

DECEMBER 2017

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. 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.

In This Issue:

- * Nursing Services
- * Reflexology
- * Massage
- * Foot Care
- * Bowling
- * Crisis Centre
- * Christmas Mental Health Blog
- * Christmas Song
- * Food Recalls
- * Recipes
- * Answer Sheet
- * HHSS Info

Inserts:

- * Calendar
- * Colorings
- * Puzzles

"Take Care Of Yourself"

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.



COOKS FERRY & SISKA NURSING SERVICES



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 Shampoo & Combs*
- ◆ Condoms

ONLY AVAILABLE FROM THE NURSE.

To see a nurse contact Martha at the office to book a home or clinic appointment.

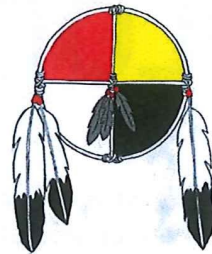
Lisa Colwell, LPN

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY
3691 Deer Lane P.O. Box 188 Spences Bridge, BC V0K 2L0
Cooks Ferry:(250) 458-2212 Client Toll Free:1-866-458-2212
Siska:(250) 455-6601 Client Toll Free:1-844-255-6601

HHSS Home and 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 Heskwen'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.



DECEMBER 5TH
COOKS FERRY

DECEMBER 6TH
SISKA

REFLEXOLOGY

The focus of the session

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.

REFLEXOLOGY

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(S) (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).

HESKW'EN'SCUTXE

Health Services Reflexology
service trial, starting
November 7th & 8th

Other dates in November &
December to be announced

Call for an appointment:
Siska: 250 455-6601
Cooks Ferry: 250 458-2212



Therapeutic Massage

Therapeutic Massage provided by Kathryn Young is **CANCELLED** for six months while she enjoys her vacation.

In the meantime Heskwen'scutxe Health Services Society will be looking for a replacement ASAP to continue Massage Therapy.




Thank you.

Reflexology with Heidi McCall

So far reflexology has been a big hit in both Cooks Ferry and Siska Communities. It has helped clients sleep better and feel more relaxed.

FOOT CARE NURSING - OFFERED BY HHSS

Lisa has completed a comprehensive foot care nursing course and will be calling clients to book appointments. Thank you for your patience while HHSS re-organizes the foot care program.

Know the signs (click photos to enlarge)	Are your feet...	What can you do?
	<ul style="list-style-type: none"> • Numb, painful or tingling? • Do your feet feel like blocks of wood? 	<ul style="list-style-type: none"> • Control your blood glucose (sugar) levels. • Have a health-care professional trim your toenails and care for the skin on your feet. • Have your shoes professionally fitted.
	<ul style="list-style-type: none"> • Changing shape? • Is one foot different than the other? • Any change is important. 	<ul style="list-style-type: none"> • Avoid too much walking. • Visit your health-care professional as soon as possible. • Have your shoes professionally fitted.
	<ul style="list-style-type: none"> • Dry, callused or cracked? • Do they have sores or blisters? 	<ul style="list-style-type: none"> • Changes to your skin should be seen by a health-care professional. • Wash a sore or blister with warm water; dry well, and cover with a bandage. See a health-care professional today. • Avoid walking on your foot as it heals.



Signs of Foot Problems | [Diabetes Canada www.diabetes.ca](http://www.diabetes.ca)
Prevention is the best medicine. Being able to identify signs of foot problems can go a long way in preventing complications. Have your health care professional check ...

Please continue to check your feet every day for any changes or signs of injury. If you have answered YES to any of these questions, please see a health-care professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a health-care professional.



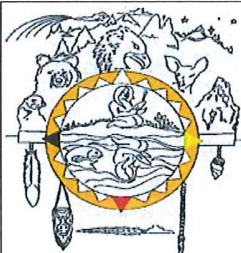
When: December 1, 2017

Where: Canyon Lanes in Boston Bar

We will leave Siska around 10:30am.

HHSS will be taking two vehicles. If you would like to secure a seat, please call the office.

Thank You.



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Siska:(250) 455-6601 Client Toll Free:1-844-255-6601



Help is Available! We truly are here to listen, here to help 24 hours a day, 7 days a week. If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE), or call your local crisis centre.

