

Individual Highlights:

Page 1-3

- March is National Nutrition Month
- Are you turning 19?
- Healing, Reviving & Restoring Nisga'a
- Student Opportunities at Health Canada
- Reminder

Page 4

- Information from the First Nations Health Council Website

Page 5

- Ganmootgum Ts'ixts'ikhl Kalii-aks Client Notice

Page 6 - 8

- Non Insured Health Benefits Program

Page 8

- Defining Elder Abuse

Page 9

- NVHA Staff Profiles

Page 10

- Facts About Head Lice

Page 11

- Welcome to NVHA's newest Physicians
- Defining Elder Abuse cont'd

Page 12

- Good Food Box
- BC Nurse Line

March Is National Nutrition Month

March is Nutrition Month in Canada. The theme for this year's Dietitians of Canada-led campaign is "Celebrate food...from field to table!" In keeping with this theme, I encourage Canadians to make a habit of choosing healthy and nutritious food, whether you get your food from a farmers' market or the grocery store.

Our Government is working to help Canadians maintain and improve their health. [Eating Well with Canada's Food Guide](#), as well as its tailored version for First Nations, Inuit, and Métis, provides Canadians with simple and easy-to-follow advice. The Guide will advise you on how much food you need, on what types of foods are better for you, and on healthy ways to prepare them. The tailored version also reflects the values, traditions, and food choices of Aboriginal peoples.

I also encourage Canadians to continue using the Nutrition Facts table to make informed food choices while they are shopping.

The Government supports innovative nutrition research and the development of tools for Canadian dietitians and policy-makers, such as the National

Nutritious Food Basket, which monitors the cost and affordability of a nutritious diet for Canadians.

Healthy eating is an important part of an active, healthy lifestyle and, along with regular physical activity, can help you and your family reduce the risk of chronic disease.

To find out more about healthy eating, please visit [Health Canada's](#) website and, for ideas on how to get physically active, please visit [Canada's Physical Activity Guides](#).

Leona Aglukkaq
Minister of Health
Government of Canada

Are you turning 19?

If you're turning 19 this year, you must complete an application for your own personal BC Care Card. Applications can be picked up at the Nisga'a Valley Health Authority office in New Aiyansh. If you do not apply for a BC Care card you may be charged for your medical treatment. In some cases Collection Agencies have been involved because of unpaid premiums so to avoid any unnecessary charges make sure you submit a Medical Services Plan (MSP) Application for Enrollment.

HEALING, REVIVING, & RESTORING NISGA'A

Drum-Making Workshop:

- Participants from Gitwinksihlkw/Aiyansh – February 22 & February 23 @ 10 am in Aiyansh facilitated by Vern Evans.
- Participants from Greenville/Kincolith – February 22 & February 23 @ 10 am in Kincolith facilitated by Albert Stephens, Jr.

Bana'a Workshop is facilitated by Alice Azak. Participants from Gitwinksihlkw/Aiyansh – February 24 @ 1:30 pm in Gitwinksihlkw at the Salvation Army Church and every Wednesday until the end of March.

- Participants from Greenville/Kincolith –

February 25 @ 1:30 pm in Greenville at the Anglican Church and every Thursday until the end of March.

Moccasin Workshop is facilitated by Alice Clayton.

- Greenville Health Centre – March 1 & March 2 from 9 am – 4:30 pm.
- Aiyansh Health Centre – March 8 & March 9 from 9 am – 4:30 pm.
- Gitwinksihlkw Health Centre – March 15 & March 16 from 9 am – 4:30 pm.
- Kincolith Health Centre – March 23 & March 24 from 9 am – 4:30 pm

Cedar Weaving is facilitated by Mercy Moore. Aiyansh - March 16 @ 1:30 pm – 5 pm

- Kincolith – March 15 @ 1:30 pm – 5 pm
- Greenville – March 17 @ 1:30 pm – 5 pm
- Gitwinksihlkw – March 22 @ 1:30 pm – 5 pm

Please call the Youth Enrichment worker, CHR, or Community Wellness in your community to sign up for anyone of these workshops. We have completed the Drum-Making workshop. The Bana'a workshop has started in all communities and will be completed at the end of March.

