cayoose Creek Band Council
2. Provincial Health Services Authority

### FROG LEVEL - \$750

1. Vancouver Aboriginal Friendship Centre Society
2. Lhoosk'uz Dene Nation
3. Carrier Sekani Family Services

### SISIUTL LEVEL - \$500

1. Tale'awtxw Aboriginal Capital Corporation
2. Vancouver Native Health Society
3. Lower Kootenay Band Family Health Services
4. Osoyoos Indian Band

### HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks
2. Ts'kw'aylaxw Elders
3. Halalt First Nation
4. Spuzzum First Nation
5. St. Mary's Indian Band
6. Gitanyow Human Services
7. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation
8. Skidegate Band Council
9. Bridge River Indian Band
10. Tsleil-Waututh Nation
11. Weiwaikum First Nation
12. Mamalilikulla Qwe'Qwa'Sot'Em Band
13. Da'naxda'xw First Nation
14. K'omoks First Nation
15. BC Assembly of First Nations
16. First Nations Tax Commission
17. Pauquachin Band (\$300)
18. Irving K Barber BC Scholarship Society

19. Adams Lake Indian Band
20. Squamish Nation
21. Qualicum First Nation Band Council
22. Xaxli'p Indian Band
23. Gitlaxt'aamiks Village Government
24. Chawathil First Nation
25. Tk'emlups Te Secwepemc
26. Splantsin
27. Doig River First Nation
28. Hailika'as Heiltsuk Health Centre Society
29. McLeod Lake Tse'khene Elders Society
30. Naut'sa mawt Tribal Council
31. Whispering Pines/Clinton Indian Band
32. Qualicum First Nation
33. Dzawada'enuxw First Nation

### Donation:

1. The Story Telling Elders
2. Kwadacha Nation
3. First Nations Tax Commission



## King and Queen

### Introducing

2015 King Doug and Queen Kathy Lafortune

Tsawout First Nation is one of 5 communities of WSANEC Nation. The population is estimated at almost 1800 people, with almost half of that identifying as Tsawout First Nation. With a high proportion of infant, child, and youth population Tsawout is vigorously trying to plan for recreational and community development to assist with keeping the young population active and healthy. The Elder population is small and precious but there is a great deal of community activism from the Elders group who are active in their own families, in their own businesses, and in travelling.

The original Tsawout representatives for 2015 King and Queen were Irvine and Lena Jimmy. The WSANEC community has relied very heavily on Irvine for many years for his cultural knowledge and SENCOTEN language expertise. Irvine and Lena considered the demands of travel and promotion of the 2015 Gathering and requested that the responsibilities of King and Queen be bestowed on Doug and Kathy LaFortune.

Doug LaFortune was born in Bellingham, Washington. His parents were John Horne and Georgene Harry. Over the years Doug lived in Duncan and Victoria but came back to Tsawout in 1990. He raised his family of three children and now helps guide his 6 grandchildren into the future.

As a successful Artist/Carver Doug LaFortune brings a unique dynamic and personality to the consideration of “tradition”. He acknowledges his mentor and teacher Simon Charlie for helping him to learn Coast Salish design. His artwork has helped to embrace difference and invite unity in both WSANEC and in the neighbouring municipality of Central Saanich. Examples of his work are featured in unique greeting cards, labeling on local coffee, and in beautiful WELCOME TO SAANICHTON VILLAGE totems. Noteworthy commissions include the Heron fountain sculpture featured at UPTOWN Shopping Centre in Victoria, totems in Butchart Gardens, Welcome Figures in the Indigenous House of Learning at University of Victoria and the Welcome Figures presented to Queen Elizabeth at the 1994 Commonwealth Games.

Kathy LaFortune brings her heritage and strong family values to the role of Queen. Kathy was born in Port Alberni and went to school in Alberni Indian Residential School. In 1971 she met Doug at the Victoria Native Friendship Centre and they stayed together settling at different times in Duncan, Westholme, Victoria, and then Tsawout. Kathy is the daughter of Walter Jones of Port Renfrew and Mary Yukum of Tseshah. Her Grandfather was legendary Chief Questo. She remains very active within her family supporting her husband in promotion and final finishing of his many works. She also is very active in guiding her family relationships with common sense, intellect, and disciplined personal values.

Their youthful vitality is deceptive for as a couple they have been married over 40 years. They are excellent role models/mentors in the Tsawout community for the respect and dignity they maintain in their relationship. They are wonderful, friendly, warm-hearted people who enjoy sharing their wisdom and experiences to help contribute to betterment.



Hosted By Tsawout First Nation Elders  
 PO Box 121, 7728 Tetayut Rd,  
 Saanichton BC V8M 2C3  
 Phone: 250 652 9114 Fax: 250 652 9114  
 Website: www.bcelders2015.ca

## Individual / Group Registration Form

### Registration Fees

### General Information

July 7, 8, & 9, 2015  
 Panorama Recreation Centre  
 1885 Forest Park Dr,  
 North Saanich, BC V8L 4A3

Early Bird – By May 10, 2015 \$100.00 per guest

Late – After May 10, 2015 \$125.00 per guest

\*Registration includes continental breakfast, lunch, and dinner per agenda for one person; welcome package; scheduled transportation; parking; and tour options.

