



Sqwelqwels Ye Stó:lō

The voice of the Stó:lō Nation

Volume 1, Issue 3 • March 2011

Stó:lō Nation Health Services

Tips to Keep Your Brain Healthy

Your brain is the boss of your body -- it runs the show and controls just about everything you do, even when you're asleep! It's important to keep a healthy brain -- and here are six tips to help you do it!

Tip 1: Exercise Your Body!

Exercise keeps the heart strong and the blood flowing, and helps nourish the nerve and brain cells.

Tip 2: Keep your brain exercised!

If you're being a couch potato in front of the TV and not doing any creative problem solving, that's not good for you. Creative problem solving can include activities like doing crosswords or Sudoku.

Tip 3: Confuse the body and the brain!

Just being active is not enough. You have to confuse muscles and challenge them with new demands.

And it's the same for the brain. Learning something new is a great way to confuse the brain to keep it healthy.

Tip 4: Minimize cardiovascular risk!

That's as important for the brain as for the heart. Control your blood pressure. Keep your weight down. Obesity is not good for your brain, particularly obesity in midlife. In middle-aged males, fat around the middle is a risk factor for dementia later on.

Tip 5: Maintain good blood sugar regulation!

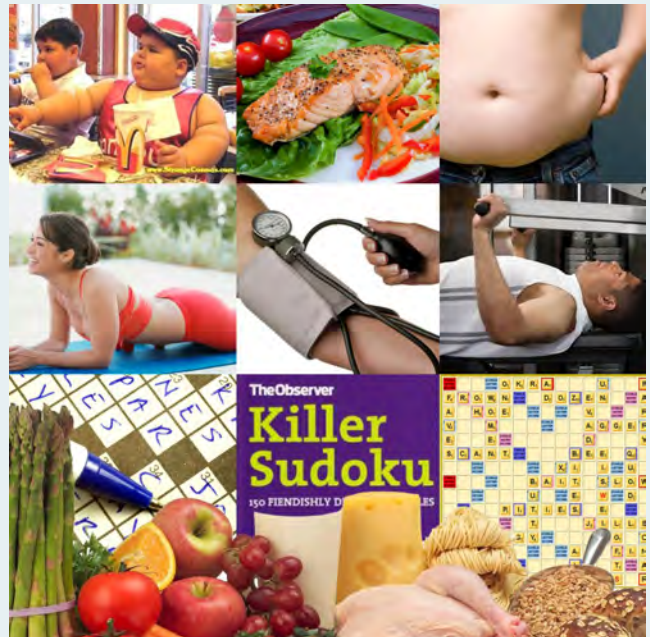
Type 2 diabetes is not good for the brain. Inadequate glycemic control does have an impact, not only on cognition today but also on the risk of getting Alzheimer's later on.

Want more information on how to keep a healthy brain?

Contact Stó:lō Nation Health Services Community Health team for more information! Call SNHS today 604-824-3200 or 1-877-411-3200!

Tip 6: Follow a healthy brain diet!

Eat a diet that includes lots of green foods: leafy vegetables like spinach, kale, and broccoli; and foods like olive oil, blueberries, and foods with Omega-3 fatty acids (including sardines) all help to feed your brain!



COMMUNITY HEALTH PROGRAM INFO CORNER

Every month, Stó:lō Nation Health Services' Community Health team bring you the latest information on what's happening!

Read ahead to learn more about keeping a healthy liver, tuberculosis testing, asthma, epilepsy, and more!

Catch Up with Asthma

By Cindy Goerzen, RN and Pediatric Asthma Educator

Does your child have asthma? If they do, are you able to control their asthma or does their asthma control you? If your child's asthma is under control, they should basically be symptom free. That means no signs of daily coughing, no night time cough, no shortness of breath, being able to do physical activity without symptoms and no missed days from school due to asthma.



The reasons for poor asthma control are:

- Insufficient understanding of what asthma is and how it can be controlled
- Poor environment and trigger control
- Misunderstanding the use of medications
- Overuse of reliever medication (Ventolin)
- Insufficient use of controller medication (such as Flovent) or incorrect dosage.
- Incorrect use of device or aerochamber
- Poor adherence to a plan
- No written plan of care (action plan)
- Lack of continuity of care (follow-up)

Asthma can be controlled and you can be mostly symptom free, but the key is understanding through education. Get a referral from your doctor or nurse practitioner to join an Asthma Education Program - you have nothing to lose and everything to gain!

