

June 2018



## HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



### VISION STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods. Heskwen'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, Heskwen'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

ARTICLE	PAGE
Nursing Services	3
Foot Care / Reflexology / Therapeutic Massage	4
To Get Strong Sessions	5
Yoga	6
After School Art	7
Chair Exercises	8
Lawn Care Tips	9
Recipes	10
Answer Sheet	12
HHSS Information	14
INSERTS	
Calendar	
Coloring	
Puzzles	

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

## HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



### 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@hssbc.ca

### Siska Office

163 Loop Road

**Phone:** (250) 455-6601

**Fax:** (250) 455-6608

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

**Email:** jaycee.isaac@hssbc.ca

**Visit our Facebook Page!** → <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

# 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 Conditioner & 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 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 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



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

## REFLEXOLOGY

**JUNE 5**  
**COOKS FERRY**

**JUNE 6**  
**SISKA**

### Reflexology with Heidi McCall

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.

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.

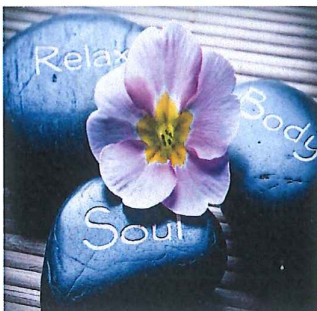
If you have a specific condition, such as migraines, the reflexologist will carefully feel and work the area corresponding to the presenting problem. However, they will also work all areas of the foot with gentle pressure, because, according to reflexology theories, this allows the nerve pathways and congestion to release and promotes the relaxation response for the entire body.



## THERAPEUTIC MASSAGE

**JUNE 19**  
**COOKS FERRY**

**JUNE 20**  
**SISKA**



### Therapeutic Massage with Kathryn Young.

Please call the office to make an appointment.

# Get Strong

SESSION 10 - June 6<sup>th</sup> Siska Hall 5pm

SESSION 11 - June 13<sup>th</sup> Siska Hall 5pm

SESSION 12 - June 20<sup>th</sup> Siska Hall 5pm

SESSION 13 - June 27<sup>th</sup> Siska Hall 5pm

**LISTENING TO  
ONE ANOTHER**

*Community history*

*łc'iyeyus ł sumexkt*



# 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**

## Afterschool Kids Art



OK! I admit that not everybody is a Morriseau or a Picasso or anything even close to being an artistic genius. The biggest secret that experienced artists usually keep close to the vest is that "It's not the finished work that is always the most important. Sometimes it is the process"

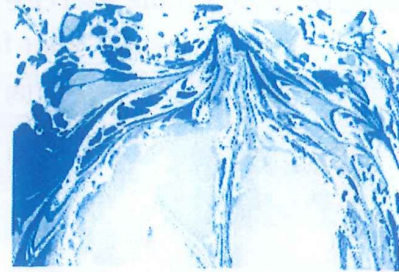
Engaging in the creative process takes us someplace new, it engages our minds and hearts and spirits. During the act of creation we sometimes learn new things as we allow ourselves to be guided by imagination.

Imagination is at the root of all great thinkers and the amazing things that their gifts and talents have brought into the world.

Sometimes the most amazing things are created just by accident like the fellow who was walking outside and figured out how to make Velcro because he observed how burrs stick to everything. Thanks to his creative process we have multiple uses for an amazing product that sometimes makes our lives simpler.

The act of creation is a simply involves engaging with the materials at hand. Sometimes it might be an ordinary pencil and some paper or a knife and a chunk of wood. Allowing ourselves to be transported by the muse is an experience that builds internal confidence and external capacities.

### Upcoming Classes



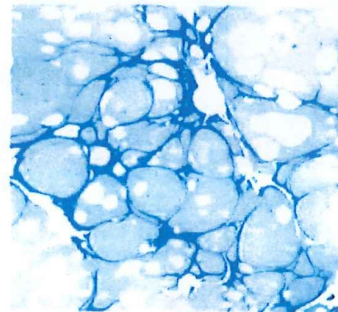
**Kids Art takes place every  
Tuesday at Siska**

**3:30 – 5 pm**

**Snacks are provided**

### Brush Heads Sculpting

### Marbling on Paper



### Photography and Pressing Flowers

### Manga and Watercolor

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

# Chair Exercises

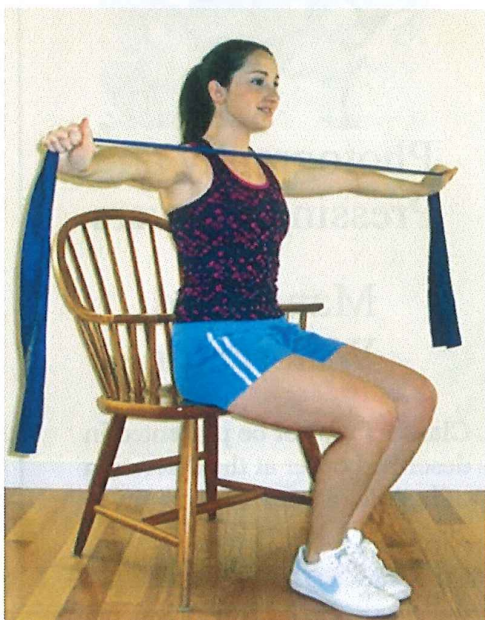
Here are some simple exercise's that can be done in the comfort of your own home. While you watch your favorite Soap, or during the commercial break.



