

April 2019

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



Cook's Ferry = CF

Siska Location = SB

Holiday—Offices closed

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 CF Reflexology CF Crafts 4pm	3 SB Reflexology SB Crafts 3:30 -7 Northern Lights— Paint Night Log Cabin Pub 7:00	4	5	6
7	8 COHI SB 11:00 am CF 2:30 pm 	9 Circle of Security Nzenman 1-3 pm SB Elder's Tea 1-4 pm	10 SB Crafts 3:30 -7	11	12	13
14	15 	16 Cook's Ferry Reflexology	17 SB Reflexology SB Crafts 3:30 -7 Healthy Food Baskets 	18 Circle of Security Nzenman 1-3 pm Healthy Food Baskets delivery CF: Mammography Bus	19 Easter Friday HHSS Closed Siska Community Easter Dinner 5-8pm	20
21 Easter 	22  Happy Earth Day! Easter Monday HHSS Closed	23 CF: 11:00 am Earth Day Celebration Kumsheen CF Massage	24 SB Massage SB Crafts 3:30 -7	25	26	27
28	29 COHI SB 11:00 am CF 2:30 pm 	30 Last day to submit your income taxes without a penalty				



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

April 2019

Community Health Planning Meetings in Siska and Cook's Ferry

Over 30 community members in both Siska and Cook's Ferry including Chief and Council, Heskw'en'scutxe Board of Directors and Community Health Planning Committee members attended the events held in February in Siska and March in Cook's Ferry.

Health Manager Andrea Elliott reviewed the Health Program guide and answered several questions regarding the services offered. Highlights from membership were as follows:

- * Are the services provided meeting the needs of our people?
- * What are the health concerns of the community;
- * What can be done to better our health plan?

A few of the suggestions were to deliver services that are more culturally acceptable; increase intake of traditional foods in the diet and to coordinate cultural events with Citwx Nlaka'pamux Assembly and to keep addressing mental health and lateral violence with workshops and activities.

A report will be made available when completed for both communities. Thank you for attending and participating in the discussions.



You will find in the back of the Current Programs & Services guide (hand delivered to everyone living on reserve) a form and comment page for you to fill to provide your suggestions and health needs.

Thank you for handing in your form as this will help build the next Community Health Plan. Your feedback is very important.

What's next?

Andrea and a Board Member from each community will be making one on one appointments with every household, ensuring that everyone had a voice in building the new program guide.



Cook's Ferry CHP Meeting



Siska Health Plan Doodle

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: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road
 Phone: (250) 455-6601
 Fax: (250) 455-6608
 Client Toll Free: 1-844-255-6601
 Email: corynn.revely@hhssbc.ca

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

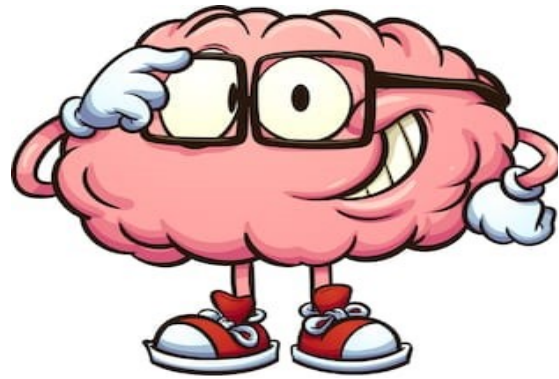
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HHSS Board	HHSS Staff	HHSS Offices
<p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> <p>Angela Phillips Director Siska Indian Band Appointed</p> <p>Florine Walkem Director Cooks Ferry Band Appointed</p> <p>Sam Gush Director Siska Indian Band Appointed</p>	<p>Andrea Elliott Health Manager</p> <p>Tina Draney Finance and Administrative Support</p> <p>Corynn Revely Siska Receptionist</p> <p>Nadine Methot Cook's Ferry Administrative Assistant</p> <p>To be appointed Community Health Representative</p> <p>Lisa Colwell, LPN, AFCN Home & Community Care Nurse</p> <p>Jennifer Marinello, RN Home & Community Care Nurse</p> <p>Jennifer Fields Community Home Care Aid</p> <p>Ashley Loring Earl Community Home Care Aid</p> <p>Fred Charlie Transportation Support</p> <p>Linda Peters Transportation Support</p> <p>Hazel Billy Home Support Worker Housekeeping COHI Aide Water Monitor</p>	<p><u>COOKS FERRY</u> 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 nadine.methot@hhssbc.ca</p> <p><u>SISKA</u> 163 Loop Road Phone (250)455-6601 Fax (250) 455-6608 Client Toll Free 1-844-255-6601 Email corynn.revely@hhssbc.ca</p>

