



# Heskw'en'scutxe Health Services Society

September 2018



“Take Care Of Yourself”

## 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.

## 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.



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

**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

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

## IN THIS ISSUE

Article	Page
Nursing Services	3
Foot Care / Reflexology / Therapeutic Massage	4
Yoga	5
Job Postings	6
After School Art	8
Beading / Health Lunch	9
Being Active	10
Food Recalls	11
Recipes	12
Answer Sheet	14
HHSS Info	16
<b>Inserts</b>	
Calendar	
Colorings	
Puzzles	

# 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 the office to book a  
home or clinic appointment.**

**Lisa Colwell, LPN, AFCN**

# Home & 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

SEPTEMBER 4<sup>TH</sup>  
COOKS FERRY

SEPTEMBER 5<sup>TH</sup>  
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

SEPTEMBER 18<sup>TH</sup>  
COOKS FERRY

SEPTEMBER 19<sup>TH</sup>  
SISKA



**Therapeutic Massage with Kathryn Young.**  
Please call the office to make an appointment.





# Vijnana Yoga with Soo Yeon

Siska: Mondays & Friday 5:15pm

Cooks Ferry: Wednesday 5:15pm to 6:15pm

All are welcome, Please join us!

Heskw'en'scutxe Health Services Society

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





Nlaka'pamux Nation Health  
2090 Coutlee Ave PO Box 3090 Merritt BC V1K 1B8  
Phone: 250 378 9745

**POSITION:** Nation Health Youth Navigator (Term)  
**START DATE:** As Soon As Possible @ 37.5 Hours per week

The Nlaka'pamux Nation is currently recruiting a full-time (1 FTE) term Nation Health Youth Navigator. The Youth Navigator will work with all 12 Nlaka'pamux communities and in partnership with Nlaka'pamux Nation Shared Services and Health. The Youth Navigator will focus on the best interest and needs of Aboriginal youth within the Nlaka'pamux Nation and facilitate solutions to child and youth health needs using resources & Jordan's Principal through FNHA.

**RESPONSIBILITIES:**

- Coordinate services and supports for children and youth.
- Educating community about Jordan's principal.
- Advocacy for the children, youth and families.
- Identify and develop a database of Community Service providers
- Identify gaps with Communication and Health Services in respect to Youth and Children
- Promote and support Nlaka'pamux Nation Shared Health Services
- Develop an individual care plan for youth and children to have equitable access to quality, culturally appropriate health services
- Identify definitions of traditional wellness and wellness indicators;
- Provide community education & outreach; identify barriers to accessing services & potential solutions
- Identify barriers and gaps to accessing early intervention supports when a child is experiencing behavioral, emotional and or developmental concerns.
- Any other tasks as assigned.

**QUALIFICATIONS/EXPERIENCE:**

- A diploma in Social Services, Human Services, Social work or an acceptable combination of education, training and experience;
- Familiar with Jordan's Principal would be an asset
- Familiar with Nlaka'pamux culture and traditions an asset
- Strong analytical communication skills (verbal and written)
- Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST) & Safetalk certification an asset.
- Must be able to work flexible hours and travel as required;
- Possess a valid driver's license (class 5), clean drivers abstract and reliable transportation;
- Preference will be given to applicants with extensive experience working with Aboriginal communities; knowledge of local First Nations customs and culture is a significant asset
- Must pass a Criminal record Check.

**CLOSING DATE:** Open until suitable candidate is found.

**APPLICATION PROCEDURE:** Please send RESUME; and COVER LETTER by mail, fax, hand delivery or email  
**Scw'exmx Community Health Services Society**  
*Attention: Jim Adams*  
#103 – 2090 Coutlee Ave, Merritt BC

Mail: P.O. Box 3090 Merritt BC, V1K 1B8

Email: [nwellnesscoordinator@gmail.com](mailto:nwellnesscoordinator@gmail.com)

Fax: 250 378 4962

Identify the position (Youth Navigator) in the header of your email, and COVER LETTER.  
We thank all that apply, but only those selected for interview will be contacted.