<b>Nation / Tribe Name:</b>			
<b>Contact Name:</b>		<b>Email:</b>	
<b>Phone:</b>		<b>Fax:</b>	
<b>Address:</b>			
<b>On Site Caregiver Name:</b>		<b>Contact # :</b>	
<b>Hotel/Motel Name:</b>		<b>Phone:</b>	
<b>Address:</b>			
<b>Participant Names:</b> <i>Please indicate if they are a Veteran</i>		<b>Health Concerns, Disabilities, and/or Dietary Needs</b> <i>(This information will be on badge worn by elder for emergency purposes)</i>	
1			
2			
3			
4			
5			
6			
7			
8			
Please mail complete registration form with cheque or money order payable to: <b>Tsawout First Nation</b> <b>RE: 39<sup>th</sup> Annual BC Elders Gathering</b> PO Box 121, 7728 tetayut rd Saanichton, BC V8M 2C3 <i>*Full payment must accompany registration forms; no registration will be secured without payment.</i>		<b>Registration Fee</b>	
		<input type="checkbox"/>	I am enclosing early bird registration fees for _____ (#) participants @ \$100.00 each
		<input type="checkbox"/>	I am enclosing Late registration fees for _____ (#) participants @ \$125.00 each
		<b>Total cheque/money order enclosed: \$</b>	

For further registration information and/or changes please contact:  
 Kayla Charlie, EMAIL: [elders2015@tsawout.ca](mailto:elders2015@tsawout.ca) , Phone: (250) 652 9101

*"The 39<sup>th</sup> Annual Elders Gathering Core Committee is not responsible for lost or stolen items, nor injuries or illnesses during the event"*

# Elders Transportation Program

## 2015 Application Form

### Objective:

The Elders Transportation Program provides partial funding to Elders travelling to the Annual BC Elders Gathering. Twenty-five individual grants are available (up to \$1,000 each).

### Deadline:

Applications are due by the second Friday of June annually. The 2015 applications will be due *by 4:30pm on Friday June 5th, 2015*

### Eligibility:

1. Applicants are an Aboriginal Elder or recognized Aboriginal organization on behalf of Elders.
2. Only British Columbia residents are eligible.
3. Travel distance to the event is greater than 200 kilometers (one way, road distance only).
4. Applicants send in a completed application form.
5. Eligible travel costs are as follows: accommodations, transportation, meals, and other related travel expenses such as parking or taxi. Travel costs must be by the most economical means.
6. Applicants who have received an Elders Transportation grant in the previous two consecutive years are ineligible to apply this year and may apply the following year.

### General Program Conditions:

1. Original signed applications must be accompanied by:
  - cover letter indicating number of Elders planning to attend
  - letter of support from a recognized Aboriginal organization, confirming financial need
2. Applicants are eligible to receive funding up to a maximum of \$1,000. Applications will be reviewed by a subcommittee and approved for funding based on factors including: meets criteria, complete application, overall travel costs, distance away from the event, regional representation, and include individual Elders.
3. Only one application per fiscal year per organization will be approved.
4. The BCAAFC is not responsible for any expenses incurred prior to the applicant receiving a written confirmation of approval.
5. Previous Elders Transportation or other provincial grants to the applicant and/or Aboriginal Organization must be accounted for or the applicant may be ineligible for funding.
6. If actual travel expenses are less than the \$1,000 advanced, the difference must be repaid.

### After the conference:

Funding recipients must submit a report within 30 days of travel to the BCAAFC and include:

- brief summary listing names of Elders who attended the event
- financial summary of actual travel costs

### Submit applications to:

Attn: First Citizens Fund Administrator  
BC Association of Aboriginal Friendship Centres  
551 Chatham Street, Victoria, BC V8T 1E1  
Phone: (250) 388-5522 or 1-800-990-2432  
Fax: (250) 388-5502  
Email: [jzuroski@bcaafc.com](mailto:jzuroski@bcaafc.com)

## **A Mother's Love...**

**How precious is the love  
of a mother's heart!  
Even as a child... It's there from the start.**

**A mother's love knows  
no boundary or limit.  
It's often shown by how  
much the mother gives it!**

**Whether her children are  
young or growing old...  
And whatever circumstances  
in life may unfold...**

**Her love is continually  
a solid foundation...  
That can't be removed, torn or shaken.**

**Her love is what is  
a "guiding force..."  
Even if her children's lives  
stray "off course."**

**I'm thankful for the love  
my mother's given...  
It's surely influenced  
the way I've been livin'!**

**To all of our mothers across  
our great nation...  
May we show them our love  
and appreciation!**

**Their love has stood and  
endured the test of time...  
I'm so glad that one of them is MINE!**

**By Jim Pemberton**

# First Nations Leadership Council Expresses Support for Heiltsuk First Nation

**Statement. March 30, 2015**

COAST SALISH TRADITIONAL TERRITORY (VANCOUVER) – The BC Assembly of First Nations, First Nations Summit and Union of BC Indian Chiefs are expressing full support for the Heiltsuk First Nation in their complete opposition to a commercial roe herring fishery in 2015 due to ongoing conservation concerns for herring in their territory.

A group of some 50 Heiltsuk band members, including Chief Councillor Marilyn Slett, has placed DFO's central coast office near Bella Bella on lockdown since 5:30 Sunday evening in defiance of a planned herring gillnet fishery in their territory.

