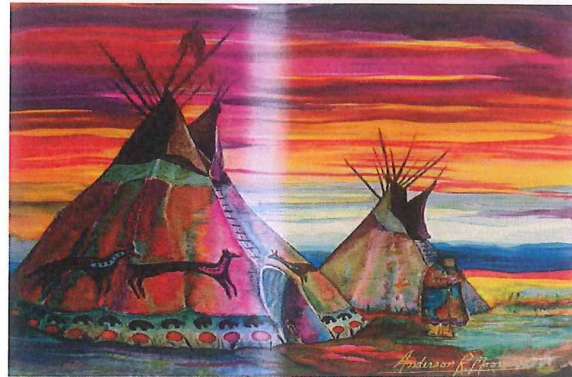




HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



July 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 tradi-

tions, 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 peo-

ple's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.



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

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

**JULY 10TH
COOKS FERRY**

**JULY 11TH
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

**JULY 24TH
COOKS FERRY**

**JULY 25TH
SISKA**



Therapeutic Massage with Kathryn Young.

Please call the office to make an appointment.

Get Strong

SESSION 14

July 4th

Siska Hall 5pm

SESSION 15

(Closing Feast)

July 7th

Siska Hall 4:30pm

**LISTENING TO
ONE ANOTHER**

Community history

łc'iyeyus ł sumexkt

Fishing Day

July 13, 2018

Pasulko Lake

Leave Cooks Ferry at 9:00am

Leave Siska at 9:30am

To make ride arrangements for this event
please contact the Office.



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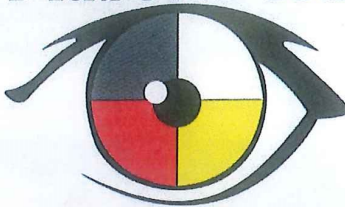
Phone: (250) 455-6601

Fax: (250) 455-6608

Toll Free: 1-844-255-6601

Email: jaycee.isaac@hssbc.ca

Seabird Mobile Diabetes Team: Clinic Notice



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.



*** Mobile Hearing Clinic will also be in the Communities. ***

www.seabirdmobile diabetes.ca



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

Please contact one of our offices if you would like COHI Services.

Our Next COHI dates will be:

July 6th in Siska at 9:00 **** (July 6th Postponed until further notice. Due to In-service day)****

July 16th in Cooks Ferry at 1:30



Children's Oral Health Initiative (COHI)

Does Your Child Need Fluoride Varnish?

Your dental professional will tell you how many fluoride varnish (FV) applications your child needs, based on what they see in your child's mouth and your child's risk for cavities.



Low Risk = 2 fluoride varnishes per year.

- No cavities.
- No fillings.
- Teeth cleaned twice daily by parent(s).
- Sugary foods and drinks are limited.
- Regular visits to a dental professional.



High Risk = 4 fluoride varnishes per year

- Cavities and/or fillings.
- New cavities starting (white spots).
- Teeth not cleaned by parent(s).
- Sugary foods and drink between meals (i.e. a bottle or a sippy cup containing anything other than water between meals or feedings).
- Family does not visit or have access to a dental professional regularly.
- Parent/caregivers have cavities.
- Child has special health care needs.



If your child is 'high risk,' by changing only one or two behaviours you can reduce the risk of new decay!

Congratulations if your child is already in the 'low risk' category!

What is Fluoride?

- It is found naturally in some well water, and can be added to water systems to help prevent tooth decay.
- It helps to harden tooth enamel (the outside surface of teeth) and make teeth stronger.
- FV can even help to prevent small cavities from getting bigger.
- It only takes a few seconds to apply FV with a small brush.
- Your dental professional will recommend twice daily brushing with fluoride toothpaste in addition to FV.

Afterschool

“SUMMERTIME” KID’S Art



Freedom to explore the world that we find ourselves in is one of the most liberating of notions.

