

**Volume 14 Issue 11**

**October 2014**



**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 167th Issue!**

**HAPPY BIRTHDAY  
TO ALL ELDERS BORN IN OCTOBER**

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

**40th Annual Elders Gathering in 2016**

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

**Inside this issue**

Easy Bakers Corner/Website	2
List of Paid Support Fees	3
\$3000 Personal Credits	4
Tseshah Member Off To New Zealand	5-6
AFN 5th National Youth Summit Report	7
Sextortionists Targeting Teens	8
Specific Claims Tribunal/Federal Court of Appeal	9

**Pg. 10: FNHA-BC ELDERS' GUIDE**  
**Pg. 10: 2014 Equipment Grant Program**  
**Pg. 11: Press Release: FNLC Statement**  
**Pgs. 12-13: Ground-breaking Mental Health App For Youth Launches Today**  
**Pg. 14: Ruby Creek Art Gallery Open House**  
**Pg. 15: FNHA-FN Health Benefits Info Pkg.**  
**Pg. 15: FNHA-Community Living BC Services Now Available On-Reserve**  
**Pgs. 16-17: Woodstoves and Wood-Burning Fireplace Safety**  
**Pgs. 17-19: Ditidaht Receives British Royals To Open New Library**  
**Pgs. 20-23: Staying Healthy On Medication**  
**Back Page:**  
**Annual Elders Gathering Corner Contact Information, Quotes and Horoscopes**

## Easy Bakers Corner – Decadent Fudge Cake

Preheat oven to 300°F. Heavily grease and flour a 10 inch Bundt pan.

Cream 1 cup of butter, softened, in large bowl, gradually add 1 1/2 of granulated sugar, beating well at medium speed of electric mixer. Add 4 eggs, one at a time, beating after each addition.

Dissolve 1/2 tsp. of baking soda in 1 cup of buttermilk, stirring well.

Add to creamed mixture alternating with 2 1/2 cups of all-purpose flour, beginning and ending with flour.

Add 1 cup of semi-sweet chocolate mini morsels, 2 (4 oz.) bars of sweet baking chocolate, melted and cooled, 1/2 cup of chocolate syrup, and 2 tsp. of vanilla extract, stirring just until blended. (Don't overbeat). Spoon batter into prepared pan.

Bake for 1 hour and 25-35 minutes or until cake springs back when touched. Invert cake immediately onto serving platter and let cool completely.

Combine 4 ounces of chopped white chocolate and 2 Tbs. of butter or shortening in top of double boiler (you can use the microwave too). Cook until mixture is melted and smooth. Remove from heat.

Drizzle white melted chocolate over cooled cake.

Melt 1/2 cup of mini chocolate morsels and 2 tsp. of butter or shortening in a small sauce pan (or microwave) stirring until smooth. Remove from heat, let cool and drizzle over white chocolate. 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.

Gilakasa, 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

### FROG LEVEL - \$750

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

### SISIUTL LEVEL - \$500

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

### HUMMINGBIRD LEVEL - \$250

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

16. St. Mary's Indian Band
17. Lhtako Dene Nation
18. Westbank First Nation
19. Sts'ailes Band
20. Spuzzum First Nation
21. BC Assembly of First Nations
22. Squamish Nation
- 23.

### Donation:

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

## Personal Credits

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

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

### Important Deadlines

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

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

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

## Applying for Personal Credits

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

If you have not received your Acknowledgement Form by February 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.

## **Tseshahat Band Member Off To New Zealand**

### **Randy Fred Wins Gold Medal in Brantford**

**19 September 2014**

**Randy Fred, a member of the Tseshahat First Nation (Port Alberni), won the gold medal for B-1 Men in Brantford, Ontario. The Blind Bowls Association of Canada's National Visually Impaired Lawn Bowling Competition was held September 3 - 7. Fred won the gold medal in the B-1 Men category. There are 4 categories for men and 4 for women. B-1 bowlers have virtually no vision. Fred is totally blind.**



**The gold medal makes him eligible to enter the International Disabled Bowls competition in Lower Hutt, New Zealand February 16 - 27 2015. Fred stated, "Don Sherry, my director, and I decided we will enter, which means we need to do some frantic fundraising to get us there.. It will cost approximately \$5,000 each."**

**How do blind people lawn bowl? A white twine is placed down the centre of the green for those with some sight as a point of reference. This also assists the director in lining up the bowler's throw. We stand on a rectangular mat, which gives us further reference as we know where to place our feet for a forehand and for a backhand delivery.**

**Some directors stand behind the bowler to help them line up their throw. Others stand in front. Fred explained, "I have a unique style of lining up my throw. I learned this from Elaine Smithson, who Don Sherry directed when she played in the World Championship for the B-1 Ladies category. I learned to deliver the ball from her. It is very physically challenging as I crouch down low, place my left hand in front of me and aim the ball at my fingertips. Don then instructs me to move either left or right. A fraction of an inch on my end means a large difference on the other end." A small (usually white) ball known as a jack is thrown. A marker on the other end places the jack on the string and yells out the distance. The range at the Nanaimo Bowen Park green is from 21 metres to 32 metres. So, it's a matter of properly lining up the throw and getting a feel for the distance. The moisture content of the grass and the way it is cut and groomed affects the speed of the green. Every green is different. Some greens now are going to artificial turf, like the one at Beban Park. Fred prefers playing on real grass.**

**An added challenge is each ball is biased, ie. weighted on one side. It is necessary to throw to either the left or right of the string as the ball curves towards the centre as it slows down. Throwing the wrong bias means the ball will usually go into the next green.**

**Each player throws 4 balls each end. "When we play Tuesday mornings at Bowen Park we usually play 10 or 12 ends per game. At the Nationals we always play until one player gets 21 points and each game has a 3-hour time limit. In the hot sun 3 hours is a very long time," Fred said.**

Young people are now going to Bowen Park to try their hand at lawn bowling. It is a fun game and is good exercise. In some countries it is a game for all ages. Unfortunately, here in Canada it has the stigma of being an old-timer's game. The Nanaimo Visually Impaired Club has been doing a good job recruiting new bowlers as there are now several younger bowlers. Fred continued, "Since I started lawn bowling around 2000 I have played against visually impaired bowlers aged from their early 20s to their mid-90s. British Columbia has had some excellent visually impaired bowlers."

