

OCTOBER
2018

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

"TAKE CARE OF YOURSELF"



HHSS CONTACT INFO

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: reception@hhssbc.ca

Siska Office

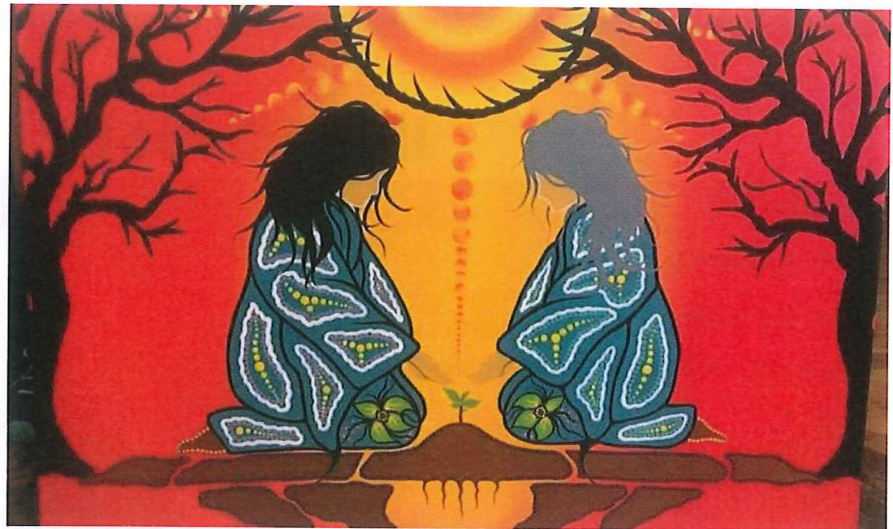
163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: jaycee.isaac@hhssbc.ca



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.

FOR INFORMATION ON ANY ACTIVITIES TAKING PLACE THIS MONTH OR TO MAKE RIDE ARRANGEMENTS

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

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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 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.

Nursing / Home Care Stats for August 2018

Home Care Program	Events	Hours
Total home visits	147	127.5
Footcare sessions	5	
Foot care mgmt hrs		3
Telehealth appts	0	
Transportation events	23	119
Client case management		13.5
Charting		7
Homemaking	5	8
Houskeeping		2.5

HCP management hours 24

- Review of clients
- Review services rec'd / review of services not utilized
- HCA scheduling
- Patient transportation
- Homemaking schedule
- eSDRT Reporting

Community Health Program Events Hours

TB client education 2.5

Immunization program 6.25

- Vaccination appointments
- Vaccine monitoring
- Records upkeep

Health Promotion / Disease Prevention 6.5

- One-on-one education
- Health Events planing
- Pool Program

Clinic/home visits 8 3.75

- Case Management 1.5
- Charting 6.5

Admin for both progams 11.75

- Program planning
- Scheduling
- Statistics

Event / hour total 188 343.25

Visiting Services Events Hours No show

NP visits: 6 (4 hrs) 6 4 1

- Case management & planning 3.5

Massage 7 8 1

Reflexology

FOOT CARE NURSING



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

REFLEXOLOGY

OCTOBER 2ND
COOKS FERRY

OCTOBER 3RD
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.

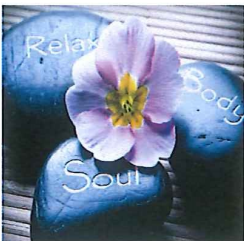
By working all of the points, the reflexologist addresses internal organs and glands as well as muscle groups, bones, nerve ganglions (solar plexus, brachial plexus) and nerves (sciatic) during a session.

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.

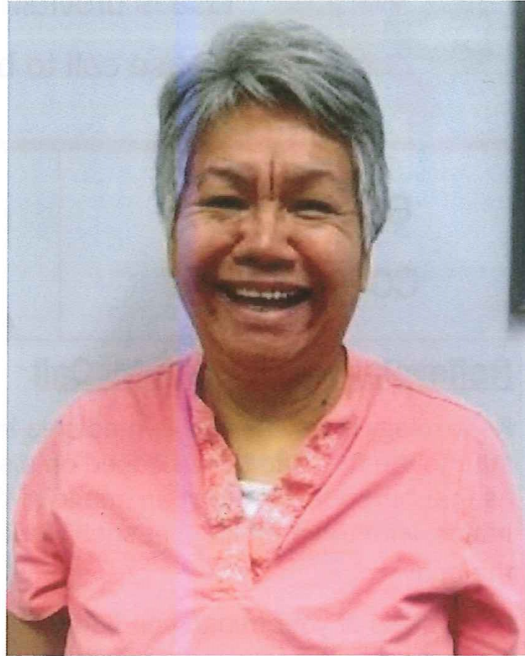
THERAPEUTIC MASSAGE

OCTOBER 23RD
COOKS FERRY

OCTOBER 24TH
SISKA



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



Hi! My name is Hazel Billy and I am new on staff for Heskw'en'scutxe Health Services.

