



# Heskw'en'scutxe Health Services Society

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## 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.



## 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

## Hesk<sup>w</sup>'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 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

# Hesk<sup>w</sup>'en'scutxe Health Services Society Home and Community Care Program

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## What services are provided?

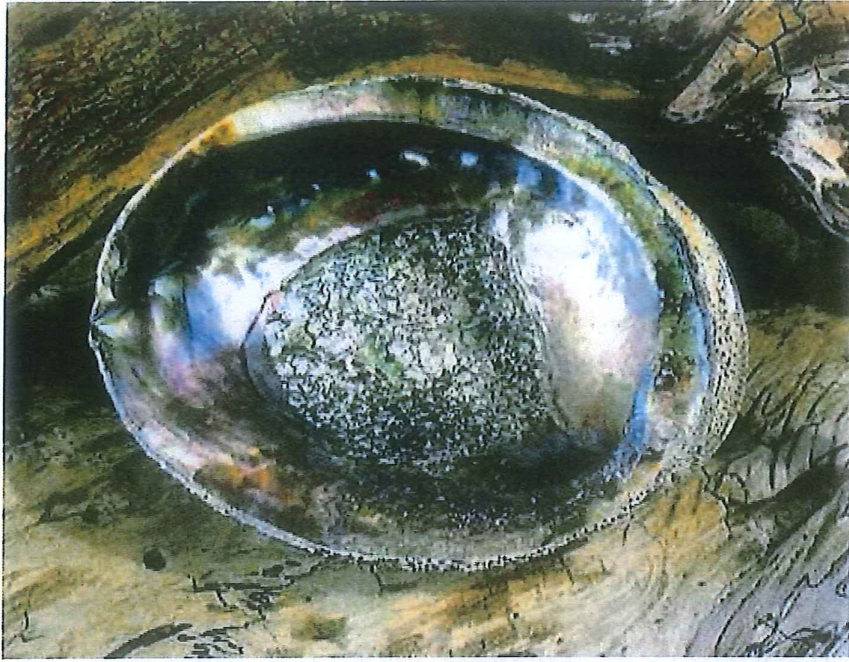
- Palliative care (specialized care aimed at providing relief from the symptoms and stress of serious illness)
- Home support (assistance with nutrition, hygiene, and bathing)
- Referral to dietitians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication 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 Hesk<sup>w</sup>'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.
-





HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

# NEWSLETTER



Heskw'en'scutxe Health Services Society wants to invite members of the Cooks Ferry and Siska Indian Bands to participate in the ongoing Health Planning Process for both on and off reserve.

Please fill out & return this form to: [kathrine.stegner@hhssbc.ca](mailto:kathrine.stegner@hhssbc.ca), can be sent by fax to 250 458-2213 or turn in at either health office.

Name: \_\_\_\_\_ [] on; [] off Reserve

Address: \_\_\_\_\_ Town: \_\_\_\_\_

Phone: \_\_\_\_\_ Postal: \_\_\_\_\_

Email: \_\_\_\_\_ [] Siska; [] Cooks Ferry

Your preferred method for contact: (Check one or more)

Receive newsletter by email;  Receive newsletter by mail;

On reserve, continue to receive home delivery.

Personal information provided will be used to identify you for the purpose of accessing the Heskw'en'scutxe Health Portal and email delivery of our monthly newsletter. Personal information will be kept in accordance with our privacy policy and will not be used, sold or given access to anyone for any other purpose. Completion of this forms implies permission allowing HHSS to keep record of personal information for the purpose of distribution of the HHSS newsletter. A copy of the privacy policy is available at the health office, available on the website and will be included with the electronic newsletter.

Launch of the Heskw'en'scutxe Health Portal/Website to be announced

NEWSLETTER VIA  
EMAIL TO KEEP  
CURRENT ON  
EVENTS

REGISTER FOR OUR  
ONLINE HEALTH  
PORTAL WEBSITE

SUBMIT IDEAS FOR  
HEALTH WELLNESS  
ACTIVITIES

ACCESS "HOW TO"  
PAPERS AND  
FORMS FOR  
HEALTH SERVICES

SUBMIT TRAVEL  
FORMS ONLINE &  
MUCH MORE!

HESKW'EN'SCUTXE  
HEALTH SERVICES

PO Box 188, Spences  
Bridge, BC V0K2Lo  
Cook's Ferry: 250 458-2212;  
Fax: 250 458-2213  
Siska Office: 250 455-6601;  
Fax: 250 455-6608

[www.hhssbc.ca](http://www.hhssbc.ca)





# COMMUNITY HEALTH PLAN DINNER JANUARY 23<sup>RD</sup> & 25<sup>TH</sup>, 2018

The Heskwen'scutxe Health Services Community Health Planning Committee invites community members, living both on and off reserve to participate in a health planning dinner. We want to hear your ideas for programming in all areas of health including cultural activities.

A fuel voucher will be provided for off reserve members to assist with the cost of fuel. (per vehicle)

For gas voucher return this form to: [kathrine.stegner@hssbc.ca](mailto:kathrine.stegner@hssbc.ca), can also be fax to 250 458-2213 or turn in at either health office.