\*\*\*\*\*Pursuant to S.41 of the BC Human Rights code, preference may be given to Aboriginal Applicants.



**Job Posting:** Administrative Assistant

**Hesk<sup>w</sup>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 **Administrative Assistant** with strong interpersonal and organizational skills to provide front office workflow support to staff, management and general operations.

This is a regular full-time position with health and pension benefits.

**Responsibilities include, but are not limited to:**

- Manage front desk and general office workflow processes including answering phones, receiving clients for appointments, logging incoming/outgoing mail, schedule drivers for medical travel appointments and update scheduling calendars.
- Assist management in the preparation of reports as requested, posters for the newsletter, updating and posting to the HHSS website.
- Will be required to coordinate and attend board meetings, staff meetings and special events.
- Other duties and projects as assigned

**Your Capabilities and Credentials:**

As the successful candidate, you will possess a strong work ethic, excellent organizational skills and ability to meet assignment timelines and have a commitment for quality of work. You will also possess the following qualifications:

- Respect for human diversity and personal safety including: culture, race, religion, sexual orientation, geography, economic status
- A Business Administration diploma or relevant Post-Secondary Degree and a minimum of three (3) years of related experience working in a professional office environment
- Detail-focused individual with excellent organizational, project planning skills with the ability to learn and adapt to culture and processes quickly
- Proven ability to manage multiple assignments simultaneously with strict deadlines
- Must have excellent problem-solving abilities
- Demonstrate professional writing skills with some experience or aptitude for website design preferred.
- Proficiency in MS Office including Word, Excel, PowerPoint and Outlook
- Knowledge and experience with First Nation communities is a preferred asset
- Experience with professional health and cultural safety procedures is an asset
- Valid driver's license and reliable transportation required

**In your cover letter please answer the following questions:**

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

Please send resume with cover letter to:

Andrea Elliott, Health Director  
Hesk<sup>w</sup>en'scutxe Health Services Society  
[Andrea.Elliott@hssbc.ca](mailto:Andrea.Elliott@hssbc.ca) 250 458-2212

**Apply early**  
**Taking Applications until September 28, 2018**  
**or until position filled**



## Afterschool KID'S Art



In order to excel at anything in life there are certain principals involved, first there must be the desire to achieve some goal or to improve a personal capacity or gift like being artistic.

Desire is like a wish, Wishing and dreaming are an important part of being able to visualize something. If we can dream about something being true it creates a foundation for creating change.

Dreaming is not enough, setting some appropriate goals that are related to our desires is key to creating changes. Goals can be small. In the world of art every masterpiece starts out with an idea and some simple lines. A framework. Sometimes just getting past the first stage of creating our dream can be hard work, we need to persevere, and that is the third principle. If our skills level isn't up to the task we have to keep practicing. My sketch books are filled with not so great drawings but giving up is not an option if we want to achieve a dream. There are also a few really neat ideas and images that have come to me over time.

Slowly over time the dream will become real, the idea we had to achieve something special that existed only in our imaginations starts to take form in the concrete or physical world. Taking ideas or sketches and actually creating a painting or a quilt or some other thing begins to take place as I gather materials and begin to put them together according to my inner vision.

The fourth stage of excellence is achieving. How does that happen? We first dreamed, we set some goals, we don't give up and we just keep believing in our own ability to do that thing that we desired. Never give up on your dreams, you help make the world a better more interesting place for all of us.

### September Classes and dates

**Tuesday's at Siska HHSS  
office**

**3:30-5:00pm**

**Sept 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>**

**Wednesday's at Cooks  
Ferry. Multipurpose room**

**4:00-5:30pm**

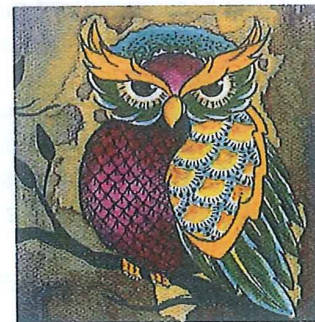
**Sept 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>**