I work in housekeeping, to keep the health centers clean, as a Home Support Worker and fill-in as a receptionist as needed. I am happy to say in September, I completed the COHI (Children's Oral Health Initiative) training and will also be working as Heskw'en'scutxe's COHI Aide.

COHI is a dental initiative designed to prevent and control tooth decay in young First Nations and Inuit children. COHI is for children aged 0-4 years and aged 5-7 years as well as pregnant women and parents and caregivers of children 0-7 who are in the program.

These groups were chosen because First Nations and Inuit children have high rates of early childhood tooth decay which can be painful and is preventable.

I am excited and look forward working for Heskw'en'scutxe Health Services in both Cooks Ferry and Siska.

Hello my name is Vincent Abbott , my family and I live in Lytton BC in our family home. My father is the late John Abbott from Nlaka'pamux Nation. World War II Veteran. My mother is Mary Louise John Sheep from Fountain, Xaxlip & Spuzzum.

I grew up in Fountain, Spuzzum, Coldwater, and Lytton, I am a father of 4 daughters , one late son. Grandfather of 5 grandchildren, mentor and alternate caregiver for two young boys from Our Nlaka'pamux Nation. Most importantly a Role model of a sober and clean Traditional lifestyle from the year 2000 A provider of Hunting , Fishing, Gathering Traditional food & Medicines.

I have Graduated second year from NVIT in Burnaby BC, and received my Diploma for the Chemical Addictions program. and plans are to finish my forth year with a Bachalors. and Focused on my Masters. When that time comes.

I am very happy to join the team at Nlaka'pamux Mental Health Services. As an Alcohol & Drug Counsellor for our Nation. Supporting our Nlaka'pamux Nation from Organ Jack, Ashcroft, Spences Bridge, Nicomin, Lytton, Skuppa, Siska, Kanaka Bar. Our Main Office is located in Merritt with Scw'exmx Health Department. Also supporting Merritt area also.

Vincent. Abbott. Alcohol /Drug Counselor: Phone 250-378-9772, Cell: 778-254-0055, E-mail vincenteabbott@gmail.com, Fax: 250-378-4962. Scw'exmx Community health Services.



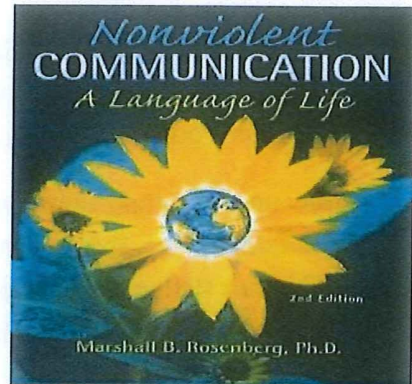
Hesk^wen¹scutxe Health Services Society Staff to Participate in NVC Communication Workshop

NVC theory supposes that all human behavior stems from attempts to meet universal human needs and that conflict arises when strategies for meeting needs clash. NVC proposes that people identify shared needs, revealed by the thoughts and feelings that surround these needs, and collaborate to develop strategies that meet them. This creates both harmony and learning for future cooperation.

For centuries culture has taught us to think and speak in ways that can actually perpetuate conflict, internal pain and even violence. Nonviolent Communication partners practical skills with a powerful consciousness and vocabulary to help you get what you need & want peacefully.

NVC supports change on three interconnected levels: with self, with others, and with groups and social systems. As such it is particularly present in the areas of personal development, relationships, and social change. NVC is taught as a process of interpersonal communication designed to improve compassionate connection to others. However, due to its far-reaching impact it has also been interpreted as a spiritual practice, a set of values, a parenting technique, a method of social change, a mediation tool, an educational orientation, and a worldview.

The NVC Model



NVC Non-Violent Communication

Using peaceful means rather than force to bring about social change and wellness through cooperative & empathetic communication.

NVC Training...

teaches us skills to improve the quality of our relationships, to deepen our sense of personal empowerment & to simply communicate more effectively.

Hesk^wen¹scutxe Health Services goals in completing NVC training

The Rotary Club of Ashcroft/Cache Creek in partnership of the South Cariboo Elizabeth Fry Society (SCEFS) has sponsored the planning of the "Building Community with Non-Violent Communication Skills work shop"



Oct 12, 13 & 26, 2018 the Hesk^wen¹scutxe Health Services will participate as a group to complete NVC Training

It is our hope, that by completing this training together as a group, it will inspire staff to support continual NVC training in the community. *Hesk^wen¹scutxe* will then select two staff members to take the NVC train the trainer, training to gain the additional knowledge to put on workshops for both Cooks Ferry and Siska community members as well as to Chief and Council staff.



