

January 2019

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

VISION STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods. Hesk'w'en'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's

MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Hesk'w'en'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

"Take Care Of Yourself"



For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: reception@hssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: jaycee.isaac@hssbc.ca

Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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COOKS FERRY & SISKA

Heskw'en'scutxe Health Services Society
Home and Community Care Program

Nursing Services Available MONDAY—FRIDAY

Nursing Services:

- Immunization (all ages)
- TB Testing
- HIV/STD Counselling
- Birth Control Counselling
- Pregnancy Testing
- Prenatal Education Care
- Newborn Education/Care
- Breastfeeding Support
- Child Growth/Development Monitoring
- Blood Pressure Monitoring
- Diabetes Counselling
- Weight Loss Counselling
- Wound Care
- Home Care

Also Available:

- Infant Weight Scale
- Adult Weight Scale
- Prenatal Vitamins*
- Infant Vitamin D Drops*
- Breastfeeding Supplies* (breast pump, nursing pads, lanolin cream)
- Plug Protectors
- Children Toothbrushes
- Children's Vitamins*
- Head Lice Conditioner & Combs*
- Condoms

ONLY AVAILABLE FROM THE NURSE.

**To see a nurse contact the office to book
a home or clinic appointment.
Lisa Colwell, LPN, AFCN**

Home & Community Care Program

What services are provided?

- Palliative care (specialized care aimed at providing relief from the symptoms and stress of serious illness)
- Home support (assistance with nutrition, hygiene, and bathing)
- Referral to dietitians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication administration
- Ostomy and catheter care
- Blood pressure monitoring
- Diabetes care
- Wound care
- Foot care
- Post-surgical care



How can I access these services?

1. Call Heskw'en'scutxe Health Services Society to book a home visit.
2. At the first home visit, usually 1 to 2 hours, a nurse will develop a care plan specific to your individual needs.
3. HHSS staff will be scheduled to provide services based on this care plan.
4. We are here to support you and you have the right to accept or refuse any of the care that we offer.



Ricardo Pickering MC (Counselling Psych), RP, CCC
Mental Wellness Outreach Clinician
rpickering@statimhealth.net
T: (250) 256-7530 • C: (250) 842-8552

Call Hesk'w'en'scutxe Health Services
to set up an appointment at: 250 458-2212

My name is Ricardo Pickering and I am proud to have been recently appointed Clinical Counsellor for Hesk'w'en'scutxe Health Services.

I am a master clinical counsellor, supervisor, and EMDR therapist, who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton and surrounding rural areas. During the last eight years, I worked as school counsellor in several rural schools (K-12 grades); as Mental Health Counsellor for the Gitksan Health Society, offering local support to three other First Nations' communities in the Thompson-Okanagan area of BC. I also have a private practice office in Ashcroft. Before that, I worked for over 20 years as a mediator consultant.

Methodologically: I currently use an integrated Adlerian, Solutions Focussed (SFBT), and Narrative (NT) approach which—leveraged with my EMDR practice, which appears effective to many of my clients.

I am always looking for new and creative solutions for my clients and research for alternatives including traditional forms of healing and spirituality.

Influenced by the needs of my clients, I have grown interested in the following areas of practice: School Support (currently working as part-time LSS counsellor); EMDR (Eye Movement Desensitization Reprocessing); Children, Youth, and Families; Individual Counselling Psychology (Adlerian, SFBT, NT, EMDR); Itinerant Counselling Services (Debriefings, Crises, Individual, and Group Counselling); and Trauma Informed Practice (TIP), specializing in the rehabilitation of victims of trauma.

I am a Registered Psychotherapist in the College of Registered Psychotherapists of Ontario (CRPO) and a Canadian Certified Counsellor at the Canadian Counselling and Psychotherapy Association (CCPA, Ottawa).

To book an appointment with Ricardo Pickering, please call the Hesk'w'en'scutxe Health Services office for a referral, or call him directly. His service is available in the community every Wednesday. Ricardo will be available for the first Wednesday of December and then will be away for the rest of the month, and will start back up on January 9, 2019.



Hesk'w'en'scutxe Health Services Society

3691 Deer Lane P.O. Box 188 Spences Bridge, BC V0K 1Z0

Tel: (250) 458-2212 **Fax:** (250) 458-2213 **Client Toll Free:** 1-866-458-2212

Email: admin@hhssbc.ca

Heskw'en'scutxe Health Services has three Medical Transportation Programs



NIHB Medical Travel

Provides a reimbursement towards the cost of medical travel through the NIHB Medical Transportation Policy Framework for services types that are medically necessary:

- Medical services defined as insured services by provincial/territorial health plans (e.g., appointments with physician, hospital care);
- Diagnostic tests and medical treatments ordered by a physician or other health professional within his or her scope of practice and which are covered by provincial/territorial health plans;
- Publically-funded alcohol, solvent, drug abuse and detox treatment;
- Traditional healers;
- Non-Insured Health Benefits (vision, dental, mental health, medical supplies and equipment); and
- Publically-funded preventative screening e.g. breast cancer screening (where coordination with other medical travel is not feasible).

Travel claims can be process through Heskw'en'scutxe Health Services for those who have status and live on reserve in our service communities. Community members who live off reserve are entitled to travel reimbursements processed directly through the First Nations Health Authority.