Upcoming Classes

Afterschool Art in April



How does art affect the brain?

It has an **impact on brain** wave patterns and emotions, the nervous system, and can actually raise serotonin levels. Research has proven the **arts** develop neural systems that produce a broad spectrum of benefits ranging from fine motor skills to creativity and improved emotional balance.

Most people have an innate fear of failing, and it is not particularly easy to get out of your comfort zone and try something new. Picking up a sketchpad or paint brush can be daunting, especially if we are beginners.

Art education allows students to explore and practice with new mediums and techniques, thereby finding their own "voice." They gain confidence in the path to discovery, without fear of the final outcome. Having increased confidence is beneficial for personal and professional relationships, helps students tackle a harder subjects as well as nurturing exploration in their own lives.

Afterschool Art skills are a valuable supplement to what students learn in the regular classroom setting. An opportunity to take on new challenges and enhance creative skills.

Meriel.

Kids Art takes place
Mondays at Siska HHSS
office 3:30-5pm
Tuesdays at Cooks Ferry.
Multipurpose room
4pm-5:30pm

Snacks are provided

Perspective in Drawing

Creative Recycling

Spring into Color



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

Please note: Dates are may shift depending on community and student needs.

Please watch for FB reminders and updates and emails or texts.

Thanks

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

VALUE 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.

Heskw'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, Heskw'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"



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.



April 9th and 18th, 2019

Time: 1 p.m. – 3 p.m.

To request a ride please call Cook's Ferry
and or Siska

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

Additional Information:

- Snack is provided
- Door Prizes

Nzenman Child Development
Outreach Services

Weekly drop in:

10am to 12:00 pm

Mondays and Wednesdays

Drop in for children (0-5years)

Thursdays

Prenatal Drop in

(Prenatal—6 months)

A light snack is provided at each
Drop in.



Farewell from all of us to Erin Aleck, Community Health Representative



It's come upon us too fast to realize, that Erin's last day working for HHSS was March 18, 2019.

As you know her work with Get Strong has developed into an amazing opportunity for her to work with the Nation providing support and program development to communities in the Nlaka'pamux Nation.

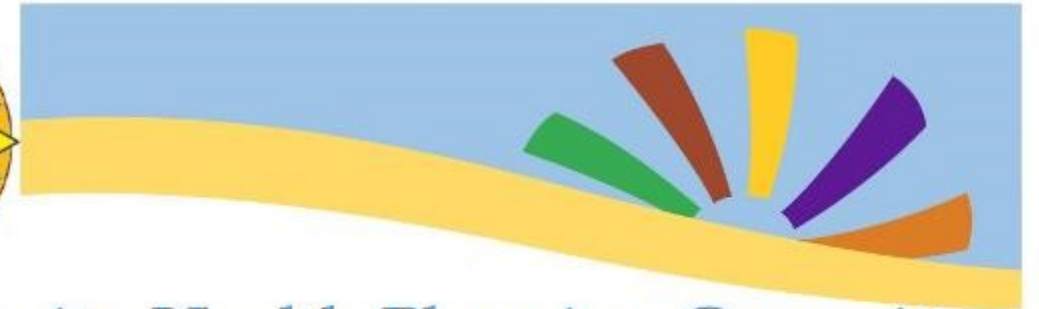
Erin will always be a part of Heskwen'scutxe Health Services Society. Her energy and passionate heart has left its mark on us and we are very proud of her and the path she is on.