Rather than rushing to the Fridge do a couple of these exercises 5 – 10 times.



If you find yourself getting frustrated at Bingo. Be sure to bring along one of these resistance bands and do a couple of these exercise routines.



All of these exercises will help in keeping your blood sugar levels in check, relives stress, help with circulation and burning off a few Calories.







## LAWN CARE TIPS TO GET YOUR YARD READY FOR SUMMER

No matter the recent weather in your area, now's the time to start thinking about your yard so it looks its best this summer.

Start off by assessing your lawn mower, string trimmer, leaf blower, and other gear.

Here's how to get your property ready for greener days.

### **1. Check Your Mower and String Trimmer**

Start your gas mower and string trimmer to make sure they're running well. If you properly winterized the equipment, the machines

should be ready to get to work. If you didn't winterize the gear, don't start the mower or trimmer—circulating stale fuel could create problems, and then you'd have to drain the lines. Instead, remove the gasoline from each tank using a turkey baster dedicated to this task. Then fill tanks with fresh fuel and stabilizer. Now you can test your tools. If any problems occur, take the equipment to the service center now; you'll get your gear back sooner and before you really need to use it.

### **2. Test Your Soil**

The results you receive will tell you about the nutrients in your soil and the soil's pH balance. Handling this early will help you make informed decisions about fertilizing and treating pH. If your soil has low pH, meaning it's acidic, you can spread lime now. If you have high alkaline soil, add elemental sulfur. Either way, you'll benefit from spring rains, which will help the soil absorb what you've laid down. But you'll want to tackle this task now—sending in samples and waiting for results can take several weeks.

### **3. Clear Leaves and Debris**

While it's generally fine to leave the leaves where they are in the fall, large dense swaths of yard debris can block the sun from reaching your lawn, making it difficult for grass to sprout at all. If you didn't use a leaf blower last fall, do some cleanup now. Use the collected leaves for compost. Better still, mulch the fallen leaves with the mulching kit or attachment for your mower or tractor. The churned-up clippings will feed your lawn and reduce the amount of fertilizing.

### **4. Apply Fertilizer**

Bags of fertilizer display three numbers separated by hyphens. The numbers refer to the ratio among nitrogen (N), phosphorus (P), and potassium (K), in that order. Again, your soil test will let you know what nutrients your soil is lacking. For grasses planted and intended for cooler, northern climates, put down at least one application of fertilizer in spring (if you need fertilizer). Bagged fertilizer is best distributed with a spreader, either a push model or a snap-on version that attaches to your riding mower.

### **5. Repair Walkways and Edging**

Winter can be brutal on pavers, walkways, and driveways. Aside from damage done by your snow blower or a plow, frost heave—the natural freeze-and-thaw cycle—can split concrete and knock stones out of whack. To keep out water and help keep a problem from worsening, seal any new gaps in concrete with concrete-crack filler. Secure loose pavers or patio stones temporarily. If the damage is extensive, consider having a landscape contractor dig up and reset the stones, making sure to start 6 inches below the soil line to minimize shifts from future frost heave. Tackling this project now, while pros are less busy, may cost a bit less than booking a repair at the height of the season.

## Almond-crusted Squash Wedges



**TOTAL TIME: 30 MINS**

**SERVES: 4**

**CALORIES: 50**

### INGREDIENTS:

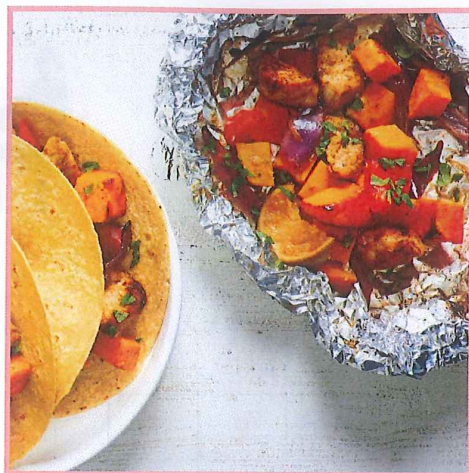
- 50 g almonds
- 1 tbsp. ground coriander
- 2 tbsp. sesame seeds
- 1 tbsp. ground cumin
- 1 butternut squash, sliced into wedges
- 1 tbsp. extra virgin olive oil

### DIRECTIONS:

1. Heat the oven to 400F. Peel the butternut squash; remove the seeds and slice it into wedges.
2. In a blender, mix the almonds and sesame seeds together.
3. Toss the wedges with the oil in a Ziploc bag. Add the almond mixture, coriander, cumin, salt and pepper into the bag. Shake the bag.
4. Spread the wedges onto a baking tray and cook them for 15 to 20 minutes. Turn the wedges over onto the other side and cook for another 15 minutes or until they are tender.
5. Ready to serve!

