



# Safe for ELDERS

# 2019

**The Nlaka'pamux Nation**



**Ellen Spinks**  
Elder, Lytton First Nation



**Reynold Smith**  
Elder, Boothroyd Band



**Dr. Ruby Dunstan**  
Former Chief, Lytton First Nation



**Robert Pasco**  
Grand Chief, Oregon Jack Creek Band

# Our Elders are our most precious resource.

The Nlaka'pamux Nation Tribal Council is dedicated to keeping our Elders safe and ensuring they are able to remain within their homes and their communities for as long as possible. This calendar illustrates the many ways Elders can avoid falls and injury and, in doing so, to continue doing the many things that bring them pleasure.

# 2019



# Acknowledgements



*Safe for Elders, Safe for All is an initiative supported by the Nlaka'pamux Nation Tribal Council, Fraser Thompson Indian Services Society, Fraser and Interior Health Authorities, and 5 First Nation communities within the Fraser Canyon.*

*With funding from the Interior Health Authority, community representatives have developed a broad range of falls and injury prevention resources to support Elders which include a calendar, a brochure, posters, a BINGO game, a card game, and a list of resources.*

*And that's not all, more resources are 'in the works.'*

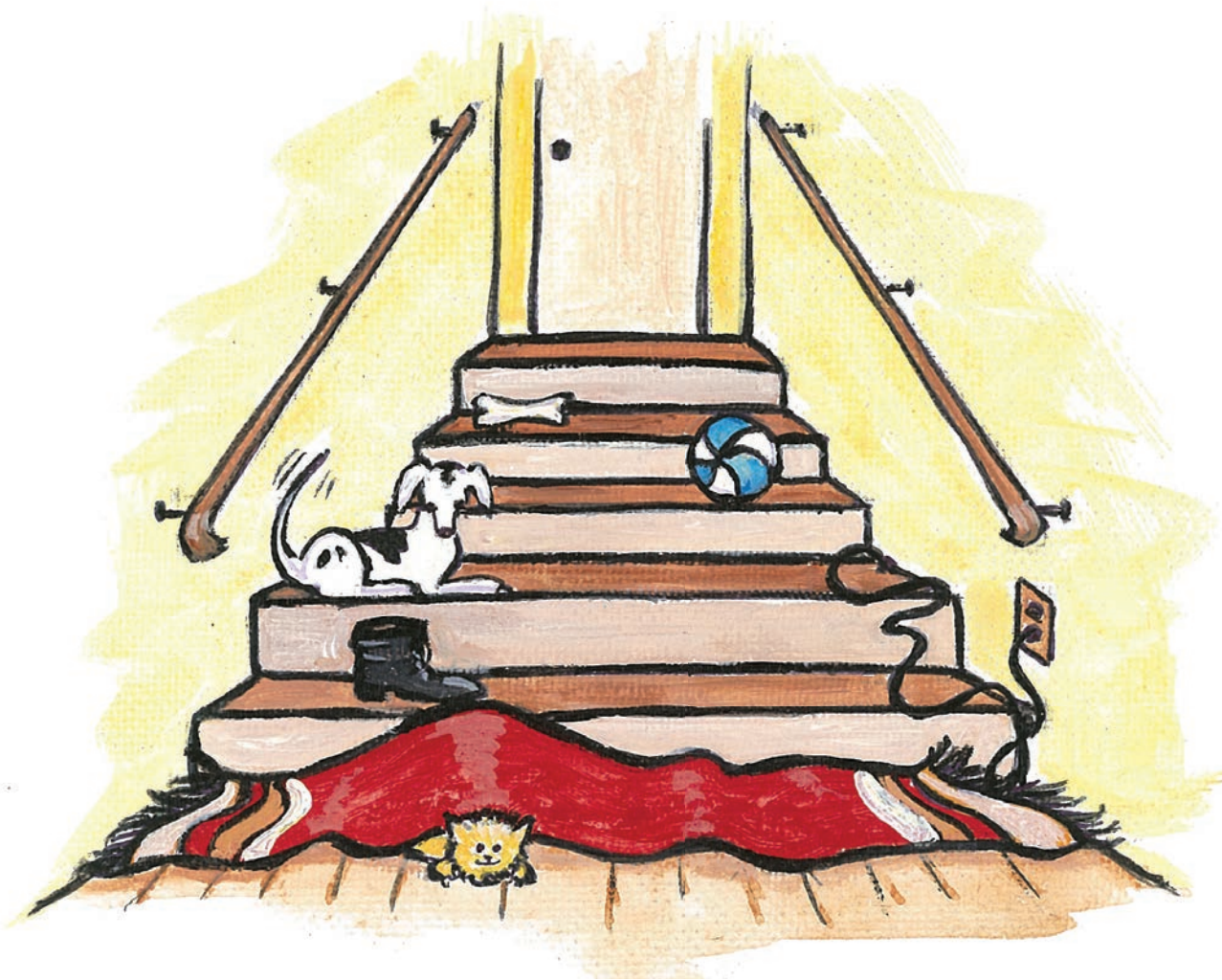
*Thanks to Georgia Lesley for the beautiful images that appear throughout the Safe for Elders resources.*

