



Heskw'en'scutxe Health Services Society

April 2018

What's happening everyday on these days...

| | |
|-----------|---|
| Monday | • Elders Swimming |
| Tuesday | • After School Art (S) • (CF) Transportation |
| Wednesday | • Water Testing (S) • (S) Transportation |
| Thursday | • Transportation (Merritt) |
| Friday | • Patient Travel Cheques |

- Holidays in April**
- April 1st - Easter Sunday
 - April 2nd - Easter Monday
 - April 2nd - World Autism Awareness Day
 - April 22nd - Earth Day

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.



"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 peo-

ple 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.

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.



"Take Care Of Yourself"

Cooks Ferry Office

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

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: martha.vandyke@bhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: jaycee.isaac@bhssbc.ca

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COOKS FERRY & SISKA

Hesk^w'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.

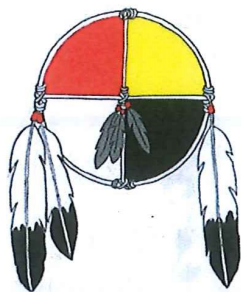
Lisa Colwell, LPN

Hesk^w'en'scutxe Health Services Society

Home and Community Care Program

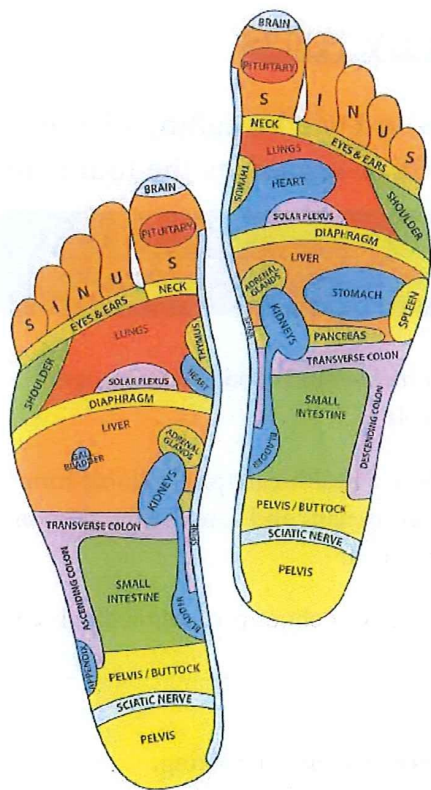
What services are provided?

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



April 10th
 Cooks Ferry
 April 11th
 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, 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 Society




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

| 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

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.

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
Wednesday if you're traveling from Siska
& Tuesday if you're from Cooks Ferry**

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.

Job Posting: **Vehicle Maintenance / Medical Transportation Driver**

Heskw'en'scutxe Health Services Society is a non-profit organization providing health services, Home Care and Community Health nursing services for adults, elders and families and staff members of the Cooks Ferry and Siska Indian Bands.

HHSS has an immediate opening in our health services office working from both locations for a **Vehicle Maintenance / Medical Transportation Driver** to provide transportation services.

Heskw'en'scutxe Health Services Society is looking for a compassionate, caring, responsible and reliable person to join our team. HHSS **Vehicle Maintenance / Medical Transportation Driver** conducts vehicle inspections and provides safe and timely community member focused transportation services for stable and non-emergency Home Care clients needing to get to and from medical / dental appointments and special events. Driving and friendly client service are key skills for this role.

Terms: full-time availability needed Monday – Friday 8:30 – 4:30 pm **Hourly wage: \$14.00**

Location: We serve 2 locations, the communities of Siska and Cook's Ferry

HHSS provides medical transportation vehicles and covers all the expenses including insurance, maintenance and gas for transporting clients.

Drivers will provide safe transportation, assist the passenger as needed, be compassionate and understanding of the client's needs. We are looking for someone who has the following qualities:

- Is a non-smoker
- Calm and mature
- Easygoing, flexible and personable
- Good listener / follows instructions
- Demonstrates knowledge of vehicle inspection and maintenance schedules

Responsibilities:

- Ensure safe and timely transportation of clients to their scheduled appointments or special events
- Pick up clients at designated locations, transport to their medical location and return
- Maintain secure and confidential handling of all documentation
- Assist passengers with accessibility in the vehicle, as well as escort client to and from the appointments
- Conform to all BC highway traffic laws
- Assure client's doctors / medical office assistant signs Confirmation of Attendance Forms
- Conduct daily & weekly vehicle safety inspections, keep record of inspections, maintenance schedules and arrange for routine service and repair of vehicles as required
- Clean medical transportation vehicles after each use and per a schedule, wash vehicles weekly
- Other related duties as assigned by the Health Manager or designate

Credentials: Valid Driver License; Clear Criminal Record Check and Candidates must have a clean driver abstract. First Aid/CPR - Drivers must also provide a CPR certificate or be willing to take this training within the first 3 months of employment. All qualified persons are encouraged to apply; priority will be given to qualified, First Nation community members.