Nisga'a Valley Health Authority held a Name the Bus Contest and the winner was Ms. Sabrina Stevens of New Aiyansh the winning name for the Bus is Ganmootgum Ts'ixts'ikhli Kalii-aks (Nass Valley Medical Bus)

On January 25, 2010 the bus was blessed and the name of the bus was called by Simoogit BaxK'ap, Simoogit Mine'eskw, Sigimdim Nak' (Doris Tait) and Lydia Stephens. Thank you very much for honoring our request.

Thank you to the staff of NVHA for providing a lunch to share with the community members and it was a great success.

Thank you to Denise Eli for being the MC for this special occasion and we look forward to more success stories such as this one.

Si'aamhl Wilsim

Student Opportunities at Health Canada

Health Canada employs approximately 600 students a year in a variety of [program areas](#) across the department.

Read on to see why Health Canada should be **your** first choice for student employment.

Why consider a student experience at Health Canada?

- Help contribute to Health Canada's important mission: to help the people of Canada maintain and improve their health
- Enrich your academic program
- Gain valuable work experience
- Evaluate your career options within Health Canada and across the Public Service
- Become eligible to be considered for employment across the Public Service after you graduate to hiring managers

across the department A fantastic way to market your skill set to a broad group of hiring managers

Open to students who have worked at Health Canada as well as those who have not worked for Health Canada but have worked in any other federal government department in a student employment program⁴

To apply, e-mail students-etudiants@hc-sc.gc.ca **Health Canada Student Network**

A network of students working at Health Canada

Ensures that Health Canada student employees are well informed, connected to each other and aware of opportunities available to them

To join, e-mail students-etudiants@hc-sc.gc.ca

Student Employment in the Federal Government

The Treasury Board of Canada has published a [guide on Student Employment in the Federal Government](#). This guide contains more information on student hiring programs, rates of pay and highlights the many benefits of a student position in the federal government.

How to apply

The public service of Canada offers programs for university and college students who want to work for the public service while still in school. These programs are offered through the [Public Service Commission](#).

Students cannot apply directly to Health Canada for a job. More information on applying for student positions at Health Canada and across the federal public service is available at www.jobs.gc.ca

Reminder

1. Call to cancel Doctor's appointments if you are unable to come in – we can then schedule another patient.
2. Prescriptions cannot be done over the phone. Make appointments 1 –2 weeks before your medication runs out!
3. Specialists will be coming to the Nass in the future. You will be advised of the dates in the future.
4. It is important that you provide your phone number, both for our records and for the specialists that you are being referred to.
5. Direct line to the Doctor's Office: is 633-5026

Information from First Nations Health Council Website

Since 2000/2001 the Health Careers Initiative was designed and specifically to encourage and support Aboriginal participation in educational opportunities leading to careers in the health field.

The main goals are to:

- Establish partnerships with First Nations, private and public sector organizations to increase resources available to support employment, training and other programs resulting in professionally trained Aboriginal health care workers
- Encourage and support First Nations individuals to enter and complete health careers training and education programs by providing Bursary and Scholarships
- Identify mechanisms to improve program and service delivery to the First Nations communities through a coordinated approach
- Develop linkages with First Nations leadership and Provincial governments as well as agencies in the private sector
- And provide advice and expertise on planning, implementation, evaluation, issue, policy, standards, guidelines, etc.

These goals are achieved through three different programs: Community Based Initiative, Bursary & Scholarship Initiative and the School Age Math & Science Award Program.

The purpose of the Bursary & Scholarship Initiatives is to encourage Aboriginal students pursuing educational opportunities leading to careers in health professions.