*We would like to thank the Nlaka'pamux Tribal Council for so generously providing us with the Nlaka'pamux orthography for the calendar.*



# nkapch-hhEn tek mAah hhadn

## January 2019



### **Make your home safer**

#### **Is clutter putting you at risk?**

If you have clutter on your floors or stairs, it can make it more difficult to stay on your feet. Make sure there are no cords, scatter rugs, pet toys or even pets in your path.

#### **Are your stairs safe?**

Safe stairs are well-lit with a light switch at the top and bottom of the stairs, handrails on both sides of the stairway, and an anti-slip finish. Contrast stripes are a great idea too.

# January 2019

## nkapch-hhEn tek mAah hhadn

Sunday **ahachEE-wshim**    Monday **bee.AshKt**    Tuesday **shee-AshKt**    Wednesday **ka.lhAshKt**    Thursday **mooshAshKt**    Friday **cheeykshtAshKt**    Saturday **wuhdipAshKt**

		<b>1 New Year's Day</b>	<b>2</b>	<b>3</b>	<b>4 nkshAytkn</b>	<b>5</b>  <b>NEW MOON</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>  <b>1ST QUARTER</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>  <b>FULL MOON</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>  <b>3RD QUARTER</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		<b>Edith Florence</b> Elder, Spuzzum First Nation



# TselhnwAlhn tek mAah hhadn

## February 2019



### Stay active

#### Are you exercising?

The most important thing you can do to prevent falls is to stay strong. Try to increase your activity levels so you get a little exercise each day. Walking, fishing, gardening, tai chi – whatever you enjoy. Use a walking aid to help you if you need it. Remember, no plunking!

If you need ideas about what kinds of exercises you can safely do at home, visit us online at [www.safeforelders.com](http://www.safeforelders.com).

# February 2019

## TselhnwAlhn tek mAah hhadn

Sunday  
ahachEE-wshim

Monday  
bee.AshKt






Tuesday  
shee-AshKt

Wednesday  
ka.lhAshKt

Thursday  
mooshAshKt

Friday  
cheeykshtAshKt

Saturday  
wuhdipAshKt

	<p><b>Amy Charlie</b> Elder, Lytton First Nation</p>				1	2
3	<p>4 <b>nkshAytkn</b></p>  <p>NEW MOON</p>	5	6	7	8	9
10	11	<p>12</p>  <p>1ST QUARTER</p>	13	<p>14 <b>Valentines Day</b></p>	15	16
17	<p>18 <b>BC Family Day</b></p>	<p>19</p>  <p>FULL MOON</p>	20	21	22	23
24	25	<p>26</p>  <p>3RD QUARTER</p>	27	28		

