

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

**March 2018**

## VISION STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods. Hesk<sup>w</sup>'en'scutxe will consciously strive to realize its vision through communications, visibility in the

communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's.



## MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Hesk<sup>w</sup>'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"*





# In This Issue

Nursing Services	3
First Nations Health Benefits	5
Reflexology	6
Foot Care	7
Catering Bid for <u>Nlaka'pamux Health</u>	8
Elders Swimming	9
Men's Wellness Day	10
Soup Day	11
Elders Lunch	12
To Get Strong Event	13
Employment Opportunity	14
Boil Water Advisory	15
After School Kids Art	16
7 Signs you are consuming too much sugar	17
Recipes	18
Answer Sheet	20
HHSS Information	22

## Inserts

Calendar

Colorings

Puzzles



# 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

---

### 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.
-

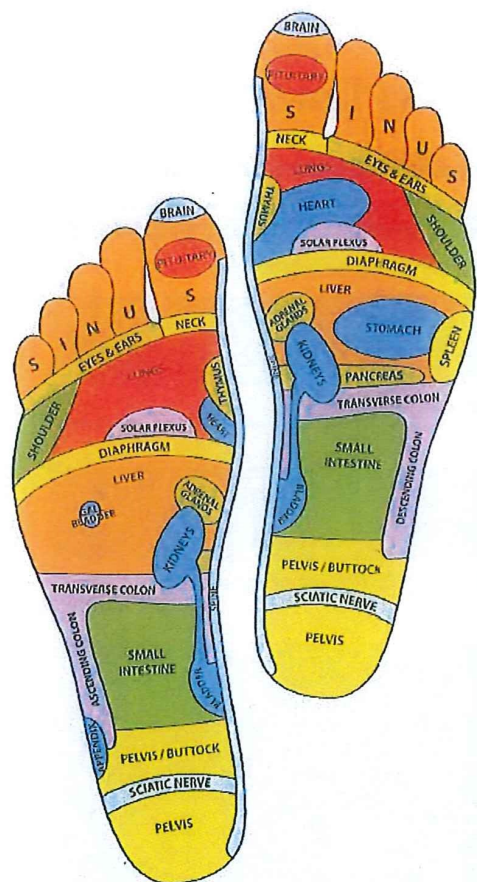


# First Nations Health Benefits (Plan W)

## Over-the-counter Medications Appropriate for Pharmacist-Initiated Treatment

Condition	Therapeutic Class	Examples of Accepted Products
Acne		Benzoyl Peroxide gel, lotion, wash
Allergic Conjunctivitis	Mast Cell Stabilizers	Sodium Cromoglycate
	Ocular Lubricants	
Allergic Rhinitis	Oral Antihistamines	loratadine, diphenhydramine
	Intranasal Mast Cell Stabilizer	
Bacterial Conjunctivitis and Otitis Externa	Topical Antibiotics	Gramicidin-Polymyxin B, Bacitracin-Polymyxin B
Childhood Nutrition	Multivitamin Tablets and Oral Liquid (for patients up to 6 years of age) Vitamin D Drops and Liquid	
Constipation	Stimulant Laxatives	Bisacodyl, Sennosides
	Purgative	Citric Acid-Magnesium Oxide- Sodium Picosulfate
	Osmotic Agents	Glycerin, Lactulose, Sodium Phosphate, PEG 3350
	Lavage	Macrogol-Potassium Chloride-Sodium Bicarbonate-Sodium Chloride-Sodium Sulfate
	Lubricants	Mineral Oil
	Bulk-forming Agents	Psyllium
Diabetes Mellitus	Skin Wipes	
	Insulin Pump Supplies	Infusion Set, Tubing, Cartridge
	Blood Glucose Testing Supplies	Lancets, Test Strips
	Insulin Supplies	Pen needles, syringes, and syringes and needles
Emergency Contraception		Levonorgestrel (1.5mg dose)
Fungal Infections of the skin and mucosa, including vaginal candidiasis	Topical Antifungals for Vaginal Candidiasis	Clotrimazole, Miconazole
	Oral Antifungals	Fluconazole (150mg dose) (Special Authority required)
	Topical Antifungals for Skin Infections	Miconazole, Nystatin, Tolnaftate
Lice	Pediculicides (Shampoo, Solution, Rinse)	Permethrin, Piperonyl Butoxide-Pyrethrins, Isopropyl Myristate, Dimethicone
Prenatal Multivitamins and Folic Acid Supplements	Multivitamin Tablets	
	Folic Acid Tablet 1mg tablets	





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

March 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.