Name: \_\_\_\_\_ [ ] Siska; [ ] Cooks Ferry

Town of Residence: \_\_\_\_\_ No. Attending: \_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



Meet with Mental Health Practitioners Elizabeth Perdok-Waboose, Wanda Dexel & Kelleigh Myers from Nlaka'pamux Mental Health, the Heskwen'scutxe Board of Directors and Community Health Planning Committee

PARTICIPATE,  
COMMUNICATE &  
COLABORATE

SISKA  
JAN 23<sup>RD</sup>  
4:30 PM - 7:30 PM

COOKS FERRY  
JAN 25<sup>TH</sup>  
4:30 PM - 7:30 PM

WHAT ARE THE  
GREATEST  
CHALLENGES FOR  
ACCESSING HEALTH  
CARE

BRING HOME  
GARDENING & FOOD  
STAINABILITY IDEAS

HESKW'EN'SCUTXE  
HEALTH SERVICES

PO Box 188, Spences Bridge,  
BC VoK2Lo  
Cook's Ferry: 250 458-2212;  
Fax: 250 458-2213  
Siska Office: 250 455-6601;  
Fax: 250 455-6608





February 6<sup>th</sup>  
Cooks Ferry

February 7<sup>th</sup>  
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



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



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.

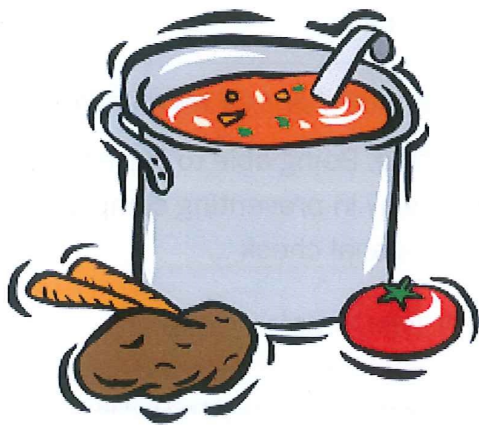




Hesk<sup>w</sup> en'scutxe  
Health Services  
Society

EVERYONE IS WELCOME TO COME!

- Fun Activities & Prizes
- Visit with friends, family & community members
- Enjoy a Hot Bowl of Soup & a Bun
- Door Prizes to be won (Must attend to win door prizes)



# Soup Day

łaxáns-méyt séysilt<sup>w</sup>  
("Invite for Soup")

## SISKA

February 27<sup>th</sup>, 2018

4:30pm - 6:30pm

Siska Indian Band  
Community Hall

## COOKS FERRY

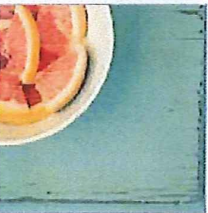
March 1<sup>st</sup>, 2018

4:30pm - 6:30pm

Cooks Ferry Band  
Community Hall



## Heskw'en'scutxe Health Services *Call for Catering*



### Heskw'en'scutxe Health Services

Requires catering bids for an evening meal twice a month, approximately 25 services, running between February and September, 2018 for the upcoming "To Get Strong" program

**Location:** Siska Community Hall

#### **QUOTE SPECIFICATIONS:**

- Basic menu that is healthy, diabetic friendly, includes fresh fruit & features delicious vegetables choices
- Please provide a sample menu along with the catering quote
- Include the cost of set-up and clean-up
- HHSS will provide a PO for Extra Foods to cover the cost of food supply and should be factored in your quote!
- Caterers must provide a copy of their valid Food Safe Certificate

Please note that the lowest bid may not be accepted.

**SEND BIDS TO:** erin.aleck@hssbc.ca or FAX: (250) 455-6608

**PLEASE LABEL BIDS:** "To Get Strong"

**DEADLINE:** Bids must be received by 4:30 pm by February 23, 2018

**Successful bidder will be notified by:** February 28, 2018

### Heskw'en'scutxe Health Services Society

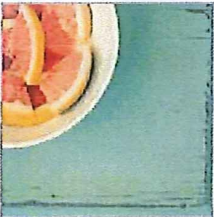
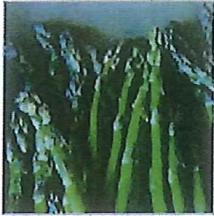
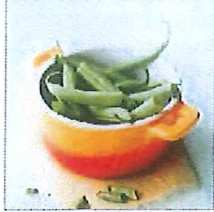
P.O. Box 188, Spences Bridge, BC, VoK 2L0

Cooks Ferry: (250) 458- 2212

Siska: (250) 455-6601 / FAX: (250) 455-6608



## Heskw'en'scutxe Health Services *Call for Catering*



### Heskw'en'scutxe Health Services

Requires catering bids for our upcoming "Men's Wellness"  
March 27, 2018

**Location:** Siska Community Hall

#### **QUOTE SPECIFICATIONS:**

- Basic menu that is healthy, diabetic friendly, includes fresh fruit & features delicious vegetables choices
- Please provide a Sample menu **featuring BBQ**, along with the catering quote.
- Include the cost of set-up and clean-up
- HHSS will provide a PO for Extra Foods to cover the cost of food supply and should be factored in your quote!
- Caterers must provide a copy of their valid Food Safe Certificate

Please note that the lowest bid may not be accepted.