# shnoonA-wt tek mAah hhadn

## March 2019

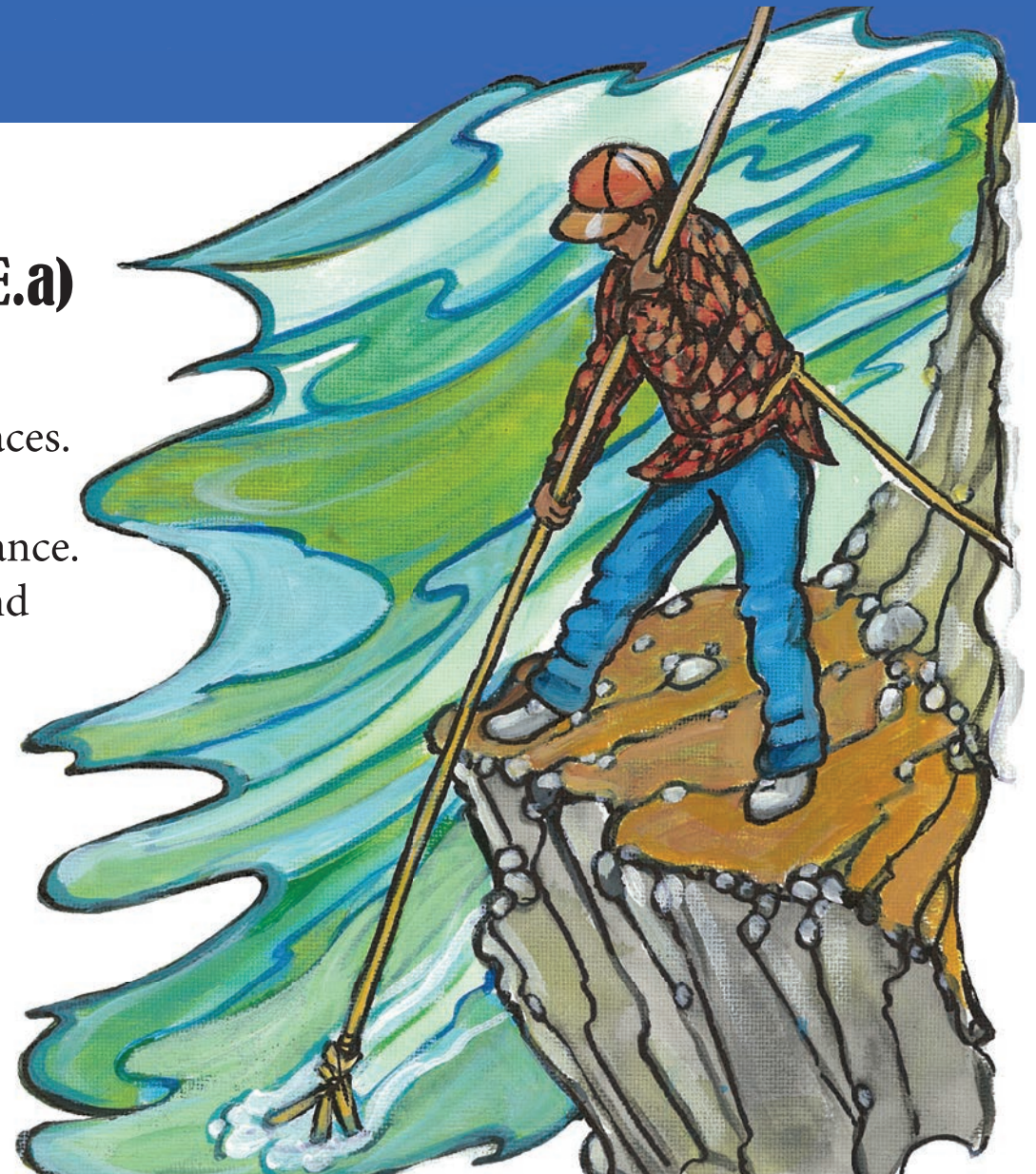
### Spring salmon Red Chinook (QEE-yEE.a)

#### Fishing the River

Be careful when walking or working on uneven surfaces.  
Wear comfortable, sturdy shoes with good grip.  
Be sure you are steady on your feet and aren't off balance.  
Make sure friends and family know where you are and  
when you expect to return.

*“Our ancestors have passed on to us the responsibility to protect our land, water and resources as they have before us, and to pass on our traditional values and practices to future generations.”*

*BC First Nations Fisheries Action Plan*





# March 2019 shnoonA-wt tek mAah hhadn

Sunday  
**ahachEE-wshim**

Monday  
**bee.AshKt**






Tuesday  
**shee-AshKt**

Wednesday  
**ka.lhAshKt**

Thursday  
**mooshAshKt**

Friday  
**cheeykshtAshKt**

Saturday  
**wuhdipAshKt**

 <p><b>Byron Spinks</b> Former Chief, Lytton First Nation</p>						1	2
3	4 <b>nkshAytkn</b>	5	6  <b>NEW MOON</b>	7	8	9	
10 <b>Daylight Saving Time begins</b>	11	12	13	14  <b>1ST QUARTER</b>	15	16	
17 <b>St Patricks Day</b>	18	19	20 <b>First day of nwuhoo-yt (Spring)</b>  <b>FULL MOON</b>	21	22	23	
24	25	26	27	28	29	30	
31			 <b>3RD QUARTER</b>				