## Nlaka'pamux Health

2064B Coutlee Ave, PO Box 1504 Merritt BC V1K 1B8

[Bernadette.collins@fnha.ca](mailto:Bernadette.collins@fnha.ca)

Nlaka'pamux Health is accepting bids to cater the following meetings:

	Community	Location	Expected attendance	Event Date	Meal Serve Time	Bid Deadline 12pm
1.	Lower Nicola	Lower Nicola Band School	50	February 8 <sup>th</sup>	5:00pm	Jan 31, 2018
2.	Oregon Jack	St. Alvin's Anglican Church	20	February 19 <sup>th</sup>	12:00pm	Feb 12, 2018
3.	Women's Gathering	Lytton Memorial Hall	50	February 26 <sup>th</sup>	12:00pm	Feb 14, 2018
4.	Health Leads	Scw'exmx Health	10	February 27 <sup>th</sup>	12:00pm	Feb 14, 2018
5.	Lytton	Lytton Memorial Hall	50	March 1 <sup>st</sup>	5:00pm	Feb 22, 2018
6.	Shackan	Shackan Hall	35	March 5 <sup>th</sup>	5:00pm	Feb 26, 2018
7.	Nicomén	Nicomén Hall	35	March 7 <sup>th</sup>	5:00pm	Feb 28, 2018

Please call 250-315-5803 or e-email [nlxnationhealthaa@gmail.com](mailto:nlxnationhealthaa@gmail.com) for submissions.

All bids must be received no later than 12:00pm on deadline date.

Please include:

- ❖ 2 meal options
- ❖ Beverage options
- ❖ 2 Dessert options (include items for diabetics)
- ❖ Plates, utensils, cups, condiments (salt, pepper, dressings, etc)

Expected Requirements:

Current safe certificate, set up and clean up, lunch/dinner served on time, contact(s) with phone number(s)

Payment will be on date of event unless otherwise negotiated

Please note: Only successful Applicants will be contacted

**For more information contact**

**Heather 250-378-5509 or Bernadette 250-378-5502**



# Elders Swimming



Age 60 and up are FREE

Every Monday!

Starting Feb 19, 2018

Merritt, Nicola Valley  
Aquatic Centre.

12:30pm - 4:30pm

We will provide rides if  
needed.

\*Limited Seating.

\*Please provide your  
own food.

\*Leaving Siska at  
11:30am for those  
who are traveling  
from Siska.



Heskw'en'scutxe  
Health Services Society

Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Siska

Phone: (250)455-6601

Fax: (250)455-6608

Client Toll Free: 1-844-255-6601



# Men's Wellness Day

**March 27, 2018**  
**Siska Indian Band Hall**  
**10:00am - 2:00pm**

**Door Prizes!**

**Passports (to be filled out at each station)**

**BBQ Lunch Provided**

## **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

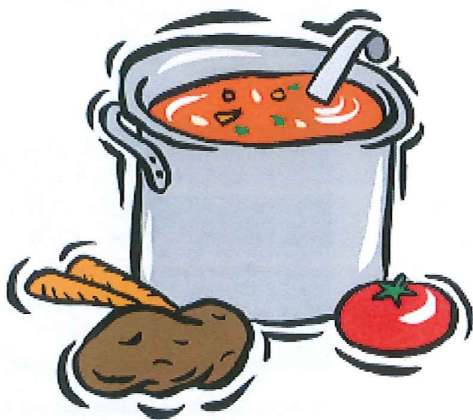


**Door  
Prizes!**

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")

## COOKS FERRY

March 1<sup>st</sup>, 2018  
4:30pm - 6:30pm  
Cooks Ferry Band  
Community Hall

## COOKS FERRY

March 13<sup>th</sup>, 2018  
4:30pm - 6:30pm  
Siska Indian Band  
Community Hall

## COOKS FERRY

March 15<sup>th</sup>, 2018  
4:30pm - 6:30pm  
Cooks Ferry Band  
Community Hall

# Cook's Ferry and Siska Elders Lunch

*Our family is our link  
to our past and a  
bridge to our future.*

Please join us

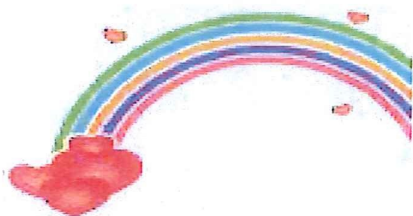
Wednesday March 28, 2018

Chief Whitsemnitsa Complex

From 12 pm – 3 pm

Topic: LAUGHTER REALLY IS GOOD MEDICINE

Dr. Persaud will share with us the surprising benefits of laughter and how laughter influences the brain, the circulatory system, the gut, immune function and discuss our overall health, sleep and eating well.