Off-Reserve Medical Travel Reimbursement forms are available up at both Heskw'en'scutxe Health offices. For more information about Off-Reserve Medical Travel Reimbursement call: **1-888-299-9222**
<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/reports-publications/non-insured-health-benefits/non-insuredhealth-benefits-nihb-medical-transportation-policy-framework-july-2005-first-nations-inuit-health.html>

Home and Community Care Medical Travel

As a supplement to the NIHB Travel program, Heskw'en'scutxe Health Services provides medical travel assistance as described above and are Home Care Clients:

- Home Care Clients are community members who have been assessed by nursing and admitted to the program to provide on-going support for acute and chronic disease management.
- Transportation support does not take the place of family responsibility and is available only when family members are not able to provide medical transportation support.

Local Shuttle for Medical Travel

In addition Heskw'en'scutxe Health Services started a medical transportation shuttle one day a week from each community providing access physician and dental appointments in Lytton, serving those who would normally not have access due to the lack of transportation.

Cooks Ferry – Tuesday, medical travel shuttle to Lytton

Siska - Wednesday, medical travel shuttle to Lytton

- Shuttle will support scheduled appointments between 9:00 am and no later than 3:00 pm to assure serves within our operating hours of 8:30 am and return by 4:30 pm
- Please provide at least 24 hour notice to assure space if available

FOOT CARE NURSING

Lisa is providing advanced foot care.

Please call to book appointments.

Cooks Ferry - Phone: 250-458-2212

Toll Free: 1-866-458-2212

Siska Office - Phone: 250-455-6601

Toll Free: 1-844-255-6601

REFLEXOLOGY

January 8th and 22nd

Cooks Ferry

January 9th and 23rd

Siska

Reflexology with Heidi McCall

Reflexology is an alternative medicine involving application of pressure to the feet and hands based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

Regardless of your health condition, for example, migraine, nausea, sciatica, etc., the reflexologist focuses on the entire pattern of the reflexology therapy, starting at the toes and working down the foot. A complete reflexology therapy session uses many different techniques and includes all of the points on both feet and perhaps the hands and ears.

By working all of the points, the reflexologist addresses internal organs and glands as well as muscle groups, bones, nerve ganglions (solar plexus, brachial plexus) and nerves (sciatic) during a session.

If you have a specific condition, such as migraines, the reflexologist will carefully feel and work the area corresponding to the presenting problem. However, they will also work all areas of the foot with gentle pressure, because, according to reflexology theories, this allows the nerve pathways and congestion to release and promotes the relaxation response for the entire body.



THERAPEUTIC MASSAGE

JANUARY 2019

*** * NO MASSAGE THIS MONTH * ***

Therapeutic Massage with Kathryn Young.

NOTE: To assure everyone in the community is getting a opportunity to receive Therapeutic Massage, We will be asking everyone, not to book a massage if they have already received one in the previous month, unless they would like to be on the waiting list. Thank you! :)



VIJNANA YOGA WITH SOO YEON

SISKA: Monday & Friday - 5:15pm to 6:15pm

COOKS FERRY: Wednesday - 5:15pm to 6:15pm

All are welcome! Please join us!

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

Cooks Ferry: 250-458-2212 / Siska: 250-455-6601

Heskw'en'scutxe Health Services Society

Invitation to

Siska and Cooks Ferry Community members:

Upcoming Winter Event!

WINTER FAMILY SWIM

Thursday, January 3rd, 2019

Meet at Siska Health Office 9:30 am – Leaving at 10:00

Arrive/Meet at Cooks Ferry Health Office, 10:30 – Leave by 11:00

Arrive at the Nicola Valley Aquatic Centre by 12:00

Leaving Merritt by: 3:30 pm

Lunch will be provided

Sponsored by Heskw'en'scutxe Health Services

Lunch and vehicles for transportation

Provided by Siska Indian Band





WINTER BOWLING

**INVITATION TO SISKA AND COOKS FERRY
COMMUNITY MEMBERS:**

**FRIDAY,
JANUARY 4TH,
2019**

**12:00 PM TO
3:30 PM**

**BOSTON BAR
CANYON LANES**

Meet at Cooks Ferry Health Office 9:30 am – Leaving at 10:00

Arrive/Meet at Siska Health office, 10:30 – Leave by 11:00

Arrive at Canyon Lanes by 12:00

Leaving Boston Bar by: 3:30 pm

Lunch will be provided

Sponsored by Heskwen'scutxe Health Services

Lunch and vehicles for transportation

Provided by Siska Indian Band

CHILDREN'S ORAL HEALTH INITIATIVE (COHI)



Hazel Billy
COHI Aide

I am happy to say that I had the opportunity to take the COHI training, Children's Oral Health Initiative (COHI) at Vancouver Island on September 24 - 26, 2018. In the training we learned Nutrition, COHI record keeping and form completion, FNHA policies, communication, oral care practice.

COHI is a dental initiative designed to prevent and control tooth decay in young First Nations and Inuit Children.

COHI is aimed at children ages 0 - 4 years, children ages 5 - 7 years, pregnant women, parents and caregivers of children ages 0 - 7 years. Tooth decay is preventable.

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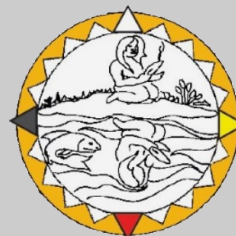
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First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Tips For Teething

Some babies have no problem with teething, while others can be fussy or have trouble eating or drinking.