# nPeehhkshm tek mAah hhadn

## April 2019

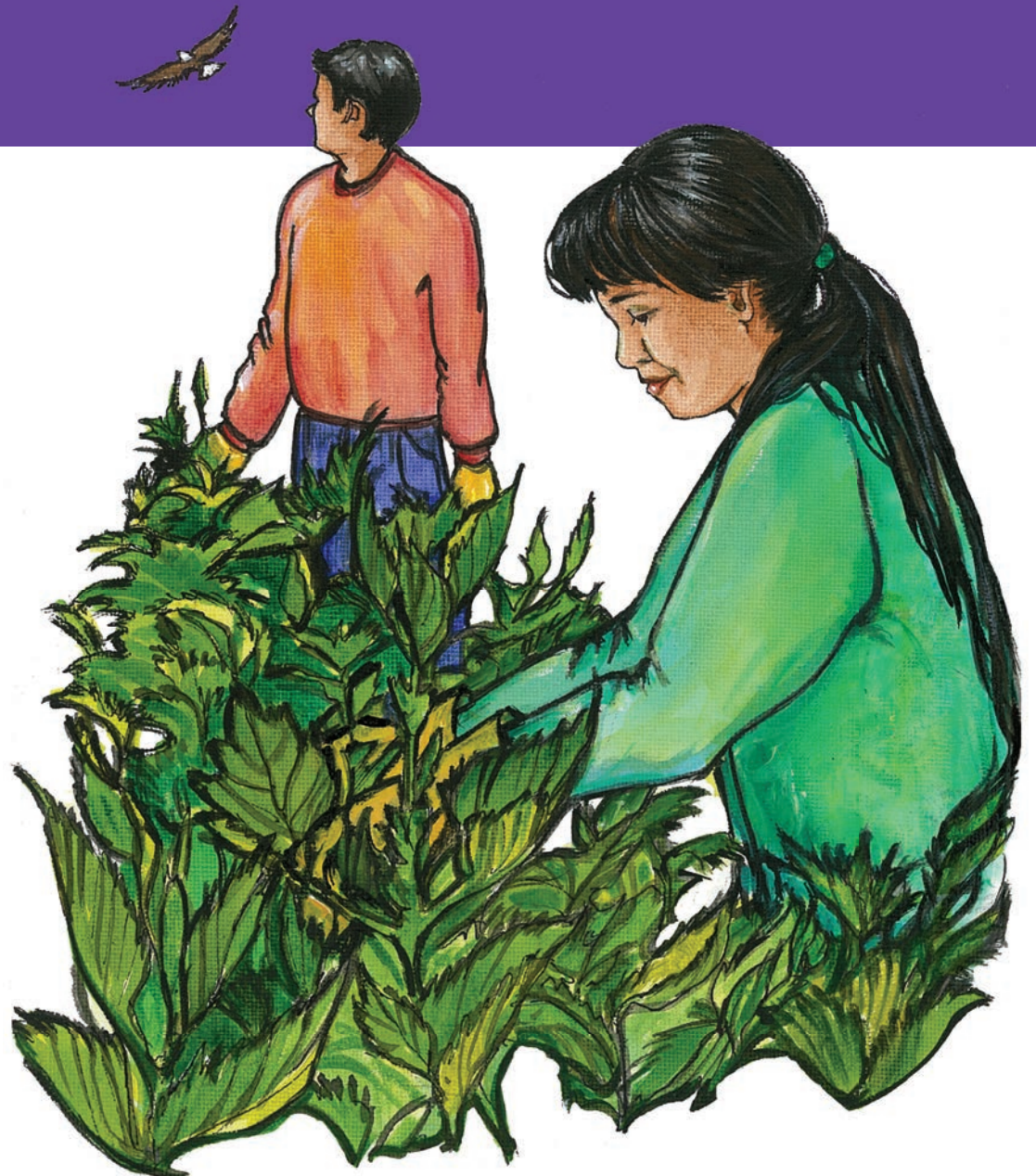
### Medication review

#### Are you taking care of your health?

For many, Spring is a time of harvesting traditional medicines. It is important to properly manage your health issues.

Always take your prescription medications as directed, and remember that some medications can cause dizziness. Avoid mixing alcohol with prescription medications.

If you are taking more than 2 medications, ask your pharmacist to review them for you.