Baby Time Drop In



What time is it? Baby Time! Baby Time drop-in is a great opportunity to hang-out with other parents and babies, get some health information, and eat some yummy snacks! All moms, dads, babies, children under 5-years, and expecting moms are welcome to come by.

SNHS's Baby Time runs on Wednesdays from 10:00am – Noon. The pediatrician is also available during Baby Time hours.

Epilepsy Awareness



Epilepsy causes seizures due to activity in the brain that is abnormal. Seizures cause muscle control problems, speech and vision problems. The main symptom of epilepsy is seizures.

Diagnosing epilepsy can be difficult. Call your doctor if you believe you or your child have had a seizure or any signs of epilepsy.

Depending on the type of seizure you may:

- Lose control of your muscles
- Fall down, and your body may twitch
- Lose consciousness
- Stare off into the air

The Dos and Don'ts of Epilepsy

If you see someone have a seizure:

DO NOT:

- Hold them down
- Place anything in their mouth
- Give them food or water until recovered



DO:

- Protect them from any injury
- Cushion their head
- Make them as comfortable as possible
- Stay with them until recovered
- Call an ambulance if the seizure continues after 5 minutes, the person is injured, or needs urgent medical attention

Be A Healthy "Liver"

It's your liver health, and up to *you* to make healthy choices and enjoy a healthy life! Here are nine easy tips to make your liver a healthy one!

1. **Cut down your drinking.** Too much alcohol damages the liver!
2. **Just Say No (and use prescriptions wisely!)** Prescription, IV, and oral street drugs affect the liver. Did you know over 8 extra strength Tylenol over 24 hours can cause liver damage? Seriously!
3. **Be smart.** Don't mix alcohol and drugs - doing so can damage the liver.
4. **Trim the fat.** Eating low-fat foods protect your liver.
5. **Get moving!** Exercise is key.
6. **Suds up.** Washing your hands helps keep a healthy liver.
7. **Get cookin'!** Make sure the foods you eat are well-cooked.
8. **Stay safe.** If you are sexually active, use condoms to protect from Hepatitis B (and many other diseases).
9. **Getting inked?** Reused tattoo ink and improper sterilization of equipment can pass Hepatitis B or C. Make sure the parlour you attend sterilizes with an autoclave.



Taken from Canadian Liver Foundation and Canadian Liver Foundation Northern Alberta Chapter, and Liver Info Students Association. Website address: <http://www.liverinfo.ca/>

COMMUNITY HEALTH PROGRAM INFO CORNER, CONT'D.

March is Tuberculosis Month!

What is Tuberculosis?

Tuberculosis is a germ that attacks the lungs. These germs enter the body when they are breathed in. Healthy individuals will breathe the germ in and their immune system will close off the germs to keep them from becoming contagious (LATENT TB).

Individuals who have a weakened immune system will not be able to close the germ off, and they will be able to spread TB to others (ACTIVE TB) through the air, by coughing, laughing, and talking.

Signs of TB

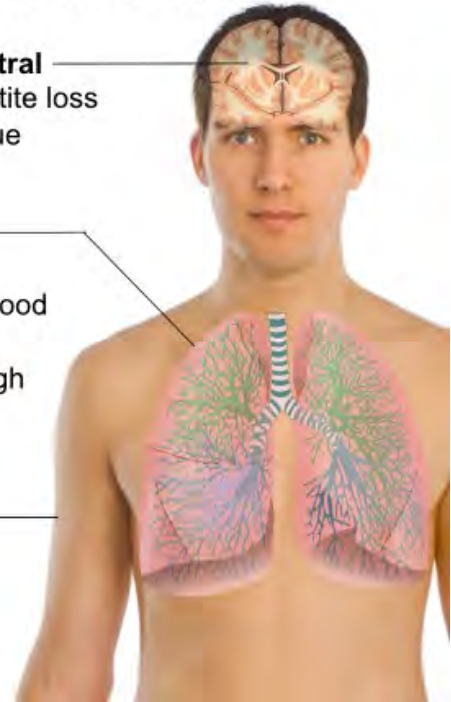
- A cough that lasts two or more weeks, especially if you cough up fluid or blood when you cough
- Loss of appetite
- Weight loss
- Fatigue
- Fever or night sweats

Main symptoms of Pulmonary tuberculosis

Central
- appetite loss
- fatigue

Lungs
- chest pain
- coughing up blood
- productive, prolonged cough

Skin
- night sweats,
- pallor



The only way to tell if you have a tuberculosis infection is through a TB skin test. The Stó:lō Nation Community Health Nurses will be providing free TB screens throughout the month of March. Call Stó:lō Nation Health to speak to a CHN or to book an appointment.

