

Volume 4 Issue 9

August 2004

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



ELDER'S VOICE

Dear Elders and Elder's Contact People,

Any group interested in bidding on Hosting the Gatherings in the next few years is asked to please join the BC Elders Council at the Thompson Hotel at 650 Victoria Street (downtown Kamloops) on July 27 at 2:00 pm, in the Amphitheater, to discuss their bid and hopefully answer and ask a few questions about their hosting. Please call the Hotel 1-800-561-5253 to make sure nothing has occurred to cancel the meeting since this issue of the newsletter was printed. Sincerely, Donna Stirling

A **HUGE** Thank You! goes out today to the Hosts of the 28th Annual Elders Gathering for the wonderful job that they have done here, it is a lot of work all year and I know that absolutely everyone appreciates all of your efforts and dedication. Gilakasla

A Special Thank You goes out today to the **Ministry of Health Planning & Health Canada - First Nations & Inuit Health Branch, Pacific West Region** for your past and recent support of keep the Elder's Voice going out to all of our aboriginal communities in B.C. Gilakasla

Thank you to the **Provincial Health Services Authority** for funding the recent BC Elders Council Meeting in CR, your support is greatly appreciated by everyone involved with seeing that this important (*first*) provincial Elders Council is provided the support in desperately needs to allow for them to meet and work on common concern and solutions. Unfortunately this funding was not able to be used towards the costs for the Annual Elders Gathering itself, it's allocation was specifically ear marked for the BC Elders Council Meeting.

National Aboriginal Veterans Day Nov 8 - anyone who has an activity planned to honour our VETERANS is invited to send in your information by email, mail or fax to be announced here free of charge. Gilakasla

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Pg. 9-15: BC Elders Council

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Pg. 16: Spirit of Aboriginal Youth Mag

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Easy Bakers Corner – STRAWBERRY / KIWI TRIFLE - FEEDS 45 – 60

1 1/2 - 2 Angel Food Cakes	10 Kiwis
4 Large boxes of Instant Vanilla Pudding or Banana Cream Pudding	4 or 5 bananas – sliced
1 Large flat of Strawberries OR 3 Quart Containers of Strawberries	3 Cool Whip (1 Litre Size)
1 Container of Strawberry Glaze (or mix 2 pkgs of Strawberry Glaze)	1 Cup Sugar – No More!

Hull and slice strawberries – you should have about 16 cups when done. Peel and slice kiwis. Quarter each slice and add to strawberries along with 1 cup sugar. Mix well. Add sliced bananas and glaze and stir through fruit mixture. Let fruit mixture set for 30 minutes in refrigerator. Meanwhile cut or tear the angel food cake into small pieces. Make sure Cool Whip is thawed.

1. Cover bottom of bowl with small pieces of angel cake – (about 2” deep)
2. Mix pudding and pour evenly over cake layer.
3. Cover pudding with layer of fruit mixture.
4. Cover fruit mixture with layer of Cool Whip.

Repeat steps 1 to 4 until you reach within about 2-3 inches from top of bowl. ENJOY!

NOTE: This recipe may be altered according to taste. The fruits can be changed or added to and you can use banana cream pudding or make your own custard etc. Submitted by Janice Quatell, Campbell River

Handy Tips: ‘Queen of Clean’s Great Wall-Washing Solution’

Use 1 gallon of warm water and 1/2 cup of clear ammonia, 1/4 cup white vinegar and 1/4 cup washing soda (found in the laundry additives section of your supermarket). Change this solution frequently and you won’t have to rinse. Remember, start at the bottom of the wall and work up.

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/Photo’s/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content.

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

The *First Ever* Elder’s Website “Preserving the Past” is now online (Sept. 2002). Future registration forms, booth forms, maps of the Hosting territory, accommodation information, etc. concerning the Annual Gatherings will all be available on the B.C. Elder’s Communication Center Society’s Web Site at www.bcelders.com as soon as they are made available from each new host community.

Issues of your Elder’s Voice Newsletter are posted on the website each month (though all issues still continue to be mailed out to your Elder’s Contact People throughout the province - to ensure that no one is left out because of a lack of access to the internet).

Comments? Please feel free to call in to the Communication Center - contact info is on the back page

Disclaimer: Opinions contained in this publication are not those of Donna Stirling unless her name appears below the material. Elders are free to forward in whatever they feel they need to communicate to their peers without fear of censorships because this is the Elder’s Voice. Also, the health articles are not meant to replace your doctor’s advice, while they may help you have a list of questions at your disposal when you do see him or her, you should contact your family physician or health care worker for all health care matters.

NOTICE: TO ALL BRITISH COLUMBIA ABORIGINAL ELDERS

Announcing the formation of Regional Elders Advisory Boards

The BC Elders Council is approaching every First Nation community in BC in this issue as they are looking to band Elders together into Regional Elders Advisory Boards - which will be made-up of **existing** and **new** BC Elders Council Members. Their goal is to make every effort to insure that each and every community feels that they are included and active in what is happening for the Elders in our province.

There will be 6 (perhaps 8) Regional Elders Advisory Boards and they will consist of BC Elders Council Members who represent their area's Band/Elder's Group/Society. There are currently 38 members on the BC Elders Council (please refer to the next page for names and Regions) and they would like to invite each group in BC to meet and then call into the Communications office (**toll-free 1-877-738-7288**) to see that the name of your chosen representative is entered on the BC Elders Council list so that further info can be sent out to your representative right away.

The BC Elders Council travelled and met in Campbell River, May 28—31, these meetings were the first **full** meetings the Council has been able to have since formation in 2002. It has been difficult to meet because this **first ever** Aboriginal Elders Council had no financial help until quite recently, up until now Council communication has been through email, mail, fax, and phone calls.

The BC Elders Council is extremely grateful to the Provincial Health Services Authority who made these meetings in May possible. The PHSA thankfully agreed that it was important to fund the BC Elders Council, so that they could all meet to share and gathering information, particularly on the chronic disease DIABETES plaguing our communities and take that information back home with them, because they knew that the Elders are an important key to communicating within all of their communities.

During the course of the meeting, future provincial meetings were discussed and the difficulties faced in trying to find reliable funding quarterly, or even yearly, to allow for large scale meetings (though funding for future provincial meetings will continue to be sought out), consequently the idea of having Regional Elders Advisory Boards made up of BC Elders Council Members was born.

These Regional Elders Advisory Boards could meet much more frequently and then send in their 'Regional Reports' on your discussions, progress, solutions, goals, stumbling blocks, questions, etc., to be printed in the monthly Elder's Voice Newsletters so that you can all communicate on a provincial level with one another. (The Elder's Voice is mailed out to every community and posted on the Elder's Website www.bcelders.com for people to access who have computers).

Your Regional Elders Advisory Boards will be in a position to discuss problems, solutions, financial issues, funding concerns for the Annual Gathering, and for your Elders in general, health concerns, language concerns, now and future homecare/housing needs, etc., with all of these issues being examined from your Elder's point of view.