Family and friends, please join us for lunch and support our Elders

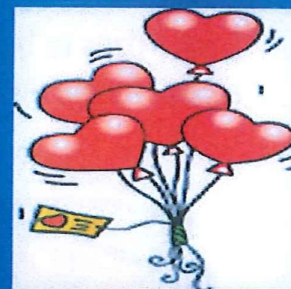
For further information and if you need a ride please call Martha 250-458-2212 or Jaycee 250-455-6601

Clement Persaud holds a B.Sc. (Hons), University of Ottawa, an M.Sc., McGill University and a Ph.D., University of the West Indies. He was a Professor of Medical Microbiology and Biotechnology at Canadore College in Northern Ontario, Canada for 23 years. He has lectured in health education nationally and internationally.

Like branches on a tree, our lives may grow in different directions, yet our roots remain as one



Family is essential because we all yearn to feel like we belong to something greater than ourselves.



Heskw'en'scutxe Health Services Society

250-458-2212  
Toll free 1-866-458-2212

3691 Deer Lane  
Spences Bridge, BC



# LISTENING TO ONE ANOTHER

"To Get Strong" is a program new to our nation. Please come help to make this program as strong as we can.

Our target audience is families with children 8 to 16 years of age

We hope that the 14 sessions will have a positive effect on family wellness, communication, and a preventative effect for negative health and social outcomes.

This program is new to the Nlaka'pamux territory. Our group will be making "To Get Strong" Nlaka'pamux through translation, sharing our stories and making videos to help the evolution of this program for neighboring communities. Cultural adaptation and language will be a big part of making this a success.

Please feel free to ask any questions. We are open to ideas and topics that you feel should be included.

A information session and welcoming feast will be on February 12,2018 (Family day) at Siska hall

We are hoping to have a session every other week with some adjustments for outings and bigger feasts. Most sessions will be 2.5 to 3 hrs., with a meal included.



March 7<sup>th</sup> & March 21<sup>st</sup>

12:00 PM

At the Siska Indian Band Hall

We hope to see the whole family!

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

[3691 Deer Lane P.O. Box 188 Spences Bridge, BC V0K 2L0](mailto:3691.Deer.Lane.P.O.Box.188.Spences.Bridge.BC.V0K.2L0)

Tel: (250) 455-6601 Client Toll Free #: 1-866-458-2212

Contact Erin Aleck or Ashley Loring-Earl





First Nations Health Authority  
Health through wellness

The First Nations Health Authority is a diverse and transformational health organization of professional, innovative and dedicated team members and leaders.

The first of its kind in Canada, FNHA works as a health-and-wellness partner with BC First Nations to support self-determination and decision-making to improve health outcomes.

## Employment Opportunity

### Project Manager, Nation Shared Services Interior Region

Are you a leader with vision, drive and passion? The role of Project Manager, Nation Shared Services is an integral part of the planning and support for Interior Nations as we strengthen and ensure sustainability of the Nation Shared Service delivery model. In this new and exciting position, you will focus on increasing access, integration and culturally-responsive health and wellness services through targeted service improvements.

You will have the opportunity to undertake a key leadership role as you conduct a thorough needs assessment of primary care service delivery in Interior Nations. As such, you will be vital to the development of a project work-plan, communications documents, reporting and conducting presentations and briefings as required. Strong communication skills will help you succeed in your role as you will develop and maintain effective and collaborative relationships with the Interior Nations, Interior FNHA team, and health service partners.

#### Education & Experience

- University Degree in Project Management and 5 years of related experience including a leadership role or acceptable combination of education and experience.
- Must have Class 5 Drivers' License and Provide Clean Abstract.

#### WHAT YOU CAN EXPECT FROM US

Joining our family means joining an organization that supports personal growth, in-house training, a paid volunteer day and a unique full-day orientation program. Leading with culture, all FNHA employees complete San'yas Indigenous Cultural Safety Training. We support our family to be leaders in wellness and all staff members develop a yearly wellness plan as part of their performance partnership and goal-setting.

FNHA offers competitive salary, pension, extended health benefits and employee supports for mental wellness including an EAP and cultural supports.

