

UCHUCKLESAHT PICTURE GALLERY



Office of the
Prime Minister
Canada



Office of the
Prime Minister
Canada



Do you have pictures to share?
Let Carla know
carla.halvorsen@uchucklesaht.ca

UCHUCKLESAHT TIMES

Volume 9, Issue 8

OCTOBER 2017

Pharma Care Information Session

Uchucklesaht Tribe had an NTC representative in at the office to present some information regarding **Pharma Care** on September 13th. It was very interesting information and another presentation will occur on October 11th and 12th at the First Nations Health Fair at the Alberni Athletic Hall.



Pharmacare is the provincial governments drug insurance program that is intended to help BC residents with the cost of prescription drugs, medical supplies and pharmacy services. First Nations will be part of the largest drug insurance program in B.C.

The governments plan is to transition to PharmaCare and develop a first of its kind provincial First Nations drug benefit plan.

As long as you have a status number and are a resident of BC then FNFA pays for your MSP premiums and you will be automatically enrolled in the new PharmaCare plan. You should check to ensure that your young children are also enrolled.

The Pharma Care program begins October 1, 2017 and you can get more information at 1-855.550-5454

Inside this issue:

PHARMA CARE INFORMATION SESSION	1
UCHUCKLESAHT HALLOWEEN PARTY & HEALTH ABILITY FAIR	2
HEALTHY TIPS	3
UCHUCKLESAHT PICTURE GALLERY	4

Do you have articles or news for the newsletter? Please send those to carla.halvorsen@uchucklesaht.ca

UCHUCKLESAHT HALLOWEEN PARTY

The Uchucklesaht Tribe will once again be holding the annual Halloween Party on **October 30, 2017 starting at 4:00pm** at The Thunderbird located at 5251 Argyle Street.

Join all of the families for a little fun, games, a meal and prizes.

Make sure to let the Human Services Office know that you will be attending.

Have a fun and safe Halloween!



NUU CHAH NULTH HEALTH ABILITY FAIR

NTC DAC HEALTH ABILITY FAIR 2017

Everyone Welcome!

**Yesterday, today
and tomorrow**

CELEBRATING 20 YEARS OF DAC

October 11th & 12th, 2017

Alberni Athletic Hall, Port Alberni

HEALTHY TIPS

Stress is a fact of life, but being stressed out is not. We don't always have control over what happens to us.

That doesn't mean we have to react to a difficult situation by becoming frazzled or feeling overwhelmed or distraught. Being overly anxious is not just a mental hazard; it's a physical one too, with damaging effects to the brain and the rest of the body.

Here are a few stress relieving healthy tips that might benefit you:

1. **Breath:** Breathing is so innate that most of us don't even pay attention to how we do it, but there is a way to breathe for better health. Breathing from your diaphragm oxygenates your blood, which helps you relax almost instantly.
2. **Put it on Paper:** Divide a piece of paper into two parts. On the left side, list the stressors you may be able to change, and on the right, list the ones you can't. Change what you can, and stop fretting over what you can't.
3. **Count to 10:** Take a break. Before you do something you'll regret or say something that makes the situation worse, step away from the stressor and collect yourself. Use your time-out to take a few deep breaths, stretch, or recite an affirmation.
4. **Use Calming Oils:** Oils of anise, basil, bay, chamomile, eucalyptus, lavender, peppermint, rose, and thyme are all soothing. Place a few pieces of rock salt in a small vial, then add a couple of drops of the oil of your choice (the rock salt absorbs the oil and is much less risky to carry around in your purse than a bottle of oil). Open the vial and breathe in the scent whenever you need a quick stress release.

The responsibility is in your hands. Staying in the present moment can dramatically reduce stress, increase your happiness, and give you bursts of insight that might change your life.