These Boards promise to become the driving force for changes and improvements for our Aboriginal Elders in BC. Please call the above toll free number for further information on the BC Elders Council and the Regional Elders Advisory Boards.

Gilakasla

B.C. Elder's Council

The number to the right of each name indicates the Council member's Region: Updated June 2004
For information on how to reach BC Elders Council Members please call: 1-877-738-7288

- 1 Frazer Smith - Tsartlip Nation - Saanich
- 1 Patricia Piatocka - We Wai Kum First Nation - Campbell River
- 1 Irene Wydenes - We Wai Kai First Nation - Campbell River
 - 1 Marlene Billy - Ehattesaht Nation - Zeballos
 - 1 Frank Hanuse - Oweekeno Nation - Oweekeno
- 1 Adele Lewis - We Wai Kai First Nation - Quadra Island
- 1 Betty Nicolaye - Kyoquot First Nation - Campbell River
 - 1 Sarah Modeste - Cowichan Tribes - Duncan
 - 1 Violet Wishart - Nisga'a Nation - Port Alberni
- 1 Willie Walkus - Gwa'sala-'Nakwaxda'xw - Port Hardy
- 1 Ed Dawson - Whe-La-La-U Area Council - Alert Bay
 - 2 Deanna George - Tsleil-Waututh Nation - Burrard
 - 2 Amy Eustergerling - Cree Nation - Burnaby
 - 2 Andrea Jacobs - Squamish Nation - West Vancouver
 - 2 Gwen Harry - Squamish Nation - Squamish
 - 3 Terry Spahan - Thompson Nation - Merritt
 - 3 John Leonard - Shuswap Nation - Kamloops
 - 3 Jeanette McMaster - Okanagan Nation - Merritt
 - 3 Rose Lube - Westbank First Nation - Kelowna
 - 3 Mary Porter - Shuswap Nation - Cache Creek
 - 3 Anna Mae Tanner - Okanagan Nation - Oliver
 - 3 Irene Bryson - Okanagan Nation - Osoyoos
 - 3 Lester Williams - Secwemtexc Nation - Adams Lake
 - 5 Desmond Peters Sr. - St'at'imc Nation- Lillooet
 - 5 Catherine Haller - Chilcotin Nation - Nemaiah Valley
 - 5 Laurine Vilac - Shuswap Nation - 100 Mile House
 - 5 Ginger Alec - Xaxli'p Nation - Lillooet
 - 6 Hazel Alexis- Sai'kuz First Nation- Vanderhoof
 - 6 Emma Baker - Carrier Dena Nation - Fraser Lake
 - 6 Sophie Ogen - Cheslatta Carrier Nation - Burns Lake
 - 6 Amanda Zettergreen - Gitwangak Nation - Kitwanga
 - 6 Norbert Dennis - Lake Babine Nation - Lake Babine
 - 6 William R Blackwater - Gitxsan Nation - Hazelton
 - 6 Chief Ken Russell - Gitsegukla First Nation - South Hazelton
 - 6 Dorinda Shirey - Gitanyow First Nation - Kitwanga
 - 6 Mary Prince - Tsekani Nation - McLeod Lake
 - 6 Audrey Young - Haida Nation - Skidegate

Secretary: Donna Stirling

Region 1 - Vancouver Island & The Gulf Islands

Region 3 - Thompson Okanagan

Region 5 - Cariboo Chilcotin Coast

Region 2 - Vancouver Coast & Mountains

Region 4 - BC Rockies

Region 6 - Northern BC & Queen
Charlotte Islands

4th Year Membership Fees in Support of this Communication Center Covering from Dec. 01 2003 to Nov. 01 2004

Annual membership fees are \$250 and all Aboriginal offices/groups/bands and centres are asked to pay the fee each year, *however the fee is waived* for any Elder's Group it presents a problem for - as it is more important that all Elders are included regardless of finances - but this also makes paying the operating expenses each month very difficult.

Gratitude is extended today to the following First Nation's offices for their financial support of this Communication Center for Aboriginal Elders in B.C., your contributions are truly appreciated as without your support we truly could not have accomplished anything, so thank you all very, very much.

**Kitsumkalum First Nation
Adams Lake Indian Band
Coldwater Indian Band
Gwa'Sala-'Nakwaxda'xw Nation
We Wai Kum First Nation
Mamalilikulla Qwe'Qwa'Sot'em Band
Katzie First Nation
Wet'Suwet'en First Nation
Quatsino Band
Wuikinuxv Nation
Kamloops Indian Band
Columbia Lake Band
Cook's Ferry Indian Band
Tsawwassen First Nation
Assembly of First Nation (B.C.)
Kitkatla First Nation
Williams Lake First Nation
Metlakatla First Nation
Bridge River Indian Band
Canoe Creek Band
Splatsin Childcare Grandmothers
Tseycum First Nation
Doig River First Nations
Tsawataineuk Band**

**Houston Friendship Centre Society
Saik'uz First Nation
Chemainus First Nation
Carnegie Community Centre
Qualicum First Nation
Penticton Indian Band
Chawathil First Nation
Lower Kootenay Band
Tsewultun Health Centre
Helping Spirit Lodge Society
Tseshaht First Nation
We Wai Kai First Nation
Nuxalk Nation
Sechelt Indian Band
Xaxli'p Band
West Moberly First Nation
McLeod Lake First Nation
Tobacco Plains Indian Band
Squamish Nation
Hailika'as Heiltsuk Health Centre
Yakwekwioosse First Nation
Nuu-chah-nulth Tribal Council
Nak'azdli Elder's Society
Osoyoos Indian Band**

These 48 fees are a good start but much more is needed to cover expenses; this effort for the Elders does not have an operating budget or paid staff so please ask your Councils and Chiefs if they can stretch their budgets to include \$250 a year to keep this operating and growing for the provincial Elders in B.C. The next INVOICES go out Oct. 1st - so if you cannot help now, please see if you can then.

Contact: Donna Stirling, Coordinator

BC Elders Communication Center Society

More info is available at www.bcelders.com or Email Donna at: bcelderscommcenter@telus.net

Phone: 1-250-286-9977 or Fax: 1-250-286-4809 or call Toll Free: 1-877-738-7288

Food Safety for Large Groups - Keeping Leftover Foods Safe

Summer is now here. It's the time of year when people get together to celebrate events. Weddings, family reunions and tribal gatherings are some of the many events that we celebrate in the summer. Perhaps you are reading this at the Annual Elder's Gathering – another enjoyable celebration.

An important part of any event is the food. Not only do you want to have food that tastes good, but you also want the food to be safe. This is especially important when serving food for many people. Preparing food for large groups often means doing things differently than you normally do in your own kitchen. These different ways of doing things all increase the food safety risk.

In the May issue of the Elders Voice, we talked about some of the important things to remember about food safety when preparing food for large groups. We talked about:

- **Cooking safely:** Making sure all foods are cooked to a safe temperature and using a clean meat thermometer to check the temperature.
- **Preparing food in advance:** Making sure food prepared in advance is properly cooled and kept cold until just before serving or reheating.
- **Serving the guests:** Keeping cold foods cold and hot foods hot.