Bursary Initiative The deadline has passed for this years applications.

Purpose: To assist students of Aboriginal ancestry who wish to pursue educational opportunities leading to careers in the health professions. The Health Careers Initiative is committed to supporting as many students as possible; therefore allocations will be up to a maximum of \$3,500.00 for students registered in a Health Career Program in British Columbia.

To download the Bursary application form go to

http://www.fnhc.ca/index.php/initiatives/building_health_professions/health_careers/

Scholarship Initiative The deadline has passed for this years applications. Purpose: To encourage and support students of Aboriginal ancestry who wish to pursue educational opportunities leading to careers in the health professions. To promote equity in distribution, every effort will be made to ensure the regional/geographic location of applicants is considered. The Health Careers Initiative is committed to supporting as many students as possible; therefore allocations will be up to a maximum of \$2,000.00 for students registered in a Health Career Program in British Columbia.

To download the Scholarship application form Scholarship applications go to

http://www.fnhc.ca/index.php/initiatives/building_health_professions/health_careers/

The Community Based Initiative is to encourage and support Aboriginal participation in training and education programs leading to employment as health professionals with two components: Capacity Building and Career Related Projects. The deadline has passed for this years applications.

The BCTC Math and Science Program promotes Math and Science to students in Grades 4 to 12 as these courses have been consistently been challenging within the school system for Aboriginal Students. The deadline has passed for this years applications.

The Health Careers Manager manages the above programs in addition to travelling to communities and schools to promote Health Careers. The Health Careers Manager participates on the National Health Careers Committee, Aboriginal Health Human Resources Committee, BC Academic Health Council and has established a partnership with the First Nations Education Steering Committee.

NISGA'A VALLEY HEALTH BOARD
Ganmootgum Ts'ixts'ikhl Kalii-aks Client Notice

The Nisga'a Valley Health Board has a medical transportation service available in our Valley. The purpose of the bus is to transport clients free of charge from the Nass Valley to your Specialist appointments only in Terrace. Clients who have return trips are provided with a \$10.00 cash meal allowance. Please note this service is not intended for personal business. The bus can only accept packages that fit under your seat. The seating capacity is up to 12 passengers with 2 wheelchair accessible spaces or they can be drop down seats for 2 additional passengers.

The bus schedule is as follows:

Leave Kincolith by 7:30 am

Leave Greenville by 8:00 – 8:15 am

Leave Gitwinksihlkw by 8:45 – 9:00 am

Leave New Aiyansh by 9:00 – 9:15 am and arrive in Terrace by 10:30.

The bus is scheduled to leave Terrace by 2:30 – 2:45 pm except Tuesdays and Thursdays when it may leave at 3:00 – 3:30 pm. The bus operates 5 days per week, Monday to Friday except Statutory Holidays. These times must be followed closely to ensure all passenger needs are considered.

When booking your appointments please request appointments between 10:30 am to 2:30 pm. We understand if this will not work for the type of specialist care you require. A quick note, call or email to your respective Patient Travel Clerk explaining why this appointment time frame will not work for you would be greatly appreciated. We have sent a similar notice to all Specialist Offices in Terrace requesting similar information on the type of care they provide.

The Bus Service was made available as of January 4, 2010. Please note that effective January 12, 2010 Clients who choose to drive instead of taking the Bus when there is room available will not be eligible for the mileage reimbursement. There will be exceptions made when medically justified, please feel free to discuss these with your respective patient travel clerk.

Please help us make this venture a successful one!