We thank all applicants however only those selected for an interview will be contacted.

Please submit a cover letter and resume with three work related references to:

Andrea Elliott, Health Director

email: andrea.elliott@hssbc.ca

Heskw'en'scutxe Health Services Society 3691 Deer Lane Box 188 Spences Bridge, BC V0K 2L0

Closing Date: March 28, 2018 or until filled



BC Cancer Agency
CARE + RESEARCH

An agency of the Provincial Health Services Authority

Get a Mammogram

On board the BC Cancer Agency's digital mammography coach



Mammograms are available for women ages 40 and over.

Talk to your doctor about the benefits and limitations of mammography.

Visit www.screeningbc.ca to learn more.

The BC Cancer Agency's digital mammography coach will be providing breast screening outside **Heskw'en'scutxe Health Services - Cooks Ferry**

APRIL 26, 2018

Book your appointment today: **1-800-663-9203**

Presenting Sponsors:

Canadian Breast Cancer Foundation
BC • YUKON



SHOPPERS DRUG MART

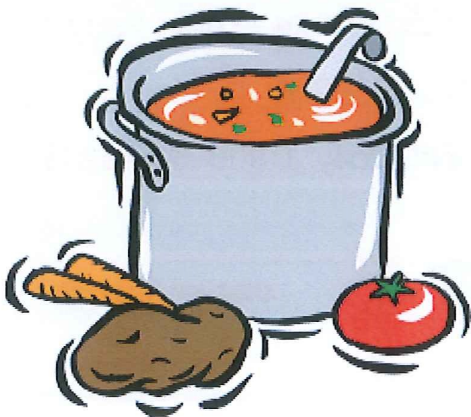


**Door
Prizes!**

**Hesk^w'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

łaqxáns-méyt séysilt^w
("Invite for Soup")

SISKA

April 24, 2018

4:30pm - 6:30pm

Siska Indian Band
Community Hall

COOKS FERRY

April 26, 2018

4:30pm - 6:30pm

Cooks Ferry Band
Community Hall

Get Strong

SESSION 4

April 4th Siska Hall 5pm

SESSION 5

April 18th Siska Hall 5pm

**LISTENING TO
ONE ANOTHER**

Community history

łc'iyeus ł sumexkt

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

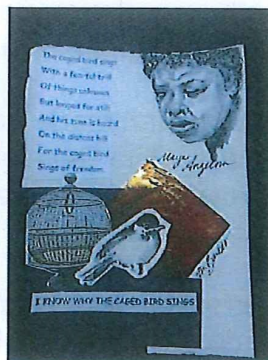
Afterschool Kids Art

Albert Einstein said that imagination was more important than intelligence. When we have the opportunity to exercise our imaginations through creative play we are engaging in learning through doing.

I was the eldest of six kids, It might have been part of my mom's survival mechanism but to keep us engaged and quiet on rainy day weekends she would often pass out art supplies. Today all of my siblings are without exception gifted creative problem solvers. My brothers and sisters engage in fine arts, photography, woodworking, lapidary work, fabric arts and metal work to name a few. I have siblings who have worked as millwrights, welders and mechanics. Regular people but their capacity for figuring out how to create new tools for personal use is without exception above average in capacity.

As an educator many of the things that I teach are rooted in a lifetime of learning from others. The things I learned as a youth gave me a strong foundation and a love for creating. When we are able to create, translate the things that we see in our minds eye through use of our imaginations we allow ourselves to see possibilities, Artist might be dreamers but dreamers with vision can change the world.

Youth who are given the opportunity to experience more than just the regular curriculum offered through formal schooling can thrive.



Yo

Upcoming Classes



Kids Art takes place every Tuesday at Siska

3:30 – 5 pm

Snacks are provided

Not fooling - Painting whimsical portraits

Illustrations - Combining image and words to tell the story.