Provide bibs for drooling and soft, clean toys or teething rings for chewing.

This is a time for extra cuddling and comforting.



- Teething does not cause fever or diarrhea. If your child develops a fever or diarrhea, contact your family doctor.
- Teething gels or tablets are not recommended.
- To ease teething discomfort or pain, give your child a chilled wet facecloth or chilled teething ring. Some communities use dried fish as a natural teething aid. What traditional ways does your community use to ease teething?
- Teething cookies, crackers and bannock are NOT recommended for teething because they can stick to your baby's teeth and may cause cavities.

Baby Tooth Eruption Chart



Each child has their own teething schedule.
Teething usually begins at around 6 months and finishes at around 3 years.



Cooks Ferry
January 8th
1:00 - 3:00

BEADING

With Erin Aleck

Siska

January 7th

1:00 - 3:00



Cooks Ferry - Phone: 250-458-2212

Toll Free: 1-866-458-2212

Siska Office - Phone: 250-455-6601

Toll Free: 1-844-255-6601



Afterschool Art January 2019



Culture that strengthens its people is often rooted in storytelling and the singing of songs. In this area Pictographs and mark making including facial and body tattoos have long been part of indigenous historical mark making practices. Today with a myriad of technologies such as computers and digital art forms available it might seem that traditional mediums and ways of sharing information would be disappearing.

What I have observed personally is a resurgence in the traditional arts and crafts and these have been well supported by the various bands throughout the Fraser Canyon. We see young folks expressing an interest in traditional games like Lehal and in making pine needle and cedar root baskets and experiencing firsthand what it's like to weave in the way of the ancestors. Other art forms like wood carving, flute making, masks and the making of drums and rattles is also on the rise. Other skills include beading and the creation of regalia, leather crafting, moccasins and other useful item. The making of nets and arrows through flint knapping to make arrow heads and knives and awls is also experiencing a rise in popularity. Sculpting in soap stone is a beautiful art form that is practiced in this area as well.

Skill and competency in the creation of many of these traditional art forms is not gained overnight. The fundamentals for some ancient crafts is often learned in youth. Traditional ways of doing things are passed down generation after generation. Basic introduction and opportunity to gain competency in many traditional art forms in combination with Fine arts exposure is our goal for 2019 afterschool sessions. I'm looking forward to fun sessions that support, inspire and create a foundation for lifelong skills and creative expression.

Upcoming Classes

Kids Art takes place every Monday at Siska HHSS office 3:30-5pm

January 14th , 21st and 28th

Tuesdays at Cooks Ferry. Multipurpose room 4pm-5:30pm

Dec 15th, 22nd and 29th

Snacks are provided

Nlaka'pamux hand drum songs and creating Hand drum designs

Art for Expression

Survival Cooking for kids.



Classes may not be presented in described order at the discretion of instructor Meriel Barber

Please note: Dates are may shift depending on community needs. **Please watch for FB reminders and updates**

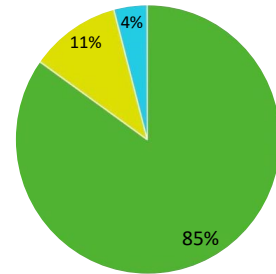
SOFT KETO SEED BREAD



NUTRITION

Ketogenic low carb one slice of bread

- Net Carbs: 4 % (2g)
- Fiber: 5 g
- Fat: 85% (20g)
- Protein: 11% (6g)
- Kcal: 223



INGREDIENTS

- 1 cup almond flour
- ¾ cup coconut flour
- 5⅓ tbsp sesame seeds
- ½ cup flaxseed
- ¼ cup ground psyllium husk powder
- 3 tsp baking powder
- 1 tsp ground fennel seeds or ground caraway seeds
- 1 tsp salt
- 6 eggs
- 7 oz. cream cheese
- ½ cup melted butter or melted coconut oil
- ¾ cup heavy whipping cream
- 1 tbsp poppy seeds or sesame seeds

DIRECTIONS

1. Take the cream cheese out of the fridge and let it come to room temperature, that way it blends better.
2. Preheat the oven to 350°F (175°C).
3. Mix all dry ingredients, except the seeds for the topping (poppy or sesame seeds) in a bowl.
4. In a separate bowl, whisk all remaining ingredients until smooth.
5. Add the dry mixture to the batter and mix thoroughly. Place the dough in a greased bread pan, about 4 x 7 inches (non-stick or use parchment paper).
6. Bake for about 45 minutes on the lower rack in the oven. Prick the bread with a knife to see if it's ready, it should come out clean. Take it out of the oven and remove the bread from the form.
7. Remove the parchment paper and let the loaf cool on a rack. If the loaf is allowed to cool in the form the crust will be soggy.
8. Serve it freshly baked with your favorite toppings.

Serving suggestions

This bread is great for toasting and can also be used to make your favorite sandwiches. Fill it with bacon, lettuce and tomato for an awesome BLT or serve it as a side to your favorite low-carb or keto soup.

Storing the bread

This bread needs to be stored in the fridge or in the freezer. When stored in the fridge it keeps up to 5 days. If you want to store it in the freezer we suggest slicing it before doing so. Place a bit of parchment paper between each slice to make single servings easier. Thaw the bread in the fridge or in room temperature and then toast it for best flavor.

