

**“Take Care
Of Yourself”**

Heskw'en'scutxe Health Services Society

**May
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. 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.

WHAT'S HAPPENING ON THESE DAYS...

Mon	♦ Elders Swimming
Tues	♦ After School Art (S) ♦ Transportation (CF)
Wed	♦ Water Testing (S) ♦ Transportation (S)
Thurs	♦ Transportation (Merritt)
Fri	♦ Patient Travel Cheques

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.

**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.

Visit our Facebook Page!

<https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

"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@hhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: jaycee.isaac@hhssbc.ca

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COOKS FERRY & SISKA

Heskw'en'scutxe Health Services Society Home and Community Care Program

Nursing Services Available **MONDAY—FRIDAY**

Nursing Services:

- Immunization (all ages)
- TB Testing
- HIV/STD Counselling
- Birth Control Counselling
- Pregnancy Testing
- Prenatal Education Care
- Newborn Education/Care
- Breastfeeding Support
- Child Growth/Development Monitoring
- Blood Pressure Monitoring
- Diabetes Counselling
- Weight Loss Counselling
- Wound Care
- Home Care

Also Available:

- Infant Weight Scale
- Adult Weight Scale
- Prenatal Vitamins*
- Infant Vitamin D Drops*
- Breastfeeding Supplies* (breast pump, nursing pads, lanolin cream)
- Plug Protectors
- Children Toothbrushes
- Children's Vitamins*
- Head Lice 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, AFCN

Heskw'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 dieticians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication administration
- Ostomy and catheter care
- Blood pressure monitoring
- Diabetes care
- Wound care
- Foot care
- Post-surgical care



How can I access these services?

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

Foot Care Nursing Offered by HHSS



Lisa is providing advanced foot care. Please call to book appointments. Thank you.

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.



REFLEXOLOGY

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.

May 8th
Cooks Ferry

May 9th
Siska



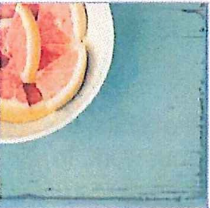
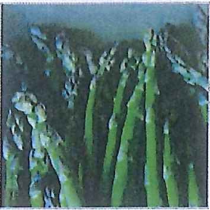
THERAPEUTIC MASSAGE

MASSAGE IS BACK! Please call the office to make an appointment.

May 29th
Cooks Ferry

May 30th
Siska

Heskw'en'scutxe Health Services Call for Catering



Heskw'en'scutxe Health Services

Requires catering bids for "Women's Wellness Day"
"May 10/18"

Location: Cooks Ferry Gym

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: "lisa.colwell@hssbc.ca" or FAX: (250) 458-2213

PLEASE LABEL BIDS: "Name of Event"

DEADLINE: Bids must be received by 4:30 pm by **April 27, 2018**

Successful bidder will be notified by: April 30, 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

Job Posting: Part-time Facilities Cleaner

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

An opportunity exists in our **Cooks Ferry** office, located in Spences Bridge, BC for a **Part-Time Facilities Cleaner** with strong self-management skills to provide cleaning services support to the Hesk'w'en'scutxe Health office in Cooks Ferry.

This is a term 6 month contract with renewal based on performance.

Responsibilities include, but are not limited to:

- Maintain a daily cleaning routine including sweeping/mopping floors, emptying/removal of trash and wiping down doors and furniture surfaces, maintaining a standard of "hospital clean".
- Keep accurate records of cleaning schedule
- Maintain and protect client confidentiality
- Other duties as assigned

Your Capabilities and Credentials:

As the successful candidate, you will possess a strong work ethic, good organizational skills, the ability to maintain assigned duties on schedule and a commitment to the quality of your work. In addition you will also possess the following qualifications:

- A high school diploma or demonstrated ability to read and write to the level required to follow written instructions and maintain cleaning records
- A combination of one (1) year of related work experience in a professional office environment or training in the area of relevant janitorial skills
- Detail-focused individual with proven organizational skills, with the ability to learn and adapt to culture and processes quickly
- Good verbal communication and problem solving abilities
- Respect for human diversity and personal safety including culture, race, religion, sexual orientation, geography, economic status
- Is a non-smoker with experience in a professional health environment is an asset
- Valid driver's license and reliable transportation required

Please include with your resume a cover letter answer the following questions:

- Describe the top 2 reasons why you feel you are a strong candidate for this job.
- What are the 3 work related attributes that would best describe you?

Pursuant to S.41 of the BC Human Rights Code, preference will be given to those with Aboriginal ancestry. Only accepted candidates will be contacted.