<http://crisiscentre.bc.ca>

www.YouthInBC.com

www.CrisisCentreChat.ca

Distress Services

The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair.

Our Online Distress Services are a resource where youth and adults in distress can:

- **GET HELP** by having a real-time online chat with a trained volunteer, or by getting email support from the Crisis Centre's professional staff
- **LEARN MORE** about common issues and concerns such as bullying, disordered eating, depression and self-harm
- **FIND RESOURCES** by connecting to our online library of useful websites and community resources

We are here for you if you are worried about something, feel upset or confused, or you just want to talk to someone. The phone lines below are available in over 140 languages using a language service. Let us know which language you require, and we will try and provide an interpreter.

Distress Services:

Vancouver Coastal Health Region – Vancouver, Richmond, North Shore, Sea to Sky	604-872-3311
Toll Free – Howe Sound, Sunshine Coast, Bella Coola	1-866-661-3311
1-800-SUICIDE (BC-wide)	1-800-SUICIDE (784-2433)
Mental Health Support Line (BC-wide)	310-6789
Online Service for Youth	www.YouthInBC.com
Online Service for Adults	www.CrisisCentreChat.ca
Seniors' Distress Line	604-872-1234

Christmas is usually a time of happiness and family but it can be a very busy and stressful time of year that can be tough on your mental health.

1. Decide which Christmas activities and traditions are most significant to you. Only participate in those activities that have significance for you and decline the activities which cause stress or are insignificant for you.



2. Christmas time tends to be a time when people spend more money than they can afford. Make a Christmas budget and stick with it.

3. Take care of yourself. Eat right, get enough sleep and exercise. Control your alcohol consumption and limit your indulgence in high fat or sugary foods.

4. Recognize signs of stress and use relaxation techniques when you begin to get irritated or upset such taking a few deep breaths, going for a walk or taking a break.

5. Have realistic expectations of family and friends. Just because it is Christmas, does not mean the attitudes or behaviours of relatives and friends will change. Accept this and plan how you will respond to help keep the Christmas spirit.

6. Make time for yourself. This time does not need to cost anything and can include going for a walk or reading a book. Schedule time for yourself during the busy Christmas period.

7. Delegate Christmas tasks and ask for help. Communicate openly and remember it's ok to say "no". Don't carry the entire burden

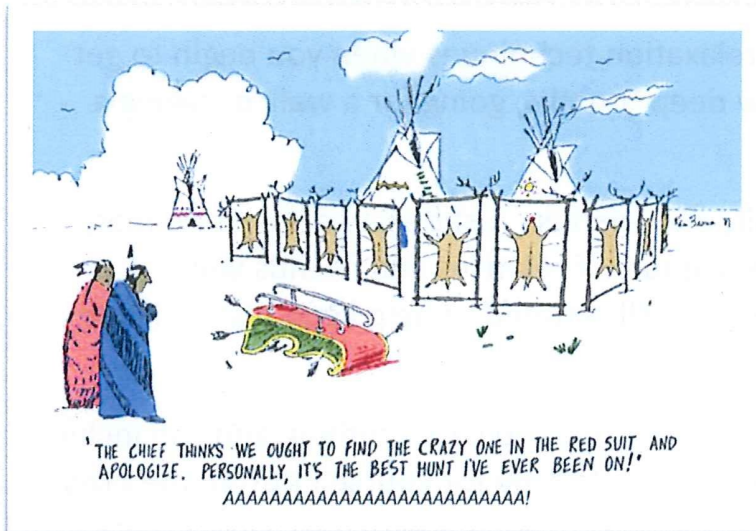
8. If you experience persistent low mood or anxiety, consider professional help. There is a wealth of experience and expertise available to deal with mental health difficulties.

This Christmas, help spread the word that mental health matters, 1 in 4 people suffer from a mental health difficulty. Help tackle the stigma attached to mental health.

<http://www.stpatricks.ie/blog/8-tips-minding-your-mental-health-christmas>

Hmmm! It's that time of year again. Don't you just hate it when you get a song stuck in your head. For Example.