# April 2019 nPeehhksh̄m tek mAah hhadn

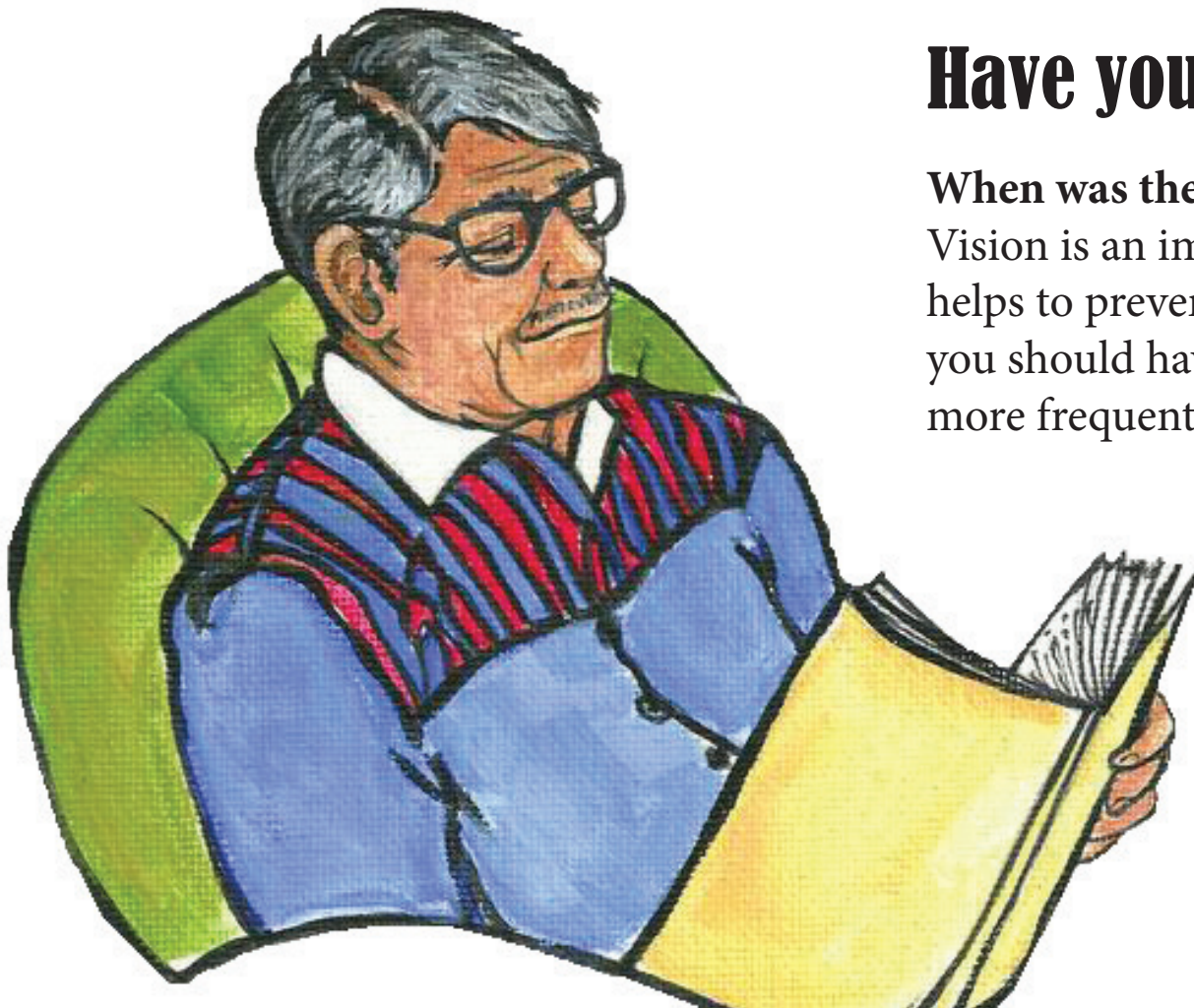
Sunday **ahachEE-wshim**    Monday **bee.AshKt**    Tuesday **shee-AshKt**    Wednesday **ka.lhAshKt**    Thursday **mooshAshKt**    Friday **cheeykshtAshKt**    Saturday **wuhdipAshKt**

	1	2	3	4 <b>nkshAytkn</b>	5  <b>NEW MOON</b>	6
7	8	9	10	11	12  <b>1ST QUARTER</b>	13
14	15	16	17	18	19 <b>Good Friday</b>  <b>FULL MOON</b>	20
21 <b>Easter Sunday</b>	22 <b>Easter Monday</b>	23	24	25	26  <b>3RD QUARTER</b>	27
28	29	30	 <p><b>Verna Campbell</b> Elder, Boothroyd Band</p>			



# yaKm tek mAAah hhadn

## May 2019



### **Have your vision checked**

**When was the last time you had your eyes checked?**

Vision is an important part of balance. Good vision helps to prevent falls. If you are over the age of 65, you should have your vision checked every year, or more frequently if your doctor recommends it. If it

has been more than a year since you had your vision checked, make an appointment this month!