The sport allows visually impaired people to get out of their house, socialize and get some fun exercise. It is easy for disabled people to get stuck in the habit of staying indoors. For some, it is very scary to leave the house. Fred said, "I was struck a couple times by moving vehicles and got lost several times so lawn bowling is very good for me."

Fred concluded, "It is the dedication of the many volunteers that make this sport possible for us. We are extremely grateful to them. For the Nanaimo bowlers in the Brantford Nationals to accompany their visually impaired bowlers to the tournament in Ontario was commendable. It even meant them contributing several hundred dollars each to make the trip. I am very grateful for Don Sherry agreeing to be my director in the World Competition. It is a long journey to New Zealand and it is a costly trip. For me, it is a once-in-a-lifetime opportunity and I will do my best to make the trip worthwhile for Don. We are also grateful to the organizations and individuals who contribute money to enable us to enter competitions."

Fundraisers are being planned and grant applications are being worked on. Fred will post his story on [www.fundrazr.com](http://www.fundrazr.com) for individuals, corporations and organizations to contribute money.

Fred added, "When we were in Brantford I wanted to announce a challenge to Wayne Gretzky as that is his hometown. My challenge is to play him a game of lawn bowling and I will give him a chance by playing with my eyes closed. And, I will humour him by shooting some goals on an ice rink against him but he must shoot the puck with his eyes closed. That would make for an exciting fundraiser. Come on Wayne, don't be a chicken!"

— 30 —

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## Youth Training Update: The AFN 5th National Youth Summit Report

by Kirsten Whitney from Ucwalmicw Centre Society

The Assembly of First Nations (AFN) 5th National Youth Summit took place in Halifax, Nova Scotia, on Sunday July 13, 2014. For those who don't know much about what the AFN Youth Summit is, it is organized by The Assembly of First Nations National Youth Council and is in partnership with the host committee for the 35th AFN Annual General Assembly. The AFN National Youth Council consists of two youth representatives, one male and one female, from each of the ten regions of the AFN. As well as an alternate male or female position, depending on how many youth run in each region. The AFN National Youth Council also has two chairpersons, one male and one female, and the two chairpersons act as spokespersons on behalf of the national youth council.

With a mission statement as "Voices in Unity – Voices from the Community", I feel as if the youth who attended, including myself were united on the topics we discussed, and we shared similar views on current issues that affected our different communities from across the provinces and territories in Canada. We spoke about topics that included, the history of the AFN Youth Summit, and the AFN and National Youth Council Action Plan on moving forward, Education, Barriers, shaping priorities into actions, how to get more youth involved, understanding needs of youth in all communities and prioritizing, and current emerging issues, just to name a few.

We gathered on Mi'kmaq territory for the Youth Summit, a place I have never been. Being across Canada alone was nerve-racking at first, although I instantly had a sense of calmness, a visceral indescribable feeling that made me feel at ease among people who shared the same interests as myself. It was a gathering of indigenous youth from across turtle island, and I instantly felt welcomed by each person. It helped that I was one of the only youth who attended from British Columbia. I was ready to take in all that I could learn, not only politically, but culturally as well.

In the message statement Sasha Maracle and Noel Joe, Co-Chairs of the AFN NYC read, they had mentioned in their last Youth Summit in Saskatoon they gathered important issues from the youth that needed to be addressed. First issue mentioned was "the need for more opportunities to meet nationally, to discuss youth issues." Secondly, "youth want to become more involved and active in shaping decisions that impact them." I could relate to both of these issues. However, I feel there is a pressing need to understand that youth, most of the time, do not know how to become involved or feel shy and belittled by older people in the community or people in higher positions, and don't know how to get their voice heard and understood, despite the fact that people are always saying how important the youth are. This concept resonated with me and inspired me to take action.

I wanted to let my community to know that this experience of traveling to Nova Scotia for the AFN Youth Summit and listening to the AFN Annual General Assembly, has excited my want for change in our community. "Empowerment of the youth" was something I have walked away with, and I have always been very shy when it comes to saying what I am unyieldingly passionate about. I want there to be change, and I want to be a voice for the St'at'imc youth. So with this, I am very pleased to say that I will be running for the position of the BCAFN Female Youth Representative. The election will be taking place during next weeks BCAFN 11th Annual General Meeting on September 9-10th, 2014 in Vancouver, BC. I would like to thank those of you in my community (you know who you are) who have supported me and my efforts to attend youth summits similar to the AFN Youth Summit and the BCAFN Youth Summit in the past, without your support I would not have had this opportunity. Win or lose, it will be a tremendous experience to be in the election.

## **Alert for Parents: Sextortionists Targeting Teens (from protectchildren.ca)**

### **Cybertip.ca receiving a concerning increase in reports from teens sharing sexual images/videos and then extorted for money**

For Immediate Release

September 4, 2014

WINNIPEG, MB: The Canadian Centre for Child Protection is warning parents about an increasing and serious trend involving Canadian youth being extorted for money. In the last few weeks, the Canadian Centre's *Cybertip.ca* program (Canada's national tipline for reporting the online sexual exploitation of children) has seen a concerning rise in teenagers reporting issues surrounding the sharing of sexual images/videos with adults posing as teenagers. On platforms that allow users to communicate by video, offenders are secretly recording teenagers exposing themselves and then threatening to share the sexual content if they don't pay money (often hundreds of dollars) to the individual.