The Heiltsuk, along with the Haida and Nuu-chah-nulth Nations, have repeatedly expressed concerns to the Department of Fisheries and Oceans (DFO) as well as the fishing industry, regarding proceeding with commercial roe herring fisheries in their territories (Haida Gwaii, Central Coast and the West Coast of Vancouver Island/WCVI) as herring stocks in these three areas are just starting to rebuild. The First Nations Summit and Union of BC Indian Chiefs have recently passed resolutions expressing complete and unwavering opposition to commercial roe herring fisheries on the Central Coast, Haida Gwaii and West Coast of Vancouver Island in 2015 due to conservation concerns. BC Assembly of First Nations anticipates passing a similar resolution in support at the upcoming Annual General Meeting in June.

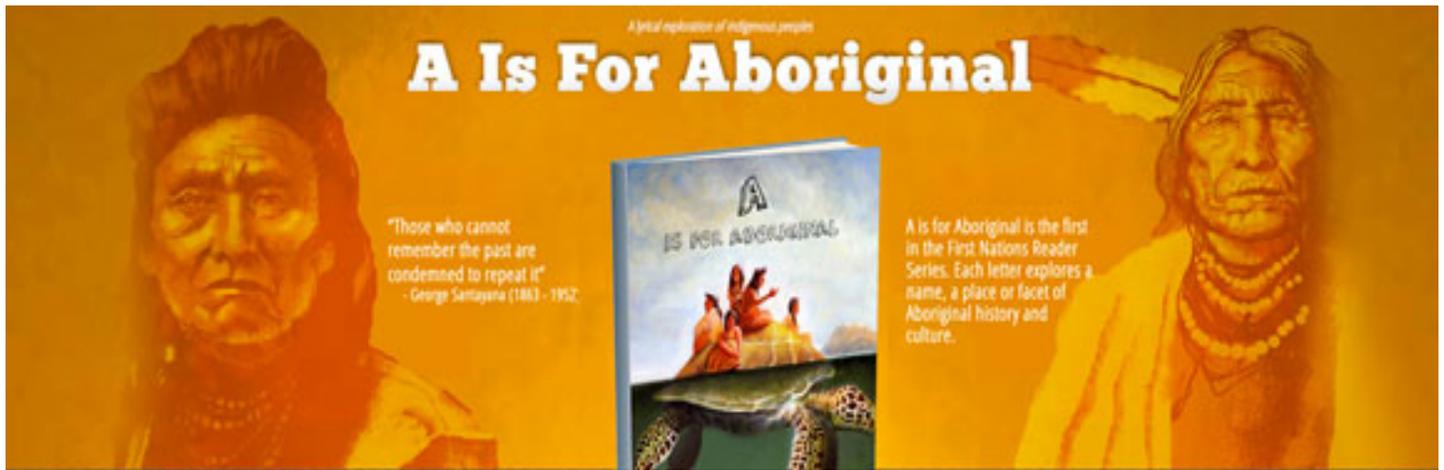
There is clearly enough scientific evidence that shows a commercial roe herring fishery could threaten the future of the resource including the fact that only half of the 32,000 tons of herring DFO predicted for this year have been detected, DFO remains intent on opening the Central Coast fishery. First Nations have cautioned DFO against continuing with the December 2014 decision to allow commercial roe herring fisheries in Haida Gwaii, the Central Coast, and the West Coast of Vancouver Island in 2015.

First Nations must be consulted and accommodated in regard to their Treaty, Inherent and constitutionally protected Aboriginal Rights under Section 35(1) of the Constitution Act, 1982. Further, the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) provides that:

- a. Article 26: "Indigenous peoples have the right to own, use, develop and control the lands, territories and resources that they possess by reason of traditional ownership or other traditional occupation or use..."
- b. Article 29: that "Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources..."

As well, the Supreme Court of Canada decision in *Tsilhqot'in* marked a watershed in the history of British Columbia and Canada, issuing the first declaration of Aboriginal title for the *Tsilhqot'in* Nation. The Court was clear that Aboriginal title means that Indigenous peoples are the lawful owners and stewards of the homelands that have sustained First Nations for generations, with the rights to decide our futures, to govern our territories, and to manage and benefit from our lands. The *Tsilhqot'in* judgment confirms that the status quo is not acceptable, and that the federal and provincial governments have a positive legal duty to negotiate in good faith, based on reconciliation and not on competing interests. Further, in *Tsilhqot'in*, the Supreme Court used the term "consent" in 9 paragraphs and the "right to control" the land in 11 paragraphs. The Court added that the "right to control" means "consent" must be obtained from Aboriginal titleholders. Canada cannot disregard the rulings of its highest Court.





Hello,

Please allow this correspondence to introduce myself and my book, 'A is for Aboriginal.'

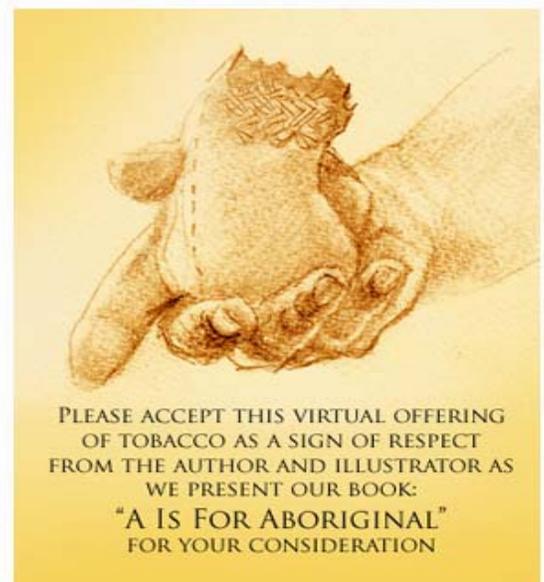
I wrote the book about ten years ago when I was working on a literacy project on Vancouver's Eastside. When a local elementary school principal told me that her families could not afford to purchase a new book I created the Buy One - Donate One project.

