

January 2023 Issue
Health Department

Community Services Newsletter



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Welcoming Our New Hires

Community Services

Health Department

Catherine Thomas has a new position as our Residential Cultural Support Program Coordinator, she can be contacted by her new email:
catherinesupport@tla-o-qui-aht.org



Thomas Stewart Campbell is our Residential Cultural Support Worker for Esowista/Ty-Histanis/Opitsaht his email is:
thomassupport@tla-o-qui-aht.org



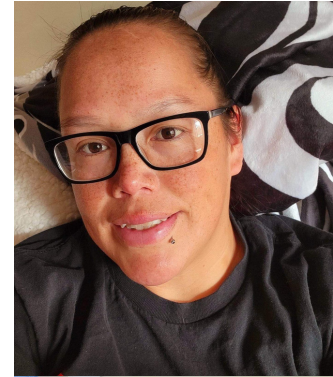
Brian Lucas is our Residential Cultural Support Worker for Port Alberni, his email is:
briansupport@tla-o-qui-aht.org



Annastasja Campbell is our new Social Development Worker for Ty-Histanis her new email is:
faw@tla-o-qui-aht.org



**Tara-lynn Curley is our new
Elders Support Worker for Esowista/Ty-Histanis**
Her new email is:
eldersupporttara-lynn@tla-o-qui-aht.org



**Lorena Frank is our new
Family Cultural Activity Coordinator for Opitsaht**
Her email is:
activitycoordinatorlorena@tla-o-qui-aht.org



**Catherine Williams is our new
Elders Support Worker for Opitsaht**
Her email is:
eldersupportcatherine@tla-o-qui-aht.org



**Lacey Adams is our new
Family Cultural Activity Coordinator for
Esowista/Ty-Histanis**
Her email is:
activitycoordinatorlacey@tla-o-qui-aht.org



**Howard Tom is our new
Cultural Support Worker for Opitsaht**
His email is:
howardculturalsupport@tla-o-qui-aht.org



WORKING TOGETHER TO SUPPORT EACH OTHER

Residential School Support Luncheon

*Phase 2 results of the
St. Joseph Mission Investigation
to be announced
January 25th, 2023*

In support of those affected
Tla-o-qui-aht IRS will be offering
brushings followed by a luncheon on
Wednesday January 25th at 12:00pm

If you have any questions please reach
out to Catherine Thomas:

250-725-3335



Strengthening Connections Open House

Connect with the

Community Services Health Department Staff

- Get to know their Role/Job Title
- How they support Tla-o-qui-aht First Nation
- How you are connected
- Other departments may join with their staff
- Share a beautiful dinner
- Culture practice will follow

February 1st, 2023

At Tin-Wis Conference Center

3:00pm-9:00pm

Dinner will be served at 5:00pm

We look forward to connecting with you!



TLA-O-QUI-AHT
FIRST NATION

POSTPONED until **MAY 1st, 2023**

We are still taking names, please

call the health center:

250-725-3335

TLA-O-QUI-AHT welcomes

Denturist

Jeremy Duprat, R.D.