In many incidents, youth are participating in this activity believing they are engaging with another young person. Connections first start out within social networking sites (e.g. Facebook) and then progress to live video feeds (e.g. Skype) where youth engage in sexual behaviours that are secretly recorded by offenders over webcam.

Anytime youth are using platforms that offer the ability to connect live via webcam, they must consider the risks. While many teens understand the dangers associated with recording and sharing sexual images and videos, they are not as aware of the risks associated with live video feeds. With relative ease over live streaming, anyone can capture a still image or video of a person sexually exposing themselves – all without the other person's knowledge.

"Parents must have regular conversations with teens about the risks associated with engaging in sexual behaviour online and how videos and images can be used against them," says Signy Arnason, Director of *Cybertip.ca*. "Live video streaming in combination with the sexual curiosity of youth makes them particularly vulnerable to being sextorted and coerced."

Parents must be mindful that this can happen to any young person. In these situations, teens are often fearful of what may happen and unwilling to talk to their parents. Regular dialogue around this topic can mean the difference between whether or not a teen chooses to seek out parental support in situations where they are in over their heads.

"It is also important for parents to talk with teens about never complying with threats. These situations do not get resolved by complying and in fact, can make matters worse. Teens need to be explicitly told this," says Arnason. "Parents also need to tell their kids that if something like this ever happens, that they need to come to them no matter what – and that together they will get through it."

See our *How to Talk to Youth about Online Extortion* sheet for tips and more information on how to help youth dealing with extortion. The Canadian Centre for Child Protection is strongly encouraging parents to take the time and learn more about ways to increase your teen's safety online by visiting [www.needhelpnow.ca](http://www.needhelpnow.ca). For other emerging issues facing young people, parents are also encouraged to sign up for *Cybertip.ca* Alerts at [www.cybertip.ca](http://www.cybertip.ca).

For more information please contact us via:

- Telephone: (204) 945-5735

Toll-Free: (800) 532-9135

# Canada Defers to Authority of the Specific Claims Tribunal and Federal Court of Appeal

**News Release. September 12, 2014**

The deadline has passed for the Harper Government to challenge the Federal Court of Appeal's ruling which upheld the Specific Claims Tribunal's decision in favour of the Kitselas First Nation.

"We extend our congratulations to the Kitselas and welcome Canada's acknowledgement that the Specific Claims Tribunal has the power to make legal, binding decisions that must be allowed to stand," states Williams Lake Indian Band Chief Ann Louie, a member of the Union of BC Indian Chiefs (UBCIC) Specific Claims Working Group. "The Specific Claims Tribunal's authority and credibility have been reaffirmed."

The Williams Lake Indian Band is preparing its own Federal Court submission after Canada filed for a judicial review of the Tribunal's ruling that Canada failed to protect the Band's village site, contrary to policy and law.

Earlier this year, Canada attempted to have the Specific Claim Tribunal's ruling in favour of the Kitselas First Nation overturned by applying for a judicial review of the decision. The UBCIC led a coalition of interveners in the Kitselas judicial review, recognizing the precedential significance of this case.

Like the Tribunal, the Federal Court of Appeal ruled in favour of the Kitselas First Nation, confirming Canada's lawful obligation to protect First Nation villages and settlements during the reserve creation period.

"Long, drawn out legal challenges fundamentally undermine reconciliation between First Nations and Canada," observes Chief Maureen Chapman, Chair of the UBCIC Specific Claims Working Group. "The Harper Government and the Minister should learn from this costly exercise and instead opt to engage in good faith negotiations." "In allowing the deadline to pass, it is clear that the Harper Government recognizes the ultimate authority of the Specific Claims Tribunal," Chief Chapman adds. "We encourage Canada to respect the informed decisions of the Tribunal and to respect the principles of justice that underlie its work."

"The Harper Government and the Department of Aboriginal Affairs and Northern Development Canada (AANDC) have been racking up huge legal bills fighting First Nations - and to what end?," remarks Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "Canada must abandon its damaging, hostile approach and instead re-engage with First Nations to address historical injustices. Canadian taxpayers cannot continue to subsidize the Harper Government's expensive, politically-motivated legal battles."

Media inquiries:

Grand Chief Stewart Phillip (604) 684-0231

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



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

In the guide, Elders share their secrets to aging well, including eating traditional foods and staying active through hunting and fishing. The guide also addresses the importance of nurturing spirit through being engaged in community life and a reminder to keep tobacco use ceremonial. The publication was launched by Wickaninnish Clifford Atleo Sr. at the 38th Annual BC Elders Gathering in Penticton to an audience of over 3,500 BC First Nations and Aboriginal Elders. Read, download and share the BC Elders' Guide For more information on seniors' services in BC, please visit: [www.seniorsbc.ca](http://www.seniorsbc.ca)

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### **Aboriginal Sport, Recreation & Physical Activity Partners Council**

#### **REMINDER- APPLICATION DEADLINE OCTOBER 7th**

#### **PARTNERS COUNCIL LAUNCHES 2014 EQUIPMENT GRANT PROGRAM**

**Application Guidelines**  
**Application Form**

#### **Application Deadline**

**All applications (including official purchase quotes or statements from a retailer, supplier or distributor) must be received on or before 5 pm (PST), Tuesday October 7, 2014.**

#### **Inquiries:**

**Jocelyn Sam, Equipment Grant Coordinator**  
**Aboriginal Sport, Recreation and Physical Activity Partners**  
**email: [egprogram@bcaafc.com](mailto:egprogram@bcaafc.com) or Fax: 250.388.5502**

**Note: Successful applicants will be notified in November 2014**

**CONTACT US**  
**551 Chatham Street**  
**Victoria, BC**  
**V8T 1E1**

**PH: (250) 388-5522**  
**Fax: (250) 388-5502**  
**Toll-Free: 1-800-990-2432**  
**Website: [www.aboriginalsportbc.ca](http://www.aboriginalsportbc.ca)**

# **FNLC Statement: BC Government and First Nations leaders look to uncertain future of reconciliation**

**September 11, 2014**

VANCOUVER –First Nations leaders from across the province and the B.C. Cabinet convened today for a historic day-long dialogue on transforming First Nations-Crown-relations in British Columbia.