**Snacks are provided**

**Magic Rocks**

**'Figuring it out**

**Botanical Print  
Making**



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



## BEADING

1:00pm - 3:00pm

September 12, 2018  
Siska

September 13, 2018  
Cooks Ferry

## HEALTH LUNCH

12:00pm

September 20, 2018  
Cooks Ferry

September 26, 2018  
Siska



First Nations Health Authority  
Health through wellness

## Being Active

Making exercise more convenient

Feel like you have no time to exercise? Remember, every minute of activity counts. Consider trying some of these tips:

- Keep a pair of walking shoes at work
- Keep clothes you need for a workout in your car
- Keep hand weights near your television or phone

When an opportunity for exercise comes along you'll be ready.

### **Start Walking**

When you start walking with a pedometer, go through your normal daily routines and wear the pedometer, so that it keeps track of your steps for one full week. If you would like to increase your walking start by adding only 200 steps per day for the first week, and then add another 200 steps after that, and then add another 200 steps and so on.

If walking is your main activity for long-term healthy physical activity, then walking 10,000 steps a day is recommended.

### **Walking**

Walking is a wonderful way to spend time with family and friends, and to be re-connected to the land.

### **Walking will also:**

- Increase your energy level
- Enhance your mental well-being
- Help you relax and sleep better
- Help you reduce your body fat and tone your muscles
- Increase bone density, thereby helping to prevent osteoporosis
- Help increase flexibility and co-ordination

### **Pedometer - Distance Counter**

A pedometer is a gadget that you wear on your belt to record the number of steps you take. To check the pedometer reading, press the reset button ensuring that the screen reads all zeros. Take approximately 20 steps with the pedometer placed upright on your hipbone. If the pedometer does not read 19-21 steps during this time, try placing the pedometer in a slightly different position on your hip and re-test again.

### **Advantages of a pedometer**

- Provides immediate feedback on the number of steps taken in any given day or period of time
- Makes it possible to track activity
- Assists to set and attain healthy physical activity goals
- The pedometer is small and lightweight and can be worn

<http://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams/being-active>



# Food Recalls

## Food Recall Warning (Allergen) - Various brands of protein products recalled due to undeclared soy

<b>Recall date:</b>	August 10, 2018
<b>Reason for recall:</b>	Allergen - Soy
<b>Hazard classification:</b>	Class 2
<b>Company / Firm:</b>	9355936 Canada Inc.
<b>Distribution:</b>	<b>National</b>
<b>Extent of the distribution:</b>	Retail

Recalled Products				
Brand Name	Common Name	Size	Code(s) on Product	UPC
Centre Santé Minceur Roxann Mar- tel	Barres protéinées rocky road croquant	7 count	All codes where soy is not declared on the la- bel	0 657258 923997
Maigrir À La Carte	Bar smooth peanut butter mousse	7 count	All codes where soy is not declared on the la- bel	None
Maigrir À La Carte	Bar cinnamon crunch	7 count	All codes where soy is not declared on the la- bel	None
Centre Santé Minceur Roxann Mar- tel	Barres protéinées cannelle croquante	7 count	All codes where soy is not declared on the la- bel	0 657258 923966
777 Gym Sup- pléments Nutrition	Protein Breakfast Omelette Delight	7 count	All codes where soy is not declared on the la- bel	None
Pro Excel Nutrition	Protein Breakfast Veggie Omelette	7 count	All codes where soy is not declared on the la- bel	Unavailable
Centre Santé Minceur Roxann Mar- tel	Déjeuner protéiné délice omelette	7 count	All codes where soy is not declared on the la- bel	0 657258 923737

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## Food Recall Warning (Allergen) - Oguraya Bakery brand Red Bean Doughnuts recalled due to undeclared milk

<b>Recall date:</b>	August 14, 2018
<b>Reason for recall:</b>	Allergen - Milk
<b>Hazard classification:</b>	Class 2
<b>Company / Firm:</b>	Foster's Bakery (1981) Ltd.
<b>Distribution:</b>	<b>Alberta , British Columbia</b>
<b>Extent of the distribution:</b>	Retail