**SEND BIDS TO:** [marth.vandyke@hhssbc.ca](mailto:marth.vandyke@hhssbc.ca)  
Or FAX: (250) 455-6608

**PLEASE LABEL BIDS:** "Men's Wellness"

**DEADLINE:** Bids must be received by 4:30 pm by February 23, 2018

**Successful bidder will be notified by:** March 9, 2018

### Heskw'en'scutxe Health Services Society

P.O. Box 188, Spences Bridge, BC, VoK 2Lo  
Cooks Ferry: (250) 458- 2212  
Siska: (250) 455-6601 / FAX: (250) 455-6608



# Afterschool Kids Art



This fun and informative afterschool program is an opportunity for some of our younger community members to engage in some learning through creative play about fine arts through hands on experiences.

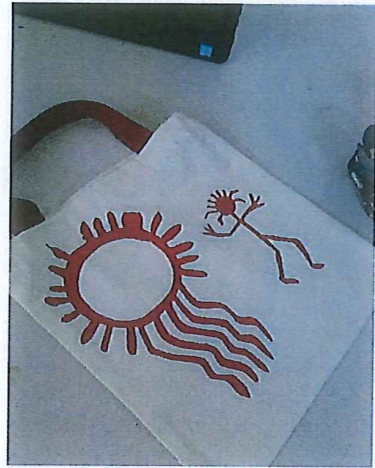
We sometimes focus on crafts and other times on the fine arts, in the past few months we have practiced drawing skills, painting in watercolor and acrylic and done some figure and portrait drawing. We have also had some storytelling writing workshops. We have had an interesting mix of topics at the request of some of our students. Also improvement of skills in the making of more traditional crafts such as dream catchers and drum sticks has been on the agenda.

We have been stretching our imaginations through an exploration of storytelling and the making of various types of puppets, our goal is to do a bit of puppet theatre before the end of 2018.

Increasing capacity in the fine arts leads to improvement in many areas of education as observation, listening skills and learning to focus for completion of tasks supports all facets of learning.. It's not always about art, it's about living and making choices about the things we do and includes discussion topics pertinent to students. Students who complete projects experience increased self-esteem through interaction with others and learning new skills.

As an instructor with over 35 years of experience teaching art to children in private and public spaces I know the value of what we offer to our youth and appreciate all the support that I receive to host this program through HHSS and I also am thankful for parents who support the creative learning experience by encouraging afterschool attendance by their children.

## Upcoming Classes



**Kids Art takes place every  
Tuesday at Siska**

3:30 – 5 pm

Snacks are provided

Pulling our own strings-  
Marionettes and goal setting  
discussions.

Fimo Beads and Bracelets,  
defining ourselves, inner beauty.

Acrylic Painting, It's not just  
paint.

Claymation-sculpture, what's a  
role model?

Gifts from the heart (Valentine  
Card crafting and craft)

**Pictographs/Stenciling will be  
part of a special evening class  
and will be offered to adults and  
children at the monthly HHSS  
sponsored dinner TBA**

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



# Heskw'en'scutxe Health Services Home Care Stats for December 2017

**Home Visits: 88**, average 1 hr. each  
**Case Management: 22**, average 1 hr. each  
**Foot Care: 2**  
**Professional Services: 4 + 6** (Non Home Care)  
**Medical Transportation: 23 trips at 42 hrs.**

Professional Services include: Reflexology & or Massage etc.

♥ Our Nurses &  
HCAs work  
hard for their  
communities!

With staff on  
holidays,  
December is  
a quiet month  
for Home  
Care.

...but still these  
numbers are  
impressive.

**Call now to  
book an  
appointment,  
they're filling  
up fast!**

Telehealth is  
here!

### **Other uses for Telehealth:**

- † Medication management/prescription renewal
- † Mental Health counseling
- † Consultation with MD

## Dietitian Telehealth Appointments in Cooks Ferry

**February 15<sup>th</sup>, 2018**

**Call now to book an  
appointment**

**Open to both Siska & Cooks Ferry Clients**

Heskw'en'scutxe Health Services  
Cooks Ferry Telehealth location:  
(250) 458-2212



# Medical Transportation Days



**Cooks Ferry Transportation Day: Tuesday**

**Siska Transportation Day: Wednesday**

Because many of our community band members living on reserve may not have access to a vehicle to take them to their Lytton doctors' appointments, Heskw'en'scutxe Health Services has dedicated these two days for local medical travel to Saint Bartholomew's or the Dental Clinic in Lytton. Travel is open to any of our community members living on reserve and is subject to space availability. To assure we can return to the office before the end of our work day, please schedule your appointments for the morning or to start before 2:30 pm and let us know in advance, before the day of your appointment, to secure your seat.

**Please schedule your medical appointments in Lytton for  
Tuesday if you're from Cooks Ferry  
& Wednesday if you're from Siska**

**Heskw'en'scutxe Health Services does not provide transportation to medical appointments for other locations, such as Merritt or Kamloops, except for Home Care clients only.  
We will however, provide reimburse for your own travel.**

If you live off reserve and need reimbursements for travel, there is an "Off Reserve" transportation form we can provide to you for reimbursements directly from First Nations Health Authority.