TB Community Screening

TB Screening is a two-part test, known as the Tuberculin Skin Test (TST) or Mantoux test. The first part is where the nurse will go over some paperwork with you, and you will be injected with a small amount of a protein that your body responds to if you have come into contact with the Tuberculosis germ. The second part is done 48-72 hours after the first part. A CHN will check to see if your body has reacted to the protein that was given 2-3 days earlier.

TB Community Screening is mandatory every 2 years. Screening is an important part of making sure our communities stay healthy and protected! The communities that are not listed for clinics this year will be screened next year (2012). If your community is not listed, but you would like to be screened, there will also be a general clinic open to everyone at SNHS at the end of the month (these clinics will be open to Stó:lō Nation staff and the general communities).

Dates for TB Screenings

Leq'a:mel

TB Skin Tests: Tuesday, March 8 – 1:00 – 2:30pm

TB Skin Reads: Thursday, March 10 – 1:00 – 2:30pm

(Please note the LFN dates are awaiting confirmation)

Squiala

TB Skin Tests: Monday, March 14 – 1:00 – 2:30pm

TB Skin Reads: Wednesday, March 16 – 1:00 – 2:30pm

Shxwha:y

TB Skin Tests: Monday, March 14 – 9:30 – 11:00am

TB Skin Reads: Wednesday, March 16 – 9:30 – 11:00am

Sumas

TB Skin Tests: Tuesday, March 15 – 1:00 – 2:30pm

TB Skin Reads: Thursday, March 17 – 1:00 – 2:30pm

Stó:lō Nation Health Services

TB Skin Tests: Wednesday, March 30 – 11:00am – 2:30pm

TB Skin Reads: Friday, April 1 – 11:00am – 2:30pm

(Open to SN staff and all community members)

Call Stó:lō Nation Health Services to find out more about this issue, dates, and to book an appointment.



Optometry Clinic - Updates and Cancellations



The Stó:lō Nation Health Services eye clinic with Dr. Ahmed for March 29, 2011 has been **cancelled**. All appointments that were for March 29, 2011 have been postponed until April 19, 2011. The remaining dates for eye clinics are as follows:

- **Tuesday, April 19, 2011**
- **Tuesday, May 31, 2011**
- **Tuesday, June 28, 2011**

Please note these eye clinics fill up very quickly -- if you would like to make an appointment for an eye clinic, please contact Stó:lō Nation Health Services today!

STÓ:LŌ DENTAL

It's time that you see a dentist but you're nervous about going. You don't know what to expect and what will be expected of you... No doubt about it, the dentist can seem scary! Luckily, the staff at Stó:lō Dental are friendly, patient, and not at all frightening. Listed next are some tips that may make your dental experience less intimidating!

I Need To See a Dentist!

- First thing first – phone Stó:lō Nation Dental Clinic @ 604-824-3234 or email Lisa.Petersen@stolonation.bc.ca
- Lisa is the receptionist and she will take your call. Sometimes you may need to leave a message. Leaving a message can be done 24 hours a day.
- Lisa will ask you if you are a patient here already. If you aren't, she will need to know your status number, Care Card number if applicable, and any other dental insurance numbers you may have.
- She will also need your birth date, phone number and address. She will ask if you are having any specific problems.
- Next she will phone the appropriate agencies to find out what dental treatment you are eligible for.
- When she has collected the information she needs, she will call you back and schedule an appointment.
- If you are in pain, this first visit may be short and just deal with the specific problem. An X-ray or 2 may be taken. You will be booked back for a longer appointment to deal with the problem tooth.
- If you are not in pain, your first appointment will be what we call a NEW PATIENT EXAM. A medical history will be taken first. Next you will have a series of x-rays taken and the dentist will do a full examination of your mouth and your x-rays. He will also make a treatment plan of any and all work needed in your mouth.
- Your next visit will be a cleaning appointment. Sometimes this can be done on the same day as your new patient exam. If you have a status card, you are eligible for one cleaning per year. The hygienist will schedule an appointment for you, and before your next cleaning you will receive a card in the mail with a time and date of when to return!
- After that, you will be scheduled for any fillings, extractions, or impressions.
- It is very important that you show up for all of your scheduled appointments. If you can't make it we ask that you phone Lisa and let her know at least 24 hours in advance so that she may fill your appointment time. We do have an answering machine that you can leave a message on if need be.
- If you don't show up for an appointment and you have neglected to let Lisa know, the clinic will charge \$40 before rescheduling you.
- Our trained and friendly dental staff is here to make your dental visit as fearless as possible. Please don't be afraid to ask questions. Someone is always available to answer them!