Please send resume with cover letter to:

Application Deadline: May 4, 2018

Andrea Elliott, Health Director
Hesk'w'en'scutxe Health Services Society
Andrea.Elliott@hssbc.ca 250 458-2212

20180413PT-FC

Job Posting: Casual Fill-in Receptionist

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

An opportunity exists in our **Cooks Ferry** office, located in Spences Bridge, BC for a **Casual Fill-in Receptionist** with strong self-management skills who is able to adapt well to our environment in providing reception support to for the Hesk'w'en'scutxe Health office in Cooks Ferry.

This is a casual position scheduled on an "as needed" basis.

Responsibilities include, but are not limited to:

- General receptionist duties: greet clients, answer phones, take messages, sort mail and let staff know when clients arrive for appointments
- Receive requests and communication with clients regarding Healthy Food Hampers, pharmacy pickups, medical travel and event activities
- Assist with scheduling massage therapy, reflexology & medical travel, coordinating with practitioners and assuring medical travel drivers are coordinated with vehicle availability
- Maintain and protect client confidentiality
- Other duties as assigned

Your Capabilities and Credentials:

As a successful candidate, you will possess a strong work ethic, good organizational skills, the ability to maintain assigned duties on schedule and a commitment to the quality of your work. In addition you will also possess the following qualifications:

- A high school diploma or demonstrated ability to use MS Word, Excel and Outlook with clear handwriting for note taking
- A combination of one (1) year of related work experience in a professional office environment or training in the area of relevant receptionist skills
- Detail-focused individual with good organizational skills and the ability to learn and adapt to culture and processes quickly
- Good verbal communication and problem solving abilities
- Respect for human diversity and personal safety including culture, race, religion, sexual orientation, geography, economic status
- Is a non-smoker with experience in a professional health environment is an asset
- Must provide own transportation to work; a valid driver's license is a preferred asset

Please include with your resume a cover letter answer the following questions:

- Describe the top 2 reasons why you feel you are a strong candidate for this job.
- What are the 3 work related attributes that would best describe you?

Pursuant to S.41 of the BC Human Rights Code, preference will be given to those with Aboriginal ancestry. Only accepted candidates will be contacted.

Please send resume with cover letter to:

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Hesk'w'en'scutxe Health Services Society
Andrea.Elliott@hssbc.ca / 250 458-2212

20180413CR

**The Pat Behe and Stan Bennett First Nations Education Fund
Bursary Application Form**

Name: _____ Age: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Email _____

Member of Nlaka'pamux Nation _____ or Secwepemc Nation _____ (please check)

Graduated from (name of high school): _____

Graduation Year: _____

I am attending (name of BC post secondary institution): _____

I am pursuing studies in (name of program): _____

- The applicant must have completed at least one term in the program and have a GPA of 2.8 to 3.3. Proof of standing must be provided. If there are no applicants meeting this criteria, then applicants with a higher standing may be considered
- Preference will be given to students enrolled in a First Nations Education or First Nations Language and Cultural Program
- Applicants in Health Careers or Social Services will also be considered
- Preference will be given to a mature student

The applicant must submit a note indicating:

- How they are involved in their language and culture
- Their personal goals along with their involvement and interest in cultural activities as well as their educational goals and plans for First Nations people

Financial need is a criterion to receive this bursary. Therefore explain your need for financial assistance i.e. part time employment & expenses.

I hereby make application for The Pat Behe and Stan Bennett First Nations Education Fund bursary. I understand that if I am awarded a bursary that the funds will be directed to my account at the post-secondary institution in BC where I am registered. The BC Interior Community Foundation may publicly announce the award made, noting the amount of the funds and naming me as a recipient.

I declare that all the information that I have provided with this application is true and accurate. If any information is inaccurate, I understand that any bursary awarded may be reassessed and/or withdrawn.

Signature of Applicant: _____ Date: _____

Submit this form and any other required information to the BC Interior Community Foundation, 2 – 219 Victoria Street, Kamloops, BC V5C 2A1 before April 1st or October 1st.

Incomplete applications will not be considered for funding.

Seabird Mobile Diabetes Team: Clinic Notice



Where We Will Be:

When We're Coming:

Living Well Together

July 18th in Siska

July 19th in Cooks Ferry

Who: People living with diabetes.

What: Your appointment includes:

Testing for diabetic eye changes

Testing to check your kidneys and blood sugar

Diabetes education

Book your Appointment Now!
Contact your CHCA Jen or Ashley.



www.seabirdmobile diabetes.ca



Women's Wellness

May 10, 2018

Cooks Ferry Gym

10:00 to 2:00

Lunch Provided

First 30 women get a cool bag!

Door Prizes!

Everyone is welcome, come join us!

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.