KETO COD AND ASPARAGUS BAKE

NUTRITION

1 serving: 141 calories, 3g fat (2g saturated fat), 45mg cholesterol, 184mg sodium, 6g carbohydrate (3g sugars, 2g fiber), 23g protein.

Diabetic exchanges: 3 lean meat, 1 vegetable.



INGREDIENTS

- 4 cod fillets (4 ounces each)
- 1 pound fresh thin asparagus, trimmed
- 1 pint cherry tomatoes, halved
- 2 tablespoons lemon juice
- 1-1/2 teaspoons grated lemon zest
- 1/4 cup grated Romano cheese

DIRECTIONS

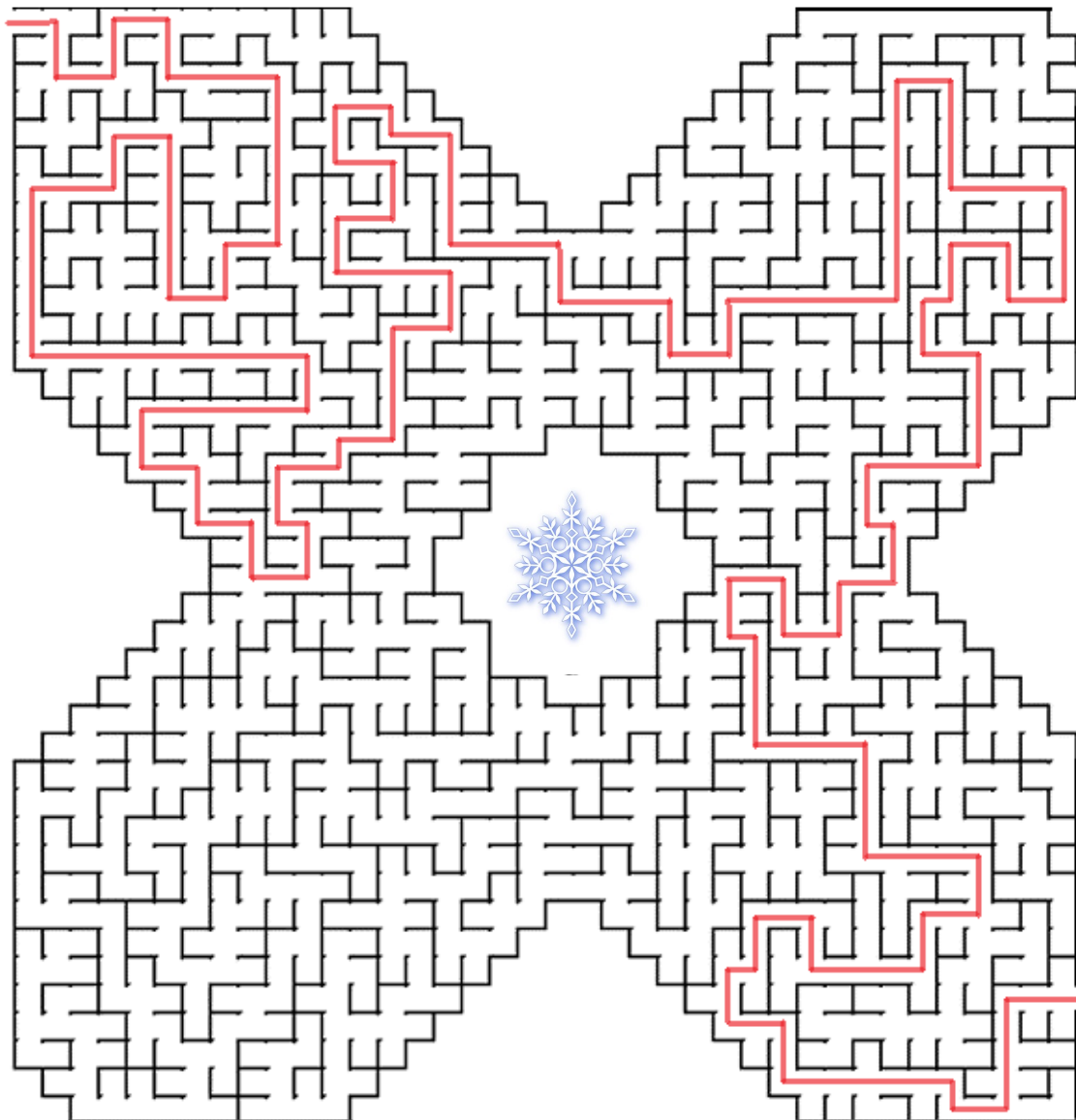
1. Preheat oven to 375°. Place cod and asparagus in a 15x10x1-in. baking pan brushed with oil. Add tomatoes, cut side down. Brush fish with lemon juice; sprinkle with lemon zest. Sprinkle fish and vegetables with Romano cheese. Bake until fish just begins to flake easily with a fork, about 12 minutes.
2. Remove pan from oven; preheat broiler. Broil cod mixture 3-4 in. from heat until vegetables are lightly browned, 2-3 minutes.

Test Kitchen tips

- If asparagus isn't in season, fresh green beans make a great substitute and will cook in about the same amount of time.
- We tested cod fillets that were about 3/4 in. thick. You'll need to adjust the bake time up or down if your fillets are thicker or thinner.