In this month's issue we'll talk about another important food safety item at large events:

Using Leftovers Safely

Preparing food for large events often means a lot of food will be left over. No one likes to waste food or throw food away. Especially when so many people can use the leftovers. While leftovers have caused many food borne illness outbreaks, if they are handled properly, they can be safe to eat.

One of the most important aspects of ensuring leftovers are safe to eat is to minimize the amount of time a food spends in the Danger Zone. The Danger Zone for food are those temperatures between 60°C (140°F) and 4°C (40°F). In the Danger Zone, pathogens (disease causing micro-organisms) that might be in the food can grow to numbers where someone eating the food will get sick. What this means is that the leftovers must begin cooling down properly within 2 hours of entering the Danger Zone. Cooling down properly means the food is cooled to 4°C (40°F) or colder in 6 hours or less. Never, ever, leave leftovers to cool overnight at room temperature.

At large events, the volume of leftovers can sometimes be quite large. This can make it hard to cool them down properly. Here are some tips to help you properly cool large volumes of leftovers:

To Properly Cool Leftover Foods

- ✓ Place the food in shallow pans (food no deeper than 2") and put the pans in the cooler. When the food is cooling, do not tightly cover. This only seals in the heat.
- ✓ Do not stack the shallow cooling pans in the cooler during the cooling step. This will defeat the purpose of shallow panning by preventing cold air from reaching the food. You may need to add more shelves to your cooler.
- ✓ Cut large cuts of meat or break up whole poultry into smaller or thinner portions. Then place these portions into shallow pans for cooling.
- ✓ Stir the food in a container placed in an ice water bath.
- ✓ Use containers that help heat transfer, such as stainless steel or aluminum, to cool foods down. Plastic does not transfer heat well.
- ✓ For large pots of cooked foods, divide the food into small containers or shallow pans to cool down.

Lynn Wilcott is a Food Safety Specialist for the BC Centre for Disease Control. LAW/kg/121

Annual B.C. Elders Raffle - March 01, 2004 - June 30, 2004

B.C. ELDER'S COMMUNICATION CENTER SOCIETY Toll-free: 1-877-738-7288

Thank you very much to all Artist who contribute to this Elder's Draw

Prizes

- 1st - A framed 30" x 23" print 'Sisiutl & Canoe' No. 78/100 by Artist Junior Henderson, donated by Junior Henderson—**WINNER: Mary Ann Galt**
- 2nd - 16" x 24" (winter scene) painting by Cree Artist and Entertainer Ed Peekeekoot, donated through Amy Eustergerling, B.C. Elders Council—**WINNER: Nathan Snow**
- 3rd - 3/4" hand carved Silver Bracelet by Artist Delmar Johnnie of Seletze' Fine Arts, donated by Sarah Modeste, B.C. Elders Council—**WINNER: Rod Nappie**
- 4th - 26" x 22" 'Wasted Tears' print No. 58/150 by Artist Willy Belcourt, donated by Terry Spahan, B.C. Elders Council—**WINNER: Grace Charest**
- 5th - 20" x 15" 'Sisiutl & Moon' print No. 70/125 by Artist Victor Moon, donated by Victor Moon—**WINNER: Ethel Bryant**
- 6th - Deer Skin Drum donated by Betty Nicolaye, B.C. Elders Council—**WINNER: Rose Sampson**
- 7th - Buckskin Moccasins - men's size medium, by Celestine Thomas, donated by Jeanette McMaster, B.C. Elder's Council—**WINNER: Shirley Matalpi**
- 8th - Moccasins, by Nancy Saddleman donated by J. McMaster-**WINNER: Marilyn Dwornik**
- 9th - Cowichan Vest, donated by Sarah Modeste, B.C. Elders Council—**WINNER: T'itqet Elders**
- 10th - Elige eau de Parfum, Indulgent Shower Gel, & Indulgent Body Crème pkg. donated by Chief Maureen Luggi—**WINNER: Amber Tommy**
- 11th - 22" x 15" 'Kwakiutl Spirit Whale' print No. 6/100 by John Sharkey, donated by Marilyn Ferry—**WINNER: Simone Compton**
- 12th - 11" x 15" 'Owl' print No. 8/145 by Pam Holloway, donated by Elder Rose Hanson—**WINNER: Marilyn Dwornik**
- 13th - Coast Salish Carved/Painted Pottery by Artist Stewart Jacobs, through Andrea Jacobs, B.C. Elders Council—**WINNER: David Jules**

Profits \$1488 from this Annual Provincial Elder's Art Raffle will be divided equally 4-ways:

1. To assist individual Elders with travel and accommodations to attend their Annual Elder's Gathering. **WINNER: Downtown Eastside Women's Centre Amount: \$372**
2. To provide a donation to each new Host community to assist with the food costs associated with hosting between 3000-7000 Aboriginal Elders and their Support People. **AMOUNT \$372**
3. An 'Elder's Group Draw' - with one winning group sharing a 1/4 of the raffle profits to help send their group to the Gathering. **Winner: Cheslatta Indian Band Elders AMOUNT: \$372**
4. One share will be used for office expenses for this communication center operating for the Elders in this province. **AMOUNT: \$372**

***Prize winning tickets were drawn at the Weiwaikum First Nations Band Office on June 30th 2004, names of all those present will be provided to groups upon request.
Please contact 1-877-738-7288 or Email: bcelderscommcenter@telus.net.

LOGO CONTEST

TO: ALL FIRST NATIONS ARTISTS

**The BC Elders Communication Center Society
And the BC Elders Council are looking for a new LOGO
for the office to share.**

**This LOGO will be used for the Elder's Voice Newsletter,
on the Elders Website www.bcelders.com, on letterhead & business
cards, etc. and eventually on merchandise for the Society
and the new BC Elders Council.**

**The LOGO Contest will run from August 01, 2004 to October 31, 2004
to allow for word to get out to Artists in every community.**

PRIZE: \$350

Artists are asked to submit their entry to:

**BC Elders Communication Center Society
Donna Stirling, Coordinator
1420 C 16th Avenue,
Campbell River, B.C., V9W 2E3**

**For more information please call:
Phone: 250-286-9977 or call Toll-free to 1-877-738-7288**

**Or email any inquiries to:
bcelderscommcenter@telus.net**

Submitted by John Leonard, BC Elders Council:

To all the Elders of B.C., Donna Stirling, and all the dear people who are helping us to strengthen the new B. C. Elders Advisory Boards, I truly thank you for your love and support.

Also, it was a honour to be picked to Chair this special meeting held recently in Campbell River. I made many new friends, and I am very hopeful to meet many more new friends. As a Elder of the Kamloops Indian Band I feel obligated to share my heart and vision with my dear people.

We Elders all know that divided we fall.....united we stand, so let us get by our fears of the past and start a new beginning together. Principals.....Before Personalities. Let us start a new slate!!!