Building capacity in the community is one of our ultimate goals. Erin's development is great progress for the community and we will continue to be apart of her service.

If you have not done so already, please take the time to congratulate her and let her know that we all support her.

It is with both sadness and joy we see Erin off on this new path but knowing her goals are empowering to both her personal journey and the families of the Nlaka'pamux Nation is very comforting.

Kwukwstéyp ~ yémes Erin!
HHSS Team



Community Health Planning Committee

Member Needed—Cooks Ferry

Purpose:

The purpose of the Heskwen'scutxe Health Services Society's Community Health Plan Committee is provide oversight of the development of a ten year Community Health Plan for health services provided to Cook's Ferry and Siska Indian Bands.

Goals:

It will be the responsibility of the Heskwen'scutxe Health Services Society's Community Health Plan Committee, hereafter referred to CHPC, to provide input into the service planning which will guide, contribute and evaluate the services and programs defined by the CHPC. Including:

- Development of health planning processes that foster efficient and open communications;
- Work proactively, purposefully and in collaboration to identify and act on health priorities for the mutual benefit of clients and community members;
- Engage in ongoing efforts to refine and improve CHP definition of services and that support the delivery of program services; and
- Invest strategically to promote and support stable, accountable and effective service delivery to clients.

Membership and Roles:

Members will include the HHSS Health Manager and four members from each community representing Cook's Ferry and Siska Indian Band, comprised of both Board Directors and community members. Members selected to represent their community and the ratio between board members to community members, shall be determined by the two Board of Directors representing respective communities.

CHPC usually meets once, sometimes twice a month. Members have basic understanding of band governance and can represent everyone's interests in the community, without bias. A basic honoraria is provided to compensate for time and travel.

If you are interested in serving on the CHPC representing Cook Ferry, please contact Heskwen'scutxe Health Services at 250 458-2212 or contact the Cooks Ferry Band directly at: 250 458-2224

Posted until filled, please apply ASAP

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 processed 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

Welcoming our two new front desk workers at Siska and Cook's Ferry: Corynn & Nadine

I am new on staff at Heskw'en'scutxe Health Services Society. I will be working as the Receptionist at the Siska location. So if you need anything, don't be shy, I am happy to help you in any way I can.

I grew up here from the age of five to graduation. My father was, Art Dixon, from Siska Indian Band. My mother is, Penny Dixon, and works in the local high school. I am a proud Nlaka'pamux individual and am happy to be back in my community.

I look forward to seeing you all at the office.
corynn.revely@hssbc.ca



heñte?



I am originally from Montreal and have worked, travelled and lived in Nunavut, India and Halifax. I hold a BA from Concordia University in South Asian History, Religion with a minor in Anthropology. I have worked with the University of Montreal and the Cree Health Board of James Bay in a variety of administrative capacities. I moved to BC in 2012 to live in a spiritual eco-community where my family has built our off-grid home.

Since 2014, I have had the privilege to work for Cook's Ferry Indian Band and am now the new administrative assistant at HHSS. I look forward to continue working with the Nlaka'pamux Nation and serving you to the best of my ability. **kʷukʷscémxʷ** nadine.methot@hssbc.ca



Hazel Billy
COHI Aide

CHILDREN'S ORAL HEALTH INITIATIVE (COHI)

**Tentative, call us to
confirm
April 8 and 29, 2019
Siska: 11:00 am
Cook's Ferry: 2:30 pm**

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

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



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.



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

Call Heskwen'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 Heskwen'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.