<https://www.tasteofhome.com/recipes/cod-and-asparagus-bake/>

Start



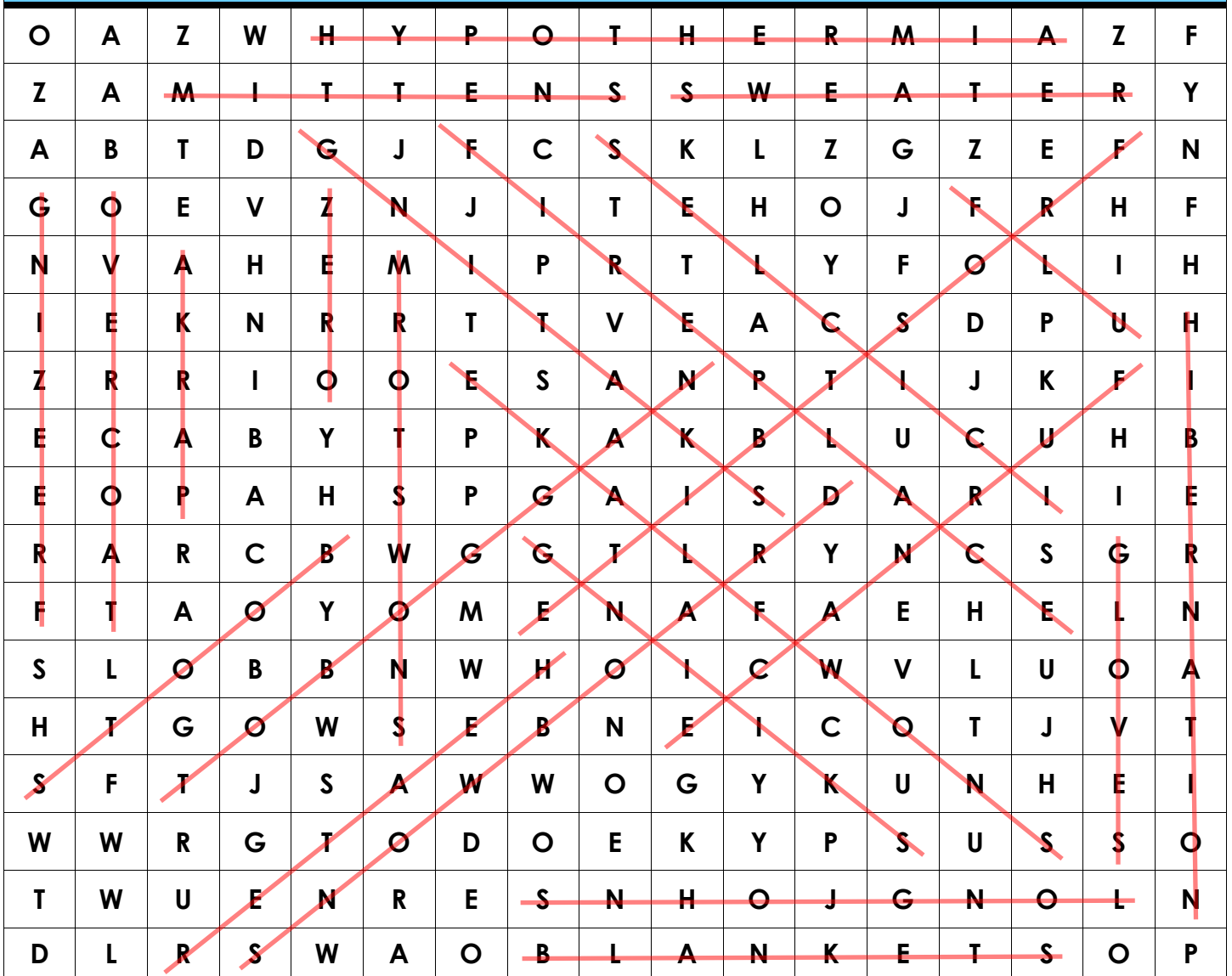
Finish



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2	4	8	5	7	9	3	6	1
5	1	6	3	2	8	9	4	7
7	3	9	4	1	6	5	8	2

WINTER

January Word Search



Word List

- Blankets
- Boots
- Fireplace
- Flu
- Freezing
- Frostbite
- Furnace
- Gloves
- Heater
- Hibernation
- Hypothermia
- Icicles
- Longjohns
- Mittens
- Overcoat
- Parka
- Skating
- Skiing
- Snowboard
- Snowflake
- Snowstorm
- Sweater
- Toboggan
- zero