Through art and creativity HHSS is working diligently to support creative growth and an awareness of choice and personal accountability in the youth, Capacity to see the world around us and to interpret what we see in a way that has meaning to an individual is a very powerful agent for change in the lives of individuals and the community.

Through creativity our needs can be expressed, Recognition of what has meaning for us empowers us to take care of what matters. This work begins when we are young warriors and assists in maintaining positive choices through a lifetime of decision making.

We don't just make art, we are engaged in the work of becoming thoughtful, curious, engaged and productive members of the world we live in.

Thank you for choosing to support afterschool art, it's going to be a great summer! Art will continue through the summer for our school age students, parents are welcome to stop in from time to time and check out our activities. A change in time but not day to assist with continuity will be implemented.

Upcoming Classes



Kids Art takes place every
Tuesday at Siska

JULY

Summer hours
1-3 pm

Snacks are provided

Myth and Magic Acrylic Paintings



Botanical Blooms and Bugs

Pop up cards

Fast figures, action drawing

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

Hot weather & Pets

Pay particular attention to the needs of our pets. Dogs and cats have a very different thermostat to that of humans. When temperatures are above 30 degrees, pet owners who don't provide appropriate shelter and water can expect to see signs of great distress in their cat or dog and in extreme cases, this can lead to death.

The AWL recommends to ensure your pets have:

- Constant access to clean cool water; ice in their water buckets; a few water bowls in different places
- Always provide more than one drinking bowl on hot days in case one gets tipped over and have the bowls in shade so the water can stay as cool as possible
- Shade and shelter from the sun and winds even if you have provided a kennel, it must be in a shaded place
- Keep your pets inside preferably with windows and blinds closed to keep out the hot sun.
- Provide a small paddle pool for your dogs and a couple of cold, wet towels on the floor inside for your cat to cool down on if required.
- Freeze large ice cubes (water in ice cream containers) and give to your dog to lick and gnaw on. This helps to keep them cool and hydrated.
- Put ice blocks into their water (even in the cat's water bowl inside).
- NEVER leave your pet inside a car on days of extreme heat. Outside temperatures can almost double inside a closed vehicle in a matter of seconds.
- Don't take your animal out for a walk until after the sun has gone down - the ground is still very hot and will burn their paws

On extremely hot days:

- Put wet towels down for your pets
- Freeze containers of water to make big ice blocks for them to play with and chew on
- For dogs especially, freeze their dinner to make 'PALcicles'
- Dogs that like to play with tennis balls etc. must not be over exercised, limit play to short periods
- Most animals just relax and sleep in the heat - they may be grumpy so give them lots of time out. Instruct children to also allow them to rest
- Dogs pant to regulate their body temperature they sweat through their paws and tongue.
- Cats are a lot more tolerant to heat, so if a cat starts to pant they will certainly be close to overheating so you must act fast ... wrap them in a cool, wet towel until they start to cool down, then seek veterinary advice.

Heat Exhaustion

Extreme heat is a challenge for everyone especially our pets. During heat waves and hot days it is vital that you take extra

precautions to keep your pets cool and prevent them from falling victim of heat exhaustion.

Dogs

For dogs, heat exhaustion can be dangerous – even fatal. In many cases heat exhaustion is preventable and there are a few simple things you can do to protect your dog this summer. It is important to note that short-nosed (brachycephalic) breeds of dogs are at higher risk of heat exhaustion than other breeds. Extra care also need to be taken with dogs that are obese, elderly, arthritic or have respiratory difficulties as they dogs are more prone to heat exhaustion than other dogs.

Cats

If your cat begins to pant, this is not a good sign and you need wrap the cat in a cool, wet towel immediately. Monitor signs and symptoms and if in any doubt seek veterinary treatment immediately.

Rabbits

For Rabbits it is important to keep them cool as they do not cope well in the heat. Either shelter them indoors where it is cool or freeze a bottle of water, wrap it in a towel and leave it for them to lay against.