Common Dental Terminology



Boggled by dental terminology? Wondering what it all means? Here are some easy explanations, brought to you by the knowledgeable staff at Stó:lō Dental!

- **HYGIENIST:** If you are an adult, Susy will be cleaning your teeth. Susy uses a combination of hand instruments as well as an ultra sonic cleaner which removes tartar from your teeth while spraying water.
- **INSTRUMENTS:** This is the name we use for all the hand tools we use in repairing your teeth.
- **ASSISTANT:** We have 2 dental assistants. Their job is to make you as comfortable as possible during your visit. They also assist the dentist during all dental procedures, take x-rays, take impressions, and clean children's teeth. They have many more responsibilities, too many to list here.
- **IMPRESSIONS:** We take impressions when you need a night guard, partial dentures, full dentures, repairs to partials or dentures, bleaching trays and for crowns and bridges. It is basically taking a mould of your teeth. Different materials are used depending on the procedure. Your dental assistant will

explain the routine as you go along.

- **EXTRACTION:** This means taking a tooth out. (We never “yank” teeth out.)
- **CROWN:** Some people call these caps. The proper name is crown and they replace lost tooth structure when a regular filling won't do. If you need one, ask to see the short video presentation on the exact procedure.
- **ROOT CANAL:** Put simply, this is when the nerve in a tooth has become infected and the nerve must be removed. The tooth is numbed and the dentist removes the nerve using very small instruments. Ask to see the video presentation for a more detailed explanation. If your nerve is infected you have 2 options. You can have a root canal or you can have the tooth extracted.

For some procedures such as root canals, dentures, crowns, and night guards, the Clinic needs to seek approval from NIHB, which can take up to 6 weeks or more to receive. Lisa, the receptionist, will be happy to explain this process to you.

Sometimes fear of going to the dentist can be “a fear of the unknown”. Hopefully what you have just read will alleviate some of those fears and you can come for a dental visit and be comfortable!

Making an appointment with Stó:lō Dental is easy!

Just phone Stó:lō Nation Dental Clinic at 604-824-3234!



Stó:lō Nation Community Engagement Hub Update

History

In June 2007, the Canadian Federal Government, the BC provincial government and BC First Nations represented by the First Nations Leadership Council (FNLC) committed to create a new structure of governance that “leads to improved accountability and control of First Nations health services by First Nations.” Their combined Vision was to:

- **Improve the Health and Well-being of First Nations**
- **Close the gaps in Health between First Nations people and other British Columbians**
- **Fully Engage First Nations in decision-making regarding the Health of their people**

They also committed to a community driven process ensuring community members were involved in the process. This is how the First Nations Health Council created Community Engagement Hubs (Hubs). Hubs are here to help First Nations communities take part in the

Tripartite First Nations Health Plan.

Hubs

Community Engagement Hubs are groups of First Nations communities who agree to communicate, collaborate, and create community health plans to meet their Nation’s health priorities. Hubs were designed to encourage natural collaborations based on tribal and geographical factors and to provide resources to maintain existing relationships. At last count, there were 24 community Hubs representing 140 First Nations and that number is growing steadily. The Stó:lō Nation Community Engagement Hub formed in March 2010 with the hiring of a Hub Coordinator, Jamie Billingham and a Community Liaison, Betsy Ritchie. Over the summer you may have attended one of the many gatherings the Hub hosted. At these gatherings the Hub conducted focus groups to find out what health related areas were most important to community members and to start to identify the gaps in health care that needed to be filled.

Now

Stó:lō Nation community members clearly identified the areas they were most concerned with and where the largest gaps existed. These included information regarding access to health services, mental health support, and addictions challenges. During the focus group sessions the general thinking was that historical trauma contributed to both those health issues. As this was identified the community health planning that the Hub will undertake this year will focus on mental health, addiction and trauma. Stó:lō Nation Hub committee members will be asking their community members for more input on this over the next few months.





out the site and add your own Nations health in BC. The Vision in the comment section. With the launch of the website the Hub is now officially looking for stories related to health. If you have a story or event that is related to any area of health and wellness please use the contact form on the site or connect with the Hub directly at hub@stolonation.bc.ca.

workbook can be completed online or on paper by printing the PDF. There will be prizes drawn from completed books that have contact information however you can also complete and send it in anonymously.