There's a Funny Fat Man in a Silly Red Suit stuck in the smoke hole of our Tipi
There's a Funny Fat Man in a Silly Red Suit stuck in the smoke hole of our Tipi
Ho, Ho, Ho he thinks he's talking Indian
No, No, No ain't no way we will let him in
Not no Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi
Grandma is skinning his deer, grandpa is cooking up the meat of
The Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi
Ho, Ho, Ho he thinks he's talking Indian
No, No, No ain't no way we will let him in



Not no Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi
Aunties keeping his boot, uncle's stripping down the sled of
The Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi
Ho, Ho, Ho he thinks he's talking Indian
No, No, No ain't no way we will let him in
Not no Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi

Ching, Ching, Ching the sound of money coming from pawning the toys of
The Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi
Ho, Ho, Ho he thinks he's talking Indian
No, No, No ain't no way we will let him in
Not no Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi
Ho, Ho, Ho he thinks he's talking Indian
No, No, No ain't no way we will let him in
Not no Funny Fat Man in a Silly Red Suit, stuck in the smoke hole of our Tipi

Food Recalls

Food Recall Warning—Various brands of vegetable products recalled due to *Listeria monocytogenes*



Recall date:	October 22, 2017
Reason for recall:	Microbiological – <i>Listeria</i>
Hazard classification:	Class 1
Company / Firm:	Industry
Distribution:	National
Extent of the distribution:	Retail

RECALLED PRODUCTS				
Brand Name	Common Name	Size	Code(s) on Product	UPC
Mann's Power Blend	Brussels Sprouts, Napa Cabbage, Kohlrabi, Broccoli, Carrots & Kale	284 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01311 9
Mann's Family Favorites	Broccoli and Cauliflower	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01303 4
Mann's	Broccoli Cole Slaw	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01307 2
Mann's Family Favorites	Brussels Sprouts	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01035 4
Mann's Culinary Cuts	Shaved Brussels Sprouts	255 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03685 9
Mann's Culinary Cuts	Shaved Brussels Sprouts	255 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 06701 3
Mann's Family Favorites	California Stir Fry	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01306 5
Mann's Family Favorites	California Stir Fry	2 lbs	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 02018 6
Mann's Culinary Cuts	Cauliflower Cauliettes	397 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 06901 7
Mann's Family Favorites	Cauliflower	284 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01403 1

Compliments	Vegetable Platter	680 g	All Best Before dates up to and including 10/20/2017	0 55742 53490 0
Western Family	Spicy Southwestern Kale Salad Kit	646 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	0 62639 35230 1
Western Family	Vegetable Medley	907 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	0 62639 32481 0
Western Family	West Coast Stir-Fry Mix	907 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	0 62639 32485 8
Western Family	Kale Salad Kit	680 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	0 62639 34593 8
Western Family	Kale Caesar Salad Kit	420 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	0 62639 35229 5
Western Family	Broccoli Slaw	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	0 62639 32484 1
Mann's	Broccoli Cole Slaw	4 x 3 lb	All Best Before dates from 10/11/2017 up to and including 10/20/2017	Unknown
Mann's	Broccoli Florets	3 lb	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03011 3
Mann's	Veggie Power Blend	4/2 lb SS	All Best Before dates from 10/11/2017 up to and including 10/20/2017	Unknown

Food Recall Warning - IHOC brand Rainbow Trout Caviar recalled due to potential presence of dangerous bacteria

Recall date:	October 19, 2017
Reason for recall:	Microbiological - Clostridium botulinum
Hazard classification:	Class 1
Company / Firm:	International House of Caviar
Distribution:	Alberta, <i>British Columbia</i> , Manitoba, Ontario, Saskatchewan
Extent of the distribution:	Consumer



RECALLED PRODUCTS				
Brand Name	Common Name	Size	Code(s) on Product	UPC
IHOC	Rainbow Trout Caviar	100 g	L 7040.3 IC Best Before: 2018/08/30	6 28451 22602 4

Food Recall Warning (Allergen) - Captain's Choice brand Frozen Shrimp Shaomai recalled due to undeclared egg