Signs of Heat Exhaustion

Dogs (in particular) suffering from heat exhaustion will usually show the following symptoms:

- Restlessness
- Panting
- Increased respiratory rate
- Excess salivation
- Vomiting
- Diarrhea

As the symptoms progress, the animals body temperature will increase and the signs become even more serious and life threatening.

- Weakness
- Staggering
- Gasping
- Gum color may become red, then purple or blue (cyanosis)
- Seizures
- Coma
- Death

If you suspect heat exhaustion, be sure to take your pet to a veterinary clinic for immediate medical attention. Severe cases may result in the need for animals to receive IV fluids, seizure medication etc.

Hay Fever and Other Seasonal Allergies

Seasonal allergies occur at the same time of the year every year, if you continue to live in the same part of the country. [Hay fever](#) (also called allergic rhinitis) is the most common seasonal allergy.

What are the symptoms of seasonal allergies?

Symptoms of seasonal allergies include:

- Itchy, watery eyes.
- Sneezing.
- Runny, stuffy, or itchy nose.
- Temporary loss of smell.
- Headache and fatigue.
- Dark circles under the eyes ("allergic shiners").
- Drainage from the nose down the back of the throat (post-nasal drip).
- Sore throat or coughing.
- Snoring.

How can you help prevent seasonal allergies?

Seasonal allergies, such as hay fever, are often caused by exposure to pollen. You can reduce your exposure to pollen by:

- Keeping your house and car windows closed.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.

How can you treat seasonal allergies?

The following home treatment measures may help relieve your symptoms:

- Clean the inside of your nose with [salt water](#) to clear a stuffy nose.
- Use a [vaporizer or humidifier](#) in the bedroom and take hot showers to help clear a stuffy nose.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use [over-the-counter allergy medicine](#) to help your symptoms. Be safe with medicines. [Read and follow all instructions on the label.](#)
- To relieve a stuffy nose, use a [steroid nasal spray](#) (such as Nasacort). A steroid nasal spray can also help with red, itchy, watery eyes.
- Another way to relieve a stuffy nose is a nasal or oral [decongestant](#) (such as Sudafed PE). Decongestants may not be safe for young children or for people who have certain health problems.
- For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter [antihistamine](#), like fexofenadine (such as Allegra) or loratadine (such as Claritin). Older antihistamines, like chlorpheniramine (such as Chlor-Tripolon) and diphenhydramine (such as Benadryl), are less expensive but can make you feel sleepy or tired. Don't give antihistamines to your child unless you've checked with the doctor first.
- To help relieve pain, try [acetaminophen](#) or [ibuprofen](#).

If your symptoms still bother you, ask your doctor if immunotherapy might help you. For this treatment, you get [allergy shots](#) or use pills that have a small amount of certain [allergens](#) in them. Your body "gets used to" the allergen, so you react less to it over time. This kind of treatment may help prevent or reduce some allergy symptoms.

Current as of: November 9, 2016

Author: [Healthwise Staff](#)

Medical Review: [E. Gregory Thompson, MD - Internal Medicine](#) & [Brian D. O'Brien, MD - Internal Medicine](#) & [Adam Husney, MD - Family Medicine](#) & [Martin J. Gabica, MD - Family Medicine](#) & [Rohit K Katial, MD - Allergy and Immunology](#)

Now that the warm weather has arrived.
Some foods that will help keep you
Hydrated