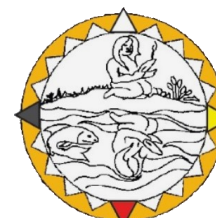
Methodologically: I currently use an integrated Adlerian, Solutions Focussed (SFBT), and Narrative (NT) approach which—leveraged with my EMDR practice, which appears effective to many of my clients.

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 for both Siska and Cooks Ferry members, please call the Heskwen'scutxe Health Services office for a referral, or if you prefer, you can call him directly.



Heskwen'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@hssbc.ca

In Collaboration with the Justice Institute of British Columbia,



Nlaka'pamux Health Services is pleased to present

Aboriginal Focusing-Oriented Therapy & Complex Trauma Certificate

Dates:

May 30 – June 1, 2019	Complex Trauma
Aug 8 – 10, 2019	Focusing - Oriented Therapy & Complex Trauma 1
Oct 3 – 5, 2019	Focusing - Oriented Therapy & Complex Trauma 2
Dec 5 – 7, 2019	Focusing - Oriented Therapy & Complex Trauma 3
Jan 16 – 18, 2020	Depression, Grieving & Complex Trauma
Mar 12 – 14, 2020	Dreams & Complex Trauma
May 14 – 16, 2020	Clinical Spirituality & Complex Trauma

This 21-day (10.5 credit) Aboriginal Focusing-Oriented Therapy & Complex Trauma certificate uses Focusing-Oriented Therapy as a safe and effective method of working with clients who experience complex trauma.

What is Focusing-Oriented Therapy?

Focusing-Oriented Therapy (FOT) is a body-centred and person-centred approach to healing, developed three decades ago at the University of Chicago by Dr. Eugene Gendlin. FOT allows clients total control of the pace and the direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect. FOT has been especially well received in Aboriginal communities because of its humanistic, person-centred approach to healing, which reflects the core values of respect and non-interference. For more information about FOT, visit www.focusing.org.

Who should take this Certificate Program?

This program benefits counsellors, therapists, front line workers, and others who are interested in developing clinical treatment techniques and strategies essential to healing of traumatic life situations presented by many clients.

Focusing-Oriented Therapy (FOT) is particularly helpful to practitioners who work with residential school survivors, addictions, and survivors of sexual, physical and emotional abuse. The program especially benefits practitioners who work in Aboriginal agencies and/or communities or in various other cross-cultural situations/settings.

Learning Objectives?

This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation. The program is highly interactive and experiential and is taught from an Aboriginal perspective. A variety of Aboriginal/ Indigenous treatment modalities are woven throughout the courses, including experiential exercises, story-telling, ceremonial processes and land-based healing techniques.



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Does Your Child Need Fluoride Varnish?

Your dental professional will tell you how many fluoride varnish (FV) applications your child needs, based on what they see in your child's mouth and your child's risk for cavities.



Low Risk = 2 fluoride varnishes per year.

- No cavities.
- No fillings.
- Teeth cleaned twice daily by parent(s).
- Sugary foods and drinks are limited.
- Regular visits to a dental professional.



High Risk = 4 fluoride varnishes per year

- Cavities and/or fillings.
- New cavities starting (white spots).
- Teeth not cleaned by parent(s).
- Sugary foods and drink between meals (i.e. a bottle or a sippy cup containing anything other than water between meals or feedings).
- Family does not visit or have access to a dental professional regularly.
- Parent/caregivers have cavities.
- Child has special health care needs.



If your child is 'high risk,' by changing only one or two behaviours you can reduce the risk of new decay!

Congratulations if your child is already in the 'low risk' category!

What is Fluoride?

- It is found naturally in some well water, and can be added to water systems to help prevent tooth decay.
- It helps to harden tooth enamel (the outside surface of teeth) and make teeth stronger.
- FV can even help to prevent small cavities from getting bigger.
- It only takes a few seconds to apply FV with a small brush.
- Your dental professional will recommend twice daily brushing with fluoride toothpaste in addition to FV.