Nlaka'pamux Nation Health  
and  
Siska Indian Band  
Invite you to the 2018

*Community Engagement*

**Date:** Wednesday, February 7th, 2018

**Location:** Siska Community Hall

**Agenda:**

5:00pm Opening Prayer

Dinner

6:00pm Presentations

- \* NLX Nation Health Services Update
- \* BCEHS Community Paramedicine, Andrew Morancy
- \* Red Cross, Becky Row
- \* EMBC Emergency Planning, Mike Knauff
- \* FNHA Environmental Health Officers, Casey Neathway

8:00pm Door Prizes and Closing

**Door Prizes**

**(1) adult prize = 40" TV**

**(1) Children and Youth =32 GB ipod**

Nlaka'pamux Nation Health

For More information contact:

Bernadette Collins 250-378-5502 or Heather Bob 250-378-5509



Nlaka'pamux Nation Health  
and  
Cook's Ferry Indian Band  
Invite you to the 2018

*Community Engagement*

Date: Thursday, February 22nd, 2018

Location: Chief Whitsemnistsa Complex, 3691 Deer Lane

Agenda:

5:00pm Opening Prayer

Dinner

6:00pm Presentations

- \* NLX Nation Health Services Update
- \* BCEHS Community Paramedicine, Andrew Morancy
- \* Red Cross, Becky Row
- \* EMBC Emergency Planning, Mike Knauff
- \* FNHA Environmental Health Officers, Casey Neathway

8:00pm Door Prizes and Closing

**Door Prizes**

**(1) adult prize = 40" TV**

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Nlaka'pamux Nation Health  
For More information contact:  
Bernadette Collins 250-378-5502 or Heather Bob 250-378-5509





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

# **Men's Wellness Day**

**March 27, 2018**

**Siska Indian  
Band Hall**

**10:00am - 2:00pm**

- Door Prizes!
- BBQ Lunch Provided
- Passports (to be filled out at each station)

## **HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY**

For information on any activities taking place this month or to make ride arrangements for events please contact the Office.

COOKS FERRY OFFICE - Phone: 250-458-2212 • Fax: 250-458-2213  
Toll Free: 1-866-458-2212

SISKA OFFICE - Phone: 250-455-6601 • Fax: 250-455-6608  
Toll Free: 1-844-255-6601

EMAIL: [admin@hhssbc.ca](mailto:admin@hhssbc.ca)

**“Take Care Of Yourself”**



# 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.

**NOTE:** For those who live in the Siska Community and have missed COHI Services for January 5, 2018, Can call the Siska Office and make an appointment for any day (Monday-Friday from 8:30-3:00) of February to catch their children up on Fluoride Varnishes. Thank You.





**ISPARC**  
Indigenous Sport,  
Physical Activity  
& Recreation Council



Move | Play | Compete

**FREE!**

**Sun Peaks Resort and the Tk'emlups te Secwepemc First Nations Snowboard Team are pleased to offer the 5<sup>th</sup> Annual Snowboard Jamboree**

- Sun Peaks will sponsor 50 Youth Lift Tickets, Lessons, & Rentals per day
- Communities are eligible to receive a max. of 10 youth passes & 1 complimentary chaperone pass per 5 youth passes

**Saturday February 2<sup>nd</sup>** registration open to communities 100+ km from Kamloops  
**Sunday February 3<sup>rd</sup>** registration open to communities within 100 km of Kamloops

**Travel, Meals, and accommodations are the responsibilities of the participants**



February 2 & 3  
2018



Sun Peaks Resort



For Registration  
Information, Please



Contact:



Michelle Webster  
[mwebster@isparc.ca](mailto:mwebster@isparc.ca)  
(250)306-2391



Deadline to register:  
January 19, 2018



PARTNER AGENCIES





NLX Health and CNA are pleased to invite you to our first

# Women's Gathering

Hosted By: FNHA

lunch provided

please bring your  
own dishes &  
utensils

Thursday,  
January 25,  
2017  
10:00am -  
2:00pm

Where:  
**Cooks Ferry  
Gym**

Thursday,  
January 25,  
2017  
10:00am -  
2:00pm

**Chief Whitsemnista Complex in Cook's Ferry**

We hope that you can join us for this opportunity to gather and get to know each other better. Our goal is to bridge communities and encourage an inclusive atmosphere by providing this opportunity for Nation Wellness planning among the women of the Nlaka'pamux Nation.

Kindly RSVP to Bernadette Collins by January 15th at [bernadette.collins@fnha.ca](mailto:bernadette.collins@fnha.ca)



# Indigenous Accessibility Consultation Survey

B.C. Aboriginal Network on Disability Society (BCANDS) is asking for your prospective, concerns and comments in regards to disability accessibility in First Nations communities across Canada.

You are invited to participate in a survey to gauge your concerns about accessibility in your community.

The survey takes about 8 minutes and will assist BCANDS in garnering an Indigenous voice to ensure that this new legislation that will be federally implemented be compassionate and sensitive towards Indigenous issues around community accessibility.

The more people who can participate in the survey the better, whether you work in the Indigenous services or are an individual community member your input is significant and would provide a more informative voice to the federal government.