Discussion focused on the Supreme Court of Canada’s decision in *Tsilhqot’in Nation* as an historic opportunity to work together to build a new path for respect, recognition and reconciliation in the province. The decision also establishes a new reality and legal landscape for our transformed relationship, and that implementation of the decision must be a joint endeavour to achieve success and will require hard work.

First Nations leaders clearly laid out the following foundations that must be the basis for future work:

1. Acknowledgement that all our relationships are based on recognition and implementation of the existence of indigenous peoples’ inherent title and rights, and pre-confederation, historic and modern treaties, throughout British Columbia.
2. Acknowledgement that Indigenous systems of governance and laws are essential to the regulation of lands and resources throughout British Columbia.
3. Acknowledgment of the mutual responsibility that all of our government systems shall shift to relationships, negotiations and agreements based on recognition.
4. We immediately must move to consent based decision-making and title based fiscal relations, including revenue sharing, in our relationships, negotiations and agreements.

The First Nations Leadership Council is disappointed that the Province declined to commit today on these key foundations for moving forward, recognizing this is our first political meeting on these fundamental political and legal questions. This work is too important to delay, and the First Nations Leadership Council and First Nations in BC await and look forward to a timely response regarding the foundations of our work together. Regardless, First Nations remain resolute in exercising our respective title and rights, and treaty rights according to these foundations for the benefit of the current and future generations. We will steward our lands and ensure that they are responsibly managed and work toward building strong First Nations governments, communities and economies.

For further comment please contact:

Grand Chief Edward John, First Nations Summit: 604-926-9903

Grand Chief Stewart Phillip, President, UBCIC: 604-684-0231

Courtney Daws, Director of Operations, BCAFN: 604-922-7733

**September 18, 2014**

**Ground-breaking Mental Health App for Youth Launches Today  
Coast Capital Savings funds “BoosterBuddy” a first of its kind initiative**

Victoria — Island Health, Victoria Hospitals Foundation and Coast Capital Savings today announced the launch of *BoosterBuddy*, a ground-breaking mobile app designed to give youth a boost to their mental health.

One in five young people experience mental health challenges, but youth can be difficult to reach through conventional services. The free app is the first of its kind to use a gamified approach to help youth experiencing psychosis, anxiety or depression.

*BoosterBuddy*, which is now available for download on Apple and Android mobile devices, was funded by Coast Capital Savings through a \$150,000 donation to the Foundation’s *Building Care Together* campaign.

“Our role as a hospital foundation is to facilitate a partnership between private donors and the care providers who want to improve patient care through innovation,” said Gord Macatee, Victoria Hospitals Foundation Vice Chair. “When donors make something happen that wouldn’t otherwise be possible, and it changes people’s lives for the better, it is a magical moment. This is charitable giving at its best.”

*BoosterBuddy* uses video game design elements that guide users through a series of daily quests to help establish and maintain positive habits. The Island Health development team collaborated with youth peer mentors to conceive, design and test the app throughout its development.

“It was phenomenal to be here today to see the hard work of the committed staff at Island Health and the youth design team come to fruition,” said Lewisa Anciano, Vice President, People at Coast Capital Savings. “Coast Capital Savings is committed to helping build a richer future for youth in our communities by investing in programs that foster strong mental health. Through supporting initiatives like Island Health’s new *BoosterBuddy* app, more young people will have the tools they require to positively address mental health issues like stress and depression that may be preventing them from pursuing the rich, fulfilling lives they desire.”

*BoosterBuddy* works as an interactive ‘buddy’ in the shape of a fox, rabbit or raccoon. By checking-in and completing daily healthy-behaviour “quests”, users wake up their sleeping buddy, advance to higher levels in the game and earn virtual coins they can trade for hats and other accessories for their buddy. Among its many features, the leading-edge app offers youth help with:

- Coping skills
- Getting started on tasks
- Following self-care routines
- Appointment and medication tracking
- Daily check-ins on how they are feeling
- Increasing real-life socialization
- Having a crisis plan

Because of the toll early psychosis symptoms can take on their mental health, youth who experience schizophrenia and other mental health challenges can often find it difficult to monitor or adhere to their medication regime and engage in healthy behaviour that improves their quality of life.

“We are proud of our Mental Health and Substance Use team’s work to develop this innovative app with youth, and grateful to Victoria Hospitals Foundation and Coast Capital Savings for their generous donation.” said Dr. Brendan Carr, Island Health President and CEO. “*BoosterBuddy* is designed by young people who serve as peer mentors to help other youth struggling with mental health issues to get control over their own wellbeing.”

The *BoosterBuddy* app will be shared with health jurisdictions across the country and is now available as a free download on Apple iTunes and Google Android. You can download the app here [www.viha.ca/boosterbuddy](http://www.viha.ca/boosterbuddy).

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### **About the Victoria Hospitals Foundation and the *Building Care Together* Campaign:**

Victoria Hospitals Foundation works in partnership with Island Health to enable donations to Vancouver Island’s two largest and most comprehensive hospitals: the Royal Jubilee and the Victoria General. Since 1989, the Victoria Hospitals Foundation has raised nearly \$97 million to benefit our hospitals. *Building Care Together* is the third and most ambitious campaign in the Foundation’s history. The campaign raised \$25.2 million to support the purchase of state-of-the-art equipment for the new Patient Care Centre at Royal Jubilee Hospital. To learn more, visit [www.victoriahf.ca](http://www.victoriahf.ca).