For more position details and information about us, please visit:  
[www.fnha.ca](http://www.fnha.ca)

#### JOIN OUR HISTORIC JOURNEY

At FNHA, you'll have the opportunity to contribute to BC's history. With a unique governing structure and mandate, our fluid work environment means you can play an active role in real change.

Our talented teams value respect and foster lateral kindness in their working relationships. Our holistic approach to wellness, based on First Nations teachings, is incorporated into all aspects of work culture. Where else will you get to create a personal wellness plan as part of your performance goals?

If you are looking for more than a job, come join the FNHA family.

#### APPLICATION DEADLINE

TBD

Submit your Cover Letter & Resume as one document.

#### Apply Online!

[www.fnha.ca/about/work-with-us](http://www.fnha.ca/about/work-with-us)

Confidential Fax: (604) 913-6135

Please include "Self-Identified", if you are voluntarily identifying yourself as First Nations or Aboriginal.

Please note that only those applicants shortlisted will be contacted. If you do not hear from us about this position, please accept our sincere appreciation for your interest in FNHA! We encourage you to watch our job board for future opportunities.





First Nations Health Authority  
Health through wellness

SISKA INDIAN BAND

February 9, 2017

## **The Boil Water Advisory for IR 5 and 5A (Smith and Munro Road) is now lifted.**

The bacteriological issues have been addressed and results show acceptable drinking water quality at this time. The community water is therefore safe to drink and the Boil Water Advisory issued on September 5, 2017 can now be lifted.

**For more information, please contact the following:**

<b>Environmental Health Officer</b>	<b>(250) 851-7703</b>
<b>Water Operator &amp; Maintenance Worker</b>	<b>(250) 455-2219</b>

# Afterschool Kids Art

When we have the opportunity to exercise our imagination through creative play we learn new skills and learn sometimes to see the world and our capacities in a different way.

Being a part of the process for change where someone discovers a talent that they didn't know they had can be a really exciting thing.

Most of us if we have never had the chance don't see ourselves as being creative or very artistic. Problem solving and figuring out how to do things that we might never have done before is part of capacity building. As an instructor I see how people sometimes struggle with the idea of trying something new.

What we do at after school art is offer a wide range of learning opportunities related to arts and crafts. Supporting Communication and reading and writing stories and expressing ideas is also a piece of what we do. Its fun, its social and sometimes it's challenging work for our youth who are called upon to exercise and develop new skills. Skills that sometimes have useful applications in other areas of an emerging life.

Learning doesn't always have to be hard work, Sometimes it's disguised as FUN!



## Upcoming Classes



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

3:30 – 5 pm

Snacks are provided

Upcycled Denim wallet: where does the money go?

Leatherworking, making a turtle key fob. Keys to safety.

Claymation-sculpture, part 2  
creating a mixed media art work

Lucky stuff, something for Saint Patrick's day. Thinking green recycled stuff.

Arts and crafts will be also be part of a special evening class offered to adults and children at the monthly HHSS sponsored dinner for Siska and Cooks Ferry TBA

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



# 7 Signs You Are Consuming Too Much Sugar



While it is true that sweet foods are delicious, it is also true that the effects of excess sugar on our organism are not so pleasurable. There are many people who love sugar, or at least sweet foods, as well as desserts, chocolates, cookies, candies and soda. But how do we know when our organism suffers from too much blood sugar?

## **Desires to always eat sugar / carbohydrates**

You have too frequent cravings to consume something sweet. It is important to remember that sugar causes addiction, which will lead to a chain reaction of sweet cravings.

## **Exhaustion and tiredness**

This is another clear symptom that you have too much sugar in your body. If you always feel tired and without energy, you are probably consuming too much sugar in your daily diet.

## **Weight gain**

Of course, consuming too much sugar will make you gain a few extra pounds. Sugar lacks protein and fiber, which means that when you consume it, you will not easily get the feeling of satiety, and therefore you will continue to eat.

Sugar triggers the release of insulin, which carries sugar to all organs of the body in order to be used as energy. When we consume too much sugar, too much insulin is produced, which in time causes a resistance to this substance by our organism. This causes overweight and obesity.

## **Flu and cold**

The high consumption of sugars weakens the immune system, which causes us to suffer more frequently from flu, colds and other types of viruses.

## **Not the Same Sweet Taste as Before**

Remember that sugar is addictive. It is proven that consuming too much sugar saturates the taste buds, which will increase their tolerance to sugar and will start to ask for more and more sweet foods.