Contact Information

Denise R. Eli, Manager
Non Insured Health Benefits Program
Nisga'a Valley Health Board
Box 234
NEW AIYANSH, BC
VOJ 1A0
dreli@nisgahealth.bc.ca
Fax: 250-633-2160
Phone: 1-888-233-2212 or 250-633-5000

NON INSURED HEALTH BENEFIT PROGRAMS

Dental – Administered by Great West Life

Pharmaceutical – Administered by Great West Life

Pharmaceutical Special Authorizations – Administered by Nisga'a Valley Health's New Aiyansh Health Centre

Pharmaceutical – Baby's First Fill – Administered by Nisga'a Valley Health's New Aiyansh Health Centre

Medical Transportation – Administered by Nisga'a Valley Health's four Health Centres

Medical Supplies & Equipment – Administered by Nisga'a Valley Health's New Aiyansh Health Centre

Vision – Administered by Nisga'a Valley Health's New Aiyansh Health Centre

Crisis Intervention – Administered by Nisga'a Valley Health's Mental Health program from all four Health Centres

Medical Care Card Program – Administered by Health Canada

Ambulance – Payment is processed from Nisga'a Valley Health's New Aiyansh Health Centre

Application for Non Insured Health Benefit card – Administered by Nisga'a Valley Health's New Aiyansh Health Centre Office

The Nisga'a Valley Health's Non Insured Health Benefit Program assists six thousand six hundred and sixteen Nisga'a clients with all benefit categories listed above. We recognize that the supplementary assistance does not always cover 100% of costs charged by Providers of Health Services. The resources that are available to cover non insured programs are limited and we are bound by the policies and procedures of each program. Nisga'a Valley Health matches Health Canada's benefit programs and in some cases we provide more assistance than Health Canada would. Recommendations for change are welcomed so please feel free to send your recommendations to our New Aiyansh Office in care of the Manager for Non Insured Health Benefits. Our feature

program for this issue of the Nisga'a Healer will be our Medical Transportation Program (MTP).

The MTP is continuously reviewed to ensure we use the most cost efficient means in transporting clients to specialist appointments. The Patient Travel Clerks arrange clients transportation based on the referral documentation received.

Non medical escorts may be approved when there is a legal or medical requirement: Client has a physical/mental disability of a nature that he or she is unable to travel unassisted;

1. Client is medically incapacitated;
2. Client has been declared "mental incompetent" by a court of competent jurisdiction and assistance to access medically required health services, legal consent or help with activities of daily living is required;
3. There is a need for legal consent by a parent or guardian;
4. To accompany a minor (as determined by provincial/territorial legislation? Who is accessing medically required health services;
5. When a language barrier exists to access medically required health services and these services are not available at the referred location; or
6. To receive instructions on specific and essential home medical/nursing procedures that cannot be given to the client only

When an escort has been authorized, the following criteria should be considered in selecting the escort:

1. A family member who is required to sign consent forms or provide a patient history;
 2. A reliable member of the community;
 3. Physically capable of taking care of themselves and the client and not requiring assistance or an escort themselves;
 4. Proficient in translating from local language to English/French;
 5. Able to share personal space to support client;
 6. Interested in the well being of the client;
- and
7. Able to serve as driver when client is unable to transport him/herself to or from appointment.

When a client does not attend a scheduled appointment and medical transportation benefits have been provided, the client may have to assume the cost of the return trip or of the next trip to access medically required health services unless proper justification is provided to explain why the client was unable to attend or to notify the appropriate public carrier of the cancellation.

In order to avoid a "No Show" charge at Hotels it is vitally important for clients to cancel or contact the appropriate Patient Travel Clerk to cancel Hotel accommodations.

In cases where clients are required to reside close to medical treatment for an extended period the cost of meals, accommodation and in-city transportation to access the medical care/treatment, when they are not covered by provincial/territorial health or social programs, other than publicly funded programs or private insurance plans, MAY be covered for up to a three month transition period only. A weekly food allowance as per

Nisga'a Valley Health's rate may be provided.