We ask that a First Nation or Aboriginal organization purchases one copy and one copy will be donated either to a community partner or to the Nation/organization itself to distribute in their community.

To promote a wider free distribution the author is offering the books at 50% off the \$24.95 retail price. (plus S & H—approx. \$1.00/copy).

The link to order page is not open to the public and can only be found here.

Or you can order by email at [joseph@aisforaboriginal.com](mailto:joseph@aisforaboriginal.com) or call 778-835-5801.



## **Researchers Develop Screening for Early Memory Troubles**

Provided by HealthDay at [www.medbroadcast.com](http://www.medbroadcast.com)

**WEDNESDAY, March 18, 2015 (HealthDay News) --** Researchers say they have developed a new scoring system to help identify seniors who are at high risk for memory and thinking problems that might lead to dementia.

"Our goal is to identify memory issues at the earliest possible stages," wrote lead researcher Dr. Ronald Petersen, of the Mayo Clinic in Rochester, Minn.

The study looked at almost 1,500 people between the ages of 70 and 89. They were all from Minnesota. None had memory or thinking problems at the start of the study. They were given memory and thinking tests every 15 months for an average of almost five years.

During that time, 401 (28 percent) of the participants developed early memory and thinking problems.

"Understanding what factors can help us predict who will develop this initial stage of memory and thinking problems, called mild cognitive impairment [MCI], is crucial, because people with MCI have an increased risk of developing dementia," he added.

The scoring system developed by Peterson and colleagues takes into account factors easily found in medical records -- such as years of education, history of stroke or diabetes, and smoking -- as well as symptoms of depression and anxiety, and tests of thinking abilities.

Each factor has a score based on how much it contributes to the risk of memory and thinking problems. For example, a diagnosis of diabetes before age 75 increases the risk score by 14 points, while having 12 or fewer years of education increases the risk score by two points, according to the researchers.

In this study, women with the lowest risk had scores of less than 27, while those with the highest risk had scores of more than 46. For both women and men, those with the highest risk scores were seven times more likely to develop early memory and thinking troubles than those with the lowest scores.

"This risk scale may be an inexpensive and easy way for doctors to identify people who should undergo more advanced testing for memory issues or may be better candidates for clinical trials," Petersen said.

### **More information**

The U.S. National Institute on Aging has more about mild cognitive impairment.



**Help is only  
a phone call away**

## **We can help.**

KUU-US Crisis Line has been in operation since 1993 . As an accredited agency of the American Association of Suicidology, crisis intervention trained phone operators assist those in crisis 24hrs a day. The previous "jurisdictional area" covered by KUU-US was Port Alberni, Bamfield and the West Coast of Vancouver Island. Although these areas will still be serviced as the communities are accustomed to, KUU-US has expanded crisis services to all Aboriginal people on Vancouver Island and the province of British Columbia.

KUU-US assesses a callers need based on the presenting issue, referral access and level of severity. The focus is to change the state of the caller from one of crisis at the beginning to managed problem-solving at the end. It is about being that listening, non judgemental supportive ear at the other end of the phone, to help a caller get through their crisis. This process occurs in various ways from prevention support to intervention methods. Understanding that some crisis' develop overtime, therefore establishing coping mechanisms does as well. KUU-US is unique in that we provide follow up assistance for additional support and when necessary monitors "at risk" individuals - no other centre does this. KUU-US is a service provider to the provincial Mental Health Information Line network and 1-800-Suicide network.

**Suicide Assessment:** KUU-US conducts assessments and establishes support for those who are suicidal. Calls are received from those in crisis as well as from 3rd party individuals that are concerned about someone being suicidal.

**Mobile Outreach:** Support workers assist individuals in person where situations require one on one contact. The service is available 24hrs a day and individuals are assisted where needed (office, home, hospital etc). For traumatic events that effect communities, KUU-US is able to provide CISM debriefings, assistance during healing circles, and support through prayer circles.

By accessing KUU-US Crisis Services, agencies, individuals and families know that they are receiving a continuum of services that reduces the likelihood of "falling through the cracks".

**If you are facing a difficult situation, call us now. We can help.**

**Adult Crisis Line: 250-723-4050**

**Youth Crisis Line: 250-723-2040**

**Vancouver Island and through the Province of BC 1-800-588-8717**

From KUU-US Crisis Line Society [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca)

Email: [kuu-uscrisisresponse@shaw.ca](mailto:kuu-uscrisisresponse@shaw.ca)



## NEWS RELEASE

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For Immediate Release  
April 7, 2015

### **Advocate finds premature placement in residential care, overuse of drugs and lack of rehabilitative therapy for seniors in residential care**

Seniors Advocate Isobel Mackenzie released a report today: *Placement, Drugs and Therapy... We Can Do Better*. The report documents findings from the Advocate's review of health assessment records from B.C.'s 25,000 seniors in residential care and 29,000 seniors receiving home care. These assessment records, called the Resident Assessment Instrument (RAI), have never before been gathered, analyzed and reported on at the provincial level. The Advocate was also able to compare records for residential care with two other provinces, Alberta and Ontario.