<https://www.surveymonkey.com/r/BCANDS2>

## Other important links:

**2018 Indigenous Disability and Wellness Gathering** <http://bcands2018gathering.com/>

**Federal Accessibility Information** - <https://www.canada.ca/en/employment-social-development/programs/planned-accessibility-legislation/consultation-legislation.html>

For More Information Contact:

**C Justin Brooks**, Federal Accessibility Coordinator

B.C. Aboriginal Network on Disability Society (BCANDS)

Telephone: (250) 381 - 7303 ext. 201 Toll Free: 1-888-815-5511 Fax: (250) 381 - 7312

email:[accessibility@bcands.bc.ca](mailto:accessibility@bcands.bc.ca)

[www.bcands.bc.ca](http://www.bcands.bc.ca)



Happy  
New Year

Family party was a success!!

We had 47 participants and 17 stayed for the sleep over.

It was a fun filled night with movies, thank you Siska band for letting us use their projector and Danielle for being our movie DJ for the night

Ashley made her amazing buns with chilli. She also did an awesome job with all the snacks and drinks that kept some of us going all night;)



There was a craft table where Meriel and the kids made puppets and coloured

And the slime table was a huge success, everyone got slimed. I was happy the main ingredient is tide, made clean up easier than I thought it would be.

And of course fireworks at midnight. Harvey did an awesome job lighting up the sky.

So all and all a wonderful event and I look forward to next years event in cooks ferry.



February is "Burn Awareness", "Eating Disorder Awareness" Month

As the month of February is upon us, St. Valentine's day Feb 14<sup>th</sup> comes to mind for most people. Another important day is Family Day February 12<sup>th</sup> which is also a statutory holiday.

Remembering a few basic safety tips can help keep you and your children safe.

**In your home, especially if young children are present:**

- Place covers on all electrical outlets.
- Unplug all electrical items within a child's reach.
- Do not allow toys that must be plugged into an outlet.
- Teach your children to never touch electrical outlets or play with electrical cords.

**In your home, for everyone's safety:**

- Use extreme caution when using electrical appliances near water.
- Do not overload electrical outlets.
- Replace electrical items that show signs of wear, such as frayed wires.
- Keep your clothes dryer free of lint accumulation to avoid it becoming a fire hazard.
- If you are in or standing in water, do not touch anything electrical.
- Do not use extension cords to plug in appliances.
- Plug items in appropriately (do not force a three-prong plug into a two-prong outlet).
- Use certified surge protectors and power strips.
- Keep clothes, curtains, and other flammable items away from heat sources.
- Use correct wattage light bulbs.

Shrinershospitalforchildren.org

## Prevention of Disordered Eating

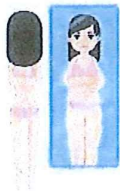
What is the key to prevention? Understanding that you can make a difference and that you can affect the people around you. If we work together we can stop people from hating their bodies, thinking too much about their weight, and developing eating disorders.

Your prevention project does not have to be expensive or complicated. Prevention can be as simple as:

- Living a healthy life - it can inspire others.
- Focusing on health and well-being, no matter what size you are.
- Knowing the risk factors for problems with food and weight.



Prevention can also happen every time you talk to people. When you talk about food and weight problems, make sure you:



- Use language and ideas that are right for the person's age.
- Take into account all the social and cultural messages people get.
- Talk to both sexes about eating disorders and unhealthy attitudes or activities.

[www.nedic.ca](http://www.nedic.ca)

© Can Stock Photo

## School Jokes to Enjoy Now!

**Knock Knock!**

*Who's there?*

Dewey.

*Dewey who?*

Dewey have to go to school today?

Have you heard about the teacher who was cross-eyed?

*She couldn't control her pupils!*

**Teacher:** Name two days of the week that start with "t".

*Pupil: Today and Tomorrow.*

What school supply is always tired?

*A knapsack!*

**Teacher:** I see you missed the first day of school.

*Kid: Yes, but I didn't miss it much.*

Teacher: Could you please pay a little attention?

*Student: I'm paying as little attention as I can.*

**Teacher:** James, where is your homework?

*James: I ate it.*

**Teacher:** Why?

*James: You said it was a piece of cake!*

Teacher: Why is your homework in your father's handwriting?

*Pupil: I used his pen!*

**Teacher:** You've got your shoes on the wrong feet.

*Pupil: But these are the only feet I've got!*

What's the difference between a teacher and a steam train?

*The first goes "Spit out that chewing gum immediately!" and the second goes "chew chew"!*

**Today my teacher yelled at me for something I didn't do.**

*What was that?*

**My homework!**

What is white when its dirty and black when its clean?

*A blackboard!*

**Teacher:** What is the most important thing you have ever learned in chemistry?

*Sam: Don't lick the spoon!*

How is an English teacher like a judge?

*They both hand out sentences!*

**Why didn't the two 4s want any lunch?**

*Because they already 8!*

What's big and yellow and comes in the morning to brighten mom's day?

*The school bus.*

**Why did the teacher turn on the lights?**

*Because her class was so dim!*

Why did the teacher wear sunglasses?

*Because her class was so bright!*

**How was your first day of term?**

*Fine, but some man called Teacher kept spoiling all our fun!*

How do bees get to school?