The following outlines why medical transportation will NOT be provided:

1. Travel requested by or for a family member to be with a client who is receiving medical care, other than escorts that meet the requirements stipulated for escorts. This type of travel is deemed as compassionate travel and is the responsibility of the individual.
2. Elective medical appointments in normal service area.
3. For return to the respective Nisga'a Valley community if client has discharged himself/herself from a health services program against medical advice before the completion of the treatment course (unless NVHA-NIHB or designated authority has authorized exceptions with documentation of family emergencies, etc.)
4. If it is not to the nearest appropriate health facility.
5. To attend a medical appointment for the purpose of a third party requested medical examination unless it is in conjunction with entry to a drug & alcohol treatment centre.
6. To attend medical appointments for supplementary Health Benefits or treatments such as:
 - a. Naturopathy, chiropractic, massage therapy, UV light therapy and acupuncture services
 - b. To attend psychological counseling
 - c. Services not directly related to or associated with surgery i.e. physiotherapy

- d. Dietary counseling, weight loss clinics or screening programs unless associated with a physician referral to a medical specialist
- e. Podiatry services and alternative therapies or treatments
- f. Non emergency dental and optometry services including orthodontics
- g. To attend special camps for children
- h. To attend speech pathology
- i. To attend a medical appointment where the client is covered under third party liability, such as treatment required as a result of injuries sustained in a motor vehicle accident where ICBC or WCB is involved
- j. To attend a court-ordered treatment or assessment. This should be coordinated by the justice system
- k. Court ordered FAS/FAE assessments, educational, psychiatric, mental capability, work related
- l. Incarcerated clients are the responsibility of the correctional agency and as such are not eligible for NIHB benefits and services including medical transportation
- m. Client initiated appointments for a second medical opinion
- n. Air/road ambulance services not initiated by BC ambulance services
- o. To fill a new or repeat prescription for eyeglasses, including eye glass repair, prescription drugs, pharmaceutical products or medical supplies and equipment including prosthetics
- p. In community travel
- q. When a client either:
 - i. Fails to keep an appointment or Fails to be on time and the appointment
 - ii. is therefore cancelled and cannot be rescheduled within 48 hours or
 - iii. Discharges himself/herself from a health service program before completing the course of treatment or before the health professional has completed diagnostic tests and
 - iv. Chooses to return to a treatment centre from which he/she was previously released prior to completing the program.

Defining Elder Abuse and the Contributing Factors

cont'd on Pg 11

The three most frequently cited types of abuse are physical, psychological and financial forms that include neglect (Swanson, 1999). "Overall, 7% of older adults experienced some form of emotional or financial abuse by an adult child, care giver, spouse or common-law spouse with whom they had contact in the five years prior to the survey" (Canadian Centre for Justice Statistics, 2001 b:7). Abandonment is another kind of abuse recently added to the list of definitions of abuse and, in Canada, sexual and spiritual abuse are recognized as separate forms of mistreatment (McDonald & Collins, 2000). The various forms of abuse identified are taken from Swanson's Defining Elder Abuse and Neglect (1999) and are described below. The following also includes notable signs and symptoms for each.

Psychological/emotional abuse:

Activities that cause anguish, pain or distress through verbal or non-verbal acts, which could include: verbal assault, social isolation, threats, humiliation, treating an elder like a child, lack of affection or denying seniors the chance to participate in decisions with respect to their own live. This type of abuse is difficult to assess.

Signs and Symptoms:

- Being emotionally upset or agitated;
- Being extremely withdrawn, non-communicative and non-responsive;
- Unusual behavior usually attributed to dementia (i.e., sucking, biting, rocking); or
- An older persons report of being verbally or emotionally abused

NVHA Staff Profiles:

My name is Rae and I feel very fortunate to be living in the beautiful Nisga'a Valley.

I have taken on the role of Director of Nursing for the 4 Valley communities & Nass Camp. My office is located in the James Gosnell Memorial Clinic.

I have a variety of nursing experience both in hospital settings, as well as community care in urban, rural & remote areas.

I began my health career as a nurse's aide working with elders. I then trained as a licenced practical nurse (LPN) and worked with children who were in isolation wards.