"In my first high-level review of these data I have found three systemic issues that are of immediate concern," said Mackenzie.

Firstly, assessments indicate that up to **15 per cent of B.C. seniors who are living in residential care may be incorrectly housed**, with assisted living or community care being more appropriate options.

"This is troubling on a couple of fronts," said Mackenzie, who worked in home care for 20 years. "Most seniors would prefer to live independently than in residential care and so we want to ensure all supports and alternative living arrangements are exhausted before we move someone to residential care."

In addition, the Advocate points to the scarcity of residential care beds, which is particularly acute in some parts of the province. "If we are filling even 5 per cent of these scarce beds with folks who could live independently, that is 1500 beds that could open up province-wide," Mackenzie said.

The second issue that the data highlights is the overuse of medication, particularly antipsychotics. Thirty-three per cent of residential care clients are being prescribed antipsychotic medication, yet only 4 per cent have a diagnosis of a psychiatric disorder. About **47 per cent of residential care clients are being prescribed antidepressant medications, while only 24 per cent of these clients have actually been assessed as having depression**. "This is a sizeable gap between diagnosis and prescription," said Mackenzie. "We should be asking serious

questions, given the side-effects of these drugs, as to whether they are the most appropriate for the seniors in question.”

The third issue is the significant lack of rehabilitative therapies in B.C.’s residential care facilities compared to Alberta and Ontario.

“Getting seniors moving properly and keeping them moving is absolutely key to maintaining function and independence. The downward spiral can begin very quickly if a frail senior is immobilized in bed for a week or more and having trained staff to work with them in recovery and building back strength is fundamental,” said Mackenzie. “For this reason I was really very disappointed to see how far B.C. lags in this area.”

**The number of seniors who received physiotherapy, for example, was 12 per cent in B.C. as compared to 25 per cent in Alberta and 58 per cent in Ontario.**

“Equally important is on-going recreational therapy that ensures seniors in residential care are engaged in activities and experience meaningful social engagement,” continued Mackenzie, who noted that **only 22 per cent of seniors received any recreational therapy in the last seven days, when they were assessed, compared to 42 per cent in Alberta.**

The Office of the Seniors Advocate will be addressing these, and other emerging systemic issues that affect seniors in several upcoming reports. The Advocate’s review of seniors’ housing in the province will be released in late spring. A systemic review of home and community care is underway. The Office is also currently planning the first independent survey of residential care clients in the province, the results of which will help inform an in-depth review of residential care in British Columbia.

**Learn more:** View the *Placement, Drugs and Therapy* report at [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

**Media contact:** Sara Darling,  
Director of Communications,  
Office of the Seniors Advocate  
778-679-2588



*Tk'emlups to Secwépemc*



*shíshálh Nation*

VANCOUVER –APRIL 20 2015

For Immediate Release

The theme of reconciliation flowed through the closing submissions of lawyers for the Tk'emlups and Sechelt First Nations at the recent Federal Court of Canada hearing to determine whether or not their class action was to be certified.

"They asked for hand, and got a fist," submitted Karena Williams to the Court, responding to earlier comments of government lawyers who had argued that Indian Residential Schools came about in response to First Nation's peoples own requests for education.

The two bands are now awaiting the decision of Justice Sean Harrington of the Federal Court who is expected to rule within the next few months on whether to allow their lawsuit to continue as a class action. The bands are seeking to represent all Aboriginal persons who attended Indian Residential Schools as day students (leaving the school property at night) for compensation for their losses of language and culture.

The bands launched their lawsuit almost 3 years ago, by issuing a statement of claim in which they allege that Canada was responsible for ensuring the preservation of Aboriginal languages and cultures, but through their own policy has failed completely in that duty. The bands now seek compensation for all those who lost their birthright through day to day attendance at the Indian Residential Schools.

If certification is successful, the lawsuit will move to the evidentiary stage, where both Canada and the bands will produce evidence relating to day scholars who attended the Indian Residential Schools and the treatment those students received. If there is no negotiated settlement of the suit, the matter would then move to trial.

The certification seeks to extend the lawsuit to cover all Aboriginal people who attended an Indian Residential School recognized in the Settlement Agreement anywhere in Canada, who attended but did not reside at the school. The lawsuit also proposes to seek compensation for the descendants of those people.

"Successful certification of this lawsuit is an important step towards reconciliation between our peoples and the Canadian Government," says Chief Shane Gottfriedson. "Canada needs to understand that an apology is needed for all Aboriginal people, not just those who were residents at the Indian Residential Schools. These schools affected our entire communities and this lawsuit will help start the healing for those who felt left out by the Government's actions to date."

"This reconciliation needs to happen now. Our people are dying, and the legacy of the Indian Residential Schools is still with us," says Chief Calvin Craigan. "We hope that the court comes to a swift decision and realizes that certification of this lawsuit needs to happen now, so that we can move forward with Canada to put this legacy behind us once and for all and help rebuild the communities that have been destroyed by Canada's actions."

The hearing concluded on Thursday April 16<sup>th</sup>, 2015. Justice Harrington reserved his judgment and can be expected to render a decision sometime before the end of the year.