HHSS Board

Lorette Edzerza

Chairman

Director

Cooks Ferry Band

Appointed

Angela Phillips

Director

Siska Indian Band

Appointed

Florine Walkem

Director

Cooks Ferry Band

Appointed

Betsy Munro

Director

Siska Indian Band

Appointed

HHSS Staff

Andrea Elliott
Health Manager

Tina Draney
Finance and
Administrative Support

Jaycee Isaac
Receptionist,
Water Monitor

Erin Aleck
Community Health
Representative

Lisa Colwell, LPN, AFCN
Home & Community Care
Nurse

Jennifer Marinello, RN
Home & Community Care
Nurse

Jennifer Fields
Community Home Care Aid

Ashley Loring Earl
Community Home Care Aid

Fred Charlie
Transportation Support

Linda Peters
Transportation Support

Hazel Billy
Home Support Worker
Housekeeping
COHI Aide

HHSS Offices

COOKS FERRY

Box 188

3691 Deer Lane

Spence's Bridge, BC

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(250) 458-2212

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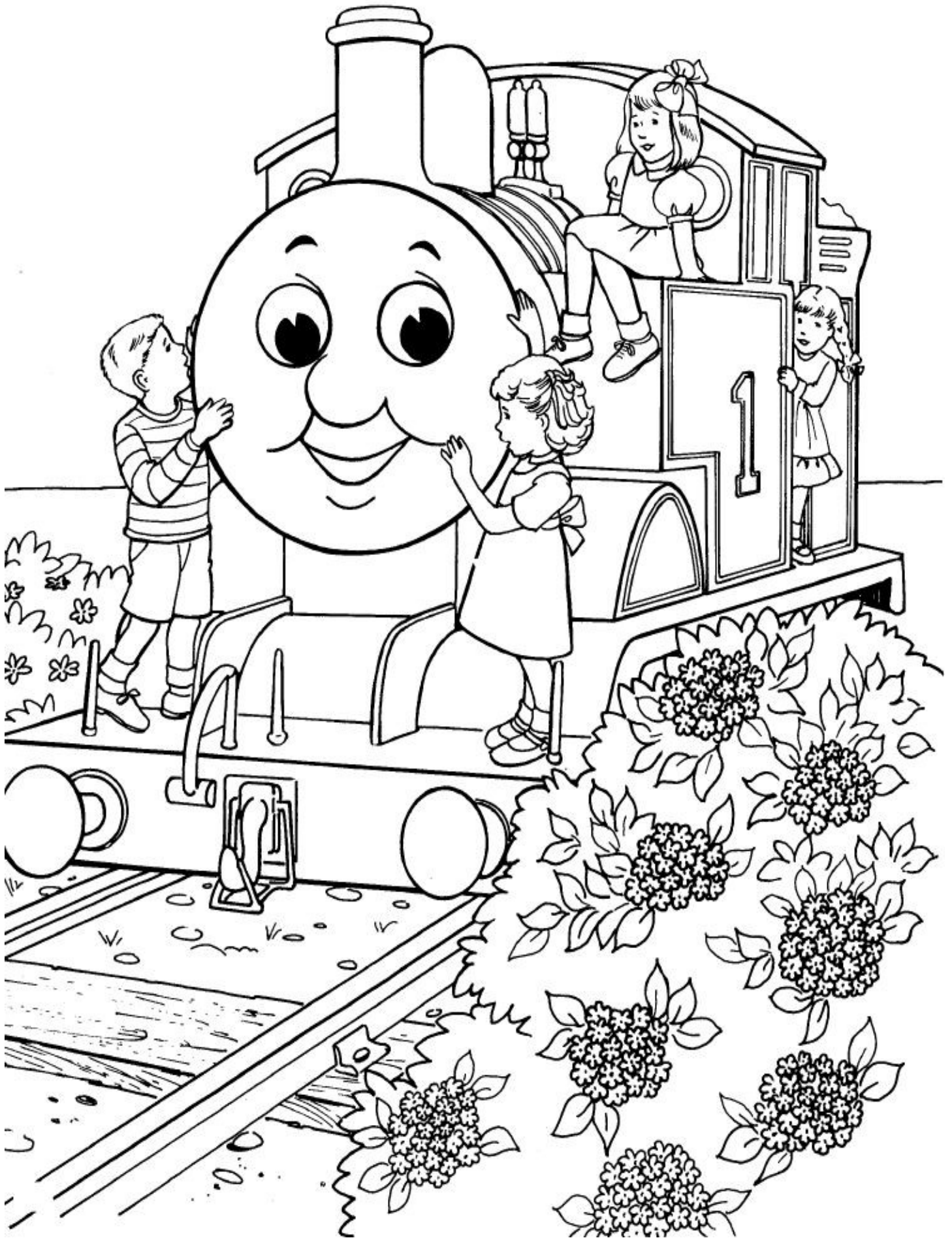
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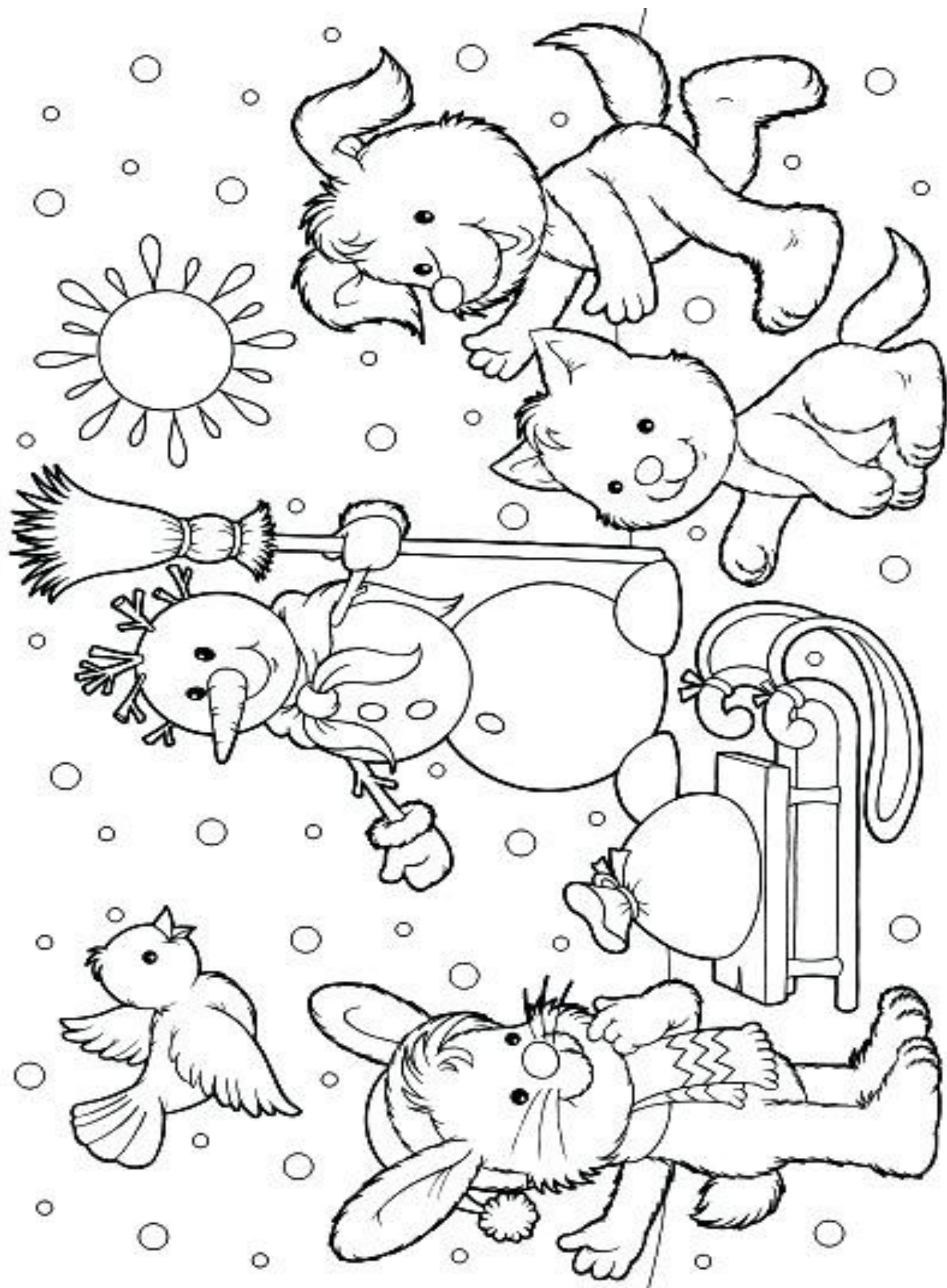
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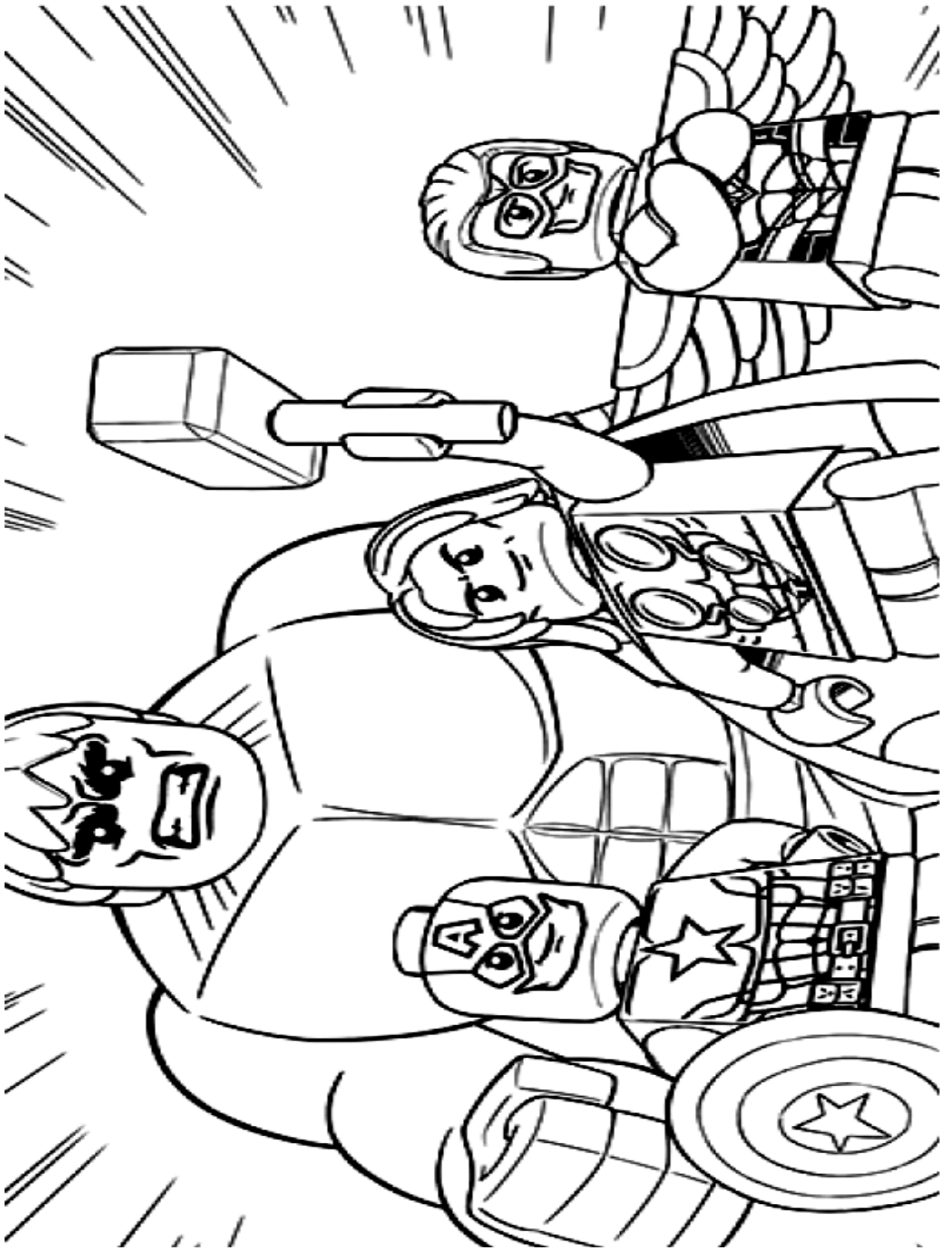