### **About Coast Capital Savings:**

Coast Capital Savings is Canada’s second largest credit union, owned by its 512,000 members. It has 50 branches in the Metro Vancouver, Fraser Valley and Vancouver Island regions of British Columbia and has exciting plans to grow. Product innovations include Canada’s first free chequing account from a full-service financial institution. Coast Capital offers one of Canada’s 10 Most Admired Corporate Cultures™ and was named one of 2014’s BC Top Employers. It is a member of Canada’s Best Managed Companies Platinum Club and an Imagine Canada Caring Company. To learn more, visit [www.coastcapitalsavings.com](http://www.coastcapitalsavings.com).

### **About Island Health:**

With more than 18,000 healthcare professionals and 1,900 physician partners, Island Health provides health care to over 765,000 people on Vancouver Island, the islands of the Georgia Strait, and in the mainland communities north of Powell River and south of Rivers Inlet. Committed to providing exceptional patient experience, excellence in quality and safety, community focused healthcare and being a great place to work, Island Health strives to provide excellent health and care for everyone, everywhere and every time. To learn more visit [www.viha.ca](http://www.viha.ca).

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# Ruby Creek

ART GALLERY

**FOR IMMEDIATE RELEASE: 24-Sep-14**

## **You are invited to experience an evening of music, dance, & art**

*The Ruby Creek Art Gallery will be hosting an Open House*

**Agassiz, BC:** The Ruby Creek Art Gallery, owned and operated by the Skawahlook First Nation, has arranged an entertaining open house event to be held on the evening of October 24<sup>th</sup> from 6PM until 9PM. In keeping with our mission to promote the finest Pacific Northwest Coast artists, we invite all art lovers to join us and experience what our gallery has to offer.

The Ruby Creek Art Gallery does a phenomenal job of displaying beautiful Native art pieces such as cedar and soapstone carvings, silver and gold jewelry, framed prints, original paintings, and drums. However, gallery manager, Mike Bellegarde, states, “We believe that art appreciation should go beyond the visual aspect of just ‘seeing’ the art pieces. We want our visitors to also feel the beat of the drums and to hear the voices of the artists, we want them to smell the cedar as it is being carved and, through story, to get a glimpse into the mind of the carver as a piece of cedar is brought to life. We believe that our Open House event will give our visitors that holistic experience and a better understanding of the art pieces that we have on display.”

**Some of the highlights of the evening that we have planned are:**

- Cultural sharing of song and dance by The Git Hayetsk Dancers
- Native flute music by Eagle Child
- Art exhibition by Mike Dangeli, Nisga’a artist
- Art exhibition by Pascal Pelletier, Métis artist
- Appetizers and refreshments will be served
- Performances will begin at 6:15PM

**About Ruby Creek Art Gallery:** Located on scenic highway #7, between the towns of Agassiz and Hope, we are committed to promoting the work of the finest Northwest First Nations artists. The gallery is owned and operated by the Skawahlook First Nation. We take pride in our extraordinary collection of Pacific Northwest Native art, which includes limited edition prints, gold and silver carved jewelry, hand carved boxes, chests, and plaques, handcrafted drums, soapstone and textiles.

For more information contact Mike Bellegarde at the Ruby Creek Art Gallery at (604)796-0740 or by email at [mike@rubycreekartgallery.com](mailto:mike@rubycreekartgallery.com)

Information from Aboriginal Tourism BC

## From the First Nations Health Authority News and Events



### **Read, Download and Share the First Nations Health Benefits Information Package!**

The First Nations Health Authority is pleased to release the first edition *First Nations Health Benefits Information Package*. This publication has essential and informative information about the First Nations Health Benefits program including principles, coverage, workflow for claims, appeals information, frequently asked questions, contact information and more.

This document intends to assist First Nations Health Benefits clients in navigating the system in an easy and convenient way. Information within covers the health benefits areas of dental, medical supplies and equipment, medical transportation, mental health, MSP, pharmacy, vision care, travel, general, and more.

Read, download and share the First Nations Health Benefits Information Package here and look out for hard copies coming to your community.

For more information on the First Nations Health Benefits Program please visit us online through the below links:

**First Nations Health Benefits**  
**Overview**  
**Access for First Nations**  
**Benefits Information**  
**Frequently Asked Questions**

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## **Community Living BC Services Now Available in First Nations Communities**

Services offered by Community Living BC (CLBC) will be available on-reserve to First Nations. CLBC funds supports and services to help adults with developmental disabilities and their families achieve their goals and live the life they want. Supports can include:

- Family support
- Connections with community services to support individuals, families or caregivers
- Helping find housing options that encourage independence while meeting an individuals' unique needs
- Community inclusion supports that focus on employment, social and life skills

This means that there can be First Nation service providers (i.e. shared homes, programs, etc.), on reserve, as long as they meet the CLBC standards and are approved. These services were previously not available on-reserve.

For more information please contact Community Living BC through their local offices. Find these here: [www.communitylivingbc.ca/about-us/contact/local-clbc-offices](http://www.communitylivingbc.ca/about-us/contact/local-clbc-offices)

# Woodstove and wood-burning fireplace safety

National Home Fire Safety Week

November 24 - 30, 2012

There is comfort in the crackling sound of a wood-burning fireplace or stove on a cold winter's night. But warm and cozy can quickly turn dangerous, destructive and deadly if your wood-burning unit is not properly installed or regularly maintained.

This National Home Fire Safety Week, the Canada Safety Council is focusing on safe practices and reminding fireplace and woodstove users to think about safety before starting any fires.