As soon as you start to consume less sugar, your taste buds will lower your tolerance to that substance, and you will begin to feel satisfied with small proportions of sugar.

## **Misty Brain**

This is another symptom that you have too much sugar in your blood. Excessive blood sugar increases the risk of cognitive problems and brain damage.

## **Dark circles under the eyes and skin problems**

The sugar when consumed becomes a powerful inflammatory for our organism, capable of causing us diseases such as acne, eczema, rosacea, dark circles and accumulation of fat.

If you reduce the level of sugar intake, your skin will improve considerably; It will become softer and clearer.

New York City podiatrist Dr. Sherri Greene says that consumption of high sugar levels is capable of causing the condition known as plantar fasciitis, which is characterized by pain in the heel and other soles of the foot.

Decrease your sugar intake, and your overall health will improve completely.

We really hope you enjoyed this article and please share it with your family and friends.

<http://healthyrecipesandideas.com/7-signs-consuming-much-sugar/>



# Vegan Burrito Bowl

**Prep Time:** 5 mins

**Cook Time:** 2 mins

**Total Time:** 7 mins

**Yield:** 1

## Ingredients:

- 1 package VeeTee Dine In Microwaveable Brown Rice
- 2 cups romaine, chopped
- 1/2 cup black beans, drained and rinsed
- 1/2 bell pepper, chopped
- 1/4 cup corn (thawed if frozen)
- 1/4 cup salsa
- 2 tablespoons cilantro, finely chopped
- 1/2 lime, juiced
- 1/2 ripe avocado
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper, to taste

## Directions:

1. Cook brown rice according to package directions.
2. Add lettuce to a bowl or a lunch container. Top with 1/2 cup rice, black beans, bell pepper, corn, salsa, cilantro, and lime juice.
3. In a small bowl, add avocado, garlic powder, onion powder, salt, and pepper. Mash until smooth. Scoop on top of burrito bowl.

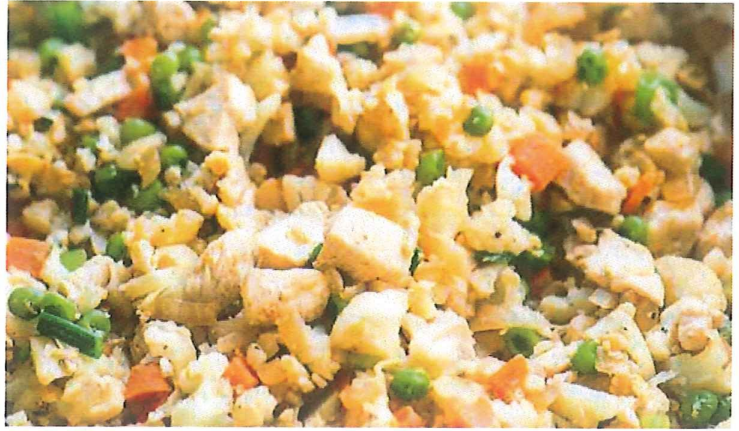
<https://www.emilieeats.com/vegan-burrito-bowl/>



# Cauliflower "Fried Rice" with Chicken

**Yield:** Serves 3-4

**Total Time:** 30 minutes



## **Ingredients:**

- 1 pound (455g) boneless, skinless chicken breast, cut into bite sized pieces
- 1 medium head cauliflower
- 1 large egg
- 2 Tablespoons (30ml) cooking oil, divided
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 cup (120ml) diced frozen or fresh carrots
- 1/2 cup (120ml) frozen peas
- 2 Tablespoons (30ml) soy sauce *\*for gluten-free use tamari*
- 1/2 teaspoon sesame oil
- fresh cracked black pepper to taste
- 2 green onions, diced
- optional: kosher salt
- more optional vegetables: kale, celery, broccoli, corn, spinach
- more options: shrimp, pork and beef

## **Directions:**

1. Mince cauliflower into very small crumbled pieces, resembling the size of rice or larger because the cauliflower will shrink as it cooks. You can use a food processor to get this texture, but be careful to not process the cauliflower too much or it will become mushy. We prefer to hand mince everything to get the small texture, so it still remains firm when cooked.
2. Heat large skillet on medium high heat. Add olive oil, then add onion and garlic. Cook until soft and translucent.
3. Add chicken and cook until brown, about 3 minutes.
4. Add cauliflower and sauté until almost tender, making sure it is not mushy soft. Add the peas and carrots and stir until combined. If using fresh carrots, cook for about 2 minutes, otherwise proceed to the next step.
5. Add the beaten egg, soy sauce, sesame oil and black pepper. Stir until the egg coats all of the cauliflower and becomes cooked.
6. If needed, add additional kosher salt to taste. Add green onions and stir until everything is combined.
7. Serve warm.