*By school buzz!*

**Why is a classroom like an old car?**

*Because it's full of nuts and has a crank up front!*

When do you get shouted at for something you didn't do?

*When you haven't done your homework!*

**Why did the echo get detention?**

*For answering back!*

What did one maths book say to the other?

*Boy, do I have problems!*

**What is black and white and very hard?**

*An exam paper!*

What is a butterfly's favourite subject at school?

*Moathamatics!*



# CRUNCHY OVEN ROASTED CHICKPEAS 4 WAYS

**Active Time:** 5 Mins

**Total Time:** 45 Mins

**Servings:** 2 Cups

**Calories:** 432



## INGREDIENTS

- 2 - 15 ounce cans of cooked chickpeas, drained, rinsed, and patted dry
  - 1-2 tbsp olive oil
  - ½ tsp salt
- Plus one of the following dried spices or citrus combos\* —————>>>
- 1. 2 tsp smoked paprika / 1 tsp cumin\*
  - 2. 2 tsp sugar / 1 tsp cinnamon\*
  - 3. 2 tsp turmeric / 1 tsp ginger\*
  - 4. 1 lime (juice and zest) / 2 tsp cracked black pepper\*

## DIRECTIONS

1. Preheat the oven to 400 degrees F. Line a baking sheet (with sides) with aluminum foil.
2. Drain, rinse, and pat the chickpeas dry using paper towels or a clean dish towel. Remove any chickpea skins that come off when drying.
3. Spread the chickpeas in a single layer on the baking sheet and drizzle with the olive oil and salt. Toss gently so that the chickpeas are evenly coated. Roast in the oven for 30 minutes, gently shaking the baking sheet every 10 minutes to move around the chickpeas.

After 30 minutes, remove from the oven and evenly coat with the seasoning of your choice of number 1,2,3 or 4 (dried spices or citrus combos\*). Place the coated chickpeas back in the oven for 10 more minutes, until crispy. Best served immediately for warm crunchiness.

### Notes:

- \*Adjust quantities according to taste preferences.
- Chickpeas lose a little bit of crispness and get a little chewier the next day. They are still delicious and addicting though!
- Nutritional values are estimated based on the ingredients used by the author; your ingredients may differ.

<https://www.yayforfood.com/recipes/crunchy-oven-roasted-chickpeas-4-ways>



# BAKED HONEY-MARINATED COD

**Prep time:** 24 hours

**Cook time:** 7 mins

**Total time:** 24 hours 7 mins

**Serves:** 4



## INGREDIENTS

- 4, 6-oz black cod fillets (aka sablefish)
- 3/4 cup honey
- 1/2 cup low-sodium soy sauce
- 1/3 cup toasted sesame seed oil
- 1/3 cup apple cider vinegar
- 1 1/2 tsp freshly ground pepper
- 1 tsp freshly chopped ginger

## DIRECTIONS

1. Combine all ingredients (except for fish) in a medium-sized airtight mixing bowl. Add cod and marinate for 24 hours. If possible, flip half way through marinade time to allow even flavor distribution.
2. Preheat oven to 450 degrees F; prepare a baking sheet with parchment paper. Remove cod from marinade and bake on the center rack for 7-9 minutes, until cod is opaque and flakes easily.

<http://www.nogojisnoglory.com/baked-honey-marinated-cod/>



# Answer Sheet

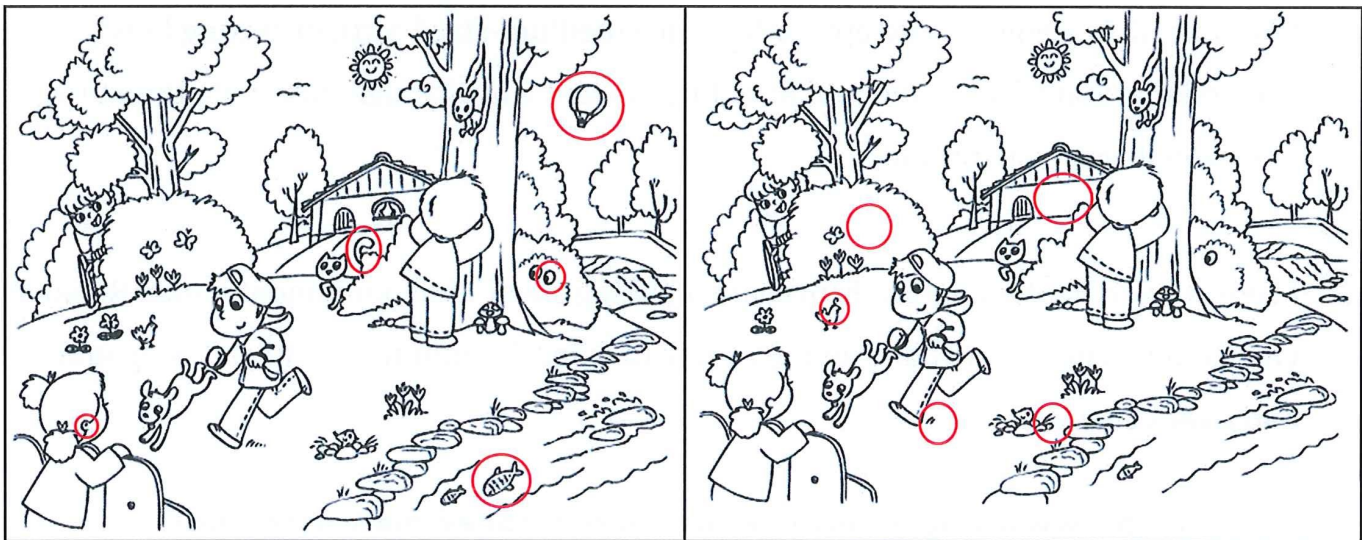
2	8	4	5	1	6	9	3	7
9	7	5	2	8	3	6	4	1
1	6	3	7	9	4	8	2	5
6	5	2	4	7	1	3	9	8
7	4	1	9	3	8	5	6	2
3	9	8	6	2	5	7	1	4
5	2	6	3	4	7	1	8	9
4	1	7	8	6	9	2	5	3
8	3	9	1	5	2	4	7	6