Wellness of spirit, mind and soul. Let us look only for the good in one another and towards the future for our children and grand children and great grand children.

My dream as a Elder is that there will come a day, soon I hope and pray, when one Elder from each Band will be picked from across B.C. to represent their group on the new BC Elders Advisory Boards and that we will all then be able to gather together to discuss all of the serious problems we may all have at the Band Level, or in fact at all levels of government, etc.!!!

They say we ELDERS are important for we hold all the Wisdom Our Beloved Creator Gave Us. So I beg of you, let's bury the bad past and start A NEW!!!! Some say "how is that possible?" ...JUST LET GO. Let the Creator take it and deal with all the wrongs that were instilled on us. Let the Chief of all Chiefs be in charge. THE CREATOR. For I tell you no lies, HE is real, and still in charge. And, may I suggest that our B.C. Elders Advisory Boards have only one Great Chief, THE CREATOR...PERIOD. For man will always ruin things, for many men and woman want only Power and Control and Prestige.

I hope to meet many of you at the Gathering here in Kamloops at the end of July. If in any way I can help you please feel free to contact me at 1-250-851-8872, or Donna at 1-877-738-7288.

Thank you for being my friend, John Leonard, Elder of Kamloops Indian Band, BC Elders Council

Submitted by Mrs. Irene Bryson, BC Elders Council: Re: "What is Our Perspective"

My perspective is to try to protect our Elder's dignity and well-being. To do this, we look at our Social Systems in which we live. Politically, economically and culturally we may then determined whether our social system promotes and protects our human dignity and livelihood. Ecology means harmony, the ability to get along in a healthy interchange with our environment. In this decade the word "exploitation" has acquired negative connotations, as it became more and more apparent that we treat our society as exploitatively as we treat our environment.

The political recognition of the need to temper our influence on the course of things calls for an increased awareness in each of us. As we assume responsibility for our choices, we can no longer sit back and let others make decisions that may effect jour well-being (etc).

The logical response is political involvement at the local, provincial, and federal level. We must voice our objections and concerns, because what happens in our society "good or bad" affects all. Let us keep this in mind and do unto others, as we want them to do unto us.

Our meeting in Campbell River was the first step in learning how to cope with diabetes; our next one's theme should be 'How To Define Elders Abuse' and to whom do we contact if we do suspect Elders Abuse?

Sincerely, Mrs. Irene Bryson, BC Elders Council

Submitted by Gwen Harry, BC Elders Council Member:

We are an organized group of Elders. We belong to many different Committees...Elders Advisory Circle; Residential School Committee, and we attend various functions as requested. Through the Residential School Committee we do consultant work for other Communities.

We do our own fundraising such as crocheting, knitting, ceramics, painting, raffle tickets, and other seasonal arts and crafts...which we sell at craft sales.

We meet once a week socially and the door is always open for anyone or any organizations, whether it's for visiting or assistance from us. Our wisdom is very important to our Community.

We support our Culture such as singing, drumming, and dancing at various functions throughout the year. One of the highlights of the year is to "welcome in the New Year" on December 31st/January 1st at our local community hall. This event is open to everyone (Native and Non-Natives) and is a Drug and Alcohol free fun time for everyone. We do support any program that is drug and alcohol free.

At times the community or an organization will call upon an individual Elder to attend different functions. For eg. Prayers, Circles, (for education), and Social problems in schools or homes.

If you need further information don't hesitate to call any of us at 604-892-5166 during office hours, or e-mail at chickadeecc@shaw.ca

All my relations, Squamish Valley Elders

Chief Eleanor Andrew, Gwen Harry, Susan Toman, Bob Baker, Harvey Andrew, Marjorie Natrall, Shirley Toman, Laura Williams, Alex Williams, Anita Lewis, Terry Anne Harry - Elders Worker

Submitted by Christine Dawson, former BC Elders Council Member:

BC Elders Communication Center Society meeting in Campbell River.

We arrived at Campbell River on the evening of May 28. Once registration was completed, a group of young dancers from the Campbell River First Nations entertained us. Our meeting began May 29, at 9:00 AM. We started with a round table introduction of all members and also talked about concerns from each of the communities. This continued into the afternoon. What I brought up at this time was for the members to elect an executive body and a board in order that we become BC Elders Council. A very heated discussion ensued and the day ended with a diabetes workshop.

The next day at 9:00 AM, the meeting resumed with discussion of the election. At 10:00 AM, we had another diabetes workshop until the noon hour. After lunch, there was roundtable report on the crisis of drug & alcohol, poverty and the needs elders face in our communities. There was a motion made but left on the floor.

The BC Elders Council Communication Center Society receives two hundred fifty dollars (\$250.00) from forty-two (42) bands listed on the website www.bcelders.com for a total of ten thousand five hundred dollars (\$10,500.00) per year. Donna Sterling sends newsletters to 380 bands. A copy of the constitution and by-laws for this society was handed to each member. According to the by-law, a BC Elders Council was to be formed but this did not happen at this meeting in Campbell River. We are still BC Elders Communication Center Society members.

Regards, iyamsunny, Christine Dawson

Submitted by Jeanette McMaster, BC Elders Council:
Re: BC Elders' Council Meeting

May 28, 2004

The BC Elders Council met at Campbell River BC on May the 28, 04. We arrived at Thunderbird Hall, each of the Elders were greeted at the front door, and then registered with Donna Stirling. Later on in the evening, after we each had an opportunity to introduce each other, we were served a most delightful and most nutritious snack. It was very refreshing, especially after the long trip on the road. Junior Henderson welcomed each of us to his people's territory. We then were entertained by Junior Henderson and the Weiwaikum Cultural Society. The group performed their traditional dances, which was most inspiring. Junior Henderson also spoke on the very importance of teaching the children and the youth, of culture, language, and traditions. We were treated as royalty, for sure.

The agenda for the meeting began on Saturday, May 29 at 9 a.m. The meeting began with opening prayer being offered. The meeting began with a formal introduction of each elder, and the nation and territory they each represented. There was also a binder of information given out to each elder by Donna Stirling. The binder has alot of information, which of course was of concern to aboriginal people such as health, depression, suicide, housing for B.C. elders', urban aboriginal homelessness, these are just a few of the major concerns which need to be voiced and have a very sound resolve or solution. We did not have the time or opportunity to discuss any of the above, the meeting adjourned at 5 p.m.

Sunday, the meeting once again opened with prayer, we each received a package of information from NAHO, National Aboriginal Health Organization. This was a take home and read package. I read the contents, and it is very informative indeed. I personally enjoyed the meetings, I found it to be very informative. And we adjourned the meeting on Sunday afternoon at 5 p.m. On Monday morning, we all gathered once again at the Thunderbird hall, for a farewell breakfast. It was rather sad, to have met so many very nice people, only to have to say " good-by. We look forward to meeting one another once again at the Kamloops Elders' Gathering.