HYDRATING FOODS

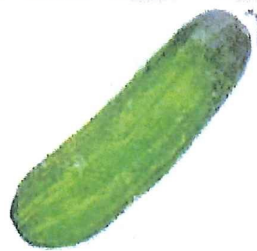
dave sommers



95% WATER



94% WATER



96% WATER



96% WATER



95% WATER



89% WATER



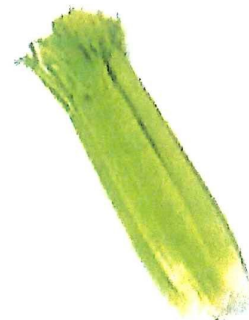
95% WATER



92% WATER

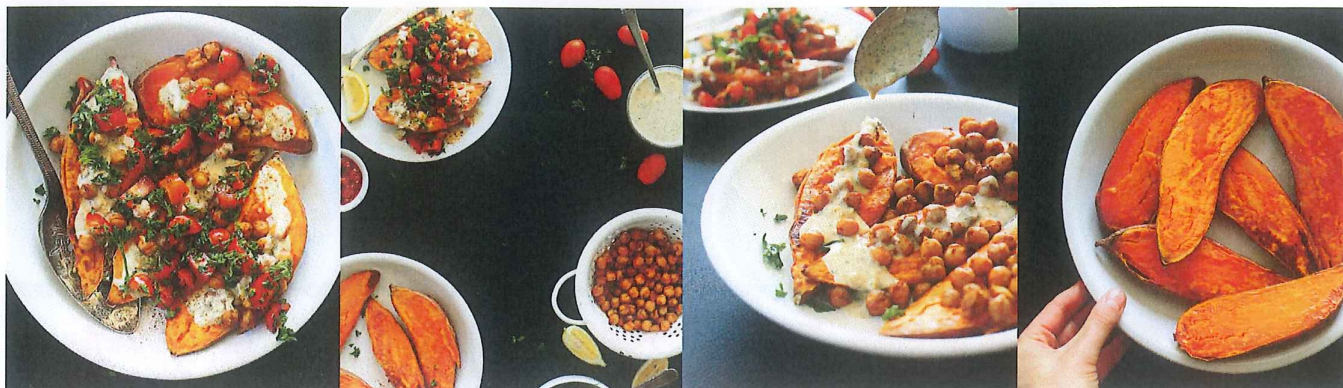


90% WATER



95% WATER

MEDITERRANEAN BAKED SWEET POTATOES



Ingredients:

- 4 medium sweet potatoes* (~140 g each)
- 1 15-ounce (425 g) can chickpeas, rinsed and drained
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika
- *optional*: Pinch of sea salt *or* lemon juice

Garlic Herb Sauce

- 1/4 cup (60 g) hummus (or tahini)
- juice of 1/2 lemon (~1 Tbsp)

- 3/4 - 1 tsp dried dill (or sub 2-3 tsp fresh)
- 3 cloves garlic, minced (1 1/2 Tbsp or 9 g)
- Water or unsweetened almond milk to thin
- *optional*: Sea salt to taste (I didn't need any)

Toppings (Optional)

- 1/4 cup (45 g) cherry tomatoes, diced
- 1/4 cup (15 g) chopped parsley, minced
- 2 Tbsp (30 ml) lemon juice
- Chili garlic sauce

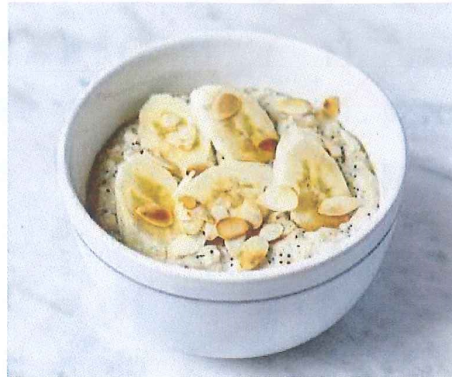
Directions:

1. Preheat oven to 400 degrees F (204 C) and line a large baking sheet with foil.
2. Rinse and scrub potatoes and cut in half length wise. This will speed cooking time. Otherwise leave whole and bake longer (approximately double the time (45 min - 1 hour).
3. Toss rinsed and drained chickpeas with olive oil and spices and place on a foil-lined baking sheet.
4. Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet (or another baking sheet depending on size).
5. While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to almond milk to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I found mine didn't need anything else.
6. **NOTE:** If you don't have hummus, tahini (which you can DIY!) will make a great base substitution for the sauce - just adjust the seasonings to accommodate the lack of flavor tahini provides.
7. Also prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.
8. Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 25 minutes - remove from oven.
9. For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.
10. Additional side ideas might include Hummus, Pita Chips, Baba Ganoush, or Persian Eggplant Dip. Enjoy!

