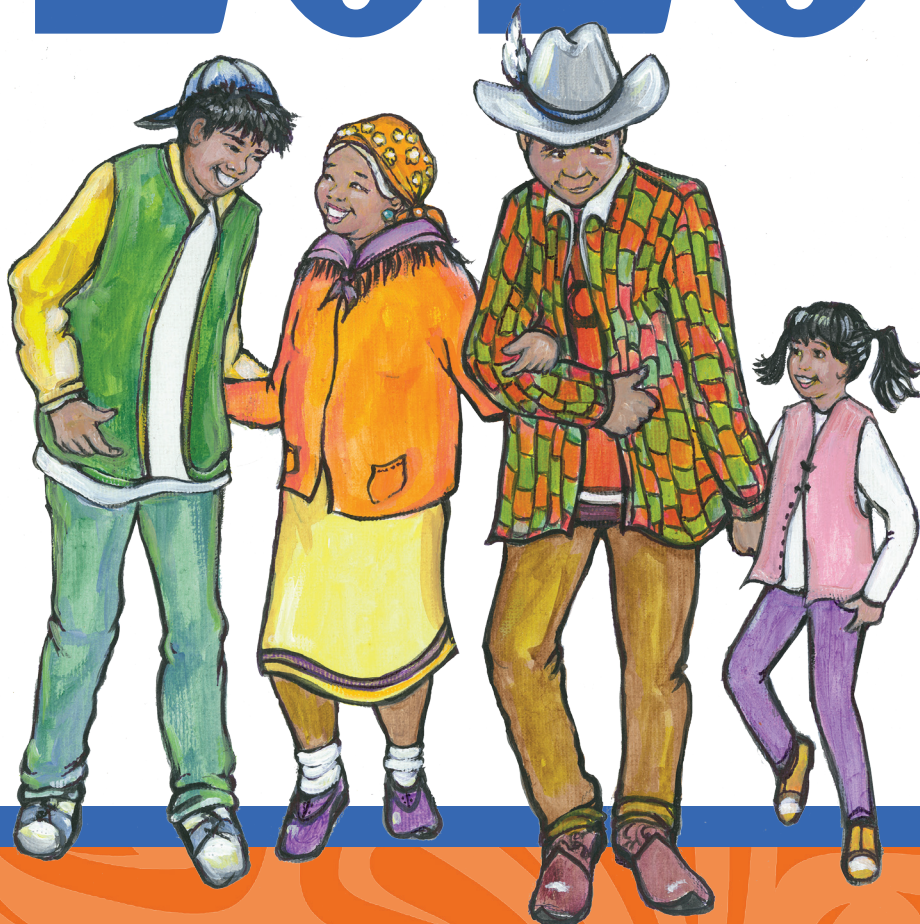


The Nlaka'pamux Nation

Safe for Elders

2020



For information about this initiative and to access resources, go to 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.

2020

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.



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nkapch-hhEn tek mAah hhadn January 2020

Sunday
ahachEE-wshim

Monday
bee.AshKt

Tuesday
shee-AshKt

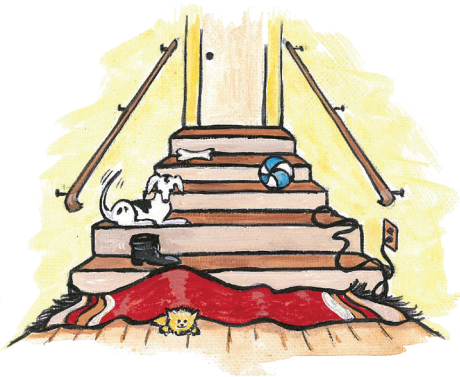
Wednesday
ka.lhAshKt

Thursday
mooshAshKt

Friday
cheeykshtAshKt

Saturday
wuhdipAshKt

 Georgina McKay Elder, Boothroyd Band			1 New Year's Day	2  1ST QUARTER	3	4 nkshAytkn
5	6	7	8	9	10  FULL MOON	11
12	13	14	15	16	17  3RD QUARTER	18
19	20	21	22	23	24  NEW MOON	25
26	27	28	29	30	31	



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.

TselhnwAlhn tek mAah hhadn February 2020

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

 <p>Harold Thomas Elder, Boston Bar First Nation</p>						1 ☾ 1ST QUARTER
2	3	4 nkshAytkn	5	6	7	8 ☉ FULL MOON
9	10	11	12	13	14 Valentines Day	15 ☾ 3RD QUARTER
16	17 BC Family Day	18	19	20	21	22
23 ☉ NEW MOON	24	25	26	27	28	29



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.

For information about this initiative and to access resources, go to www.safeforelders.com.

shnoonA-wt tek mAah hhadn March 2020

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

1	2 ☾ 1ST QUARTER	3	4 nkshAytkn	5	6	7
8 Daylight Saving Time begins	9 ◯ FULL MOON	10	11	12	13	14
15	16 ☾ 3RD QUARTER	17 St Patricks Day	18	19 First day of nwuhoo-yt (Spring)	20	21
22	23	24 ● NEW MOON	25	26	27	28
29	30	31	 Roy Campbell Elder, Boston Bar First Nation			

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.