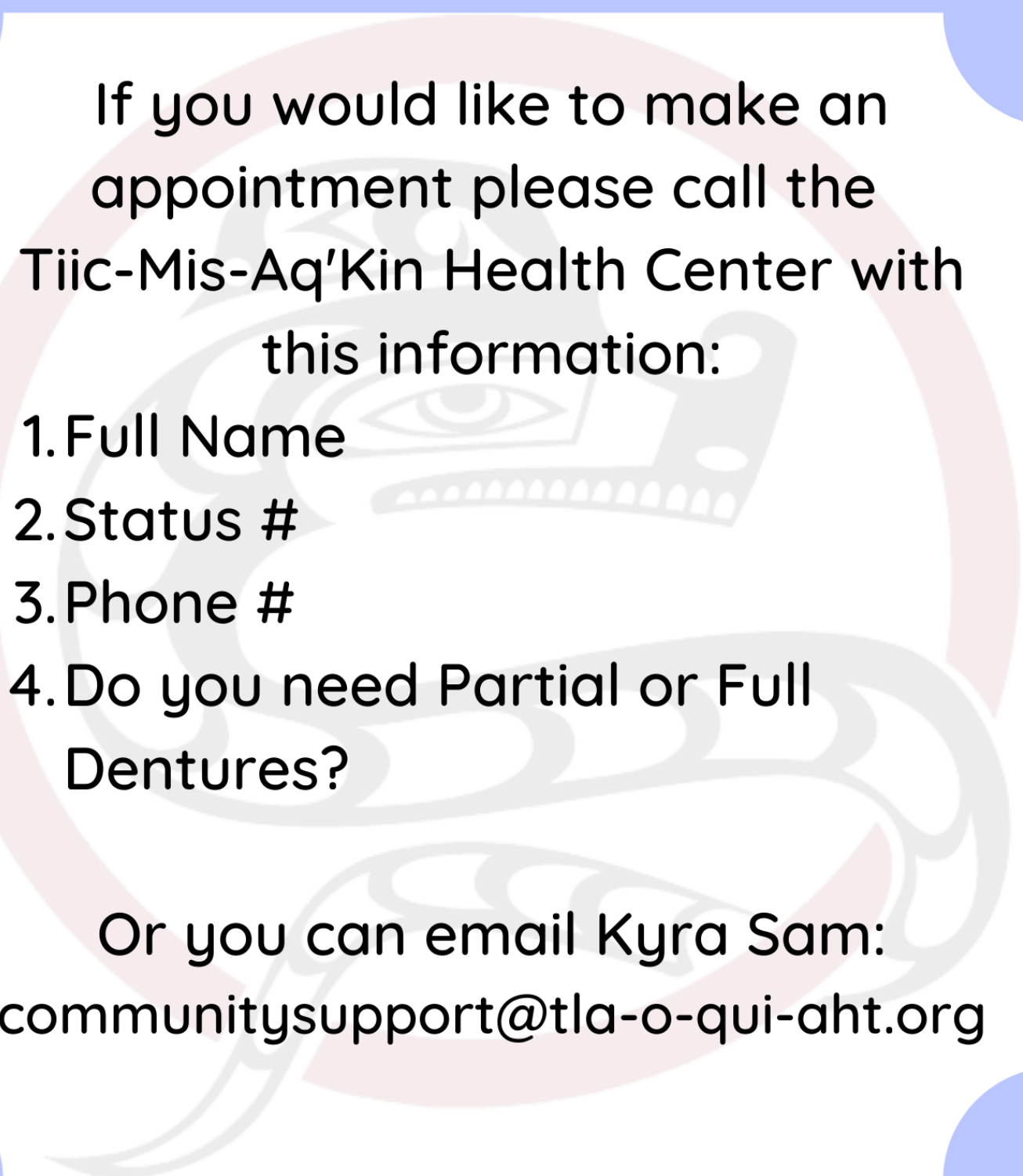
Jeremy currently works with other First Nations communities and we are happy to welcome him here to provide on-reserve denture services.

- Are you missing any teeth?
- Do you have dentures that are older than 5 years?

If you answered yes to any of the above questions, Jeremy will be seeing patients at the Health Centre, January 9th - 12th, 2023.

Please call **250-725-3335** to book an appointment





If you would like to make an appointment please call the Tiic-Mis-Aq'Kin Health Center with this information:

1. Full Name
2. Status #
3. Phone #
4. Do you need Partial or Full Dentures?

Or you can email Kyra Sam:
communitysupport@tla-o-qui-aht.org

DR. MARSHALL IN TY-HISTANIS



Dr. Marshall will be in Ty-Histanis
Every Tuesday at the
Tiic-Mis-Aq'Kin Health Center

Limited space available:

**Please call the Health Center the
morning/day of to be added to the
appointment list.**

250-725-3335

Thank you very much!



TLA-O-QUI-AHT
FIRST NATION

Maasupah

Healing the Grief Workshop



Over the past few years Tla-o-qui-aht has experienced waves of tremendous loss.

Join Jane Middleton-Moz, Tiffany Hubbard (Youth Facilitator), Anita Touchie and Chris Seitcher in taking time to honour our grief and learn tools to cope with loss.