Recall date:	October 20, 2017
Reason for recall:	Allergen – Egg
Hazard classification:	Class 1
Company / Firm:	Hen Long Oriental Gifts and Foods Co. Ltd.
Distribution:	Alberta, <i>British Columbia</i> , Manitoba, Saskatchewan
Extent of the distribution:	Consumer



RECALLED PRODUCTS				
Brand Name	Common Name	Size	Code(s) on Product	UPC
Captain's Choice	Frozen Shrimp Shaomai	500 g	All codes where egg is not declared on the label	8 934791 920259

Mann's	Fiesta Vegetable Tray	1.01 kg	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 02049 0
Mann's	Kale Beet Blend - Kale, Golden Beets, Kohlrabi and Red Cabbage	227 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 00027 0
Mann's Nourish Bowls	Cauli-Rice Curry	312 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03690 3
Mann's Nourish Bowls	Cauli-Rice Curry	312 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03689 7
Mann's Nourish Bowls	Butternut Kale Risotto	248 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03691 0
Mann's Nourish Bowls	Southwest Chipotle	298 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03686 6
Mann's Nourish Bowls	Southwest Chipotle	298 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03685 9
Mann's Nourish Bowls	Monterey Risotto	8.75 oz	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03679 8
Mann's	Vegetable Tray	54 oz	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01405 5
Mann's	Rainbow Salad	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01308 9
Mann's Family Favorites	Vegetable Medley	2 lbs	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 02015 5
Mann's Family Favorites	Vegetable Medley	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01304 1
Mann's	Vegetable Tray	2.5 lbs	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 01407 9
Mann's Snacking Favorites	Veggie Hummus	Vegetables 383 g Dip 85 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 02058 2
Mann's Snacking Favorites	Veggie Ranch	Vegetables 383 g Dip 85 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 02060 5
Mann's Nourish Bowls	Sesame Sriracha	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03682 8
Mann's Nourish Bowls	Sesame Sriracha	340 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03681 1
Mann's Nourish Bowls	Bacon Maple Delight	203 g	All Best Before dates from 10/11/2017 up to and including 10/20/2017	7 16519 03693 4
Compliments	Cauliottes Chop	397 g	All Best Before dates up to and including 10/20/2017	0 68820 13254 7



Mediterranean Pasta Salad



Total Time: 15 Mins

Prep Time: 15 Mins

Cook Time: 0 Mins

Servings: 6 - 8

INGREDIENTS:

Mediterranean Pasta Salad Ingredients:

- 12 ounces dry pasta (I used farfalle)
- 1 English (hot house) cucumber, diced
- 1 pint cherry or grape tomatoes, halved
- 2/3 cup sliced kalamata olives
- 4 ounces crumbled feta cheese
- half of a medium red onion, peeled and thinly sliced

lemon-herb vinaigrette (see [—————>](#))

Lemon-Herb Vinaigrette Ingredients:

- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon freshly-squeezed lemon juice
- 2 teaspoons dried oregano, minced
- 1 teaspoon honey (or your desired sweetener)
- 2 small garlic cloves, minced
- 1/4 teaspoon freshly-cracked black pepper
- 1/4 teaspoon salt
- pinch of crushed red pepper flakes

DIRECTIONS:

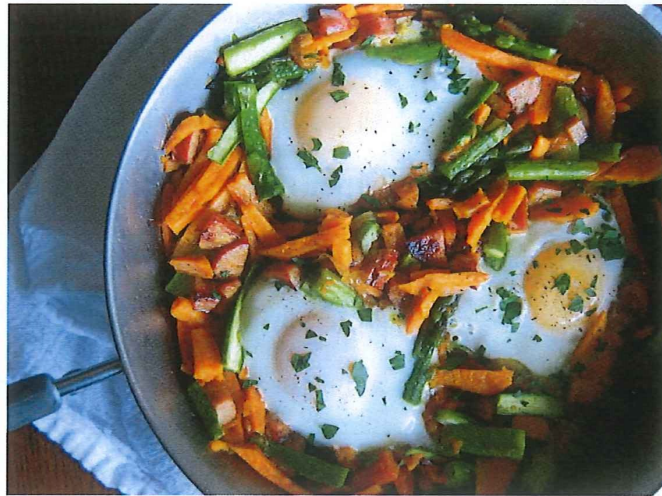
To Make The Mediterranean Pasta Salad:

1. Cook the pasta al dente in a large stockpot of generously-salted water according to package instructions. Drain pasta, then rinse under cold water for about 20-30 seconds until no longer hot. Transfer the pasta to a large mixing bowl.
2. Add cucumber, tomatoes, kalamata olives, feta cheese, and red onion to the mixing bowl, then drizzle all of the vinaigrette evenly on top. Toss until all of the ingredients are evenly coated with the dressing.
3. Serve immediately, garnished with extra feta and black pepper if desired.