Upcoming

The Hub committee will host a poster contest for youth this year. The theme of the poster contest will be the Medicine Wheel and the Hub will ask youth to create a poster that showcases what healthy things are already happening in their community and how it relates to one or more section of the Wheel. Watch for more information about that contest.

First Nations Health Council News

Traditional Healers Gathering
Are you a Traditional Practitioner? Do you work to support Traditional Healing Practices? The FNHC is holding a gathering to build awareness of traditional healing and need your help! What topics should the FNHC talk about? What should the gathering include? If you're working with traditional medicines or practices or if you support these practices in your work place then, please contact us with your ideas and comments before April 1st, 2011!

Active Spirit Active History Video Contest

The First Nations Health Council wants you to submit a Public Service Announcement style video that encourages healthy and active lifestyles in your community. They have \$10,000.00 worth of prizes up for grabs so don't miss out on this one.

During last summer's Hub gatherings the Hub contracted Bear Image Productions to record the Vision of community members. The Hub asked people what a healthy community looked like, sounded like, and felt like. The Hub is very excited to announce that the video of that Vision is now complete and that Sandra and her team did an amazing job of taking dozens of personal visions and bringing them together into an amazing video.

Your Voice: Health Partnership Workbook for BC First Nations

The purpose of Your Voice: A Health Partnership Workbook for BC First Nations is to present key discussion topics and questions to First Nations leaders regarding the development of a new governance structure for First

Final Note

The Stó:lō Nation Hub committee is still in the process of completing a Terms of Reference document so if you are a Stó:lō Nation community member and have a passion or interest in the health of your community you can get involved by joining. Currently the Hub meets the first Monday of each month. Check the Hub website for updates and locations.

The video will be showcased on the Hub's new web site <http://hub.stolonation.bc.ca> so check

For more information on all these, visit the First Nations Health Council website at <http://www.fnhc.ca/>



Stó:lō Nation Health Services

Communication and Health: Working Together to Keep You Informed

Health communication is the practice of informing, influencing, and motivating people about important health issues. The scope of health communication, with aid from health practitioners, includes disease prevention, health promotion, health care policy, and enhancing the quality of life and health of individuals within the community.

As modern issues regarding health and medicine can be overwhelming and technical, people who work in health communication aim to bridge the knowledge gap. Working alongside health professionals, communication specialists engage and support communities, promote events, ideas, and behaviours in an effort to improve health outcomes by utilizing different communication media.

How is Stó:lō Nation Health Services utilizing communications media?

- One-on-one and community engagement: Providing community members with exciting events, education sessions, and community visits from SNHS's qualified health staff
- Keeping an up-to-date website (www.stolonation.bc.ca)
- Engaging with community members on social networks such as Facebook and Twitter
- Providing communities with informative brochures, flyers, health advisories, monthly calendars, and more
- Publishing a Nation-wide newsletter, *Sqwelqwels Ye Stó:lō*, delivered free of charge to Stó:lō communities and electronically



Stó:lō Nation Health Services
7-7201 Vedder Road
Chilliwack, B.C. • V2R 4G5
604-824-3200 • 1-877-411-3200
<http://www.stolonation.bc.ca>



Your Community Newsletter – What would you like to see in Sqwelqwels Ye Stó:lō?

For more information on submission criteria, deadlines, and more, contact the editor at newsletter@stolonation.bc.ca, or by calling 604-858-3366 or toll-free at 1-800-565-6004. Thanks for reading!