Healing one heart, one mind & one spirit at a time!

For more information please contact:

Chief Shane Gottfriedson	250-314-0797
Elected Council Member Gary Feschuk	604-230-3415
Jo-Anne Gottfriedson Coordinator	250-318-5628



**We would like to invite you to the BCCDC's:  
 Interdisciplinary Viral Hepatitis Education Workshop**

**September 24th & 24th, 2015 Holiday Inn Vancouver Center  
 711 West Broadway, Vancouver, BC**

BC Centre for Disease Control is again hosting an **Interdisciplinary Viral Hepatitis Education Workshop**

**Who Should Attend?**

Health and social service providers who want to increase their knowledge about viral hepatitis and improve prevention and care services

**Workshop Objectives:**

- To foster an appreciation of viral hepatitis as a significant health risk
- To increase knowledge about the care, management and treatment for those infected with and affected by viral hepatitis
- To provide opportunities for workshop participants to network with experts and peers about issues related to hepatitis prevention, diagnosis, treatment and follow-up
- To develop an understanding of the benefits and need for integrated hepatitis prevention and care at an individual and community level.

**Preliminary Program:**

**Day 1**

Date: Sept 24, 2015

Time: 7:30 am – 4:00 pm

**Topics covered:**

- Anatomy, Physiology & Pathology of the Liver
- Epidemiology/prevention of Hepatitis A, B & C
- Management and Treatment of Hepatitis B & C
- Interpreting of Viral Hepatitis Serology



A research and teaching centre affiliated with UBC

**Day 2**

**Date:** Sept 25, 2015

**Time:** 7:30 am – 3:00 pm

**Topics covered:**

- Hepatitis C /HIV Co-infection
- Viral Hepatitis in Children
- Viral Hepatitis and Nutrition
- Hepatitis C Stigma and Discrimination
- Hepatitis C and Addictions
- Creating Cultural Safety for Aboriginal People

**Numbers are limited so please complete the enclosed registration form ASAP or contact:**

**For Registration:** Ellen Leung, [ellen.leung@bccdc.ca](mailto:ellen.leung@bccdc.ca), 604-707-5621

**For more information:** Sandi Mitchell, [sandi.mitchell@bccdc.ca](mailto:sandi.mitchell@bccdc.ca),  
604-707-2435.

More information can be on the BC Centre for Disease Control's website:

[http://www.bccdc.ca/resourcematerials/trainingandevents/Hep\\_Education\\_InterdisciplinaryWorkshop.htm](http://www.bccdc.ca/resourcematerials/trainingandevents/Hep_Education_InterdisciplinaryWorkshop.htm)

## **Scalp Care by the Seasons from [www.MedBroadcast.com](http://www.MedBroadcast.com) Healthy Aging**

**What to do come spring:** The calendar flips to April and we begin to emerge from our protective wintry cocoons of scarves, caps, and artificial heat. And too many days spent beneath a hat may mean your scalp is ready for a circulation-boosting massage! Incorporate self-massage as a step in your shampoo lathering routine. Fill your palm with shampoo and spread your fingers across your scalp, tucking your thumbs behind your ears. From here, knead your fingertips and the shampoo into your scalp, tracing small circles all across your head. Take a deep, refreshed breath - and rinse well! If you have a flaky scalp and are currently using a dandruff shampoo, this massaging and extended lather time can help to allow the dandruff shampoo to do what it needs to do - double bonus!

**Summer-proof your scalp:** You don't want a burnt scalp. But unless you're hair-free up top, it can be tricky to apply sunscreen to your head. No matter how much hair you have, your scalp still needs protection from the sun. Not only can sunburn increase skin cancer risks, it can also dry out your skin. Wear a loosely-fitted or floppy hat while outdoors for summer outings to prevent sunburn while keeping scalp sweating to a minimum. Or try out sun protection products specially designed for use on hair to protect your scalp from the sun and from irritants like pool chlorine. If you have dandruff, take extra time to rinse out all shampoo, conditioners, gels, and other hair care items to keep from getting gunky product buildup on your scalp, which can aggravate dandruff.

**Fall - the scalp fixer-upper season:** After a summer exposed to the elements, your scalp could use some restorative attention. Do a deep cleanse-and-condition to help strip the sand, sun, and sunscreen chemicals out of your hair and off of your scalp. And keep in mind that as autumn rolls on, heaters get cranked up and air gets drier.

**Don't let winter go to your head:** The darker clothes of wintertime can make dandruff more noticeable, so this is the time to be extra kind to your scalp. Shivery, frigid temps may tempt you to turn up the heat on your showers and baths. But water that's too hot can sap your skin of its natural oils and dry it out. Instead, keep a steady, warm shower climate with just enough steam to open pores without letting all the moisture evaporate from your skin. To maintain moisture without oiliness, shampoo and condition regularly. Just be sure to fully rinse out shampoos and conditioners to prevent residue buildup that might irritate skin or contribute to clumpy flakes.

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### **Aboriginal Travel Services Adds More than 70 Aboriginal Communities, Businesses and Operators**

**April 1, 2015**

**Aboriginal Tourism BC**

**Coast Salish Territories - Vancouver, BC:** Since its launch one year ago, Aboriginal Travel Services (ATS) has created relationships with more than 70 Aboriginal communities, businesses and operators throughout the province, helping to fill an identified gap within the province's expanding Aboriginal economy.