<https://www.lowfatlowcarb.com/recipe/almond-crusted-squash-wedges/>

## Chicken & Sweet Potato Grill Packets with Peppers & Onions



**PREP TIME: 30 MINS**

**READY IN: 50 MINS**

**SERVINGS: 6**

### INGREDIENTS:

- 1 pound boneless, skinless chicken breast (about 2 large), cut into 1-inch cubes
- 5 cups peeled and cubed sweet potatoes (about 2 medium)
- 5 cups diced red bell peppers (about 2 small)
- 1 large red onion, sliced
- 1 clove garlic, minced
- 1 teaspoon salt
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- 1 small lime, cut into 6 wedges

### DIRECTIONS:

1. Preheat grill to medium-high. Cut six 12-inch lengths of heavy-duty foil. Coat each piece with cooking spray.
2. Combine chicken, sweet potatoes, peppers, onion, garlic, salt, chili powder, cumin and oregano in large bowl; stir to coat thoroughly. Evenly divide the chicken mixture among the foil sheets (place on the side coated with cooking spray). Gather together the long ends of each foil piece, then fold up its open ends to form a packet.
3. Cook until the vegetables are tender and lightly charred, turning halfway through, about 20 minutes total. Serve right away (be careful of steam when opening the packets), with lime wedges.

<http://www.eatingwell.com/recipe/264289/chicken-sweet-potato-grill-packets-with-peppers-onions/>

**HHSS BOARD****HHSS STAFF****HHSS OFFICES****Lorette Edzerza**

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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

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Health Manager**Tina Draney**  
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Administrative Support**Martha Van Dyke**  
Administrative  
Assistant,  
Patient Travel Clerk**Jaycee Isaac**  
Receptionist,  
Water Monitor,  
COHI Aide**Harvey Dunstan**  
Mental Health and  
Addictions**Erin Aleck**  
Community Health  
Representative**Lisa Colwell, LPN, AFCN**  
Home & Community Care  
Nurse**Jennifer Marinello, RN**  
Home & Community Care  
Nurse**Jennifer Fields**  
Community Home Care Aid**Ashley Loring Earl**  
Community Home Care Aid**Fred Charlie**  
Transportation Support**Linda Peters**  
Transportation Support**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

**Email**

martha.vandyke@hhssbc.ca

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1-844-255-6601



# JUNE 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PATIENT TRAVEL TO LYTTON TUESDAY - Cooks Ferry to Lytton WEDNESDAY - Siska to Lytton THURSDAY - Merritt	*AE - Andrea Elliott HD - Harvey Dunstan	(A) - Away (CF) - Cooks Ferry (S) - Siska	Water Testing Every Wednesday in Siska	Patient Travel Cheques *AE - (CF) HD - (S)	
3	4	5	6	7	8	9
		Reflexology - (CF) Yoga - (CF) After School Art (S)	Reflexology - (S) Get Strong - (S)			
	*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (CF) HD - (S)	*AE - (CF) HD - (S)	
10	11	12	13	14	15	16
		Yoga - (S) Yoga - (CF)	Get Strong - (S)			
	*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (CF) HD - (CF)	*AE - (CF) HD - (S)	*AE - (CF) HD - (S)	
	18	19	20	21	22	23
		Yoga - (S) Yoga - (CF)	Message - (S)	Healthy Food Box		
	*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (CF) HD - (S)	*AE - (CF) HD - (S)	
	24	25	26	27	28	29
	Father's Day		Message - (S) Get Strong - (S)			
		*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (CF) HD - (CF)	*AE - (CF) HD - (S)	*AE - (CF) HD - (S)
	30		Get Strong - (S) Shopping - (CF)			
		*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (CF) HD - (CF)	*AE - (CF) HD - (S)	*AE - (CF) HD - (S)
		Yoga - (S) After School Art (S)	Get Strong - (S) Shopping - (CF)			
		*AE - (S) HD - (CF)	*AE - (S) HD - (CF)	*AE - (CF) HD - (CF)	*AE - (CF) HD - (S)	*AE - (CF) HD - (S)



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