Ink Art

Block printing on Fabric

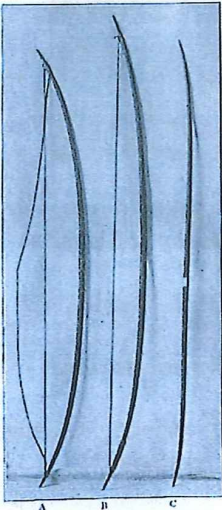


Arts and crafts will be also be part of a special evening class offered to adults and children at the monthly HHSS sponsored dinner for Siska and Cooks Ferry

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

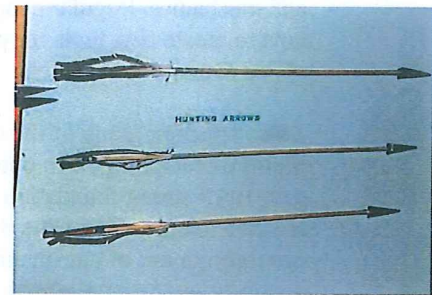
A Brief History of Native American Development of The Bow

Over 7,000 years ago an Indian somewhere discovered the idea of tying animal sinew to a bent piece of wood to make the first bow and arrow. The invention was one of the greatest achievements of early man and was as important as the discovery and the use of fire. With bow and arrow the hunter could more easily hunt animals for food and allowed early man to kill game from far away. Some evidence exists that bows are more than 50,000 years old



The early bow and arrows were made from the wood of various trees like cherry, ash, cedar, oak, hickory and practically any other wood available at the time. Sometimes, the rib bone of animals or even antlers and horns were used. For the string portion of the bows, fibers were harvested from local plants like milkweed and yucca. But because harvesting and preparing the plants took more time, tendons, stomach lining or rawhide from animals were primarily used instead.

The shaft of the arrows was primarily made from the wood native to the region. Even hardy reed grass was used in the construction of arrows. Indians were resourceful in using what was available at the time.



For the arrow tips, there was a wide variety of materials

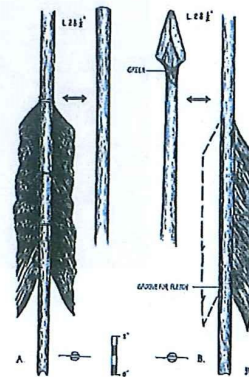


used. Flint was a popular material as was animal bone, wood and stone. Each type of tip was constructed differently based on what was being hunted and killed. There were harpoon-like arrow tips for fishing and large blunted models for small game and birds. Finding these bow and arrows today would give you a good glimpse into what the natives lives were like back in the day.

The fletching or end of the arrow was often made from the feathers of eagles, turkeys and hawks. The fletching part of the bow and arrows makeup was to provide a balance and create a trajectory suitable for hitting a target.

The construction of the bow and arrows used by Native Americans was clever. The physics involved depended a great deal on the length and weight of all the materials involved in the bow and arrows. While the natives may not have understood the concept of physics and trajectory, they definitely mastered the practical aspects of it.

<https://ca.images.search.yahoo.com/search/images>





Vijnana Yoga with Soo Yeon

Siska: Mondays

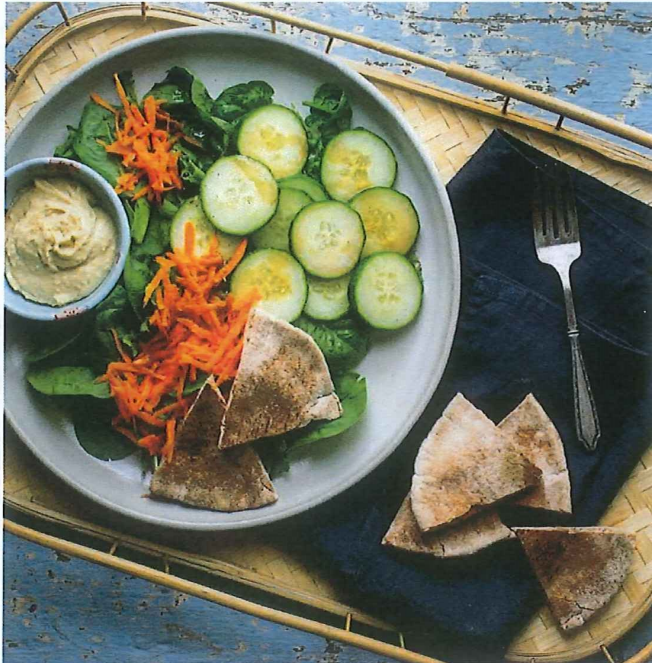
Cooks Ferry: Tuesdays

5:15pm to 6:15pm

All are welcome, Please join us!