I hope that this letter gives you a bit of information about what B.C. Elders' are all about. We have alot of work cut out for us, we will continue to represent our elders' be it the urban elders' or on reserve elders, the well being of our elders has no boundaries, and that is how it should be.

In Friendship and Respect, Jeanette McMaster, BC Elders Council,
and member of the Okanagan Nation and Upper Nicola Band

Submitted by Terry Spahan, BC Elders Council:

I am writing to all Committees as a member of the Elders Council. We as a Elders Council should never point fingers at one another, we should be working with each other. We should be supporting one another because if we do not support one another we won't have a Council.

We really need to work with one another to get the support of one another. If we talk badly about each other we will be like the government people, they don't see things as we see them. We should work with one another to be as ONE Nation and be bigger than the government people.

To all of my people, work with one another and be ONE, o.k.

Your brother in Council,
Terry Spahan

Submitted by Amy Eustergerling, BC Elders Council:
B.C. Provincial Elders Council Meeting, Campbell River

May 28, 29, 30' 04

The B.C. Provincial Elders Council meeting provided an opportunity for Elders from different areas in B.C. to come together to share concerns, many of which are common to all the native communities province wide. It was well attended by representatives from many Elders groups.

The Council meeting was very informative and interesting. As health issues are a cause for much concern in the Elder population, there was a very good workshop(s) presented on diabetes. Causes of the disease as well as maintenance were discussed. The Elders felt free to discuss their concerns and dialogue was encouraged. Misconceptions were cleared up and I think we all went away feeling we had a better overall understanding of the disease.

It was also wonderful to listen to the Elders sharing their teachings, as well as their concerns for their communities. An Elder shared as to how she teaches the youth in her community, about the use of sugar, and how it has replaced traditional sources. She also talks to youth about the effects that alcohol and drugs have on their health.

Ecology was another concern. Traditionally it has been the Elders role as keepers and teachers of traditional knowledge, to pass on their knowledge and teach how to live with the earth in a respectful way. Another Elder mentioned the environmental damage that has happened in their area. It was felt that traditional teachings could greatly benefit the environmental concerns we are experiencing today.

Others spoke of their life experiences and the abuse they had suffered at residential schools, and the healing process they were undergoing. Many topics which are of ongoing concern in the different communities were covered.

Future plans for the expansion of the B.C. Provincial Elders Council to include regional coverage were addressed. This way, local issues and needs, misunderstandings etc., can be better addressed and resolved by representatives of the region. It was felt that perhaps smaller meetings on a regional level could take place between the Elder groups. Also, an elected representative from each regional group, as well as the Elders Council rep, would be present at the larger yearly meetings of the B.C. Provincial Elders Council.

Earlier, there was some discussion on basic life skills, which included the awareness of the need for balance in all aspects of your life- physical, mental, emotional and spiritual. The B.C. Provincial Elders Council Meeting provided us an opportunity to discuss these aspects of ourselves and our communities, to strive to bring about balance and harmony.

For All My Relations,

Amy Wuttunee Eustergerling
Cree Nation

Affiliated with: K'la How E Ya Elders Group Surrey, B.C.
Elders Group, First Nations Urban Community Society, New Westminster.
And former co-coordinator & member of Our Elders Speak Wisdom Council,
Vancouver Aboriginal Friendship Centre, Vancouver, B.C.

Submitted by Betty Nicolaye, BC Elders Council:

I must comment on Donna Stirling and all that she's done to make sure all elders are taken care of wherever they are. I also feel it necessary to have an Elders Council, it is like a listening ear for all the elders to tell their concerns and hopes to and pass on any important information back to them. It's important to fulfill the needs of our elders.

Our elders hold much valuable information of our roots, traditions, our culture and our language. Our elders kept their teachings from generation to generation. Most youth don't speak their native language now so it's harder for them to understand our elders.

The need to understand your own native language is very important. There have been so many families who have no songs, dances, or language now. It's always been every elder's hope for the younger generation to hear the elders. Our elders have knowledge and they are always ready to give their knowledge. We need to listen and listen well because one day we to will be the elders and we will want to be able to speak to our youth freely like our ancestors did.

See you all in Kamloops, if I go. My band has had so many cut backs I was told I may not go, but please everyone have a safe trip and enjoy! Donna, I hope you will go because you are needed. Elders always need a listening ear.

Betty Nicolaye, BC Elders Council

Submitted by Adele Lewis, BC Elders Council:

There is a need for Band Councils to have in their budgets a fund to help elders for minor repairs around their homes, such as frozen pipes, dripping taps, etc.

Not all elders have an income outside of their pensions. If an elder has to pay a repair man who may charge \$20 to \$30 an hour, that could be money that is needed for food, heat or electricity.

Say a sum of \$150 budgeted each year per elders for minor things that may come up around the house that they could rely on in case of a small emergency. Not all bands have a maintenance person, so if Band Councils could look into trying to provide for the elders needs in this way it could be a real burden off people.

Adele Lewis, BC Elders Council

Submitted by Anna Mae Tanner, BC Elders Council:

I really enjoyed going to the meeting. I found that all the information was very informative, and I really appreciate how there was a focus on issues such as Diabetes. There are so many of our people that have problems with Diabetes, there can never be to much information out there.

I am looking forward to the next Elders Gathering in Kamloops. I am always happy to see the many people that participate and help out with the Elders Gathering every year.

Sincerely, Anna Mae Tanner

Submitted by Rose Lube, BC Elders Council:

A huge Thank You to Donna Stirling for making the Gathering of the BC Elders Council a success. Not many would commit to the time that you had to. And without pay is almost unheard of.

I would also like to thank the Weiwaikum Cultural Society and Junior Henderson for making us all feel like royalty. Your traditional dances that were shared with the council were awe-inspiring.

As an Elder it is our duty, to see that this type of culture is not lost this is where we can use our voice. Junior Henderson spoke with wisdom far beyond his years and related how the Island People share their culture and knowledge. This promotes strength and unity for all. Thank you for inviting us to your territory and treating us so well.

This type of sharing promotes good family structure as well, we all seen how Donna's family gave their time to making sure everything went as planned. An excellent job. Also a well organized kitchen and food services. Without you we would have all been hungry.

We had mention that one community was annoyed with the waiting time for the young people of their reserve to get into treatment centers for addictions to alcohol. It was also shared that this person had been sober for a number of years, I could not help but feel this person has been given the knowledge and strength to overcome the problem, please share what has been taught to you and don't leave the young hanging on without constant vigilant care. Sometimes this waiting period is to hard for them to endure.

All set aside I believe we accomplished what we had to at this first meeting, may our lives all be enriched by those who enter into it. My closing thought for this day is,

“We strangle the future by hanging on to the negativity of the past.”

Submitted by Andrea Jacobs, BC Elders Council:

Once again, I would like to thank Donna for all her efforts in applying for the money so that the BC Elders Council could have a meeting. That was only the first meeting, but as much as I support diabetes, I may recommend that until we get things working right, we should just have a meeting with no workshops.