# May 2019 yaKm tek mAah hhadn

Sunday  
**ahachEE-wshim**

Monday  
**bee.AshKt**






Tuesday  
**shee-AshKt**

Wednesday  
**ka.lhAshKt**

Thursday  
**mooshAshKt**

Friday  
**cheeykshtAshKt**

Saturday  
**wuhdipAshKt**

	<p><b>Debbie Abbott</b> Executive Director, NNTC</p>		1	2	3	<p>4 <b>nkshAytkn</b></p> <p> <b>NEW MOON</b></p>
5	6	7	8	9	10	<p>11 <b>Spences Bridge Signing Declaration Day</b></p> <p> <b>1ST QUARTER</b></p>
12 <b>Mothers Day</b>	13	14	15	16	17	<p>18</p> <p> <b>FULL MOON</b></p>
19	20 <b>Victoria Day</b>	21	22	23	24	25
26	27	28	29	30	31	<p> <b>3RD QUARTER</b></p>

# shQueeyAlhk tek mAah hhadn

## June 2019

### Keep your bones strong.

#### Have you broken a bone from a fall?

Osteoporosis is a disease that causes bones to break more easily. Most bone breaks happen while lifting something, twisting, tripping, slipping or falling. If you have broken a bone after the age of 50, talk to your health care provider about testing for osteoporosis.

Vitamin D and calcium help to keep your bones strong. Calcium is in salmon, spinach, stinging nettle, plantains and sesame seeds. Silica (for bone health) is in celery, cucumber, stinging nettle, wild asparagus and horse tail. Vitamin D is in salmon, egg yolks and sunshine. You may also want to talk to your doctor about supplements.





# June 2019 shQueeyAlhk tek mAah hhadn

Sunday  
**ahachEE-wshim**

Monday  
**bee.AshKt**




Tuesday  
**shee-AshKt**

Wednesday  
**ka.lhAshKt**

Thursday  
**mooshAshKt**

Friday  
**cheeykshtAshKt**

Saturday  
**wuhdipAshKt**

 <p><b>Melvin Andrew</b> Elder, Boston Bar First Nation <b>Yvonne Andrew</b> Elder and Counsellor, Boston Bar First Nation</p>						1
2	3  <b>NEW MOON</b>	4 <b>nkshAytkn</b>	5	6	7	8
9  <b>1ST QUARTER</b>	10	11	12	13	14	15
16 <b>Father's Day</b>	17  <b>FULL MOON</b>	18	19	20	21 <b>First day of demlhEEK (Summer) Aboriginal Day</b>	22
23	24	25	26	27	28	29
30		 <b>3RD QUARTER</b>				

# nKAhhmn tek mAah hhadn

## July 2019



### **Blackcap (mEchaqu) or Sockeye (shwuhA.ash)**

**Preserve your salmon, preserve your health.**  
With the summer season in full swing, activity increases and so can the risk of falls.

Be extra careful when working in the kitchen, carrying knives or hot pans. Mop up spills immediately. Enjoy working with others, but stay focused on the task you are working on. If people wish to socialize, invite them to do so away from the kitchen.

# July 2019

## nKAhhmn tek mAah hhadn

Sunday  
ahachEE-wshim

Monday  
bee.AshKt

Tuesday  
shee-AshKt

Wednesday  
ka.lhAshKt

Thursday  
mooshAshKt

Friday  
cheeykshtAshKt

Saturday  
wuhdipAshKt

	1 <b>Canada Day</b>	2  NEW MOON	3	4 <b>nkshAytkn</b>	5	6
7	8	9  1ST QUARTER	10	11	12	13
14	15	16  FULL MOON	17	18	19	20
21	22	23	24  3RD QUARTER	25	26	27
28	29	30	31  NEW MOON	 <p><b>S Lorraine Campbell</b> Elder, Boston Bar First Nation</p>		