## Preparation Tips

Preventative care and a well-designed area for burning wood can reduce the likelihood of an unintended incident. For example, when installing a woodstove, situate it on a non-combustible surface such as a tile floor. Adequate ventilation is very important for preventing carbon monoxide poisoning; make sure that a door or window is easily accessible from your wood-burning area.

Consult a professional about proper installation of stove pipes. If you are using a fireplace, regularly have the chimney cleaned and serviced by a professional. Keep an area of at least one metre around the stove or fireplace clear of anything that might catch fire or overheat.

Know what to expect from your wood-burning unit. Stoves are designed to heat larger areas, and emit warmth from all sides. You may need to install a heat shield behind or beside the stove to prevent heat damage to any nearby walls. A fireplace, meanwhile, is primarily decorative and often does little more than provide some heat to the room in which it is located.

## Firing it up

Before lighting your fireplace or wood-stove, open the damper to allow for good airflow. Keep the damper open until the fire is out and the ashes are cool enough to touch.

Build your fire with a small amount of dry, seasoned wood to keep the flames under control. Resist the temptation to overload your fireplace or stove. Burning too much wood at once can cause tar and creosote to build up in your chimney or stove pipes, which creates a fire hazard.

Never use highly flammable materials such as wrapping paper or gasoline in a woodstove or fireplace. These substances can create dangerous fireballs in an instant and, just like burning too much wood at once, can cause a buildup of flammable materials in your chimney or stove pipes.

Always use a screen in front of the fireplace, and never leave children unattended by a fire. Have a fire escape plan for your house and regularly review it with your family.

## Other considerations

Keep a working fire extinguisher in an accessible location. Check your smoke detectors monthly, and replace the batteries as necessary. You should also have a carbon monoxide detector in your sleeping quarters to alert you if there is a buildup of the deadly gas. Carbon monoxide buildup can occur if the area around your wood-burning unit is inadequately ventilated. Symptoms of carbon monoxide poisoning can include headaches and nausea. If your carbon monoxide detector goes off, get out of the building immediately and find out what needs to be done to correct the ventilation problem.

With the holiday season fast approaching, remember to take decorations such as stockings off the fire-place before use. If you have a real Christmas tree, water it regularly and keep it a safe distance away from your woodstove and any open flames.

Be responsible and use common sense. Avoid being intoxicated or impaired when around fire. Never leave your house or go to bed when a fire is still burning.

When it's time to clean the ashes out of the fireplace or wood-stove, wait until they are completely cool and scoop them into a metal bucket; never place the ashes in a plastic or cardboard container. It can take up to three days for embers and ashes to completely cool.

Exercise due care and enjoy staying toasty by your fireplace or woodstove this winter!

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*For more information, please contact:*

Catherine Benesch

Communications/Media Program Coordinator, Canada Safety Council

(613) 739-1535 (ext. 228)

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## Ha-Shilth-Sa

### Ditidaht receives British Royals to open new library

By Debora Steel, September 16, 2014 Article from [www.hashilthsa.com](http://www.hashilthsa.com)



**Princess Sophie speaks with children from Diti-daht at the opening of the new community library. Prince Edward looks on. Photo by Debora Steel**

**Nitinat Lake (Ditidaht First Nation)** — The community of Ditidaht First Nation hosted Prince Edward and Princess Sophie, the Earl and Countess of Wessex, on Sept. 15 for the opening of a new library and community gathering place.

The Prince and Princess were greeted at their helicopter by Ditidaht royalty, Ha'wilth Paul Tate, his speaker, Phillip Edgar, and elected Chief Jack Thompson.

The Prince laughed with Tate after the helicopter flew over the area and then out of sight again as a first helicopter carrying other dignitaries landed in a cleared-off field. Prince Edward said he hoped the Ha'wilt' did n't think the couple had a change of mind. He said the couple flew over Ditidaht's traditional lands, along Nitinat Lake to view the community's fisheries operations, and all the way to the Pacific Ocean. Prince Edward commented on the beauty of the territory.

See our photos from this visit at: <http://www.hashilthsa.com/gallery/prince-edward-and-princess-sophie-visits-ditidaht-first-nation>

Before making their way to the community, where elders and school children were among those awaiting the arrival of the Royal Couple, a traditional cedar headband was placed atop Princess Sophie's head. The band was woven by one of Ditidaht's eldest citizens, Fran Edgar, and Lucy Edgar placed it on the Princess's head, saying, "you wear our crown." Princess Sophie wore the headband throughout her entire stay in the community.

Ditidaht leadership led the way to a stage set up between the new library building and the school. Emceeding the formal portion of the morning was Bob Blacker with the North Delta Rotary Club. Blacker had worked with former B.C. Lt.-Gov. Steven Point to bring the community library to Ditidaht as part of the Write to Read program. Write to Read works to increase levels of literacy among Aboriginal people in British Columbia.

The library at Ditidaht was sparked by a dream of Eva Clarke, a Ditidaht School teacher, who wished for a place that the community could gather. She dreamed of a place where there could be story time and storytelling, Reader Theatre, and Read Aloud night. She hoped for a place to offer adult education, and internet access. Clarke is pursuing a Master's in literacy.

The only library in the community was in the school, which was closed on weekends, in the evenings and in the summer, Clarke told Ha-Shilth-Sa. She told her dream to a former principal of Ditidaht School, who knew someone with the Rotary Club. The Ditidaht library is the ninth facility Rotary has been involved with, bringing Write to Read to remote communities. Ditidaht is located about an hour-and-a-half's drive on logging roads from Port Alberni.

The project blossomed beyond all imaginings when it was announced that the Royal Couple was intending to visit. Point and Blacker had gone into the community last year to discuss the Write to Read program, and said they had never been so warmly welcomed. They sought to put Ditidaht on the Royal agenda because they knew the community would be tremendous hosts.