I also recommended that we have our group set up in regional groups. Any region can or may set up their own Chair person, secretary etc. - It will be totally up to them. Each Region should have a least two meetings per year at their own expense - then of course the once a year meeting with all the Regions. Each Regional Chairperson should be in contact with other Regional Chairpersons, on issues or concerns that have to be discussed.

I would like a discussion on how we are going to divide the Regions and each Region will have their own area name. (ie Mainland Region/South Island Region/North Island Region etc) With that, my dear Elders - I will see you at the Elders Gathering and I wish you all a safe and healthy trip.

Love and Prayers
Andrea Jacobs
(Sla'wiya)

Submitted by Deanna George, BC Elders Council

All my Relations

I am so happy that the BC Elders Council was formed a few years ago. It gives our Elders a voice specifically for Elders. The BC Elders Council *are* taking small steps, *but* as they grow larger and stronger they will be able to help Elders make things happen.

With the funding Donna acquired, we were able to come together for a meeting which was very successful; A lot of ideas and suggestions were given and shared.

There was a Diabetes Workshop, which was very informative as there is a high percentage in all of our Communities. Getting this information is very important to help try and prevent ourselves from getting diabetes in the first place - how to take care of ourselves in the future is the key. I see all of us being lifted up and sharing ourselves with everyone.

Hay cx q'a

All my Relations

Sincerely, Deanna D. George

THE GIFT

by Sharron Johnstone

The eagle is mine
But I don't own him
He teaches me
Respect and wisdom

The old ones told me that
No great gifts are had
Without earning them

You must persevere, give, love
And share
These are the necessary steps
For our spirits to fly
Like our Brother
The Eagle

You begin your quest
To earn respect
From the most humble of places
You accept how small
We humans are

Then you watch
The majesty of the
Soaring Spirit in the sky

You pray that
From your humble position
In the life flow sphere
That the King of the skies
Will bless and guide you
In Your journey of learning

The eagle says;
Respect is earned -
Not Demanded
The Eagle says;
Thank the One above
For your gifts

If we forget not to say;
"Thank you "
The Eagle and our joys
Will not be taken away

With your learning of deep respect
For Mother Earth
And her gifts
The Wisdom
That follows respect
Will become who you are
The Eagle is mine
But I don't own him

Submitted by Jeanette McMaster

"WONDERFUL"



"TERRIFIC."

"Inspiring."

SAY MAG'S "HOUSE" RULES

The goal of *SAY Magazine* is to encourage Aboriginal youth to develop, achieve, wish and hope. By providing profiles of inspirational Aboriginal youth from all walks of life *SAY Magazine* has captured the attention of the fastest growing demographic in Canada.

DAKOTA HOUSE has been a trendsetter since his first appearance in *North of 60*. DAKOTA has now come on board as *SAY Magazine's* official spokesperson. Embracing the goals of *SAY* he has the express desire of reaching Aboriginal youth with messages of hope and encouragement to succeed in school and in life.

As a single father, actor, writer and emerging filmmaker, DAKOTA has provided inspiration to many Aboriginal

youth. While growing up he encountered, experienced and dealt with many of the issues facing today's youth.

A professional actor and motivational speaker DAKOTA has traveled Canada extensively, reaching Aboriginal youth in urban, rural and isolated communities. DAKOTA will attend some of the conferences and communities where *SAY* has a presence.

For booking information on appearances and/or presentations, please contact:
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Look for DAKOTA HOUSE in upcoming issues of *SAY Magazine*—both may be at a conference or gathering near you!

To order your subscription to *SAY Magazine* and to find out more about DAKOTA HOUSE, go to www.saymag.com

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SAY Magazine

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From Health Canada Website at www.hc-sc.gc.ca/fnihb/phcph/fnihccp/index.htm

FNIHB: Primary Health Care and Public Health: Home Community Care

Overview

What is Home and Community Care?

Home and Community Care are services to people that are provided mainly in the home.

Home and Community Care services are provided to people based on needs identified through a client assessment.

The belief of care is to help people keep their independence in their own home and allow them to be close to their loved ones as long as possible.

Services should be provided in a holistic manner that looks at the person's physical, social, spiritual and emotional need because each person is different and unique.

Home and Community Care will support and improve the care provided by the family and community but should not replace it.

What services are part of Home and Community Care?

The services that make up home and community care are:

Client Assessment

This is carried out by:

Talking with you and your family; talking with your doctor and other people who have cared for you; reviewing your health history; a physical check up.

The information gathered from these talks is written down and used to plan your care and the services you need.

This plan will be discussed with you.

Case Management

This is the next step after your assessment to make sure that the plan for your care is right and is provided by the right care giver at the right time.

Home Care Nursing

This is:

Nursing care that is provided in your home or community setting; teaching you and your family to help you care for yourself; supervising the workers who provide you with the personal care.

Personal Care

By: These traditions, which emphasize the multi-dimensional nature of people as physical, mental,

Help with activities like bathing, foot care, helping you get dressed.

Home Support

Help with light housekeeping, laundry, and meal preparation.

In-Home Respite Services

Caring for you when it is not safe for you to be left alone while your family, who usually cares for you, has a rest.

Who benefits from home and community care services?

Persons of any age who have an assessed need who:

Have been discharged from hospital; have an illness or disease needing follow up care; are unable to live alone while waiting for care in a long term care facility; have a disability requiring assistance to live on their own; need nursing care in the home; choose to live at home instead of in a long term care facility as long as it is safe, affordable and services are available.

Others who may benefit from Home and Community Care are:

Family and friends who need support to continue to care for people in the home.

How are people referred?

You may refer yourself or you may be referred by others, such as family members, friends, your doctor, neighbours, or hospitals.

Who provides these services?

Home and Community Care services are provided mainly by registered nurses, licensed practical nurses and certified home health aides/personal care workers at the community level. Home health aides/personal care workers should be supported and supervised by registered nurses.

FNIHB: Primary Health Care and Public Health: Home Community Care

Appendix A - History and Background

Vision

First Nations and Inuit have a long tradition of caring for the health and well-being of their members within their families and communities. In the Health Canada report "National Consultation on Continuing Care Needs in First Nations Communities (1994:76)", prepared as part of the National Strategy for the Integration of Persons with Disabilities, the following summary on directions for continuing care programs in First Nations communities was provided:

First Nations and Inuit societies have different traditions and approaches to health and healing that must be respected. Aboriginal healing is a way of life rather than a segregated or specialized activity. These traditions, which emphasize the multi-dimensional nature of people as physical, mental, emotional and spiritual beings, must be recognized in addressing the continuing care needs of First

Nations peoples. As Inuit and First Nations move toward self-government and jurisdiction over the development and delivery of health programs and services...the further development of health services, such as continuing care, which are managed and provided by First Nations & Inuit, is critical.

One statement of a First Nations vision for home care was put forward by Elders and persons living with disabilities and chronic illnesses in the Federation of Saskatchewan Indian Nations report "Home Care On Reserve: A Framework" (1990:7).