For information about this initiative and to access resources, go to www.safeforelders.com.

nPeehhksh^hm tek mAah hhadn

April 2020

Sunday
ahachEE-wshim

Monday
bee.AshKt


Tuesday
shee-AshKt

Wednesday
ka.lhAshKt

Thursday
mooshAshKt

Friday
cheeykshtAshKt

Saturday
wuhdipAshKt

			1 ☾ 1ST QUARTER	2	3	4 nkshAytkn
Dorothy Phillips Elder, Boothroyd Band					10 Good Friday	11
5	6	7 ☉ FULL MOON	8	9		
12 Easter Sunday	13 Easter Monday	14 ☾ 3RD QUARTER	15	16	17	18
19	20	21	22 ● NEW MOON	23	24	25
26	27	28	29	30 ☾ 1ST QUARTER		

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.

yaKm tek mAah hhadn May 2020

Sunday
ahachEE-wshim

Monday
bee.AshKt


Tuesday
shee-AshKt

Wednesday
ka.lhAshKt

Thursday
mooshAshKt

Friday
cheeykshtAshKt

Saturday
wuhdipAshKt

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

shQueeyAlhk tek mAAah hhadn June 2020

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

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



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.

nKAhhmn tek mAah hhadn July 2020

Sunday
ahachEE-wshim

Monday
bee.AshKt

Tuesday
shee-AshKt

Wednesday
ka.lhAshKt

Thursday
mooshAshKt

Friday
cheeykshtAshKt

Saturday
wuhdipAshKt

 <p>Melvin Andrew Elder, Boston Bar First Nation Yvonne Andrew Elder and Counsellor, Boston Bar First Nation</p>		<p>1 Canada Day</p>		<p>2</p>		<p>3</p>		<p>4 nkshAytkn</p> <p>○ FULL MOON</p>	
<p>5</p>		<p>6</p>		<p>7</p>		<p>8</p>		<p>9</p>	
<p>10</p>		<p>11</p>		<p>12</p>		<p>13</p>		<p>14</p>	
<p>15</p>		<p>16</p>		<p>17</p>		<p>18</p>		<p>19</p>	
<p>20</p>		<p>21</p>		<p>22</p>		<p>23</p>		<p>24</p>	
<p>25</p>		<p>26</p>		<p>27</p>		<p>28</p>		<p>29</p>	
<p>30</p>		<p>31</p>		<p>32</p>		<p>33</p>		<p>34</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.

shchequAytwuh tek mAah hhadn August 2020

Sunday
ahachEE-wshim

Monday
bee.AshKt

Tuesday
shee-AshKt

Wednesday
ka.lhAshKt

Thursday
mooshAshKt

Friday
cheeykshtAshKt

Saturday
wuhdipAshKt

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

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.

sh.00yoo.shm tek mAah hhadn September 2020

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

 Verna Campbell Elder, Boothroyd Band		1 Labour Day ○ FULL MOON	2	3	4 nkshAytkn	5
6	7	8	9	10 ◐ 3RD QUARTER	11	12
13 Grandparents Day	14	15	16	17 ● NEW MOON	18	19
20	21	22 First day of ihewA-ysht (Fall)	23 ◑ 1ST QUARTER	24	25	26
27	28	29	30			

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.

shwuhAQut tek mAah hhadn October 2020

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

 <p>Byron Spinks Former Chief, Lytton First Nation</p>				1	2	3
4 nkshAytkn	5	6	7	8	9	10
11	12 Thanksgiving Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween
						 FULL MOON



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.

n.oolhwuh tek mAah hhadn November 2020

Sunday ahachEE-wshim	Monday bee.AshKt	Tuesday shee-AshKt	Wednesday ka.lhAshKt	Thursday mooshAshKt	Friday cheeykshtAshKt	Saturday wuhdipAshKt
1 Daylight Saving ends	2	3	4 nkshAytkn	5	6	7
8 ☾ 3RD QUARTER	9	10	11 Remembrance Day	12	13	14 ● NEW MOON
15	16	17	18	19	20	21 ☾ 1ST QUARTER
22	23	24	25	26	27	28
29 ○ FULL MOON	30	 <p>Amy Charlie Elder, Lytton First Nation</p>				

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.

TselhchEEn tek mAah hhadn December 2020

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

 Edith Florence Elder, Spuzzum First Nation	1	2	3	4 nkshAytkn	5
6	7  3RD QUARTER	8	9	10	11
13	14  NEW MOON	15	16	17	18
20	21 First day of sh.eeshdk (winter)  1ST QUARTER	22	23	24	25 Christmas Day 26 Boxing Day
27	28	29  FULL MOON	30	31 New Years Eve	

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.safeforelders.com.

Safe for Elders

The Nlaka'pamux Nation

2021



January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	30	31	1	2	31	1	2	3	4	5	6	28	1	2	3	4	5	6	28	29	30	31	1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	1	2	3	4	5	6	28	29	30	31	1	2	3	25	26	27	28	29	30	1
31	1	2	3	4	5	6																					
May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
25	26	27	28	29	30	1	30	31	1	2	3	4	5	27	28	29	30	1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
23	24	25	26	27	28	29	27	28	29	30	1	2	3	25	26	27	28	29	30	31	29	30	31	1	2	3	4
30	31	1	2	3	4	5																					
September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	1	2	3	4	26	27	28	29	30	1	2	31	1	2	3	4	5	6	28	29	30	1	2	3	4
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
26	27	28	29	30	1	2	24	25	26	27	28	29	30	28	29	30	1	2	3	4	26	27	28	29	30	31	1
							31	1	2	3	4	5	6														

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