As my family grew thoughts of going back to school was placed "on the back burner". I did keep up my enthusiasm for learning by taking evening and weekend courses in psychology & sociology programs. I also love languages and tried to pick up phrases & words that would help me in my encounters with people of different nationalities.

At last the time was right & off to school I went again. This time I didn't stop for 11 years. I worked full time in nursing and completed my degree programs on my home time thanks to the internet & teleconferences.

I also completed my teaching diploma, a sexual assault nurse examiner program and a post-partum trainer course and a breastfeeding certificate program at the same time.

Never one to stop learning - I now can focus on my desire to study and practice more traditional ways of healing. I feel very fortunate to be here in this beautiful valley where the scenery takes my breath away I want to thank everyone for the warm welcome I've received and for allowing me to be a part of the Nisga'a Valley Health Team.

Rae Fehr Bio:

Mother of three
Grandmother of 9
Soon to be Great Grandmother of 1

Academic Accomplishments

Nursing: LPN, RN, BScN, MN/MHS
Sexual Assault Nurse Examiner
Registered Lactation Consultant
Teaching: Diploma
Program Development: Prenatal Curriculum Development: Care giving Proposal Writing & Project Development

Hobbies & Interests

Reading/Research
Arts & Crafts
Designing & Sewing
Sketching/Pointing
Cooking/Baking
4 legged friends

"A day without laughter is a day wasted"

Cory was born and raised in Newfoundland but today Terrace is home. He first came to the Nisga'a Valley in June 2008 as an agency nurse in Kincolith where he enjoyed the experience so much that he expressed interest in a full time position just days after. Under the direction of Donna Moore RN NIC, Cory has had the opportunity to learn about NVHA's services, the Nisga'a Nation, and its people. Cory accepted a position as full time General Duty Nurse at Gingolx Health Center at the end of September. Since then kept busy with the process of becoming certified in remote practice, and a couple of vacations including one to the Caribbean in January.

Cory returns to Newfoundland twice a year to visit his mom who is 82. He says: "Our relationship is quite something, we understand each other and I take her advice for the most part as she is my benefactor." Another important female in his life is Waternymph's Ms. Potter, his English Springer Spaniel who turns 9 in march. "Kincolith is perfect for Potter. The nurses residence is next to the clinic so

I can check on her during my breaks and spend an hour with her at lunch. We walk the seawall at lunchtime every day."

With the support of Nisga'a Valley Health Authority and Health Canada, Cory has completed workshops and courses in HIV/AIDS pre and post test counseling, Women's Reproductive Health, and successfully completed the Immunization Competency Program. Described by his colleagues as "enthusiastic, empathetic, organized, and accurate in his assessments", Cory is very appreciative of the fact that he works with such a diverse group of caring, professional individuals. Even during his short time with NVHA, Cory says "There have been a lot of changes especially in staff turnover. One major accomplishment for nursing was the recruitment of a full time Director of Nursing. I hope that proves to be a good thing as this is the first time we have had a full time DON since I came here.

Cory looks forward to a beautiful summer in the Nass ("the crab trap is ready and there's bait in the freezer"), participating in community functions and the next Womanless Pageant sponsored by the Gingolx Sun Run Team as he (Lola) was crowned winner last fall. He is also interested in learning more about Nisga'a culture and First Nations Nursing while he hopes to implement more programs in Gingolx for which he sees a need such as Healthy Man clinics and whatever the people would be receptive to. He hopes to conduct a mini survey to accomplish this feat.



Facts about Head Lice

There are many children in our schools and communities getting head lice, and should be treated immediately and appropriately. Children cannot return to school unless they are completely clean. Please don't send your children to school or community events if they have head lice.