Created by Aboriginal Tourism BC to work with Aboriginal communities and corporations, Aboriginal Travel Services (ATS), a full-service travel agency dedicated to the business and leisure needs of companies continues to diligently work to provide their clients with the most competitive rates available. Raven Events, a full-service management company, has seen improved productivity and a bottom line due to savings in time and money since working with ATS.

“Our business relationship with Aboriginal Travel Services is multidimensional and an extension of our long-standing partnership with the Aboriginal Tourism Association of BC,” says Katrin Harry, managing partner for Raven Events. “We recommend ATS to any organization looking to simplify the task of booking travel while reducing their costs.”

As a social enterprise, this Aboriginal-owned travel agency is working with these groups and other clients to reinvest in the communities it serves, offering scholarships to Aboriginal youth who are entering the field of Tourism and Hospitality. ATS also reinvests monies into Aboriginal tourism development and seasonal internships.

“We are excited to have attracted so many Aboriginal communities to our organization, which has indicated to us that Aboriginal Travel Services has helped to fill a need within our province,” says Scott Roberts, vice president, Aboriginal Travel Services. “Whether travellers are booking trips within the province, or out of market, our team has been able to find them the best rates available, competitive to some of the larger agencies operating in British Columbia.”

In addition to working with a variety of companies outside of the First Nations community, Aboriginal Travel Services is privileged to have been designated as the travel agency of record for the annual BC Elders Gathering. This has enabled ATS to strengthen the working rapport with many First Nations communities in British Columbia.

Working with an established host agency, ATS uses the latest technology including a comprehensive online booking platform, which allows ATS to provide the best rates with airlines, hotels and car rental companies. Completing the full spectrum of services, it also offers full meeting and event planning. With an extensive knowledge of local, authentic Aboriginal experiences, ATS is also able to provide unique packages to interested leisure and corporate travellers.

For information about Aboriginal Travel Services, visit [www.AboriginalTravelServices.com](http://www.AboriginalTravelServices.com).

### **About Aboriginal Tourism BC**

The Aboriginal Tourism Association of British Columbia (AtBC) is a non-profit, Stakeholder-based organization that is committed to growing and promoting a sustainable, culturally rich Aboriginal tourism industry. Through training, information resources, networking opportunities and co-operative marketing programs, AtBC is a one-stop resource for Aboriginal entrepreneurs and communities in British Columbia who are operating or looking to start a tourism business. AtBC works closely with tourism, business, education and government organizations to help BC’s Aboriginal tourism businesses offer quality experiences and actively promotes these experiences to visitors and local residents. [www.AboriginalBC.com](http://www.AboriginalBC.com).

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Kate Rogers, Tartan Group” 604-880-1494 or [kate@tartangroup.ca](mailto:kate@tartangroup.ca)

## **Diet Sodas Linked to Widening Waistlines in Seniors: Study**

Provided by HealthDay at [www.medbroadcast.com](http://www.medbroadcast.com)

By Randy Dotinga  
*HealthDay Reporter*

**TUESDAY, March 17, 2015 (HealthDay News) -- A new study has linked drinking diet sodas to increasing waistlines in seniors.**

**What's more, the study found that the more diet soda someone drank, the more likely they were to add to their waistline.**

**"We're being naive if we only look at the number of calories in the label. People may be sabotaging their own health if they use diet sodas to protect themselves from gaining weight," said study author Sharon Fowler, an adjunct assistant professor at the University of Texas Health Science Center at San Antonio.**

**While this study did find an association between the consumption of noncaloric sodas and a wider waist circumference, the research wasn't designed to prove whether drinking diet soda directly caused weight gain around the middle.**

**In recent years, a number of studies have suggested that artificially sweetened diet sodas may be associated with a wide variety of ills, including heart problems, depression and damaged teeth. However, a direct cause-and-effect link implicating diet soda has been elusive.**

**The new study aimed to understand how diet sodas affect the waistline over time. Scientists believe fat in the midsection of the body is especially dangerous to health.**

**The researchers looked at findings from a previous study of more than 700 white and Latino people. They were all 65 or older when they entered the study from 1992 to 1996. Researchers tracked them for an average of just over nine years to see what happened as they aged. The study ended in 2004.**

**The researchers found that the waistlines of people who never drank diet sodas increased by 0.8 inches for the length of the study. By comparison, occasional diet soda drinkers' abdominal girth grew by 1.8 inches during the same time. Waistlines expanded by more than 3 inches in those who consumed the drinks every day, according to the study.**

**But this is not necessarily a case of diet sodas causing weight gain, Fowler said. One possibility is that the weight gain is appearing in people "who had seen themselves increasing in weight over the past five to seven years and decided they need to do something about it," she said. So people may have turned to diet soda because they'd been putting on pounds, but then still kept on gaining weight because of other dietary habits, not the diet sodas.**

**Another possibility is that people use diet sodas as an excuse to eat more because "they feel like they're protected against eating too many calories," she said.**

**It's so possible that diet sodas could be the culprit. Past research has shown that animals gain more weight when they consume artificial sweeteners, and that could be happening in humans, too, Fowler said.**

The sweeteners could boost weight gain by disrupting the way the body processes sugar, making people more hungry, according to Fowler.