To Make The Lemon-Herb Vinaigrette: Whisk all ingredients together until combined.

Notes: Cook time does not include the amount of time it takes to cook the pasta.

Sweet Potato Breakfast Skillet



Servings: 2

Calories: 199

INGREDIENTS:

- 1 Onion (large, diced)
- 3 tbsp Extra virgin olive oil (divided)
- 2 Italian sausages (diced)
- 2 Sweet potatoes (finely chopped)
- 6-7 Stalks asparagus (chopped)
- Salt and freshly ground pepper (to taste)
- 3 Eggs
- 1 tbsp Fresh parsley (chopped)

DIRECTIONS:

1. Heat one tablespoon of olive oil in a large skillet over medium-low heat. Add the onion, sprinkle with salt, and sauté for 10-12 minutes to slightly caramelize.
2. Add the sausages to the pan and cook for 4-5 minutes. Stir in the sweet potatoes and asparagus, along with another tablespoon of olive oil. Sprinkle with salt and pepper. Cook, covered, for 5-6 minutes, until the potatoes begin to soften. Stir occasionally.
3. Make three small wells in the sweet potato mixture. Carefully crack the eggs into the wells and cover the skillet. Cook for an additional 5 minutes or until the egg whites are set. Serve immediately, topped with fresh parsley for garnish.

<https://ultimatepaleoguide.com/sweet-potato-breakfast-skillet/>

Paleo, Gluten and Grain Free Sandwich Bread



INGREDIENTS:

- 2 cups blanched almond flour
- 1/3 cup + 1 tablespoon flaxseed meal
- 1 teaspoon whole flaxseeds
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup arrowroot powder
- 6 tablespoons butter (or ghee)
- 4 eggs
- 1 teaspoon apple cider vinegar
- 1/2 cup greek plain yogurt (or *coconut cream)

DIRECTIONS:

1. In a large bowl, mix the almond flour, flaxseed meal, whole flaxseeds, salt, baking soda and arrowroot powder
2. In a saucepan, melt the butter and let cool for 5 minutes
3. Whisk melted butter together with the eggs, apple cider vinegar and yogurt
4. Using a rubber spatula, gently mix wet and dry ingredients to form a batter being careful not to over mix or the batter will get oily and dense pour batter into an 8 1/2" x 4 1/2" medium loaf pan greased or lined with parchment paper. Sprinkle top with whole flaxseeds.
5. Bake at 350°F until a toothpick inserted into the center of the bread comes out clean, approximately 25 minutes
6. Let bread cool on a wire rack, cut into thin slices and serve

Cook's Notes

To preserve freshness, wrap loaf in paper towel and place inside a ziploc bag or airtight container and store in refrigerator.

*coconut cream - thick coconut cream that forms on the top of a can of full fat coconut milk when left in the fridge for over 12 hours.

<https://livinghealthywithchocolate.com/desserts/paleo-bread-recipe-1739/>

Sweet and Savory Chicken: Maple Mustard Almond Chicken



Servings: 4

Cook Time: 30 Mins

Prep Time: 10 Mins

Total Time: 40 Mins

INGREDIENTS:

- 2 tbsp Dijon mustard
- 1 tbsp Pure maple syrup
- 1/2 tsp Cider vinegar
- 1/2 cup Almonds (coarsely chopped)
- 4 Boneless skinless chicken breast (pounded to an even thickness)
- Sea salt and fresh ground pepper (to taste)

DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Whisk the mustard, maple syrup, and vinegar in a small bowl.
3. Add a pinch of salt and pepper to the almonds.
4. Brush each chicken breast with the mixture and roll in the chopped almonds.
5. Lay on a baking sheet and bake for 20 to 25 minutes, until chicken is cooked through and browned.