Preventative Tips

- Parents should check and comb through children's hair regularly, even if they don't have head lice. This will help you detect it early on if they do get head lice.
- Children should be encouraged to keep their heads away from other children's heads. Make it a rule with your children. It does work!
- Teach children not to share hats, headphones, combs, brushes, or bicycle helmets, and to report any head itching immediately.
- Keep long hair tied back and away from the face. Children with long hair are less likely to get lice if their hair is tied back in a ponytail, or even better, a plait. Soak the hair ties in tea tree oil to further reduce the risk of catching lice.
- Tea tree oil can be used as a preventative measure, and can be added to normal shampoos and conditioners according to instructions - lice may be killed before they can lay eggs and cause a problem. This doesn't completely stop lice attacks, but it may reduce the frequency of them.

Facts about Head Lice to Help Families Deal with the Problem

- Head lice are insects that live on human hair and feed on scalp skin. Everyone is susceptible to

getting head lice.

- They have no wings, so they cannot jump or fly from person to person.
- Head lice move by walking or by grasping a shaft of hair with tiny front claws and then swing from one hair strand to another. In this way, they travel by direct head to head contact when children play with their heads close together or indirectly through hats, coat hooks, scarves, bike helmets, headphones, hairbrushes, toys, or bedding.
- Lice lay many eggs - about 200 in their life span. Removing the live lice is only part of the job of cleaning your children's heads. The eggs need to be taken out or treatment repeated after 7 days to kill the hatchlings. If eggs aren't taken out, they will hatch, and the cycle will continue, so regular head checks after treating children's hair is critical to ensure you have gotten rid of all of the head lice.
- Each louse lives for about 40 days and feeds on human blood 5 times a day. Lice can be present without any itchiness, so regular checks of school children's hair is essential. Eggs are laid 3 mm from the scalp and take 9 days to hatch.
- Wash all personal items that have come in contact with the head of an infested person at the time of a lice outbreak, such as hats, towels, and pillowcases, in very hot water and dry in a hot dryer for at least 15 minutes. Because lice can't survive away from humans, non-washable things such as pillows can be dry-cleaned or sealed in airtight plastic bags for 10 to 14 days to kill lice. Soak all brushes and combs in hot water for 5 to 10 minutes or wash them with a

pediculicidal shampoo.

Thoroughly vacuum items such as rugs, furniture, mattresses, pillows, and any other surface where someone may have rested their head. Do not forget the car seats.

NVHA provides treatment lotions upon request or you can purchase them and other helpful products such as tea tree oil and combs from drug stores and health stores. Again, please ensure that your children are treated as soon as possible to kill head lice, including repeatedly combing through their hair, and removing all eggs from their hair. It is a lengthy process, and may take hours, but will ensure that your children's heads get cleaned thoroughly. Again, check their hair daily or regularly to ensure that they stay clean. This process also helps significantly toward stopping the spread of head lice.

NVHA completes regular head checks in each of our schools, and once a child has been identified as having lice, parents will be contacted, and your child will be sent home with a note indicating that they can't return to school until their hair is clean.

If children have head lice, it's also important to let other people know who may have been in contact with your children about the head lice, so that they can check their children's heads as well, and clean them if required.

Thank you for your cooperation. Together, we can make a difference in the health of our children.

NVHA Public Health & CCHRs

Welcome to NVHA's newest Physicians

The physicians of NVHA extend a warm welcome to our two newest additions, Dr. Barry Elsby and Dr. Harvey Thommasen. They replace the vacancies left by Dr. Kathy Commerford and Dr. Mike Scott.

Dr. Barry Elsby qualified from the University of London in 1981 and then trained as a Family Physician. He and his wife, also a family doctor, then worked in the Middle East for 3 years before moving to the remote Falkland Islands. They have worked there for the last 20 years but Barry is taking time out to work here with us.