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

Afterschool KID'S Art



Creativity is a gift that most of us have but we express it differently. In afterschool art sessions students are given an opportunity to explore different art forms and materials not always available in the mainstream classroom in a safe environment.

HHSS provides this enrichment program to better support the needs of the youth of the communities it serves. Classes are centered on learning and exploring. Sometimes it's not the end product that is the most important. It is the process where thinking about and using problem solving skills are being utilized in order to produce something.

Student ages in this program are diverse and everyone is encouraged to work to full capacity. Afterschool art isn't just about playing around with art supplies, sometimes it's about life skills and talking about really important subjects that go along with figuring out how to navigate the world with success.

Overtime we see students gain confidence in new skills and this adds to a rise in self-esteem to support mental health and wellbeing. So...Its fun, it's creative and for sure Parents are encouraged to drop in from time to time and they can play too,

See you soon! Come and have a delicious snack and explore some art with us every week!

October Classes and dates

**Tuesday's at Siska HHSS
office**

3:30-5:00pm

Sept 2, 9, 16, 23

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

4:00-5:30pm

Sept 3, 10, 17, 24

Snacks are provided

Watercolor magic

Images from Nature

Dream Catchers

Halloween Faces

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



Beading

with Erin Aleck



Wednesday,

October 10th

Siska

1:00 - 3:00

Thursday,

October 11th

Cooks Ferry

1:00 - 3:00



HALLOWEEN SAFETY: TIPS FOR FAMILIES

Halloween can be a fun and exciting time for kids. These safety tips for parents, children and homeowners will help keep everyone safe and happy this Halloween.



For parents:

- Do not use masks. Masks make it hard for children to see what's around them, including cars. Try a hypoallergenic (less likely to cause an allergic reaction), non-toxic make-up kit instead.
- Make or buy costumes in light-coloured material.
- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.
- Dress your child for the weather. Add layers if needed.
- Put your child's name, address and phone number on his costume.
- Children under 10 should be accompanied by an adult for trick or treating. By the age of 10, some children are ready to go trick-or-treating with a group of friends.
- Keep in mind that gum and hard candy can pose a choking risk for young children.
- Remove make-up before bedtime to prevent possible skin and eye irritation.

If your child is going out without an adult:

- Make sure your child is in a group of at least 3 people.
- Give them a flashlight. A cell phone is also a good idea if you have one.
- Discuss in advance the route they should follow. Ask them to call you if they plan to go on a street that isn't on the route.
- Set a curfew (and make sure they have a watch with them).
- Tell your children not to eat anything until they get home.

For children and youth:

- Carry a white bag or pillowcase for your candy, and add some reflective tape.
- Dress for the weather. Cold weather or water absorbent materials in the rain can be very uncomfortable.
- Bring a cell phone, in case you need to make an emergency phone call.
- Always travel in groups. Be sure there are at least 3 of you at all times.
- Let your parents know where you're going to be at all times.
- Don't visit houses that are not well lit. Never go inside a stranger's house.
- Use the sidewalk whenever possible. If there's no sidewalk, walk on the side of the road facing traffic.
- Don't criss-cross back and forth across the street. Work your way up one side of the street, and then start on the other.
- If you have any allergies, tell the person who is giving out the treats.
- Don't eat any of your treats before you get home. Once home, ask your parents to look through your treats with you to make sure everything is okay.

For homeowners:

- Turn on outdoor lights, and replace burnt-out bulbs.
- Remove items from your yard or porch that might trip a child.
- Sweep wet leaves from your steps and driveway.
- Use alternative to candles in your pumpkins, such as a flashlight or a battery-operated candle.
- Remember that some children have food allergies. Consider giving treats other than candy, such as stickers, erasers or a yo-yo.

Alternatives to traditional trick-or-treating

- Local community centres sometimes offer Halloween night activities.
- Local shopping centres often have trick-or-treat nights for young children in a more controlled environment.
- Plan a Halloween night at home with themed games and movies. Invite friends.

https://www.caringforkids.cps.ca/handouts/halloween_safety

Autumn Leaf Mason Jar Candle Holder



Mason jars are all the rage for home decoration. There are a million ways you can decorate with them and here I'll show you a Fall craft that even your kids can take a stab at. This decouped mason jar project cost me less than \$5. I always have the Mod Podge on hand, and the mason jars only cost me a dollar each from my local Dollar Tree. These Autumn leaves aren't real, but try using real leaves too. I find that faux leaves work better because the decoupage medium soaks through the fabric leaf, allowing for easier application. I purchased the pack of fake leaves from the dollar store as well. If you know how to decoupage, you know how to do this project! It may take some time, but this craft makes great Autumn decor for the home.