Calendar of Events - March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have questions about this month's events?</p> <p>Call Stó:lō Nation at 604-858-3366 or 1-800-565-6004 for more information!</p>		<p>1</p> <p>Community Health Clinic @ SNHS</p> <p>Foot Care Clinic @ Tzeachten</p> <p>CHW @ Sumas, 9:30a-2:30p</p>	<p>2</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>Foot Care Clinic @ Shxwha:y</p> <p>CHW @ Squiala, 1-3p</p>	<p>3</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>CHW @ Sumas, 9:30a-2:30p</p>	<p>4</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>Food Skills for Families @ Leq'a:mel Band Office</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>Food Skills for Families @ SNHS</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>CHW @ Skway, 1:30-3:30p</p> <p>CHW @ Skowkale, 10:30-11:45a</p> <p>Nurse Practitioner @ Sumas</p>	<p>8</p> <p>Community Health Clinic @ Leq'a:mel</p> <p>Foot Care Clinic @ Stó:lō Elders Lodge</p> <p>CHW @ Sumas, 9:30a-2:30p</p> <p>TB Test @ Leq'a:mel</p>	<p>9</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>Foot Care Clinic @ Skowkale, Yakweakwioose, and Matsqui</p> <p>CHW @ Squiala, 1-3p</p>	<p>10</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>CHW @ Sumas, 9:30a-2:30p</p> <p>TB Skin Read @ Leq'a:mel</p>	<p>11</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>Food Skills for Families @ Leq'a:mel Band Office</p>	<p>12</p>
<p>13</p>	<p>14</p> <p>Food Skills for Families @ SNHS</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>CHW @ Skway, 1:30-3:30p</p> <p>CHW @ Skowkale, 10:30-11:45a</p> <p>TB Test @ Squiala</p> <p>TB Test @ Shxwha:y</p>	<p>15</p> <p>Foot Care Clinic @ Leq'a:mel</p> <p>TB Test @ Sumas</p>	<p>16</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1-3p</p> <p>TB Skin Read @ Squiala</p> <p>TB Skin Read @ Shxwha:y</p>	<p>17</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>CHW @ Sumas, 9:30a-2:30p</p> <p>TB Skin Read @ Sumas</p>	<p>18</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>Food Skills for Families @ Leq'a:mel Band Office</p>	<p>19</p>
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<p>27</p>	<p>28</p> <p>Food Skills for Families @ SNHS</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>CHW @ Skway, 1:30-3:30p</p> <p>CHW @ Skowkale, 10:30-11:45a</p>	<p>29</p> <p>CHW @ Sumas, 9:30a-2:30p</p>	<p>30</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1-3p</p> <p>TB Test @ SNHS</p>	<p>31</p> <p>Nurse Practitioner @ SNHS, 9a-4p</p> <p>CHW @ Sumas, 9:30a-2:30p</p>		

Chilliwack – Coqualeetza Grounds

7201 Vedder Road, Chilliwack, B.C. V2R 4G5

Building 7

Health and Support Services

Phone: 604-824-3200

Toll-Free: 1-877-411-3200

Finance and Administration

Phone: 604-858-3366

Toll Free: 1-800-565-6004

Stó:lō Dental

Phone: 604-824-3234

Building 5

Community Development

Phone: 604-824-3299

Toll Free: 1-877-847-3288

Building 8a

Stó:lō Aboriginal Skills and Employment Training

(formerly Stó:lō Nation Human Resources Development)

Phone: 604-824-2440

Website: www.saset.ca

Building 8b

Government House

Phone: 604-824-5316

Building 10

Stó:lō Research and Resource Management

Language

Longhouse Extension Program

Lands

Library

Phone: 604-824-2420

Stó:lō Development Corporation

Stó:lō Community Futures

Phone: 604-858-0009

Email: info@stolocf.com

Building 9

Daycare and Headstart

Phone: 604-824-6505

Toll Free: 1-877-411-3200

Building 25

The Gift Shop

Phone: 604-824-2430

Mission – St. Mary's Grounds (Pekw'xe:yales)

34110 Lougheed Highway, Mission, B.C.

General:

Phone: 604-826-5441

Toll-Free: 1-888-820-2595

Mission Aboriginal Family Place

Unit 136-34110 Lougheed Highway, Mission

Phone: 604-820-4693

About Sqwelqwels Ye Stó:lō

Sqwelqwels Ye Stó:lō, Stó:lō Nation's monthly newsletter, is back after a several-year hiatus.

In the newsletter, you will find service and program information about the departments in Stó:lō Nation, a calendar of upcoming events, and articles hand-selected by Stó:lō Nation staff that may be of use to you or your community.

For inquiries about *Sqwelqwels Ye Stó:lō*, please contact the editor at 604-858-3366 (toll-free at 1-800-565-6004), or via Email at newsletter@stolonation.bc.ca

Look for *Sqwelqwels Ye Stó:lō* monthly online and hardcopy wherever you find services provided by Stó:lō Nation.

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