THERAPEUTIC MASSAGE

APRIL 2019

Cooks Ferry April 23 / Siska April 24th

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 & COOKS FERRY

THE PROGRAM IS CURRENTLY BEING RE-EVALUATED

AND TAKING A PAUSE AT THIS TIME...

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING



Applicants must be a member of or working for the Nlaka'pamux Nation.

Seats are limited to 20 participants for the overall program.

There are NO FEES for this program, and as such, each applicant will be reviewed for eligibility, with the understanding of a full commitment to complete program in its entirety.

Note: The program fee is normally \$5,000 for each application, so commitment to complete the program is expected.

For further information or to register please call or email Wanda Dixel at 250.378.9772 or dixel.w@nlxfn.com

Registration will be accepted until seats are full and/or no later then **April 30, 2019**

Location:

**Rocky Pines Community Center
2790 Cougar Crescent
(Lower Nicola, Merritt)**



Nlaka'pamux Health Services is pleased to present

Exploring Indigenous Tools for Living

Facilitated by Indigenous Focusing-Oriented Therapy Facilitators;
Amy Simpson & Brittany O'Rourke.

3 Days of Teachings and 2 days of Exploring how to
apply new Tools in our Community and Workplace

The *first 3 Days* of the workshop explores how to work and sit with complex trauma without burnout and how to work with trauma using decolonized/Indigenous therapeutic skills; and the *remaining 2 days* of the workshop focuses on applied learning.

Experiential Hands-on learning:

Creating a protected land-based space for hearing & sharing trauma; and creating land-based ways of setting "the load" down. How to sit beside & work effectively with complex trauma.

Sensing the difference between a reaction and an authentic 'felt sense'; Hearing the wisdom of our collective knowing and ancestral shared trauma knowledge.

Creatively finding your way around 'difficult people', while maintaining our truth and standing our ground and learning how to transform when needed.

Exploring the intergenerational benefits and necessity of that Critical Voice that tells you/us 'you can't' and using that 'critical voice' as a helper in finding our authentic personal and collective voices.



Exploring *Dreams & Twisted Thoughts* (day or night) as guides for resolving complexities and collective intergenerational connection.

Collective and Personal *Grief & Loss* explored as Justice and Transformation to help move us personally and collectively forward.

Dates: *First 3 days* of Teaching: June 24-25-26, 2019
Remaining 2 days of Training: August 6 & 7, 2019

Place: Parish Hall, 140 7th Street, Lytton, BC Time: 9:00 am to 4:00 pm
Refreshments/Lunch: Included Spots available: Maximum 20
Please contact Lepika Saddleman at 250.378.9772 or
email wellnesscoordinator2@nlxfn.com for further information and to reserve your spot for this exciting opportunity.

Please Note: There are no fees for this training;
BUT participants are expected to commit to the
full 5 days of training without interruptions.
(Normally, fee is \$870 per Person)



Indigenous Tools for Living Graduates: Erin Aleck, Siska Char Pittman, Ashcroft

Must be a member of or working for the Nlaka'pamux Nation. A running list of registrants will occur and *be reviewed* until seats are full.
Those that don't make the list for the first training opportunity may be added to the next list of up and coming dates, yet to be announced.



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 WITH HEIDI MCCALL

April 2 & 16th

Cooks Ferry

April 3th & 17th

Siska

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.