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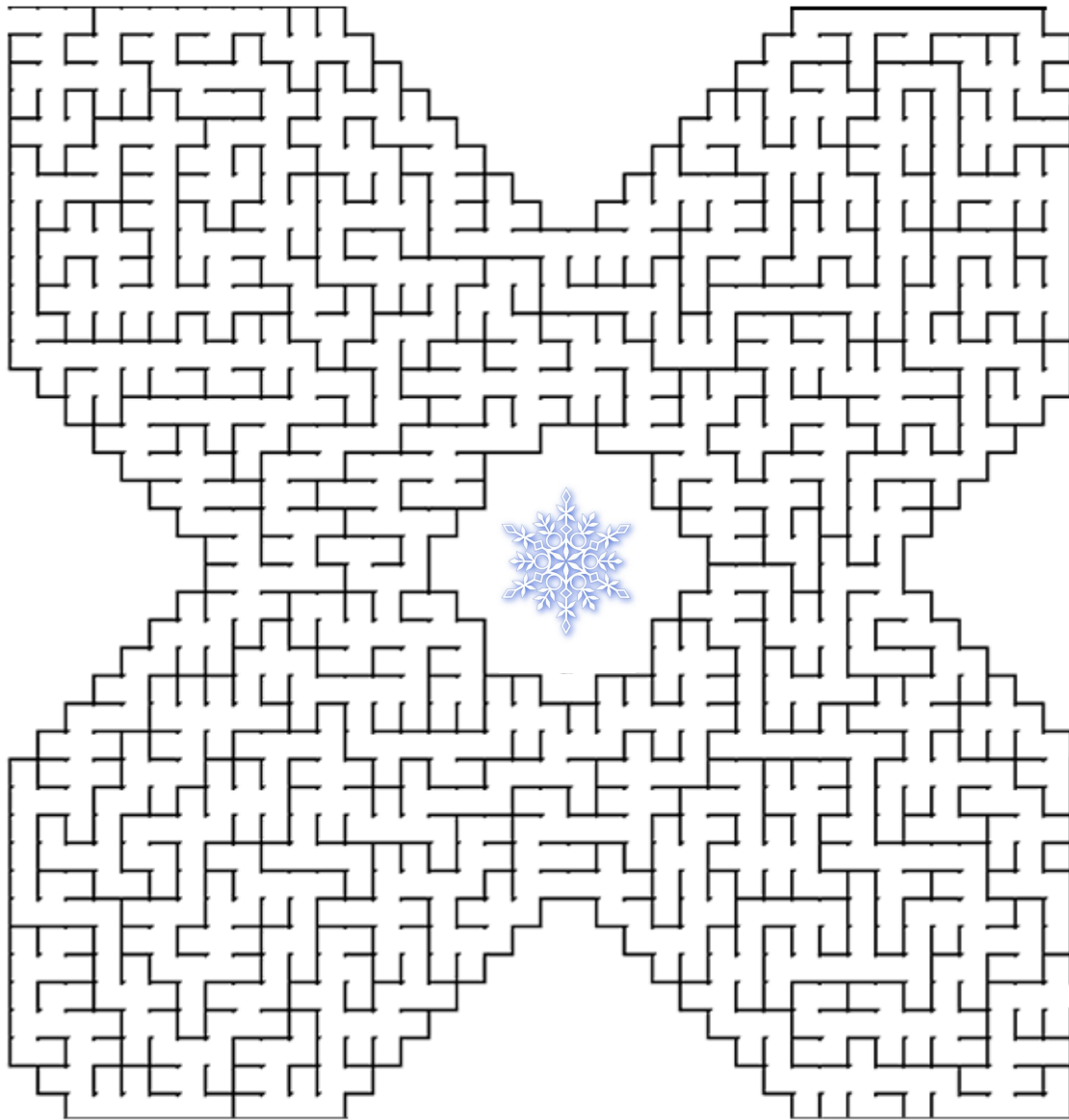








Start



Finish



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WINTER

January Word Search

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T	W	U	E	N	R	E	S	N	H	O	J	G	N	O	L	N
D	L	R	S	W	A	O	B	L	A	N	K	E	T	S	O	P

Word List

- Blankets
- Boots
- Fireplace
- Flu
- Freezing
- Frostbite
- Furnace
- Gloves
- Heater
- Hibernation
- Hypothermia
- Icicles
- Longjohns
- Mittens
- Overcoat
- Parka
- Skating
- Skiing
- Snowboard
- Snowflake
- Snowstorm
- Sweater
- Toboggan
- zero