<https://ultimatepaleoguide.com/sweet-and-savory-chicken-maple-mustard-almond-chicken/>

Apple, Oat & Pecan Flapjack



Serves: 12 bars

Prep Time: 10 mins

Cooking Time: 25-30 mins

INGREDIENTS:

- 2 eating apples (unpeeled), cored, cut into quarters and roughly chopped
- 150g (5oz) butter, softened, plus extra for greasing
- 150g (5oz) light soft brown sugar
- 50g (2oz) porridge oats
- 2 eggs
- 200g (7oz) self-raising flour, sifted
- 50g (2oz) pecans, plus 12 to decorate
- 23x30cm (9x12in) Swiss roll tin

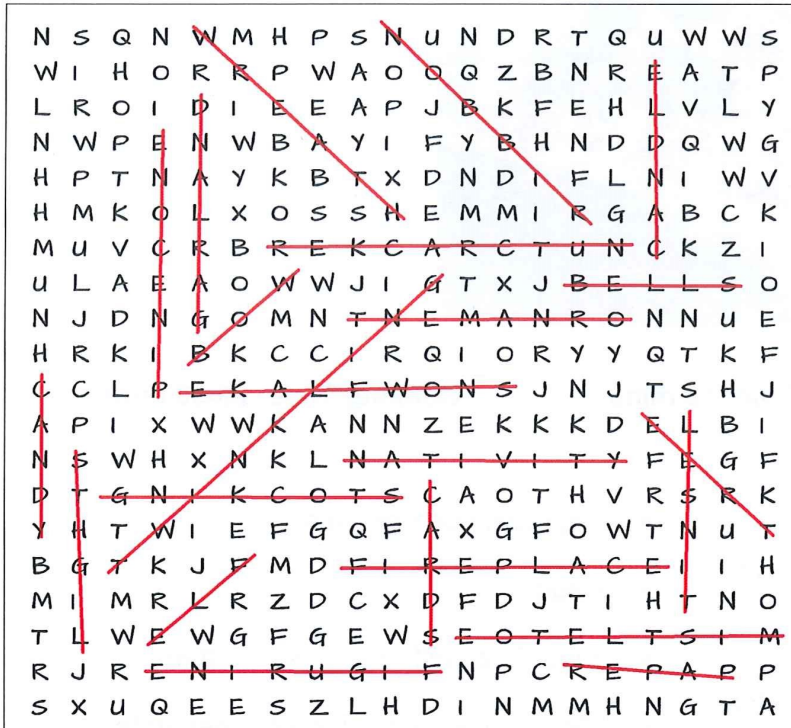
DIRECTIONS:

1. Preheat the oven to 180°C (350°F). Gas mark 4, then grease the sides of the Swiss roll tin with butter and line the base with baking parchment.
2. Place the prepared apples in a food processor and pulse a few times until they're in small pieces. Add the butter and sugar and cream together for 20 seconds or so, then add all the remaining ingredients and pulse just until mixed.
3. Tip the mixture into the prepared tin and place the pecans on top, spaced apart to form an even grid (4 x 3). Bake for 25-30 minutes or until risen and golden, then remove from the oven and leave in the tin to cool down completely.
4. When cool, cut into 12 bars, each with one pecan on top, and remove from the tin.

<http://www.houseandgarden.co.uk/collections/december-seasonal-foods/view/recipes/desserts-cakes/apple-oat-pecan-flapjacks>