February 13th to 16th, 2023

9:00 AM to 4:00 PM

Tin Wis Resort, Wickaninnish Conference Centre

This workshop will be grounded in Tla-o-qui-aht Cultural Teachings and Strengths and will be focused on Tla-o-qui-aht Community Members, Youth and Staff.

Morning snack and lunch will be provided.

Cultural Healing Support will be available throughout.

Please note: This is a device-free Workshop. Please take calls, texts and emails on breaks.

For more information or to register please contact Norine Messer at norinemesser@hotmail.com or (250)735-4111 (Call or Text) or Messenger



YOUTH



DROP-IN

NIGHT

**HOSTED AT TIIC-MIS-AQ'KIN
HEALTH CENTER
WITH LACEY ADAMS**

AGES 6+

**COME JOIN IN FOR SOME
GAMES AND SNACKS**

FRIDAY AND SATURDAY

FROM 6PM-10PM

**MORE DATES OF OTHER
ACTIVITIES COMING SOON!**



Elders Chair yoga class

Sunday, January 22nd

2pm

Tiic-Mis-Aq'Kin Health Center

Hosted by Heidi MacPherson

1 Hour Class that will focus on:

- Functional Movement
- Building Strength
- Mobility and Balance

Breath Work and Meditative Principals are also practiced to strengthen Nervous, Respiratory and Cardiovascular Systems to support age related changes

This is a low impact class for all bodies

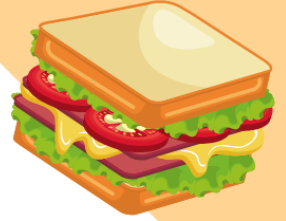
No experience necessary

For more information please contact the
Health Center in Ty-Histanis:
250-725-3335



TLA-O-QUI-AHT
FIRST NATION

Tla-o-qui-aht Elders Luncheon



Wednesday January 24th, 2023

12:00pm

hosted at the

Tiic-Mis-Aq'Kin Health Center

in Ty-Histanis by the health team

If you have any questions please contact

The Health Center

250-725-3335

**We look forward to sharing a meal with
you!**





Pilates!

Hosted by **Marissa Sampson-George**

at the

Tiic-Miss-Aq'Kin Health Center

Every Monday and Wednesday 5:00pm-7:00pm

New time and date added starting January 2023!

If you have any questions, please email Marissa at:

tyhistanisintake@tla-o-qui-aht.org



VACCINES & COVID TESTS



If you are still needing your
1st, 2nd, 3rd, or booster
vaccine please contact
Kyra Sam or Christine Curley.

We still have Covid Test Kits
available if needed as well

Ty-Histanis Health Center:
250-725-3335

Patient Travel Check List



- Appointment is booked

Confirmation or appointment card is sent one of the following ways:

250-725-3980 (FAX) or email:

tyhistanisintake@tla-o-qui-aht.org

opitsahtintake@tla-o-qui-aht.org

Drop off to one of our offices:

Tiic-Mis-Aq'kin Health Center or Meares Island Cultural Center

Before Departure to appointment: Please pick up a boat ticket from Hazel at MICC

If confirmation was not delivered in person please call to confirm that it has been received: 250-725-3335

Please include:

- Physical address
- Date of birth
- Status Number
- Care Card Number
- Direct Deposit information if required
- Email address /phone number for communication

Intake workers responsibility- please provide:

To inform you that your patient travel has been approved- when you will receive your deposit or cheque

Amount outlined for travel and meals

If your medical trip is approved for an overnight stay and where you will be booked to stay

If you have any questions or concerns regarding your patient travel, please call:

Marissa Sampson George 250-725-3335

Hazel Curley 250-725-3233

Annastasia Campbell 250-725-3335

After Hours Emergency Number: 250-725-8030

Please note, after-hours are rotated between staff. If there is no answer please leave your name and number and the time you called and the worker will return your call as soon as they can.

**Tla-o-qui-aht First Nation
welcomes you to join:**

Cultural Night's in

Ty-Histanis

Thursday's

7pm-9pm

Tiic-Mis-Aq'Kin Health

Center

For more information
please contact

Thomas Stewart Campbell

250-725-3335



TLA-O-QUI-AHT
FIRST NATION