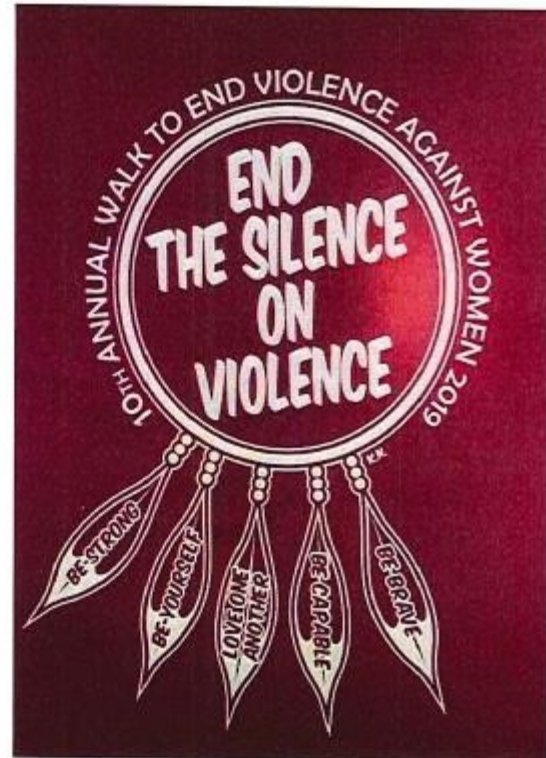


Regardless of your health condition, for example, migraine, nausea, sciatica, etc., the reflexologist focuses on the entire pattern of the reflexology therapy, starting at the toes and working down the foot. A complete reflexology therapy session uses many different techniques and includes all of the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

JOIN US FOR OUR 10TH ANNUAL WALK TO END THE SILENCE ON VIOLENCE



T-shirt design derived from Art Contest Winner Korri Sinclair, BBES

Everyone welcome!

We are hosting our 10th Annual Walk this year, we have some guest speakers: **Theresa Warbus – Hip Hop Artist from Stolo Nation & Melissa Moses – Muay Thai Trainer of the Nlaka’pamux Nation** who will do a presentation at 10:00 am at Kumsheen Secondary School. We will leave KSS at 11:30 to walk down thru Main Street Lytton up to **Lytton First Nation’s Memorial Hall** where we will provide a lunch, cake and refreshments.

Let us Speak Up against violence and walk hand and hand to honour our women.

April 16, 2019 10:00 am

Location: Kumsheen Secondary School Gym



HAN KNAKST TSITXW SOCIETY TRANSITION HOUSE
 PO Box 144 Lytton BC V0K 1Z0
 P: 250-455-2284 | havenh@telus.net | F: 250-455-2287

The Cook’s Ferry and Siska After school arts program offered children 6 tickets to go to Vancouver and watch the beautiful performing arts of Shen Yun.

Miranda Sam, Hazel Billy, Gracie James, Talen, Walter and Hope Wilson along with Health Manager Andrea Elliott travelled to Vancouver on Saturday March 30, 2019. The day was filled with two meals and a wonderful presentation. Everyone enjoyed the show and Walter was especially delighted when the performers presented a dance with sabers.



Watch out for more fun events in the future.

There will be a youth meeting in both communities to consult with guardians and children as to what they would like to do for the remainder of the year. Bring your ideas!



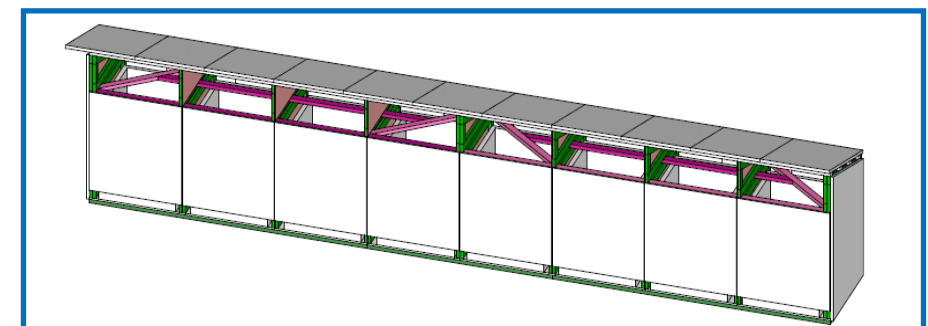
New at Siska: Some renovations took place at Siska. We know have a practical porch for all our visitors to enjoy.

New at Cook’s Ferry: A recycling sorting station is soon to be built in April on Kumsheen Reserve.