ANSWER SHEET

Christmas Decorations Word Search

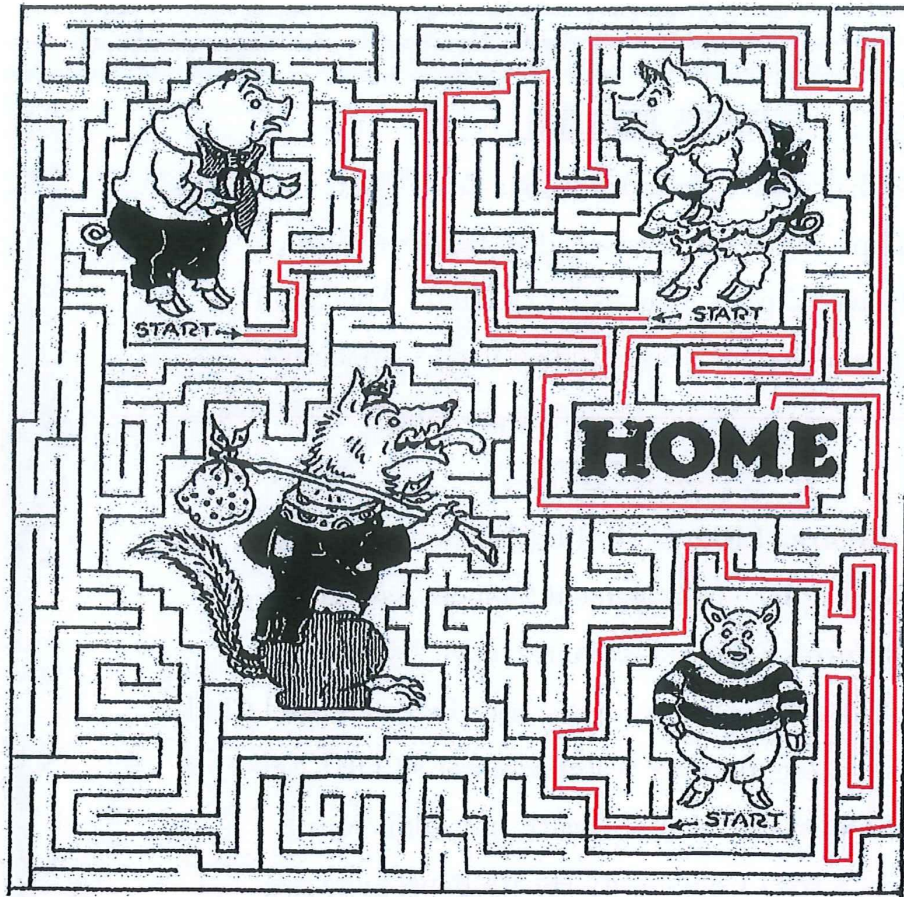


WORD LIST

- | | |
|---------------|----------------|
| 1. Tree | 12. Bells |
| 2. Stocking | 13. Elf |
| 3. Wreath | 14. Pinecone |
| 4. Garland | 15. Nutcracker |
| 5. Candle | 16. Mistletoe |
| 6. Figurine | 17. Cards |
| 7. Ornament | 18. Fireplace |
| 8. Tinsel | 19. Candy |
| 9. Ribbon | 20. Paper |
| 10. Twinkling | 21. Bow |
| 11. Lights | 22. Nativity |
| | 23. Snowflake |



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



To win this Maze Game you are required to lead at least two of these little pigs to their "HOME" without going into a path that will lead them to the Big Hungry Wolf. Start once from each pig and trace between the lines. Be honest with yourself, never cross a line or turn back if you discover that you are in a path that leads direct to the Wolf.

Spot the 15 Differences



HHSS BOARD

Lorette Edzerza - Chairman • Director • Cooks Ferry Band • Appointed

Angela Phillips - Director • Siska Indian Band • Appointed

Philip Wilson - Director • Cooks Ferry Band • Appointed

Betsy Munro - Director • Siska Indian Band • Appointed

HHSS STAFF

Andrea Elliott - Health Manager

Kathrine Stegner - Management Support Assistant

Paige Munro - Finance • Administrative Assistant

Martha Van Dyke - Administrative Assistant • Patient Travel Clerk

Jaycee Isaac - Receptionist • Water Monitor • COHI Aide

Harvey Dunstan - Mental Health and Addictions

Erin Aleck, CHR - Community Health Representative

Lisa Colwell, LPN - Community Care Nurse

Jennifer Marinello, RN - Community Care Nurse

Jennifer Fields, CHA - Community Home Care Aid

Ashley Loring Earl, CHA - Community Home Care Aid

Danielle Munro - Transportation Support

Fred Charlie - Transportation Support

HHSS OFFICES

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