# shchequAytwuh tek mAah hhadn

## August 2019

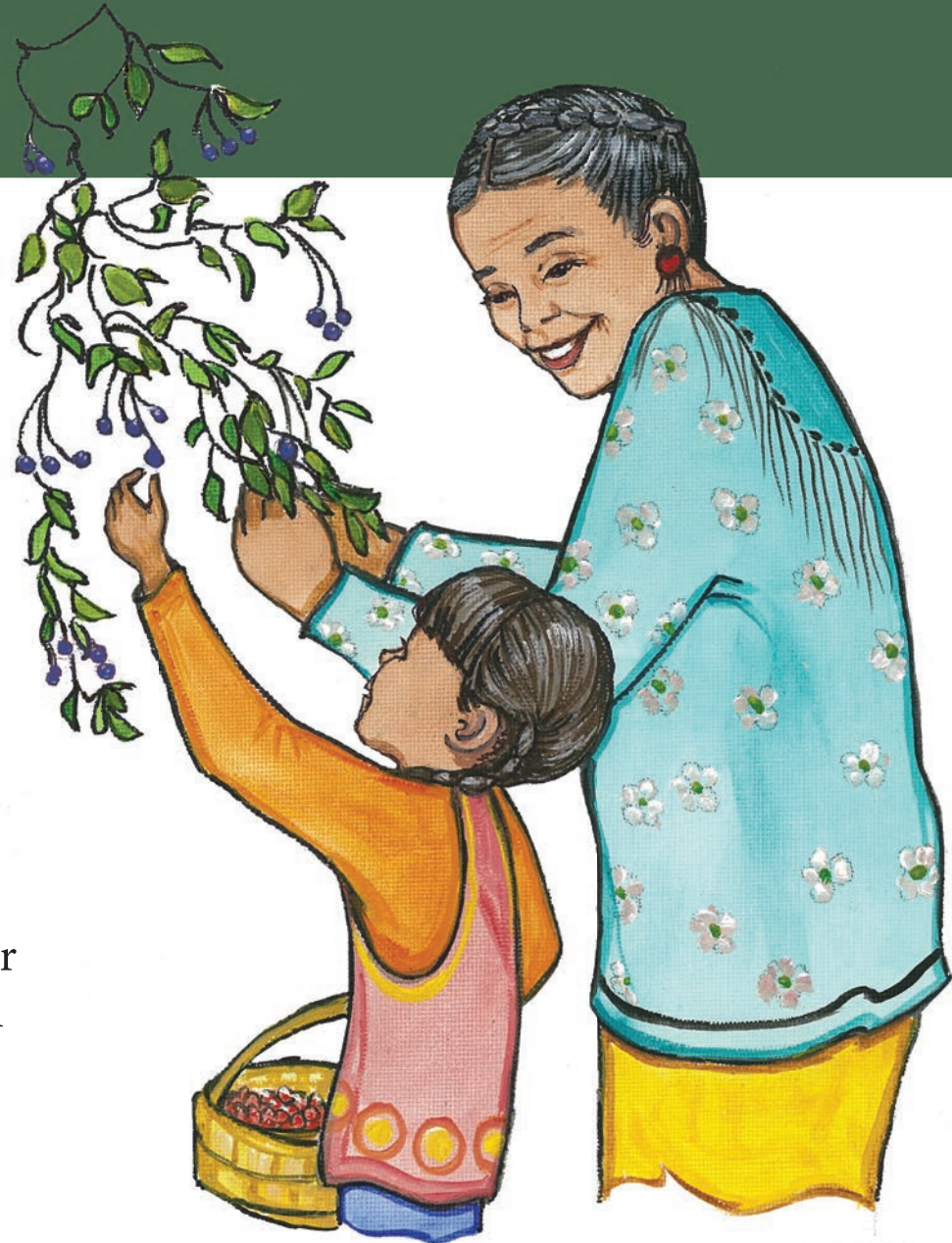
### Huckleberry (TSuITSAla)

**Collect from nature's bounty.**

Harvesting huckleberries is a favorite summer activity for many First Nations people.

Fresh air, spending time in nature, bending and stretching, walking, sharing with family: all add to a sense of wellness.

Be sure to pick huckleberries in areas where you have firm footing and be careful not to reach so far that you lose your balance. You don't want to spill any of those wonderful berries!



# August 2019 shchequAytwuh tek mAah hhadn

Sunday  
**ahachEE-wshim**

Monday  
**bee.AshKt**



Tuesday  
**shee-AshKt**

Wednesday  
**ka.lhAshKt**

Thursday  
**mooshAshKt**

Friday  
**cheeykshtAshKt**

Saturday  
**wuhdipAshKt**

 <p><b>Margaret Heidtke</b> Elder, Lytton First Nation <b>Janet Webster</b> Chief, Lytton First Nation</p>		1	2	3		
4 <b>nkshAytkn</b>	5 <b>BC Day</b>	6	7  <b>1ST QUARTER</b>	8	9	10
11	12	13	14	15  <b>FULL MOON</b>	16	17
18	19	20	21	22	23  <b>3RD QUARTER</b>	24
25	26	27	28	29	30  <b>NEW MOON</b>	31

# sh.00yoo.shm tek mAah hhadn

## September 2019

### Cedar basket making

#### Traditional practices.

Pulling strips of cedar bark for weaving can be hard work. When weaving, assemble your materials so they are within arm's reach.

Teach youngsters to help with this process as they can be very helpful. They can assist you when days are short and surfaces are uneven, which can increase the chances of a fall.