# Valentine's Day Word Scramble

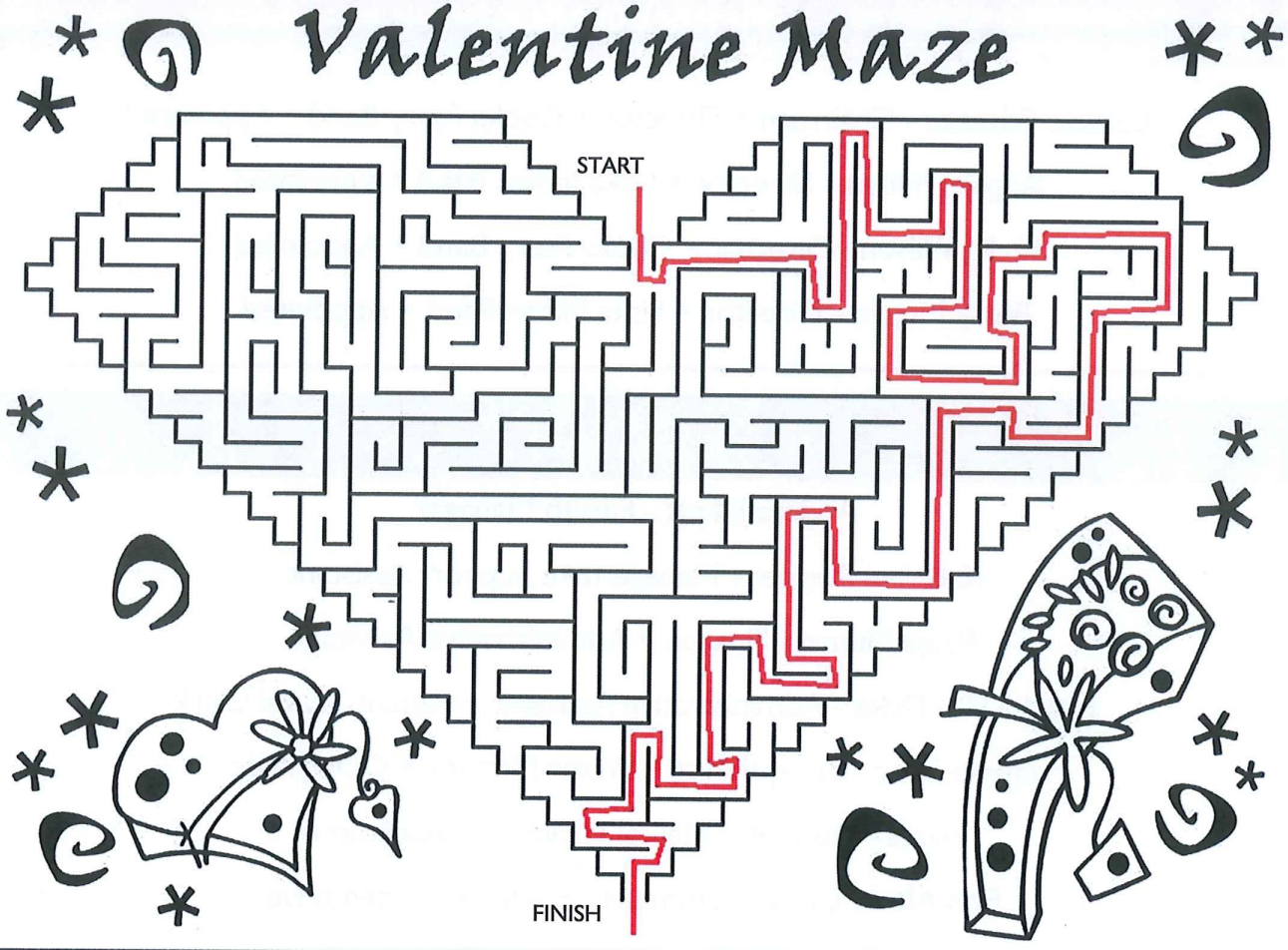
DER	RED
ERTHA	HEART
SRHUC	CRUSH
DYNCA	CANDY
VLOE	LOVE
PELEVEON	ENVELOPE
NEOYH	HONEY
CIDPU	CUPID
KNIP	PINK
SESISK	KISSES
UFBRYRAE	FEBRUARY
OPEM	POEM
LTETRE	LETTER
EESTW	SWEET