The American Beverage Association said in a statement: "It's important to recognize that this observational study looked at an aging population -- those over 65 at the beginning of the study, who are already at risk of weight gain and cardiovascular disease -- and then made conclusions based on associations. However, many trying to lose or control their weight look for ways to reduce calories, including with their beverage choices."

The study has several weaknesses, said Connie Diekman, director of University Nutrition at Washington University in St. Louis, and former president of the Academy of Nutrition and Dietetics.

One is that the study didn't have many participants. Another is that the study only looked at older people. And the study data is 10 years old now, she noted.

"Much has changed since the baseline for this study. New sweeteners are out, different sweeteners are blended to achieve the sweet taste with minimal sweetener, and reports indicate that intake is down, so all these factors could change this outcome," Diekman said.

Considering the study's weaknesses, Diekman added, "the data it provides might be more of the 'nice to know' variety rather than of value to practitioners."

What should you do if you're concerned about your waistline? Fowler suggested trying fresh-brewed tea and coffee, especially if you seek caffeine, and bubbly unsweetened mineral water with fruit juice if you like carbonation. Another option, she said, is cutting down on diet soda, she said.

Diekman cautioned that "behavior change of any type is tricky. It takes time and it usually means finding another, healthier behavior that is equally enjoyable. It is not impossible to change but it takes commitment."

The study appears in the March 17 issue of the *Journal of the American Geriatrics Society*.

More information

For more about alternatives to sugary drinks, visit the [American Diabetes Association](#).

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## **ARE YOU READY FOR AN EMERGENCY?**

### **Poisoning**

You're babysitting a 4-year-old when you discover he's swallowed more than half a bottle of his parents' pills. What should you do?

First, remain calm. Most cases of child poisoning are mild and manageable if the right steps are taken.

However, some substances are more toxic to children and may be lethal to a child even in very small doses, including:

**Chemicals:**

- alcohols (e.g., alcoholic beverages such as vodka; antifreeze, windshield wiper fluid)
- cleaning agents
- industrial chemicals
- nail products
- paint thinners
- pesticides (e.g., lindane)

**Medications:**

- antidepressants
- diabetes medications
- heart medications
- illegal drugs
- iron pills
- opioid medications (e.g., oxycodone, methadone)
- salicylates (e.g. ASA, mesalamine)
- seizure medications

**Note that this is not an exhaustive list. Any medication or chemical ingested by a child can have the potential to cause serious harm. These substances should be kept out of sight and out of reach from children. In the case of a poisoning, do not attempt to induce vomiting unless advised otherwise.**

**If the child is unconscious, has stopped breathing, or has no pulse, call 9-1-1 and start CPR if you are trained to do so, if needed.** For more information, see "CPR." CPR techniques are similar for adults and children over 1 year of age, except that children may need smaller rescue breaths. Give breaths that are just large enough to make the chest rise.

**You should also call 9-1-1 if the child is:**

- having trouble breathing
- having seizures (convulsions)
- having trouble swallowing

**Otherwise, call your local poison information centre. These professionals will give you instructions on what to do next. Be prepared to provide:**

- the child's age and approximate weight
- a description of what the child swallowed (for example, what's on the label of the pill bottle or what the pills look like)
- how the child is feeling and whether you've noticed any physical changes

**Follow these steps to prevent child poisonings:**

**Don't count on child-resistant containers to keep children safe. They are designed to make containers harder, but not impossible, for a child to open. Children are often able to open them.**

**Never put household cleaners or other poisonous substances in cups, glasses, drinking bottles, or anything else that a child may pick up and drink. Keep them in their original containers.**

**Store all household cleaners and medications in a locked cabinet. Don't rely on keeping them on a high shelf "out of reach." Many children are able to climb up to reach even the highest shelves. Children learn by watching adults. Don't take medication in front of children or call it "candy."**

**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!**

**Mothers Day: I love you Dad**

I love you dad,  
Not because of the sweet deep voice  
Not because of the angelic heart  
Not because of the shelter and food  
Not because of bills you clear  
I love you dad, so much,  
Because you love mom

**Alicia—Mother's Day**

As always in my darkest hour, she still comes to calm my fears  
Like the flower's scent in the dark of night, she will come to soothe my tears  
I can sense, in the gentle breeze's touch, the softness of her skin  
Could there be found, in a thousand poems, a love so pure as this?  
I know it sounds beyond most realms, and some may call it myth  
Although she's gone, and time has passed, *forever* does exist.

**TAURUS - The Enduring One (April 20 - May 20) Charming but aggressive. Can come off as boring, but they are not. Hard workers. Warm-hearted. Strong, has endurance. Solid beings that are stable and secure in their ways. Not looking for shortcuts. Take pride in their beauty. Patient and reliable. Make great friends and give good advice. Loving and kind. Loves hard - passionate. Express themselves emotionally. Prone to ferocious temper-tantrums. Determined. Indulge themselves often. Very generous.**

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

**ANNUAL BC ELDERS GATHERING INFO CORNER**

**The 39th Annual Elders Gathering  
Host: Tsawout First Nation July 7-9, 2015  
Place: Panorama Recreation Centre  
1885 Forest Park Drive, North Saanich, BC, V8L 4A3  
2015 Event Coordinator: Dianne Garner  
Email: [39elders@telus.net](mailto:39elders@telus.net)  
Website (online registration available): [bcelders2015.ca](http://bcelders2015.ca)**