Heskw'en'scutxe Health Services

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



Green Salad with Pita Bread & Hummus

Prep: 10 mins

Ready In: 10 mins

Serving size: 1

Ingredients:

- 2 cups mixed salad green
- 1/2 cup sliced cucumber
- 2 tablespoons grated carrots
- 1 1/2 teaspoon extra virgin olive oil
- 1 1/2 teaspoon balsamic vinegar
- Pinch of salt
- Pinch of ground pepper
- Whole wheat pita bread, chopped into triangles (if desired), toasted
- 1/4 cup hummus

Directions:

1. Arrange greens, cucumber and carrot on a large plate. Drizzle with oil and vinegar. Sprinkle with salt and pepper. Serve with pita and hummus.

Nutrition Information

- Serving size: 1 serving
- Per serving: 374 calories; 14 g fat(2 g sat); 11 g fiber; 53 g carbohydrates; 14 g protein; 208 mcg folate; 0 cholesterol; 5 g sugars; 0 g added sugars; 5,366 IU vitamin A; 20 mg vitamin C; 109 mg calcium; 5 mg iron; 760 mg sodium; 732 mg potassium
- Nutrition Bonus: Vitamin A (107% daily value), Folate (52% dv), Vitamin C (33% dv), Iron (28% dv)
- Carbohydrate Servings: 3½
- Exchanges: 2½ starch, 1½ fat, 1½ vegetable, ½ carbohydrate, ½ medium-fat protein

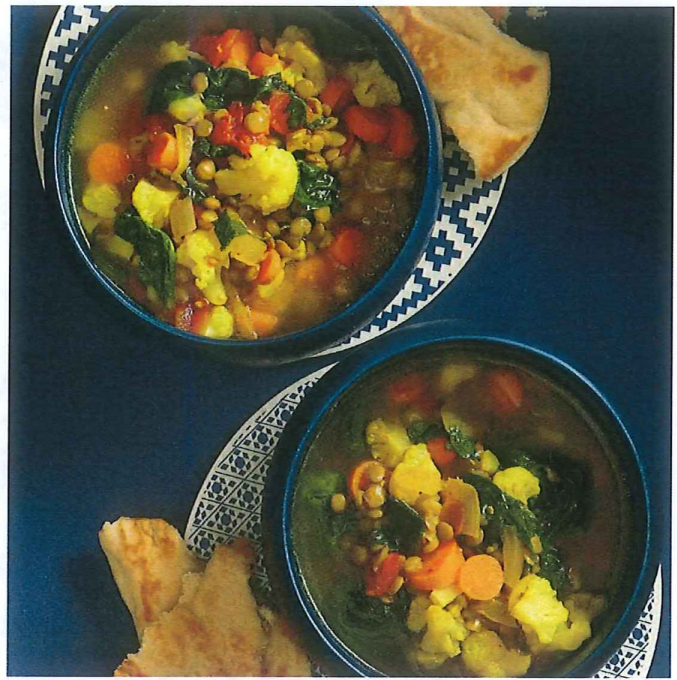
<http://www.eatingwell.com/recipe/259821/green-salad-with-pita-bread-hummus/>

Slow-Cooker Moroccan Lentil Soup

Active: 30 mins

Ready In: 5 h 30 m

Serving Size: 12



Ingredients:

- 4 cloves garlic, minced
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground pepper
- 6 cups vegetable broth or reduced-sodium chicken broth
- 2 cups water
- 3 cups chopped cauliflower
- 1¾ cups lentils
- 1 28-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- ½ cup chopped fresh cilantro
- 2 tablespoons lemon juice

Directions:

1. Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5- to 6-quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes and tomato paste and stir until well combined.
2. Cover and cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low.
3. During the last 30 minutes of cooking, stir in spinach. Just before serving, stir in cilantro and lemon juice.

Make Ahead Tip: Stir in spinach (Step 3), cover and refrigerate for up to 3 days or freeze for up to 6 months. Stir in cilantro and lemon juice just before serving.