"The vision of the Elders, handicapped and chronically and acutely ill is to continue to live productive, useful lives in their homes, close to their families, in their communities...and (to) help maintain their culture, language and traditions...Their vision for home care on-reserve is a guarantee that (First) Nations will have the authority and finances to help them live and contribute always to their communities."

Background

The lack of home and community care in First Nations and Inuit communities has been recognized as an issue for over 15 years with a growing need for services being identified. The indicators of this need include:

The burden of ill health in Aboriginal communities with disability rates twice the national average, 50% of respondents over 65 years of age in the First Nations and Inuit Regional Health Survey had arthritis/rheumatism and high blood pressure and approximately 30% were affected by diabetes, heart and lung conditions; injury rates three times the national rate, and 37% of those over 75 years need assistance with personal care and hygiene;

Demographic trends indicate that adult First Nations population will approximately double in the next 2 decades; and

Provincial health reform with the resulting changes in health care organization, closure of hospitals, introduction of early discharge programs, technological developments supporting home based therapies, and enhancement of community based programs.

These health status, demographic and health reform changes have meant that on-reserve a higher proportion of people at all ages are in need of home care, the cohort requiring home care services is increasing, and First Nations do not have the same access as other Canadians to re-investments in more complex and comprehensive home care services. Current programs and resources available to First Nations and Inuit cannot absorb the increased demands for home care services.

In response to this need, a joint Health Canada/DIAND/First Nations/Inuit Working Group was formed to develop a framework for a comprehensive home care program. This work has initially guided the development of the new Home and Community Care Program.

Throughout the summer of 1999, regional information sharing and feedback sessions were held with First Nations and Inuit in all provinces and territories. These sessions have further refined the program design, delivery, funding and accountability principles, and roles and responsibilities for the program.

Home and Community Care B Building a Common Understanding

A Home and Community Care Program is "a coordinated system of home and community health services which enables people to live in their home environment and to achieve their optimal functional ability and includes both health and social based services that are holistic in nature" (National Framework on Continuing Care Phase 1 B First Nations and Inuit Home Care).

The philosophy of care is to help people maintain their independence in the home. The home and community care vision recognizes that each person is different and unique and approaches their care in a holistic manner that looks at the person=s physical, social, spiritual and emotional needs. Home and community care is designed to support and enhance the care provided by family and community, but not to replace it.

A foundational belief is that "Home Care must only do things for people that they cannot do for themselves in order to preserve their self-worth. When people feel good about themselves, they are more likely to be strong resources in their families and communities." (Paraphrase: Saskatchewan First Nations Home Care Program Guidelines, 1995).

Home and community care is more than housekeeping and homemaking services provided through the Department of Indian Affairs and Northern Development=s (DIAND) Adult Care Program (In-Home Component). Homemaking is just one of several services of a home care program linked through a coordinated assessment and managed care process. Other services of a home and community care program can include personal care, home nursing, and in-home respite care.

How Can the Home and Community Care Program Help First Nations and Inuit?

The First Nations and Inuit Home and Community Care Program aims to address the negative health effects experienced by First Nations and Inuit due to high rates of chronic and acute illnesses, disabilities and the changing health delivery mechanisms associated with provincial/territorial health reform. The First Nations and Inuit Home and Community Care Program can:

Assist First Nations and Inuit living with chronic and acute illness and disabilities in maintaining optimum health, well-being and independence while remaining in their homes and communities;

Ensure that all clients with an assessed need for home and community care services have access to a comprehensive continuum of services within the community, where possible;

Build the capacity within First Nations and Inuit to develop and deliver comprehensive, culturally sensitive, accessible and effective home and community care services; and

Home and community care will continuously seek new and innovative ways and means of responding to the identified needs in each First Nations and Inuit community.

Health Canada

Pacific West Region, First Nations & Inuit Health Branch

To: Regional Home & Community Care Coordinator

Suite 540 - 757 West Hastings Street

Vancouver, B.C., V6C 3E6

First Nations Summit Elects New Executive

For Immediate Release
June 11 2004

Grand Chief Edward John, Dave Porter and Chief Doug Kelly have been elected to the First Nations Summit Task Group by leaders representing First Nations currently engaged in treaty negotiations in BC.

The First Nations Summit Task Group is the political executive of the First Nations Summit, which speaks on behalf of those First Nations involved in the treaty negotiation process in British Columbia.

Chief John, a hereditary Grand Chief of the Tl'azt'en Nation, will be serving his sixth term as a member of the Summit's Political Executive. Chief John was a member of the tripartite British Columbia Claims Task Force in the early 90's, which recommended the establishment of the independent BC Treaty Commission to facilitate treaty negotiations.

Chief Doug Kelly is the elected Chief of the Soowahlie Band of the Sto:lo Nation. He will be serving his first term as a member of the Summit Task Group. Chief Kelly is also the Chair of the First Nations Chiefs' Health Committee.

Dave Porter, also elected to his first term on the Summit Task Group, is from the Kaska Nation. He is currently the Chairperson and Chief Negotiator of the Kaska Dena Council. In the mid 80's Mr. Porter served as Deputy Premier of the Yukon. He also served as Yukon Minister of Renewable Resources, Tourism, Heritage and Culture, and Minister Responsible for Constitutional Devolution. In the 1990's Mr. Porter served as Assistant Deputy Minister of Aboriginal Affairs for the British Columbia Government.

Daniel Watts of the Hupacasath First Nation and Leah George-Wilson of the Tseil-Waututh Nation were also elected as Co-Chairs of the First Nations Summit. The Co-Chairs are responsible for chairing First Nations Summit meetings as well as the Summit's administration and day-to-day operations.

The First Nations Summit speaks on behalf of First Nations involved in treaty negotiations in British Columbia. Further background information on the Summit may be found at www.fns.bc.ca.

For Further Information:

Colin Braker
First Nations Summit
Office: 604.990.9939/Cell: 604.328-4094

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Stroke: Risk Factors

Age - Age is an important predictor of stroke. Once middle age is reached, the risk of stroke doubles with each passing decade.

Gender - There is a slightly increased risk of stroke in males compared to females, however, this partly depends on why a stroke has occurred. As well, although women have a slightly reduced risk of stroke compared to males, a stroke in a woman is more likely to be fatal.

Ethnic background - Ethnic background is a complex issue since there are many different genetic and environmental differences between races. In addition, strokes occur for different reasons in different races, however, it appears that the risk of stroke is slightly higher in African Americans and Hispanics largely due to a higher frequency of high blood pressure. Studies are ongoing to try to establish more firmly the reason(s) for the apparent differences.

Recent stroke or transient ischemic attack (TIA) - A recent stroke or transient ischemic attack (TIA) leads to a significant increased risk of stroke. It makes sense that if someone has already had a stroke or TIA that there is risk of having another episode. However, as time passes from the first event, the risk of a future stroke is reduced. As well, if the cause of the first TIA or stroke is found, the risk of a future stroke can often be reduced by treating the cause, and also by treating all other risk factors for stroke.