Recalled Products				
Brand Name	Common Name	Size	Code(s) on Product	UPC
Oguraya Bakery	Red Bean Doughnuts	4 count	All packages where the presence of milk is not declared on the label	None



# Butter Garlic Herb Steak Foil Packets

Prep time: 15 Mins

Cooks Time: 15 Mins

Total Time: 30 Mins

Serves: 4

## **Ingredients:**

- 1 pound small red potatoes, cut into fourths
- 2 carrots, sliced
- 1 red bell pepper, cubed
- 1 green bell pepper, cubed
- ½ red onion, cut into cubes
- salt and pepper
- 1 Tablespoon olive oil
- 1½ pound top sirloin steak, cut into one inch cubes\*

## **Garlic Herb Butter:**

- ½ cup butter, room temperature
- ¼ cup freshly chopped parsley
- 4 garlic cloves, minced
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper

## **Directions:**

1. In a medium sized bowl add the red potatoes, carrots, bell peppers, and red onion. Add salt and pepper and toss with olive oil.
2. Place four 18x12-inch pieces of heavy aluminum foil on counter. Evenly place vegetable mixture on each piece of foil. Top vegetables with steak.
3. To make the garlic herb butter: In a small bowl add the butter, parsley, garlic, rosemary, thyme, salt and pepper. Divide evenly and place on top of the steak. Double fold top and ends of each piece of foil, leaving space for steam to gather.
4. Place packets on the grill and cover. Grill 15 minutes or until steak is cooked through and veggies are tender. Carefully open packets and serve.

Notes: \*I didn't sear the beef before hand and cooked this meal on the grill in tin foil. I do however flip the packets over onto the flame at the very end to give the beef and veggies a slight char.

<https://therecipecritic.com/butter-garlic-herb-steak-foil-packets/>



# Tuscan Chicken Mac And Cheese

Prep Time: 10 Mins

Cook Time: 30 Mins

Total Time: 40 Mins

Calories: 586 kcal

Servings: 6



## **Ingredients:**

- 2 large skinless boneless chicken breasts pounded to 1-inch thickness (or 4 boneless and skinless chicken thigh fillets)
- Salt and pepper, to season
- 1/2 teaspoon paprika (sweet or smokey)
- 1/2 teaspoon dried parsley
- 1 tablespoon oil, divided (use olive or canola oil)
- 2 tablespoons butter
- 1 small yellow onion chopped
- 6 cloves garlic finely diced
- 1/3 cup white wine OPTIONAL (use chicken broth instead if you wish)
- 9 oz (250g) jarred sun dried tomato strips in oil (reserve 2 tablespoons of oil and drain the rest)
- 3 level tablespoons flour
- 2 cups chicken broth
- 3 cups milk OR light cream\* or half and half, divided
- 2 teaspoons dried Italian herbs
- 10 ounces (300g) elbow macaroni uncooked (3 cups!)
- 3 cups baby spinach leaves
- 1 cup fresh grated Parmesan cheese
- 3/4 cup mozzarella cheese shredded
- 1/2 cup grated cheese Cheddar or Gruyere
- 2 tablespoons fresh parsley chopped