Notes: *Adjust number of sweet potatoes per person, and buy organic when possible for best quality and flavor.

<https://minimalistbaker.com/mediterranean-baked-sweet-potatoes/>

BANANA & CINNAMON PORRIDGE



Ingredients:

BASIC PORRIDGE

- 160 g rolled oats
- 600 ml milk or organic soya milk

BANANA & CINNAMON TOPPING

- 2 ripe bananas
- 30 g flaked almonds
- ½ teaspoon ground cinnamon
- 2 tablespoons poppy seeds
- maple syrup or runny honey

Directions:

1. For the basic porridge, place the oats and the milk (or 600ml water) into a large pan over a medium heat, and add a tiny pinch of sea salt.
2. Bring to a steady simmer for 5 to 6 minutes, stirring often to give you a smooth, creamy porridge, and loosening with extra milk, if needed.
3. Serve as is, or while it's blipping away in the pan, follow the next steps to prepare the banana and cinnamon topping.
4. Peel and slice the bananas at an angle.
5. Toast the almonds in a dry non-stick frying pan over a medium heat for 3 to 4 minutes, or until lightly golden.
6. Stir the cinnamon, poppy seeds and a little maple syrup or honey through the porridge, then divide between bowls.
7. Scatter the bananas and almonds on top, then drizzle with a little extra maple syrup or honey, if you like.

<https://www.jamieoliver.com/recipes/fruit-recipes/perfect-banana-cinnamon-porridge/>



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



JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Yoga - (S) *AE - (S) HD - (CF)	Shopping - (S) After School Art - (S) Yoga - (CF) *AE - (CF) HD - (CF)	Get Strong Event - (S) *AE - (CF) HD - (CF)	Patient Travel Cheques *AE - (CF) HD - (S)	IN SERVICE DAY OFFICES CLOSED	Get Strong Event - (S)
8	9	10	11	12	13	14
	Yoga - (S) *AE - (S) HD - (CF)	Reflexology - (CF) After School Art - (S) Yoga - (CF) *AE - (CF) HD - (CF)	Reflexology - (CF) *AE - (S) HD - (CF)	*AE - (CF) HD - (S)	Fishing - Pasulko Lake Patient Travel Cheques *AE - (CF) HD - (S)	
15	16	17	18	19	20	21
	Yoga - (S) *AE - (S) HD - (CF)	After School Art - (S) Yoga - (CF) *AE - (CF) HD - (CF)	Seabird Mobile Clinic - (S) *AE - (CF) HD - (CF)	Seabird Mobile Clinic - (CF) Healthy Food Box *AE - (CF) HD - (S)	Patient Travel Cheques *AE - (CF) HD - (S)	
22	23	24	25	26	27	28
	Yoga - (S) *AE - (S) HD - (CF)	Massage - (CF) After School Art - (S) Yoga - (CF) *AE - (CF) HD - (CF)	Massage - (S) Shopping - (CF) *AE - (S) HD - (CF)	*AE - (CF) HD - (S)	Patient Travel Cheques *AE - (CF) HD - (S)	
29	30	31				
Water Testing Every Wednesday in Siska	Yoga - (S) *AE - (S) HD - (A)	After School Art - (S) Yoga - (CF) *AE - (CF) HD - (A)	*AE - Andrea Elliott (A) - Away (CF) - Cooks Ferry (S) - Siska			PATIENT TRAVEL TO LYTTON Tuesday - Cooks Ferry to Lytton Wednesday - Siska to Lytton Thursday - Merritt



HESK'WEN'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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Siska office — Phone: 250-455-6601 Fax: 250-455-6608 Toll Free: 1-844-255-6601