High blood pressure - High blood pressure (hypertension) is the most common risk factor for stroke. It is also an important cause of heart and other disease. It is important to control high blood pressure, regardless of how old someone is. It has been well proven that treating blood pressure results in a dramatic reduction in the risk of stroke. An ideal blood pressure is less than 140/90. Even if you presently have normal blood pressure, it is important to have it checked regularly to ensure that you do not develop high blood pressure.

High cholesterol - There are different types of cholesterol, including the "good" cholesterol (called high-density lipoprotein or HDL) and the "bad" cholesterol (called low-density lipoprotein or LDL). Although the relationship between high cholesterol and heart disease is well known, more is being learned about cholesterol's relationship to stroke. High levels of total cholesterol (especially in combination with low levels of HDL) or high levels of LDL lead to an increased risk of heart attack, and probably to an increased risk of stroke. Lowering these levels helps prevent heart disease. There are studies underway to see if lowering cholesterol also prevents stroke. Know your cholesterol level!

Homocysteine - Homocysteine is a vitamin. The body uses homocysteine, along with B12 and other vitamins, to carry out certain metabolic functions. Elevated homocysteine levels have recently been linked, similarly to elevated cholesterol, to premature hardening of the arteries (atherosclerosis) in the heart and brain. Studies are underway to see if lowering homocysteine helps prevent stroke.

Diabetes - Several medical complications can result from diabetes, including increasing the risk of stroke. Diabetes is probably linked to an increased risk due to the greater tendency to develop atherosclerosis. It is not yet known whether good diabetic control lowers the future risk of stroke. However, it makes sense that better diabetic control prevents stroke in the same way that it helps reduce other medical problems in diabetics.

Heart attacks - Heart attacks are caused by blockage of the vessels supplying blood to the heart muscle. This blockage is largely due to hardening of the arteries (atherosclerosis). Patients who have atherosclerosis of the heart are at increased risk of having the same problem in the blood vessels in the

brain. This means that patients with heart disease are at an increased risk of stroke. Furthermore, in patients with certain types of heart disease, blood clots can develop in one or more of the heart chambers, then dislodge and travel to the brain, causing a stroke.

Atrial fibrillation - Atrial fibrillation (AF) is a well-known and significant risk factor for stroke. AF is a heart disorder that results in disorganized, chaotic contraction of the upper chambers (atrium) of the heart. Since the contractions are not organized, a blood clot may form when the blood remains in the atrium too long and is not effectively "pumped" to the lower chamber of the heart (ventricle) and then to the rest of the body. This clot may then eventually dislodge and travel to the brain causing a stroke. Not all people with AF are at a high risk of stroke. Those with additional risk include individuals with AF aged over 75, or who have high blood pressure or diabetes, or have had a previous TIA or stroke. A blood thinner called warfarin has been shown to reduce the risk of stroke substantially in patients who have AF and one of these risk factors, however, warfarin is not appropriate for all patients with AF because it is a powerful blood thinner and the benefits can be offset by an increased risk of bleeding. In AF patients who are thought to be at low risk of stroke (AF without the above additional risks), aspirin is a better choice to thin the blood.

Smoking - Smoking causes many health problems, including stroke. It contributes to hardening of the arteries (atherosclerosis) and also causes the blood to be more "sticky" which means that the blood of smokers clots more easily. It is never too late to stop smoking! Within 1 year of stopping, the risk of stroke due to smoking drops by 50%, and by 5 years, a smoker's risk of stroke is reduced to a level similar to that of a person who has never smoked at all!

Alcohol - Recently, modest amounts of alcohol have been shown to protect against heart disease and stroke, however, a larger degree of consumption (more than two drinks per day) leads to an increased risk of stroke. It is not known if certain types of alcohol, such as red wine, are better than other types.

Heredity - There are a few very rare, inherited causes of stroke, however, stroke is like most diseases in that having a close relative with a stroke slightly increases your risk of stroke. More is gradually being learned about how genes predispose individuals to stroke.

Obesity - Obesity increases the risk of many diseases, including stroke. Some of the risk may be due to the fact that obese people tend to have other risk factors for stroke also, including high blood pressure, diabetes, and high cholesterol.

Physical activity - A small amount of physical activity (30 minutes per day, 3 days per week) has been shown to reduce the risk of heart disease and probably stroke as well.

Birth control pill - The birth control pill is different now than it was 10 to 20 years ago. The older birth control pills probably did increase the risk of stroke, however, in today's birth control pills the hormone levels are lower and the risk of stroke is now thought to be the same or only minimally higher than if no birth control pills are taken. In women who have other risks for stroke, such as smokers or women with high blood pressure, taking the newer birth control pills probably does increase the risk of stroke.

Hormone replacement therapy - Post-menopausal hormone replacement in women reduces the risk of heart and osteoporosis but its effect on stroke is not known, however, studies have shown that there is likely no increased risk of stroke and there may be a protective effect. A trial is currently underway to investigate whether post-menopausal hormone replacement reduces the risk of stroke in women.

**B.C. ELDER'S
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First Nations communities have much to offer in the way of traditional healing. If you can provide information of who and what is available in your area, please call in to the office on the toll free line to talk.

LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.

PROVERBS:

The go-between wears out a thousand sandals.	Japanese
A handful of patience is worth a bushel of brains.	Italian
The heart that loves is always young.	Greek
Do not be in a hurry to tie what you cannot untie.	English
Don't be too sweet lest you be eaten up; don't be too bitter lest you be spewed out.	Jewish
Since we cannot get what we like, let us like what we can get.	Spanish

BIBLE QUOTES

"A good man shall be satisfied with himself."	Proverbs 14:14
"But those who trust in the Lord for help will find their strength renewed. They will rise on wings like eagles; they will run and not get weary; they will walk and not grow weak."	Isaiah 40:31

Don't forget to mail, fax, or call in your Special Wishes!!

Happy! Happy! Birthday To All Elders Born In August!!

Dear Elders and Elders Support People,

[Annual Elder's Gathering Info Corner](#)

Please look in this corner each month for updates regarding the Annual Gathering such as place and dates for the next year's event or go to www.bcelders.com for the Registration Forms when they become available from each new Host. Where possible book your rooms for next year's event as soon as the date is announced so your elder's rooms are secured.

Thank you all for working to make this communications network stronger by passing this newsletter on throughout the year, your efforts are truly appreciated,
Donna Stirling, BCECCS Coordinator

24 - Hour National Crisis Line 1-866-925-4419

**The Indian Residential School Survivors Society provides free,
immediate, confidential, non-judgmental, support for
residential school survivors across Canada**

24 hours a day 7 days a week.

This information was found in the Weiwaikum Times Volume 2 - Issue 26

If you are interested in learning more about "Spirit of Aboriginal Youth Magazine" please call their representative for the BC Yukon Region Mr. Donald MacKenzie at **1-604-688-2170.**