## **Directions:**

1. Season chicken with salt, pepper, paprika, dried parsley and 2 teaspoons of the oil. Heat the remaining oil in a large (30cm or 12-inch) pot or pan over medium-high heat. Add the chicken and sear on both sides until golden brown, cooked through and no longer pink in the middle. Transfer chicken to a warm plate, tent with foil and set aside.
2. To the same pan, add the butter and fry the onion and garlic until the onion becomes transparent, stirring occasionally (about 2 minutes). Pour in the white wine and allow to simmer for 5 minutes, or until beginning to reduce down.
3. Add the sun dried tomatoes with 2 tablespoons of the sun dried tomato oil from the jar and cook for 1-2 minutes to release as much flavour as possible.
4. Stir the flour into the pot and allow to cook for a further minute. Then, add the broth, 2 1/2 cups of milks (or cream/half and half), herbs, salt and pepper, and bring to a very low simmer (lower the heat if you need to).
5. Add the dry macaroni and stir occasionally as it comes to a simmer. Reduce heat down to medium low and stir regularly while it cooks (for about 9 - 10 minutes), or until the sauce thickens and the macaroni is just cooked (al dente: tender but still firm). Add the spinach and stir through until wilted.
6. Take the pot off the stove and stir all of the cheese in quickly. Adjust salt and pepper to taste. If the sauce is too thick, add the remaining 1/2 cup milk (or cream) in 1/4 cup increments, until reaching desired thickness. Keep in mind the sauce will continue to thicken as it cools.
7. Slice the chicken into strips and stir through the pasta (pour in any juices left from the chicken). Sprinkle with parsley, and stir through. Serve immediately!

**Notes:** \*full fat milk preferred for maximum flavour, but a low fat milk is ok. You can also use a light cream, heavy cream or evaporated milk.

\*\*For added cream flavour, add in 1/2 cup light cream (or heavy cream if you wish), right before right before adding in the spinach. Allow it to get hot before adding in the spinach!

<https://cafedelites.com/tuscan-chicken-mac-and-cheese/>

## Answer Sheet

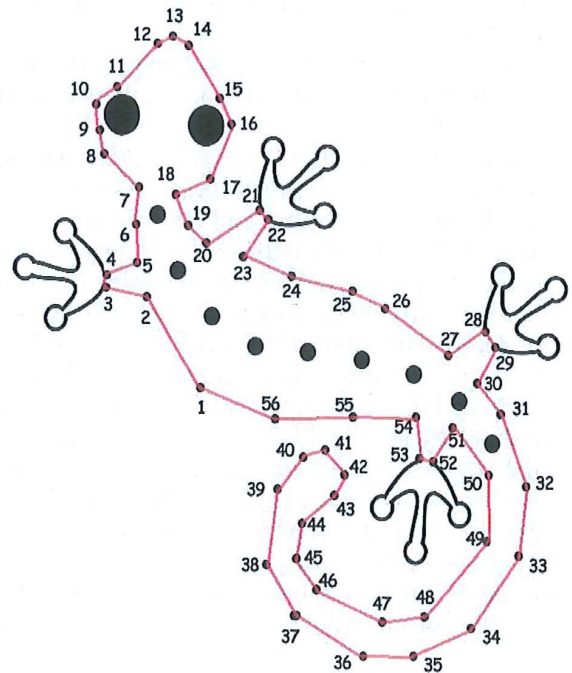
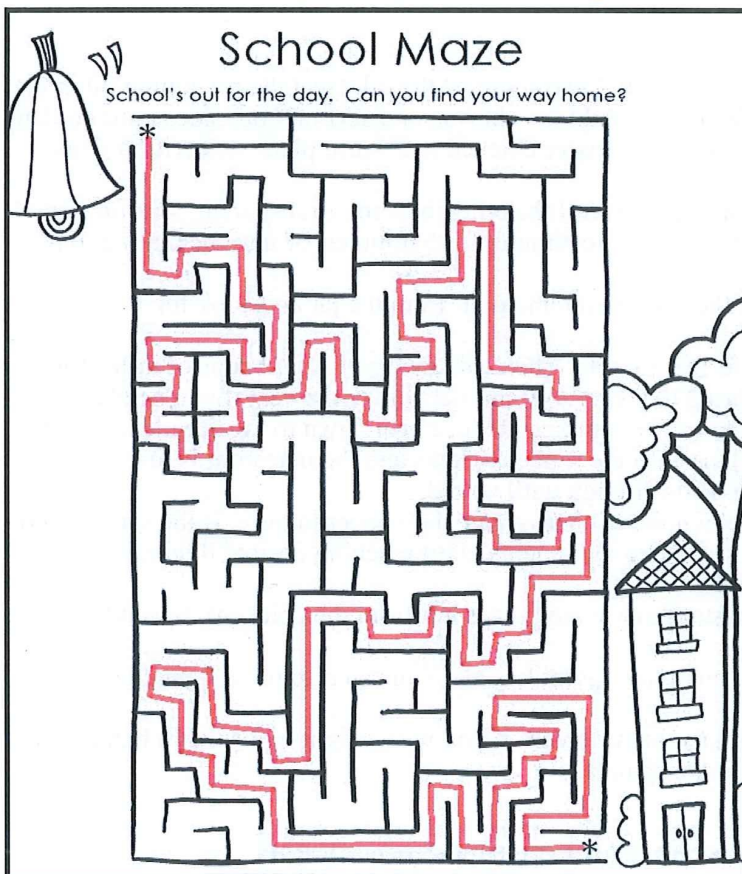
3	8	9	4	2	7	6	1	5
4	5	6	1	3	9	7	2	8
1	2	7	8	6	5	9	3	4
9	1	8	7	5	6	3	4	2
6	4	3	2	1	8	5	9	7
2	7	5	9	4	3	8	6	1
7	3	1	6	8	4	2	5	9
5	9	2	3	7	1	4	8	6
8	6	4	5	9	2	1	7	3