<https://bestrecipebox.com/chicken-cauliflower-fried-rice/>

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



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

## Dental Care Word Search

### Word List:

- Appointment
- Braces
- Cavity
- Checkup
- Cleaning
- Dentist
- Enamel
- Exam
- Fillings
- Floss
- Fluoride
- Gums
- Molar
- Mouth wash
- Spit
- Tar tar
- Teeth
- Toothbrush
- Toothpaste
- X-ray






# Rebus Puzzle


A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

Example:



**AID AID AID**

**First Aid**

<p>MAN BOARD</p> <p><u>Man Over Board</u></p>	<p>STAND I</p> <p><u>I Understand</u></p>	<p>READING</p> <p><u>Reading Between The Lines</u></p>	<p>MIND MATTER</p> <p><u>Mind Over Matter</u></p>	<p>ECNALG</p> <p><u>Backward Glance</u></p>
<p>TOUCH DOWN</p> <p><u>Touch Down</u></p>	<p>DEATH LIFE</p> <p><u>Life After Death</u></p>	<p>GOING DIET</p> <p><u>Going On A Diet</u></p>	<p>LE VEL</p> <p><u>Bi Level</u></p>	<p>CYCLE CYCLE CYCLE</p> <p><u>Tricycle</u></p>
<p>BAN ANA NOON LAZY</p> <p><u>Banana Split</u></p>	<p>NOON LAZY</p> <p><u>Lazy Afternoon</u></p>	<p>R ROAD AD</p> <p><u>Road Crossing</u></p>	<p>PAS</p> <p><u>Incomplete Pass</u></p>	<p>BJAOCKX</p> <p><u>Jack In The Box</u></p>
<p>++</p> <p><u>Double Cross</u></p>	<p>XQQQME</p> <p><u>Excuse Me</u></p>	<p>NAFISH NAFISH</p> <p><u>Tuna fish</u></p>	<p>TIME ABDEF</p> <p><u>Long Time No See</u></p>	<p>YOUR REST</p> <p><u>Your Under Arrest</u></p>
<p>DEAL</p> <p><u>Big Deal</u></p>	<p>GESG</p> <p><u>Scrambled Eggs</u></p>	<p>III III O O</p> <p><u>Circles Under The Eyes</u></p>	<p>CLOSE CLOSE CLOSE CLOSE</p> <p><u>Foreclose</u></p>	<p>GROUND</p>  <p><u>6 Feet Under Ground</u></p>

## 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

**COOKS FERRY** - 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

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

**Client Toll Free:** 1-844-255-6601





Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	*AE - Andrea Elliott HD - Harvey Dunstan								
4	5	6	7	8	9	10	11	12	13
	<b>Elders Swimming</b> *AE - S HD - CF	<b>Reflexology (CF)</b> After School Art (S) *AE - S HD - CF	<b>To Get Strong Event</b> <b>Reflexology (S)</b> *AE - S HD - CF	<b>1 Patient Travel Cheques</b> <b>Soup Day (CF)</b> <b>Shopping (S)</b> *AE - CF HD - S	<b>2 In Service Day</b> <b>Offices Closed</b>				
18	19	20	21	22	23	24	25	26	27
	<b>Elders Swimming</b> *AE - A HD - CF	<b>After School Art (S)</b> *AE - A HD - CF	<b>To Get Strong Event</b> *AE - S HD - CF	<b>22 Patient Travel Cheques</b> *AE - CF HD - S	<b>In Service Day</b> <b>Staff Development</b>			<b>Elders Swimming</b> *AE - S HD - CF	<b>After School Art (S)</b> *AE - S HD - CF
25	26	27	28	29	30	31			
	<b>Water Testing</b> <b>Every Wednesday</b> <b>in Siska</b>	<b>Elders Swimming</b> *AE - S HD - CF	<b>Men's Wellness (S)</b> <b>After School Art (S)</b> *AE - S HD - CF	<b>Elders Lunch</b> <b>Shopping (CF)</b> *AE - CF HD - CF	<b>30 STAT</b> <b>Offices Closed</b>				

**HESK'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