# September 2019 sh.00yoo.shm tek mAah hhadn

Sunday <b>ahachEE-wshim</b>	Monday <b>bee.AshKt</b>	Tuesday <b>shee-AshKt</b>	Wednesday <b>ka.lhAshKt</b>	Thursday <b>mooshAshKt</b>	Friday <b>cheeykshtAshKt</b>	Saturday <b>wuhdipAshKt</b>
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1	2 <b>Labour Day</b>	3	4 <b>nkshAytkn</b>	5  1ST QUARTER	6	7
8 <b>Grandparents Day</b>	9	10	11	12	13  FULL MOON	14
15	16	17	18	19	20	21  3RD QUARTER
22	23 <b>First day of ihewA-ysht (Fall)</b>	24	25	26	27	28  NEW MOON
29	30	 <p><b>Dorothy Phillips</b> Elder, Boothroyd Band</p>				

# shwuhAQUt tek mAah hhadn

## October 2019



### **Pine mushrooms (KE-mAsh)**



**Autumn is a time to harvest.**

Picking mushrooms can be a good form of exercise and can provide fresh produce for you and your family. Be careful when carrying weight on uneven, sometimes slippery surfaces. Bring a walking stick to help steady your step. Plan to be home well before sunset so there is enough light for you to find your way. Invite others to join you, for your own safety and to provide you with company.

# October 2019

## shwuhAQut tek mAah hhadn

Sunday ahachEE-wshim    Monday bee.AshKt    Tuesday shee-AshKt    Wednesday ka.lhAshKt    Thursday mooshAshKt    Friday cheeykshtAshKt    Saturday wuhdipAshKt

	<p><b>Roy Campbell</b> Elder, Boston Bar First Nation</p>	1	2	3	4 <b>nkshAytkn</b>	5  1ST QUARTER
6	7	8	9	10	11	12
13  FULL MOON	14 <b>Thanksgiving Day</b>	15	16	17	18	19
20	21  3RD QUARTER	22	23	24	25	26
27  NEW MOON	28	29	30	31 <b>Halloween</b>		



# n.oolhwuh tek mAah hhadn

## November 2019

### Tracking deer

#### Spend time outdoors.

Extended physical outdoor activity strengthens muscles, improves heart health, and can increase your levels of vitamin D. Remember to bring someone with you and to let relatives know where you are headed and when you expect to return.

Stay safe. Bring a flashlight, a little food, and a whistle or cellphone in case you get disoriented. A fall outdoors can be life threatening. Learn about first aid, such as making a splint from a branch and cloth.



# November 2019 n.oolhwuh tek mAah hhadn

Sunday  
**ahachEE-wshim**

Monday  
**bee.AshKt**

Tuesday  
**shee-AshKt**

Wednesday  
**ka.lhAshKt**





Thursday  
**mooshAshKt**

Friday  
**cheeykshtAshKt**

Saturday  
**wuhdipAshKt**



**Harold Thomas**  
Elder, Boston Bar First Nation

					1	2
3 <b>Daylight Saving ends</b>	4 <b>nkshAytkn</b>  1ST QUARTER	5	6	7	8	9
10	11 <b>Remembrance Day</b>	12  FULL MOON	13	14	15	16
17	18	19  3RD QUARTER	20	21	22	23
24	25	26  NEW MOON	27	28	29	30



# TselhchEEn tek mAah hhadn

## December 2019

### **Pit House (sh.eeshtkn)**

**Winter is a time to gather and share.**

As it gets colder outdoors and life moves indoors, low light, smoky conditions, and stacked firewood all can increase the risk of falling.

Keep floors swept and uncluttered, and firewood stacked neatly in low piles near your door. Remember it is important to see where you are going, so keep your glasses handy at all times.





# December 2019 TselhchEEn tek mAah hhadn

Sunday ahachEE-wshim    Monday bee.AshKt    Tuesday shee-AshKt    Wednesday ka.lhAshKt    Thursday mooshAshKt    Friday cheeykshtAshKt    Saturday wuhdipAshKt

1	2	3  1ST QUARTER	4 <b>nkshAytkn</b>	5	6	7
8	9	10	11  FULL MOON	12	13	14
15	16	17	18  3RD QUARTER	19	20	21
22 <b>First day of sh.eeshdk (winter)</b>	23	24	25 <b>Christmas Day</b>  NEW MOON	26 <b>Boxing Day</b>	27	28
29	30	31 <b>New Years Eve</b>		<b>Georgina McKay</b> Elder, Boothroyd Band		

# Safe for Elders

## The Nlaka'pamux Nation

For information about this initiative and to access resources, go to [www.safeforelders.com](http://www.safeforelders.com).



# 2020

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		