### Add or Subtract

19	54
<u>+ 34</u>	<u>- 36</u>
53	18

48	154
<u>+ 45</u>	<u>- 89</u>
93	65

36	321
<u>+ 29</u>	<u>- 94</u>
65	227





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



# September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AE - Andrea Elliot <b>(A) - AWAY</b>					1
	(CF) - Cooks Ferry (S) - Siska	<b>PATIENT TRAVEL TO LYTTON</b> TUESDAY - Cooks Ferry to Lytton WEDNESDAY - Siska to Lytton THURSDAY - Merritt				
2						
3	<b>STAT</b> <b>Offices Closed</b> <b>Labor Day</b>					
4						
5						
6						
7						
8						
9						
10	Yoga - (S) 5:15 - 6:15 HD - (CF)					
11	After School Art (S) 3:30 - 5					
12	After School Art (CF) 4 - 5:30					
13						
14	Yoga - (S) 5:15 - 6:15 HD - (S)					
15						
16						
17	Yoga - (S) 5:15 - 6:15 HD - (CF)					
18	After School Art (S) 3:30 - 5					
19	After School Art (CF) 4 - 5:30					
20						
21	Yoga - (S) 5:15 - 6:15 HD - (S)					
22						
23						
24	Yoga - (S) 5:15 - 6:15 HD - (CF)					
25	After School Art (S) 3:30 - 5					
26	After School Art (CF) 4 - 5:30					
27						
28	Yoga - (S) 5:15 - 6:15 HD - (S)					
29						
30	Yoga - (S) 5:15 - 6:15 HD - (CF)					

### HESKW'EN'SCUTYXE HEALTH SERVICES SOCIETY

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

**COOKS FERRY OFFICE - Phone: 250-458-2212 Fax: 250-458-2213 Toll Free: 1-866-458-2212**

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





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

Cooks Ferry Office: Phone: 250-458-2212

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Siska office: Phone: 250-455-6601

Fax: 250-455-6608

Toll Free: 1-844-255-6601



**Date: September 17, 2018**

Hello Siska and Cooks Ferry Community Members,

Newsletter delivery has been delayed due to printer problems.

We apologize for any inconvenience.

Thank you,

HHSS Staff







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

Cooks Ferry Office: Phone: 250-458-2212

Fax: 250-458-2213

Toll Free: 1-866-458-2212

Siska office: Phone: 250-455-6601

Fax: 250-455-6608

Toll Free: 1-844-255-6601

## \* \* HEALTHY FOOD BOX NOTICE \* \*

**Date: September 17, 2018**

Hesk<sup>w</sup>'en'scutxe Health Services Society has sent out a notice with the Newsletter regarding the Healthy Food Box.

HHSS will not be providing the Healthy Food Box this month on **September 20, 2018**, but will resume in **October**.

We apologize for any inconvenience.

Thank you,

HHSS Staff