Equipment: 5- to 6-quart slow cooker

For easy cleanup, try a slow-cooker liner. These heat-resistant, disposable liners fit neatly inside the insert and help prevent food from sticking to the bottom and sides of your slow cooker.

Nutrition Information:

- Serving size: about 1¼ cups
- Per serving: 153 calories; 2 g fat(0 g sat); 10 g fiber; 28 g carbohydrates; 9 g protein; 189 mcg folate; 0 mg cholesterol; 7 g sugars; 0 g added sugars; 4,735 IU vitamin A; 28 mg vitamin C; 84 mg calcium; 4 mg iron; 200 mg sodium; 690 mg potassium
- Nutrition Bonus: Vitamin A (95% daily value), Folate (47% dv), Vitamin C (47% dv), Iron (22% dv)
- Carbohydrate Servings: 2
- Exchanges: 1 starch, 2 vegetable, ½ lean meat

<http://www.eatingwell.com/recipe/250654/slow-cooker-moroccan-lentil-soup/>

| HHSS Board | HHSS Staff | HHSS Offices |
|--|--|--|
| <p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> | <p>Andrea Elliott Health Manager</p> <p>Tina Draney Finance and Administrative Support</p> <p>Martha Van Dyke Administrative Assistant, Patient Travel Clerk</p> | <p><u>COOKS FERRY</u> Box 188 3691 Deer Lane Spence's Bridge, BC V0K 2L0 Phone (250) 458-2212</p> |
| <p>Angela Phillips Director Siska Indian Band Appointed</p> | <p>Jaycee Isaac Receptionist, Water Monitor, COHI Aide</p> <p>Harvey Dunstan Mental Health and Addictions</p> | <p>Fax (250) 458-2213 Client Toll Free 1-866-458-2212</p> |
| <p>Philip Wilson Director Cooks Ferry Band Appointed</p> | <p>Erin Aleck, CHR Community Health Representative</p> <p>Lisa Colwell, LPN Community Care Nurse</p> | <p>Email martha.vandyke@hhssbc.ca jaycee.isaac@hhssbc.ca</p> |
| <p>Betsy Munro Director Siska Indian Band Appointed</p> | <p>Jennifer Marinello, RN Community Care Nurse</p> <p>Jennifer Fields, CHA Community Home Care Aid</p> <p>Ashley Loring Earl, CHA Community Home Care Aid</p> <p>Fred Charlie Transportation Support</p> | <p><u>SISKA</u> 163 Loop Road Phone (250)455-6601 Fax (250) 455-6608 Client Toll Free 1-844-255-6601</p> |

APRIL 2018

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---------------|--|---|--|--|---|--|
| 1 | | 2 Easter Monday Yoga - (S) Elders Swim | 3 Yoga - (CF) After School Art (S) | 4 To Get Strong Event | 5 *AE - (CF) HD - (S) | 6 Patient Travel Cheques *AE - (CF) HD - (S) | 7 |
| 8 | Easter Sunday | *AE - (S) HD - (CF) 9 Yoga - (S) Elders Swim | 10 Yoga - (CF) Reflexology (CF) After School Art (S) | 11 Reflexology (S) *AE - (CF) HD - (CF) | 12 *AE - (CF) HD - (S) | 13 Patient Travel Cheques *AE - (CF) HD - (S) | 14 |
| 15 | | 16 Yoga - (S) Elders Swim | 17 Yoga - (CF) After School Art (S) | 18 To Get Strong Event *AE - (S) HD - (CF) | 19 Healthy Food Box *AE - (CF) HD - (S) | 20 Patient Travel Cheques *AE - (CF) HD - (S) | 21 |
| 22 | Earth Day | *AE - (S) HD - (CF) 23 Yoga - (S) Elders Swim | 24 Yoga - (CF) Soup Day - (S) After School Art (S) | 25 Shopping (CF) *AE - (CF) HD - (CF) | 26 Soup Day - (CF) *AE - (CF) HD - (S) | 27 Patient Travel Cheques *AE - (CF) HD - (S) | 28 |
| 29 | | *AE - (S) HD - (CF) 30 Yoga - (S) Elders Swim | *AE - Andrea Elliott HD - Harvey Dunstan | (A) - Away (CF) - Cooks Ferry (S) - Siska | Patient Travel To Lytton TUESDAY - Cooks Ferry to Lytton WEDNESDAY - Siska to Lytton THURSDAY - Merritt | | Water Testing Every Wednesday in Siska |

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