Residents will be able to sort their recyclings on site. Everyone has received their recycling bin and we ask that you bring it on April 23 filled with materials so we can learn together how to sort properly. Remember that all containers must be rinsed to avoid cross-contamination. Jennifer and Hazel delivered many containers to their clients.



See the station design below. Everyone from Siska and Cook’s Ferry is invited to attend the opening of the station on Tuesday April 23 at 11 am at Kumsheen. There will be a workshop, light lunch and door prizes and kids activities too! Come one, come all to an Earth Day Celebration! (Note : Kids do not have school that day)



Heskw'en'scutxe Health Services Society

Invitation to
Siska and Cooks Ferry Community members:

Pool Passes available to both on and off reserve registered band members and their families.
Call Lisa or Jen to be added to the list.
Transportation not included



**Heskw'en'scutxe
Health Services Society**

Cooks Ferry
Phone: (250) 458-2212
Fax: (250) 458-2213



What should I do at home?
Perform a tick check on yourself, and your pets after a day outside. Kids should get help from an adult family member for their check.

I found a tick! What now?
Is there a tick on your clothing or do you have a tick attached to your skin?
If you find a tick on your clothing, remove the tick, kill it, and dispose of it. Ticks take at least 24 hours to attach, so a big part of prevention is removing ticks before they bite.
If you have a tick attached to your skin, follow the steps below:

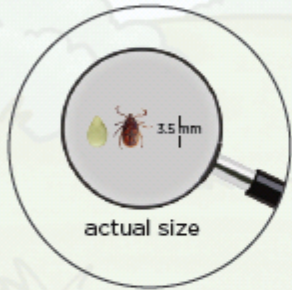
- Tell an adult
- The adult will need to remove the tick using tweezers: grasp the tick at the head, where the tick attaches to the skin, and pull straight up slowly
- Clean the tick bite area using soap and water. You can then put a small amount of antibiotic ointment on the area
- If the tick is still alive, place it in a sealed container with a damp cotton ball
- Label the container with your name and where the tick came from. Take the container to a doctor, a vet, or the BC Centre for Disease Control

When removing a tick, remember this tip: Ease, don't squeeze!



Where do ticks live?

Ticks are commonly found in many areas of British Columbia, including the Southern Interior, Lower Mainland, the Gulf Islands, and Vancouver Island. Ticks live in brush — tall grass, bushes, and shrubs.



How big are ticks?

Ticks are very small bugs. They are about the same size as a sesame seed, 3.5 mm. That's pretty tiny so it's very important to take precautions to prevent these little critters from latching on to you when you are outside in areas where ticks live.

How do I protect myself?

There are many ways to reduce your risk of getting tick bites:



- Tuck your pants into your socks
- Use DEET, but remember to pick a repellent with 10% DEET or less for children (20-30% for people over 12)
- Wear appropriate clothing: light coloured clothing, long sleeves, pants, close toed shoes
- Stay on a clear path and avoid brush
- Perform daily tick checks on yourself and your pets
- Take a shower and put your clothes in the dryer when you get home from playing outside in areas where ticks are common



Citxw Nlaka'pamux Assembly



NLAKA'PAMUX YOUTH TRACK & FIELD TEAM

THE CNA IS LOOKING TO FORM AN INDIGENOUS YOUTH TRACK & FIELD TEAM TO TRAIN, COMPETE AND PREPARE FOR THE TEAM BC SELECTION EVENT FOR THE 2020 NORTH AMERICAN INDIGENOUS GAMES IN HALIFAX, NS.