Once onstage, and through a spokesperson, the youngest son of Queen Elizabeth II, formally asked permission to be on Ditidaht "titled lands." The acknowledgement of Ditidaht's title to the territory was mentioned at least one other time during the couple's visit.

Chief Jack Thompson said he was "totally surprised" that people at that level of the British monarchy would know about Canada's issue around Aboriginal title. Thompson said it seemed to solidify the recent Supreme Court of Canada Tsilhqot'in decision to have someone that high up recognizing Ditidaht title.

To welcome the Royal Couple, who were accompanied to the territory by Lt. Gov. Judith Guichon, Chief Thompson sang a song. Then the community's dancers performed a Paddle Song. Speaker Phillip Edgar explained that it was a song that was sung traditionally by the community as they tied guests' canoes to the shore so they would stay put until the business in the community was done. It was figuratively securing the

couple's helicopter to the territory, he joked. After the dance was done, the dancers, who had practiced for many weeks, presented the Prince and Princess with a paddle.

In his opening remarks to the community, Prince Edward thanked everyone for the welcome, adding that it was a great honor to be present in the community. He said he brought greetings from his family, his mother, his grandparents and great grandparents.

He then called upon the members of the Ditidaht paddle club to come forward. The club is only three years old, and has already produced some champions, with eight of the members recently returning from the North American Indigenous Games, some with medals. The Royals presented a gift of new graphite paddles.

The Prince and Princess then joined Ditidaht leadership and Rotarian representatives in front of the new library steps to cut a ribbon. The Princess spoke briefly with the two young girls—Ciara Joseph and Hailey Thompsom--dressed in their traditional regalia, holding the ends of the ribbon. With the ribbon cut, the children of Ditidaht were the first allowed into the new library building, followed by the Royals who met Ditidaht's library committee.

The Princess sat and read with some of the children, while the Prince spoke about the facility with Rotarians and Ditidaht community members. They both took time to take pictures with anyone who asked.

The new library is actually the old school building, and has a number of rooms. There is the library proper, which now boasts more than 4,000 books, thanks to the Rotary Clubs of North Delta and Port Alberni, as well as Literacy Alberni. London Drugs donated the library's computers. And a computer lab has been added where community members can access the internet. Computers purchased by Ditidaht's Community Services department.

As an added surprise, the community also installed a games room for the young people, with foosball and ping pong tables and air hockey. The children didn't know about the room before that day, and they were anxious to try out the games.

After the tour, the Prince visited the RCMP station with Cst. Connie Villeneuve and the Princess went down to the boat launch to meet with the paddle club. After looking over the traditional canoes, the Princess watched as the club demonstrated its skills on the lake. She then donned a lifejacket and went out on the water with the club for a spin in a canoe appropriately named Princess. Sophie seemed an expert paddler and very happy to be out on the water.

Then it was back to the school where the community had gathered to share a meal of salmon, halibut, Dungeness crab and all the fixin's. After the meal, gifts were exchanged and the couple bid the community good-bye, off to their next stop with the Namgis.

Chief Thompson was happy with how the day unfolded. He said it was an amazing, once in a lifetime event to have "people of that caliber" come to the community to help open the library. He said the community was excited to have the Royals there, and the Royals seemed excited to be at Ditidaht. Thompson said the Prince and Princess were very "down to earth", they had time for everybody and didn't leave anybody out.

"They seemed to connect with the community," Thompson said. "It was a really good day. The community members enjoyed it."

## Staying Healthy on Medication from SeniorsHealth@Medbroadcast.com

### Taking Your Medication Matters

About 30% of emergency room visits related to medication use are caused by people not taking their medications properly. Don't become a statistic! Find out how to take your medications properly and stick with your treatment plan.

Many of us don't use our medication properly. This can lead to serious consequences. Here's what could happen to you if you don't take your medication as directed by your doctor:

- **You could end up in the emergency room or the hospital.** Around 30% of emergency room visits related to medication use are due to improper use of medications, and some of these visits lead to hospitalization.
- **Your symptoms could get worse.** If you're taking a medication to control your symptoms, your symptoms may worsen if you're not using it properly. For example, antibiotics need to be finished even if you are feeling better. If you stop treatment early, the infection may come back and you could be left feeling worse than before. Similarly, if you are combining certain medications, interactions between them can cause unwanted side effects, or the effectiveness of one medication may be altered. For example, certain antibiotics should not be combined with multi-vitamins or antacids.
- **You could suffer long-term complications if your condition is not properly treated.** People with long-term health problems like diabetes, high blood pressure, or high cholesterol can end up with complications such as heart attacks or strokes if their condition is not kept under control with medication.
- **Your medication could stop working.** Some medications, such as oral contraceptives and HIV medications, need to be taken on a strict schedule. If you miss doses or take them late, your medication could become less effective or even stop working for you altogether. In the case of HIV medications, you may then need to be switched to another medication. This cuts into the number of options that you have left to treat your condition. Studies show that you need to take at least 95% of your doses properly in order to keep your HIV medications working.
- **You could experience more side effects.** If you are not taking the medication properly, or taking too much, you are at a higher risk of side effects.
- **You could become dependent on your medication.** Some medications, such as sedatives, can cause dependence if they are not used properly.
- **You could go into withdrawal.** For some medications, such as hormone therapy, medications for mental health disorders, or thyroid medications, it may not be safe to suddenly stop taking them. Instead, your doctor or pharmacist can suggest ways to gradually reduce your dose so that you can avoid withdrawal symptoms.

# Staying Healthy on Medication

## Are you putting your health at risk?

Could the way you're taking your medications be putting your health at risk? Take our self-assessment questionnaire to find out:

Do any of the following statements describe you (for one or more of your medications)?

How you feel about your medication:

- I'm not sure if I really need this medication.
- I'm not sure if the medication is really helping.
- I feel that it doesn't really make a difference if I miss a dose of my medication.