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Get Strong

SESSION 5 - May 2nd Siska Hall 5pm

SESSION 6 - May 9th Siska Hall 5pm

SESSION 7 - May 16th Siska Hall 5pm

SESSION 8 - May 23th Siska Hall 5pm

SESSION 9 - May 30th Siska Hall 5pm

**LISTENING TO
ONE ANOTHER**

Community history
łc'iyeus ł sumexkt

Wellness Workshop

Decolonizing Addiction, Indigenous Harm Reduction & Naloxone Training



May 15, 2018

Siska Hall

5 PM - 7 PM

May 16, 2018

Cooks Ferry Gym

5 PM - 7 PM

The Indigenous Wellness Team supports community conversations about exploring the roots of addiction in the workshop 'Decolonizing Addiction'. 'Indigenous Harm Reduction' provides insight into the many ways in which we can practice harm reduction, and how it can link to cultural practices.

This session will include sharing of a four-part video series titled 'Taking Care Of Each Other', which explores what harm reduction is, harm reduction from Indigenous perspectives, stigma around harm reduction and hopes for the future.

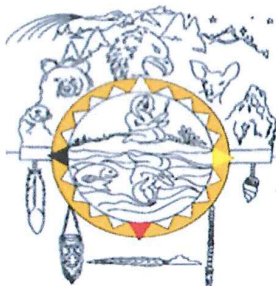


Facilitator: Andrea Medley
Educator, Haida Gwaii



First Nations Health Authority
Health through wellness

Dinner and
Door Prizes Available!



HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spences Bridge, BC, V0K 1Z0

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

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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



Siska Indian Band



April 10, 2018 Siska members **SAVE THIS DATE** we will host a Community Spring Clean up day, starting at 9AM. Any homes that participate in this event Siska Band will be distributing yard cleaning supplies for their yard. There will be a BBQ lunch and snacks provided.

This will help prepare for **FREE DUMP DAY** on May 13, 2018

Siska will be doing dump runs, if you have big items please leave them at your curb by May 12. Also if anyone is available to help out, we are looking for 3 trucks. Siska will cover gas and an honorarium for a full days work for the people with trucks.

Thank You



2018 Free Disposal Days and Hazardous Waste Round-Ups

Residents may bring **ONE FREE LOAD PER HOUSEHOLD** to their local Eco-Depot or Transfer Station on event day. One load is defined as a maximum of one 8 foot pick-up truck box OR one 8' foot trailer. Residents can save money on materials normally charged disposal fees for such as cooling appliances, tires on rim, mattresses, furniture, demolition/construction waste, wood waste, roofing shingles, and household garbage.

The free load on Free Disposal Day applies to residential customers only. Regular disposal fees apply for all business/commercial loads.

Schedule of Events				
Kamloops Surrounding Area		Western TNRD Area		
Saturday, April 28	Sunday, April 29	Saturday, May 12	Sunday, May 13	Saturday, May 19
South Thompson Eco-Depot Paul Lake Transfer Station Knutsford Transfer Station	Black Pines Transfer Station Heffley Creek Eco-Depot Lac le Jeune Transfer Station Tranquille Valley Transfer Station Savona Transfer Station Westwold Transfer Station	Clinton Eco-Depot	Spences Bridge Transfer Station Lytton Eco-Depot	Cache Creek Transfer Station 70 Mile Eco-Depot Loon Lake Transfer Station
North Thompson Area		Nicola Valley Area		
Saturday, May 5	Sunday, May 6	Thursday May 10	Saturday, May 12	Sunday, May 13
Clearwater Eco-Depot	Agate Bay Transfer Station Blue River Eco-Depot Louis Creek Eco-Depot Eagan Lake Transfer Station Vavenby Transfer Station Little Fort Transfer Station	Aspen Grove Transfer Station	Lower Nicola Eco-Depot	Brookmere Transfer Station Logan Lake Eco-Depot

As an added service, sites that normally accept only bagged household garbage and recycling will also accept furniture, mattresses, scrap metal, tires on rim, and small loads of demolition/construction waste. Residents are reminded to **tarp and secure loads** before leaving home! Unsecure material is a hazard and fines can be issued for failing to secure loads. As per Bylaw 2465, an unsecured load may be penalized with a fine of up to \$100.00 per incidence.

2018 Household Hazardous Waste Round-Ups	
Saturday, May 12	Saturday, June 2
Merritt - Civic Center Parking Lot	Kamloops - Mission Flats Landfill

Household Hazardous Waste (HHW) is material labeled, corrosive, poisonous, ignitable, or toxic. Examples include adhesives, paint thinners, chemicals, cleaners, mercury, antifreeze, herbicides, pesticides, paint, oils, and gasoline. This material should **NEVER** be put into the garbage. During the Household Hazardous Waste Round-Up, residents are welcome to bring these hard to dispose of items to the event nearest them for safe and environmentally friendly disposal. **This event is for residential waste only.** Business and commercial hazardous waste will not be accepted.