# Spot the 10 Differences





# Valentine Maze



H	H	H	Q	F	V	Y	A	D	P	A	E	L	T	D	G	V	K	N	
T	G	T	S	E	I	E	Q	M	J	L	J	U	W	X	V	N	O	M	O
A	J	T	N	O	L	U	B	C	U	H	T	E	I	I	Y	U	F	D	I
N	K	Q	L	O	A	M	R	R	E	U	N	E	F	Q	O	N	E	J	T
O	P	E	R	R	M	E	I	Q	U	T	R	V	F	A	K	R	B	Y	A
M	T	S	I	N	R	T	O	K	Y	A	F	B	A	Z	A	O	R	B	C
L	L	U	H	X	N	T	S	E	U	K	R	P	E	P	L	H	U	B	I
O	S	M	L	A	X	P	I	E	G	U	V	I	Y	F	E	Z	A	Z	F
S	F	K	I	B	K	G	Y	R	T	K	V	C	U	E	M	Y	P	D	I
O	W	L	A	N	H	S	E	R	A	R	H	P	N	S	O	I	Y	W	R
N	U	G	Q	T	R	G	F	D	N	T	O	X	H	A	N	R	V	I	U
J	M	U	B	M	O	N	T	H	N	S	L	N	P	F	A	D	D	K	P
M	K	A	F	R	O	X	R	O	F	M	R	X	S	U	T	V	M	S	A
E	Y	G	I	X	N	R	M	G	S	D	G	A	R	U	H	Q	K	P	M
S	G	A	S	R	A	D	N	E	L	A	C	B	E	R	M	J	V	N	E
E	N	D	W	I	N	T	E	R	W	O	E	Y	M	Y	H	M	A	H	T
I	F	K	E	O	C	A	Y	A	J	F	U	X	K	R	P	W	E	A	H
L	S	E	G	S	I	P	O	K	D	Y	V	R	F	G	I	A	B	R	Y
O	X	E	C	O	M	M	O	N	Y	E	A	R	S	P	U	E	E	D	S
Z	S	M	S	Y	A	D	E	N	I	N	Y	T	N	E	W	T	N	L	T

## February Word Search

- Word List:**
- |                 |                       |
|-----------------|-----------------------|
| 1. Amethyst     | 17. Pisces            |
| 2. Aquarius     | 18. Purification      |
| 3. Calendars    | 19. Second Month      |
| 4. Common Years | 20. Shortest Month    |
| 5. Februa       | 21. Solmonath         |
| 6. Februarius   | 22. Summer            |
| 7. February     | 23. Twenty Eight Days |
| 8. Februum      | 24. Twenty Nine Days  |
| 9. Gregorian    | 25. Violet            |
| 10. Helmikuu    | 26. Winter            |
| 11. Hornung     |                       |
| 12. Julian      |                       |
| 13. Kalemomath  |                       |
| 14. Leap Day    |                       |
| 15. Leap Years  |                       |
| 16. Mud Mouth   |                       |





## 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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Phone: (250) 458-2212 • Fax: (250) 458-2213 • Client Toll Free: 1-866-458-2212

EMAIL: [admin@hhssbc.ca](mailto:admin@hhssbc.ca)

SISKA - 163 Loop Road • Phone: (250)455-6601 • Fax: (250)455-6608

Client Toll Free: 1-844-255-6601



# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(A) - AWAY (CF) - COOK FERRY (S) - SISKA *AE - Andrea Elliott HD - Harvey Dunstan		PATIENT TRAVEL TO LYTTON TUESDAY - Cooks Ferry to Lytton WEDNESDAY - Siska to Lytton THURSDAY - Merritt	1 Shopping - (S) Patient Travel Cheques *AE - (CF) HD - (S)	2 IN SERVICE DAY OFFICES CLOSED	3	
4	5	6 Art - (S) 3:30 - 5:00 Reflexology - (CF)	7 Reflexology - (CF) NURSES AWAY (FEB 5-9)	8 Beading - (CF) 1:30 - 3 Patient Travel Cheques	9	10
11	12 Get Strong Event Family Day	13 Art - (S) 3:30 - 5:00	14 Valentine's Day	15	16 Healthy Food Box Patient Travel Cheques	17
18	19	20	21	22 Beading - (S) 9:30 - 12 *AE - (CF) HD - (S)	23 Patient Travel Cheques	24
		OFFICES CLOSED STAFF TRAINING (ASSIST)				
25	26	27 Art - (S) 3:30 - 5 Soup Day - (S) 4:30 - 6:30	28 Shopping - (CF)	*AE - Manager's schedule can fluctuate as needed to accommodate agenda items. Water Testing - Every Wednesday in Siska. Please Call the office if you would like your water tested.		

## HESKWIEN'SCUTXE HEALTH SERVICES SOCIETY

For information on any activities taking place this month or to make ride arrangements for events please contact the Office.

COOKS FERRY OFFICE - Phone: 250-458-2212 Fax: 250-458-2213 Toll Free: 1-866-458-2212

SISKA OFFICE - Phone: 250-455-6601 Fax: 250-455-6608 Toll Free: 1-844-255-6601