What you know about your medication:

- I'm not sure how to use my medication.
- I'm not sure how to store my medication.
- I'm not sure what to do if I miss a dose of my medication.

How you're taking your medication:

- I didn't fill the prescription at all.
- When I run out of medication, I don't refill it right away.
- I sometimes miss doses of my medication.
- I sometimes forget whether I've taken my medication.
- I have been taking less of my medication so that it will last longer because it is expensive.
- I have stopped my medication or lowered the dose on my own because of side effects (without checking with my doctor first).
- I have stopped my medication or lowered the dose on my own because my symptoms seem to be getting better (without checking with my doctor first).

If you answered "Yes" to any of these statements, your health may be at risk because of the way you're taking your medication. Talk to your pharmacist about your concerns and how to use your medication properly. Read "Your medication: 11 things you must know" to find out what to ask your pharmacist.'

If you're having problems taking your medication as directed, you're not alone! On average, 50% of all people on long-term medications are not taking them as directed. So don't be embarrassed – your pharmacist is there to help you, not to judge you. By trying to stick to treatment, you're taking a valuable step towards better health! For more information on what you can do, read "Stick to your treatment, the easy way!"

# Staying Healthy on Medication

## Your medication: 11 things you must know

Improper medication use is a major cause of health problems and preventable emergency department visits. Don't end up in the emergency room – make sure you know your medication and how to use it.

## Here are 11 things you must know to protect your health:

1. What is this medication called?
2. Why am I taking this medication?
3. Is this medication intended to replace any of my other medications?
4. What is the proper way to use this medication?
  - a) How much should I take?
  - b) How often should I take it?
  - c) When is the best time of day to take it?
5. What should I do if I forget to take a dose?
6. How do I safely store the medication, and how long is it good for?
7. What side effects can this medication cause, and how should I deal with them?
8. When should I seek emergency medical attention for a side effect?
9. How long should I continue taking this medication?
10. How can I safely stop the medication? (For some medications, you'll need to gradually reduce your dose to prevent withdrawal symptoms – ask your pharmacist whether yours is one of them.)
11. Will this medication interact with any of my other medications, foods, alcohol, or alternative medical treatments (such as herbals or homeopathy)?

Knowing the answers to these questions could save your life. If you aren't sure of the answers, ask your pharmacist or doctor.

## Staying Healthy on Medication

**Stick to your treatment, the easy way!**

**Having trouble sticking to your treatment?** You're not alone. Half of all people prescribed medications are not using them properly or not using them at all! This can lead to serious health problems, hospitalization, and emergency room visits.

You can protect your health by taking your medication as directed by your doctor. Sometimes this can be hard. Here are a few ways to make it easier:

**Sign up for reminders.** Many pharmacies offer programs to remind you when it's time to refill your

medication. And some pharmacies and drug companies offer reminder services (by phone or email) to help you remember to take your medication. Check with your pharmacist to find out about reminder services.

**Simplify.** Talk to your pharmacist about ways to make your medication routine simpler. You may choose to:

- switch to medications that are taken less often (e.g., once a day)
- switch to combination products (pills containing 2 or more different medications)
- switch the dosage form, if another one is available that is easier for you to take (e.g., tablet to liquid)
- stop medications that you no longer need

**Ask for a medication list.** Your pharmacist can review your current medications, suggest changes to simplify and improve your medication routine, and provide you with a medication list to help you remember which medications you are taking and when. Keep your medication list with you and bring it to your medical visits so it can be kept up to date.

**Make it part of your routine.** Take the medication at the same time as something else you do regularly, such as brushing your teeth. Check with your pharmacist first to see whether your medication needs to be taken with food, on an empty stomach, or at a particular time of day in order to work best.

**Organize your medications with a dosette or blister pack.** These handy packages organize your medications by day or by time of day (e.g., morning, noon, afternoon, bedtime). Blister packs are made by your pharmacy, while dosettes are filled by your pharmacist or caregiver (or you can fill them yourself). Dosettes and blister packs make it easy to tell which medications should be taken at what times, and let you see whether you've taken a dose.

**Use a memory aid.** There are many memory aids available. Talk to your pharmacist about which one is best for you:

- Alarms let you know when it's time for your next dose. You can buy special medication alarms or use the alarms you've already got on your watch or cellular phone.
- Calendars can be used to help you keep track of your doses and remind you to take your next dose.
- Electronic caps fit on your medication container and record the time when the vial was last opened. This can be helpful if you forget whether you took your last dose.

**Concerned about side effects, cost, or whether you really need the medication?** Talk to your doctor or pharmacist. They can listen to your concerns and help you decide whether the medication is for you. If not, they can suggest other options.

Try not to feel discouraged if the first tip you try doesn't work. You may find that a combination of these tips works best. It may take a while to find the way that works best for you. But by trying these tips, you've taken an important step towards improving your health!

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**QUOTES**

**"I've had a lot of worries in my life, most of which never happened."  
Mark Twain**

**"I have spent most of my life worrying about things that have never happened."  
Mark Twain**

**"Let no feeling of discouragement prey upon you, and in the end you are sure to succeed."  
Abraham Lincoln**

**"Imaginary obstacles are insurmountable, real ones aren't."  
Barbara Sher**

**"We have to be greater than our sufferings."  
Unknown**

**"The only gift is a portion of thyself" Ralph Waldo Emerson**

**"The way of a fool seems right to him, but a wise man listens to advice."  
Proverbs 12:16**

**"I am easily satisfied with the very best." Winston Churchill**

**STATISTIC**

**By 2025, seniors will be 20% of Canada's population-Study**

**LIBRA - The Harmonizer (Sept 23 - Oct 22)**

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**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  
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Place: Panorama Recreation Centre  
1885 Forest Park Drive  
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(Watch the EV for more info)**