Dr. Thommasen is a family physician who will be working in the Nisga'a territory over the next year. He grew up on Vancouver Island, attended university at McGill in Montreal, and graduated from medical school at UBC in Vancouver. He has worked as a rural Family Physician most of his

working career – the longest stretch being Bella Coola from 1988 to 1998. In 2001 he took on a job as Professor of Community health at UNBC where he was involved in the Northern Medical School Planning Process, and involved with the development of an Aboriginal Health Sciences Certificate/Diploma Program. While working in Prince George he heard a lot about all the good things the Nisga'a people were doing, so that is one the main reasons he has chosen to come and work here.

He has published four books. The first, published in 1993, is entitled *Grizzlies and White Guys: The Stories of Clayton Mack* (Harbour Publishing) was recognized by Judges of the B.C. Book Prize Society as one of the three best works published in British Columbia in 1993. The second book is entitled *Bella Coola Man: More Stories of Clayton Mack*

(Harbour Publishing). Dr Thommasen also co-wrote a book entitled "Birds of the Raincoast" which won a prize at the 2005 British Columbia Book Prizes ceremony; and he co-wrote another book entitled "River of the Angry Moon": which won a prize at the 1999 British Columbia Book Prizes Ceremony.

He has received numerous awards for his contributions to rural medicine in British Columbia - including Order of British Columbia (2000), Queen's Golden Jubilee Medal (2005), Order of Canada (2006), and the Dr. David Bachap Gold Medal for Distinguished Medical Service (2001).

Defining Elder Abuse and the Contributing Factors

cont'd fr Pg 8

Financial abuse (or "material" abuse):

Financial abuse refers to the illegal or improper use of an elder person's money, property or other assets. This can include fraud or using the elder's funds for purposes contrary to their needs and interests.

Signs and Symptoms:

- Sudden changes in bank account or banking practices;
- The inclusion of additional names on older person's bank signature card;
- Unauthorized withdrawal of the older person's funds using the person's ATM (automated teller machine) card;
- Abrupt change in will or other financial documents, unexplained disappearance of funds or valuable possessions;
- Unpaid bills despite adequate funds;
- Discovery of forgery of older person's signature;
- Unexplained sudden transfer of assets to someone in or outside the family; or
- An older adult's report of financial exploitation

Nisga'a Valley Health Authority

New Aiyansh
PHONE:
250-633-5000
TOLL FREE:
1-888-233-2212

Dental Office
PHONE:
250-633-2206

Gitwinksihlkw
PHONE:
(250) 633-2611

Laxgalts'ap
TOLL FREE:
1-800-991-5667

Gingolx
TOLL FREE:
1-800-991-5671

We're on the Web!

See us at:

www.nisgahealth.bc.ca

The Nisga'a Healer will be released quarterly with special editions as required. The next regular issue will be distributed in the Summer.

Good Food Box

The Good Food Box program is a community-based program that CCHR's administer that provides people who order with high-quality fruits and vegetables once a month at very reasonable prices. The Good Food Box is available to anyone wishing to access it. The cut-off date for collection of money is the first Thursday of each month. CCHR's pick up the Good Food Boxes on the second Thursday of each month, and distribute them directly to people's homes.

The cost for the Good Food Box is:

Single Box - \$10.00 per month
Family Box - \$20.00 per month

To place an order, contact your CCHR or leave your order and money with the front receptionist at your Health Centre.

BC Nurse Line number is 811

Get the health information you need, right in your home. Call BC Nurse Line for confidential services and speak to a registered nurse 24 hours a day, 7 days a week.

A nurse will answer your questions and:

- Help identify health concerns,
- Discuss treatment options, and
- Advise you when to see a health professional

You can also get information on medical conditions, tests and procedures, and resources in your community.

Call BC Nurse Line Toll Free in BC	811
Deaf/Hearing-impaired Toll Free in BC (TTY)	1-866-889-4700
When you call, you will be asked for your Personal Health Number on your BC Care Card	

Your personal information and privacy are kept confidential and protected under the Freedom of Information and Protection of Privacy Act. www.hlth.gov.bc.ca/healthcare/nurseline