AGE GROUPS FOR THE 2020 NAIG ARE:

19U: 2001 - 2003

16U: 2004 - 2005

14U: 2006 - 2007

PRACTICE DATES WILL BE HELD THROUGHOUT THE NATION BEGINNING IN APRIL 2019

ATHLETES AND VOLUNTEER COACHING STAFF NEEDED!
FOR MORE INFO OR TO SIGN UP CONTACT:
BUZZ MANUEL T: 250-378-1864 E: BMANUEL@CNA-TRUST.CA

Traditional Games & Training



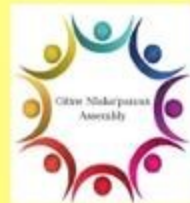
Come on out and join this **FREE 8 Week Training Program** with RunWalk and Traditional Games Leader Buzz Manuel at SCFSS Feel The Beat in preparation for the Feel The Beat 5Km Fun Run and the NLX Adventure Race

Training will begin Thursday April 11th and will run every Thursday till May 30th from 5:00 - 7:00 PM at Feel The Beat 2975 Clapperton Ave, Merritt BC.

This is open to all ages and abilities. Please bring a water bottle and wear proper running shoes.

Registration will be available on-site. Any questions please contact: Buzz Manuel T: 250-378-1864 E: bmanuel@cna-trust.ca

Presented in partnership with:



RAJI & ALEX PRESENT:

Tick Talk for the Whole Family



Help us spread the word about ticks!

Where can I learn more? About Ticks

For more information on staying safe and tick-free, visit the BC Centre for Disease Control's website: http://www.bccdc.ca/dis-cond/a-z/_l/LymeDisease/ Here you can watch Raji & Alex's video, and find links to the Tick Talk Facebook and Twitter sites.

BC Centre for Disease Control
655 West 12th Avenue
Vancouver, British Columbia
V5Z 4R4 Canada
604-707-2400



PAL Course

Possession and Acquisition License

Saturday April 27th, 2019

9:00 AM – 4:00 PM

Shackan Band Hall

Lunch will be provided

Course Details:

- Minimum Age 12
- Maximum Class Size: 13
- First come, first serve

To register contact Buzz Manuel at
W: 250-378-1864 or E: bmanuel@cna-trust.ca



Join us for an 8 Week
Thunder Rookie Rugby Program
for Youth ages 6 - 12

Starting April 29th
till June 17th
Every Monday from
6:30 - 7:30 PM
at Nicola Canford
Elementary School Gym

Thunder Rookie Rugby introduces the game of rugby
in a safe way for both boys and girls. The game is a
non-contact, co-ed form of rugby using flag belts,
allowing players to learn the basics while being
active and having fun with their friends.

Registration is FREE and will be taken
6:00 PM April 29th

For more info contact Buzz Manuel T: 250-378-1864

Hosted in partnership with:
Citxw Nlaka'pamux Assembly,
Scw'exmx Community Health and BC Rugby Union





Coyote Brotherhood Mens Group

MENS SELF CARE DAY

with facilitator Justin Young "Thunder Sky"

SATURDAY APRIL 6, 2019

9 AM - 4 PM

COLDWATER BAND HALL, COLDWATER BC

BREAKFAST AND LUNCH PROVIDED

Pre-registration is required

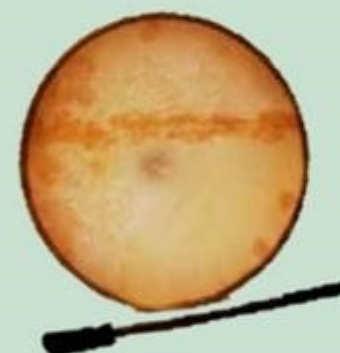
Contact Buzz Manuel at T: 250-378-1864 E: bmanuel@cna-trust.ca

P'ƏSK'E? [HUMMINGBIRD] LADIES

DRUM & DRUM BAG MAKING

Discussions on Ceremony and
Protocols will also be taking place

SUNDAY, APRIL 7TH 2019
@ COOKS FERRY INDIAN BAND GYM
9:00 AM - 4:00 PM



Registration is required for this event
Space is Limited to 30.
First Come, first served until spaces are full.

FOR MORE INFORMATION CONTACT:
KRISTY JOE OR CORRINA MANUEL AT 250-378-1864

THIS IS A DRUG & ALCOHOL FREE EVENT