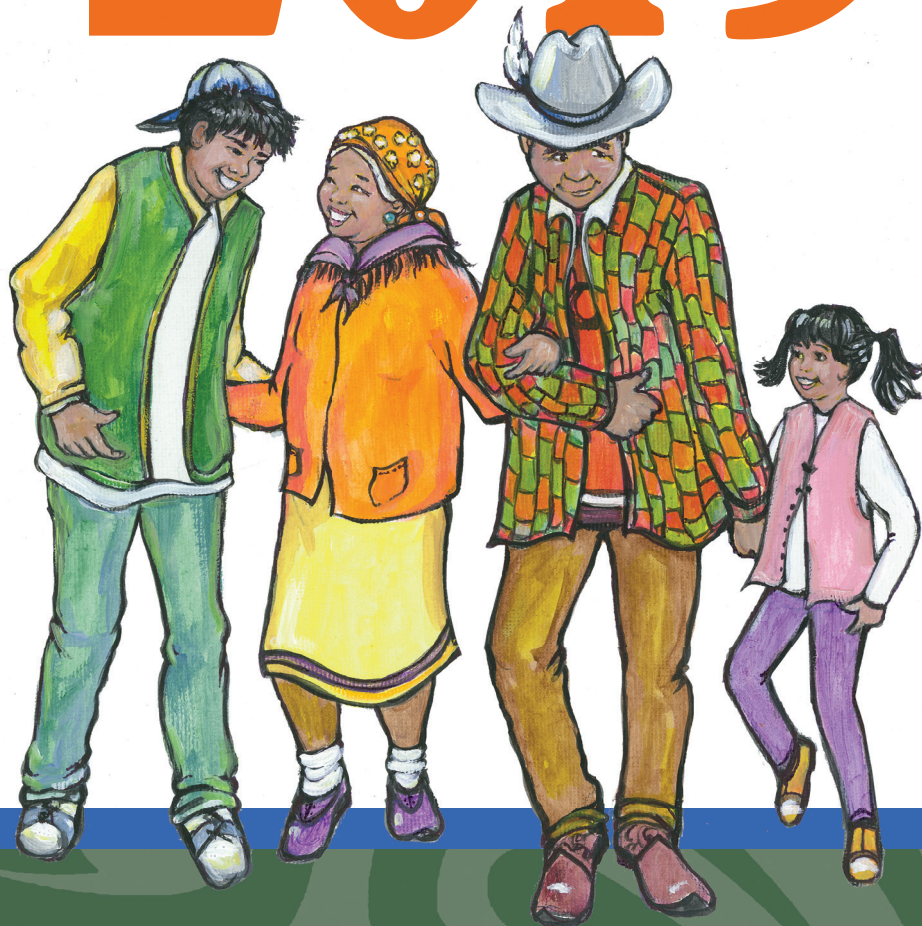


**The Nlaka'pamux Nation**

# Safe for Elders

# 2019



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



**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.’*

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

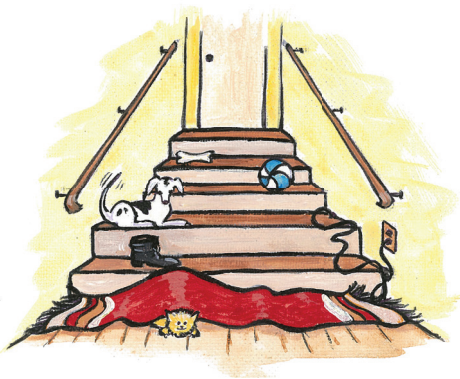


For information about this initiative and to access resources, go to [www.safeforelders.com](http://www.safeforelders.com)

# nkapch-hhEn tek mAah hhadn January 2019

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



## 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.

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

# TselhnwAlhn tek mAah hhadn February 2019

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

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



## 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).


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



# shnoonA-wt tek mAah hhadn

## 9 March 2019

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

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

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

#### Fishing the River

Be careful when walking or working on uneven surfaces. Wear comfortable, sturdy shoes that grip the ground. 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.



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# nPeehhksh<sup>h</sup>m tek mAah hhadn

## April 2019

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

## 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.



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

# yaKm tek mAah hhadn May 2019

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

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



## 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!

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

# shQeeyAlhk tek mAah hhadn June 2019

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 ● NEW MOON	4 <b>nkshAytkn</b>	5	6	7	8	
9 ● 1ST QUARTER	10	11	12	13	14	15	
16 <b>Father's Day</b>	17 ○ FULL MOON	18	19	20	21 <b>First day of demlhEEk (Summer) Aboriginal Day</b>	22	
23	24	25	26	27	28	29	
30		● 3RD QUARTER					



## 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.

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



# nKAhhmn tek mAah hhadn July 2019

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

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



## 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 work area.

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

# shchequAytwuh tek mAah hhadn August 2019

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  1ST QUARTER	8	9	10
11	12	13	14	15  FULL MOON	16	17
18	19	20	21	22	23  3RD QUARTER	24
25	26	27	28	29	30	31

## Huckleberry (TSuITSAIa)

### 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!



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

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

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

## 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.



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

# shwuhAQut tek mAah hhadn October 2019

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

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



## 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.

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



# n.oolhwuh tek mAah hhadn November 2019

Sunday  
ahachEE-wshim

Monday  
bee.AshKt






Tuesday  
shee-AshKt

Wednesday  
ka.lhAshKt

Thursday  
mooshAshKt

Friday  
cheeykshtAshKt

Saturday  
wuhdipAshKt

	<b>Harold Thomas</b> Elder, Boston Bar First Nation					1	2
<b>3 Daylight Saving ends</b>	<b>4 nkshAytkn</b>  1ST QUARTER	5	6	7	8	9	
10	<b>11 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	

## 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, 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.



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

# TselhchEEn tek mAah hhadn December 2019

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>	 <p><b>Georgina McKay</b> Elder, Boothroyd Band</p>			

## 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.



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

# Safe for Elders

## The Nlaka'pamux Nation

# 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		

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