Afterschool Kids Art



Even children get stressed and feeling overwhelmed by expectations to do well at school and keep up with all the different sorts of learning opportunities that are offered.

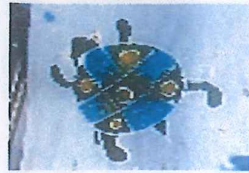
Busy lives need to include some down time for reflection and inner growth. Time for unwinding, relaxing and being creative.

We know that relaxation is good for us- it can decrease stress, Increase focus and concentration, boost our immune systems and have a positive impact on sleep and energy levels. Relaxation is beneficial for kids too.

With busy schedules it is often difficult to just chill, take some down time and feel inner calm. Creative arts that allow for freedom in use of materials and mark making can help a person to relax and get a sense of inner balance.

Our lessons this month will focus on enhancing skills that allow for creative relaxation. An introduction to some new art mediums and techniques that provide for long term enjoyable art activities is on the agenda.

Upcoming Classes



Kids Art takes place every
Tuesday at Siska

3:30 – 5 pm

Snacks are provided

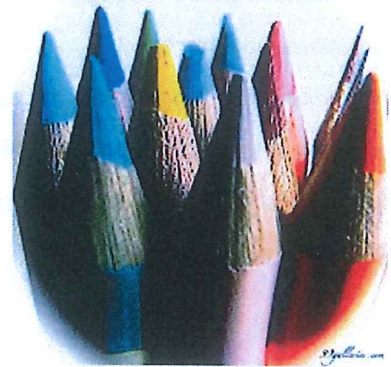
**Batik Technique
and watercolor**

**Mothers' Day
Surprise**

Zen Ink Art

**So do Something
Original Acrylic**

Which colour do you prefer to paint your life ?



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

Balela Salad



Yield:
8-10

Total Time:
15 minutes

Prep Time:
15 minutes



Ingredients:

- (2) 15 ounce cans Bush's garbanzo beans, rinsed and drained
- (2) 15 ounce cans Bush's black beans, rinsed and drained
- 1/2 cup chopped onion (about half a small one)
- 1 jalapeno, finely chopped (optional)
- 1/2 cup sun dried tomatoes (best if use the ones in oil in a jar)
- 1 pint grape tomatoes, cut in half
- 1/3 cup fresh dill, chopped
- 1/3 cup fresh basil, chopped (or mint)
- 1/3 cup fresh Italian parsley (flat leaf), chopped
- 1/4 cup lemon juice
- 1/3 cup extra-virgin olive oil
- 2 cloves garlic, pressed
- 3 Tbsp. apple cider vinegar
- Salt and black pepper to taste
- Feta cheese (optional)

Directions:

1. In a medium bowl, mix together the chickpeas, black beans, onion, jalapeno pepper, sun dried tomatoes, tomatoes, and herbs.
2. Whisk together the lemon juice, olive oil, garlic, vinegar, and salt and pepper.
3. Drizzle the dressing over the salad mixture; lightly stir.
4. Refrigerate salad several hours or overnight to meld flavors.
5. Optional to add feta cheese.

How to serve balela salad

- As a side dish
- As an appetizer
- In a wrap
- Mashed, on a sandwich
- As a dip, with crackers and chips

Balela Salad is perfect for a gluten-free, vegetarian, or vegan side, salad or dip option to serve to Game Day guests! You can also add feta cheese!

<https://reluctantentertainer.com/balela-salad/>

Garlic Parmesan Roasted Asparagus



Servings:
4

Calories:
24 kcal

Prep Time:
5 Mins

Cook Time:
8 Mins

Total Time:
13 Mins



Ingredients:

- 1/2 pound fresh asparagus
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 3 cloves minced garlic
- 2-3 Tablespoons parmesan cheese
- olive oil spray

Directions:

1. Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil and set aside.
2. Rinse the asparagus and trim off woody end pieces. Spread out in a thin layer on top of the prepared cookie sheet.
3. Spray the asparagus lightly with a coat of olive oil spray. Sprinkle with salt, pepper, garlic, and parmesan cheese. Use your hands to mix the asparagus with all of the ingredients, then lay out into an even layer again. Spray with one more light coat of olive oil.
4. Bake in the preheated oven for 8 minutes. Remove from oven and serve immediately. Enjoy!

<https://belleofthekitchen.com/2016/03/16/garlic-parmesan-roasted-asparagus/>

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

May 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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