A sponge brush is optional for this project, as some people tend to just use their fingers to apply. Personally, I like using a sponge brush over a paint brush, and I also use my fingers when necessary. First, make sure the outside of your jar is clean. Wipe it gently with rubbing alcohol to get any grease and grime off the outside of the jar. The leaves won't stick if the jar is oily or dirty. Then make sure your leaves are malleable. Bend them a little bit to loosen them up. Stiff leaves won't stick either. If they are thin, fabric leaves, they should easily form around the jar. If they are real leaves, you may want to dampen them slightly (almost the way leaves become after it rains) to unstiffen them. You can also iron fabric leaves as well to loosen the fibers.

To decoupage, dip your brush in the Mod Podge and paint a thin layer on a section of the jar. Once that layer becomes quite sticky (check by dabbing your finger on it), place a leaf on the jar. Paint more Mod Podge on top of the leaf in thin layers, making sure to smooth out the edges. Start in the center of the leaf, and push your way out to the edges with your fingers. It may take a few layers, but the leaf should stick to the jar. I had to press a few times to get the leaves to stick; but as the Mod Podge dries, it should. Don't be afraid to use your fingers to smooth out the leaf so that it is fully secure. Layer more leaves on top, filling the jar with as many as you desire. I didn't cover my jar fully, as I liked some of the negative space in between the leaves. Once all the leaves are on, it will take a few hours to dry completely. The tiny edges of the leaves may not stay completely down, but when the look is complete, you may barely even notice.

Finish off the top of the jar with raffia or ribbon to complete the look. Place a candle inside and watch it light the room with beautiful orange, red and green fall colors! Some tips for completing:

- Don't try to get too perfect with laying the leaves down. Leaves by nature have imperfections and it looks more rustic when all the corners are not completely flush against the jar.
- If you're pulling your hair out with getting them to stick, an alternative option is to cut out pieces of napkin (that have leaf designs on them); napkins are much easier to adhere.
- Dampen or iron your leaves before you adhere them so they become more malleable.
- Let the Mod Podge become very tacky to the touch before applying the leaves. Also, if needed pull off the plastic veins on faux leaves to help them lay better. (The leaves used in this craft don't have a plastic spine)
- Use your fingers. It helps when trying to mold the leaf around the jar.
- You shouldn't need to but if you're concerned about falling leaves, spray the jar with a clear varnish, when you're done to seal it.
- I don't like to use Ball mason jars for this craft- the ridges on them won't allow the leaves to lay flat. This is why I chose a plain jar from the dollar store.

<http://sparkandchemistry.com/blog/leaf-mason-jar-candle-holder/>

Caramel, Chocolate and Candy Apples



Total: 5 hr 20 min

Prep: 10 min

Inactive: 5 hr

Cook: 10 min

Yield: 6 servings

Ingredients

- Vegetable oil cooking spray
- 6 small apples, washed and dried, stems removed *see Cook's Note
- 2 (9.5-ounce) bags soft caramel candies, unwrapped (recommended: Kraft Classic Caramels)
- 1/4 cup pulp-free orange juice
- 1 (4-ounce) bar 53 percent cocoa dark chocolate, chopped into 1/2-inch pieces (recommended: Nestle Chocolatier)
- Assorted small candies, chopped nuts and sprinkles

Directions

1. Special equipment: 6 craft or thick wooden sticks
2. Line a baking sheet with parchment paper and spray it with vegetable oil cooking spray. Insert the craft sticks halfway into the stem-ends of the apples.
3. In a medium, heavy saucepan, over low heat, combine the caramel candies and orange juice. Cook, stirring occasionally, until the candies have melted and the mixture is smooth, about 10 minutes. Set aside to cool for 2 minutes. Dip the apples in the caramel until coated and put them on the parchment paper until firm, about 2 hours.
4. Put the chocolate in a medium bowl and set it over a pan of barely simmering water. Stir until the chocolate is smooth and melted. Using a fork, drizzle the melted chocolate over the caramel. Put the apples back on the parchment paper for 10 minutes. Sprinkle with small candies, chopped nuts or sprinkles and allow the chocolate to harden, at room temperature, for about 3 to 4 hours.

Notes: *Some apples have a wax coating that will prevent the caramel from sticking. To remove the wax coating, dip the apples for 4 seconds in 6 cups of boiling water mixed with 1/4 teaspoon white vinegar. Dry thoroughly before using.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/caramel-chocolate-and-candy-apples-recipe-2014628>

Pumpkin Seed Brittle

Total: 1 hr 15 min

Prep: 15 min

Inactive: 30 min

Cook: 30 min

Yield: 1 1/2 pounds



Ingredients

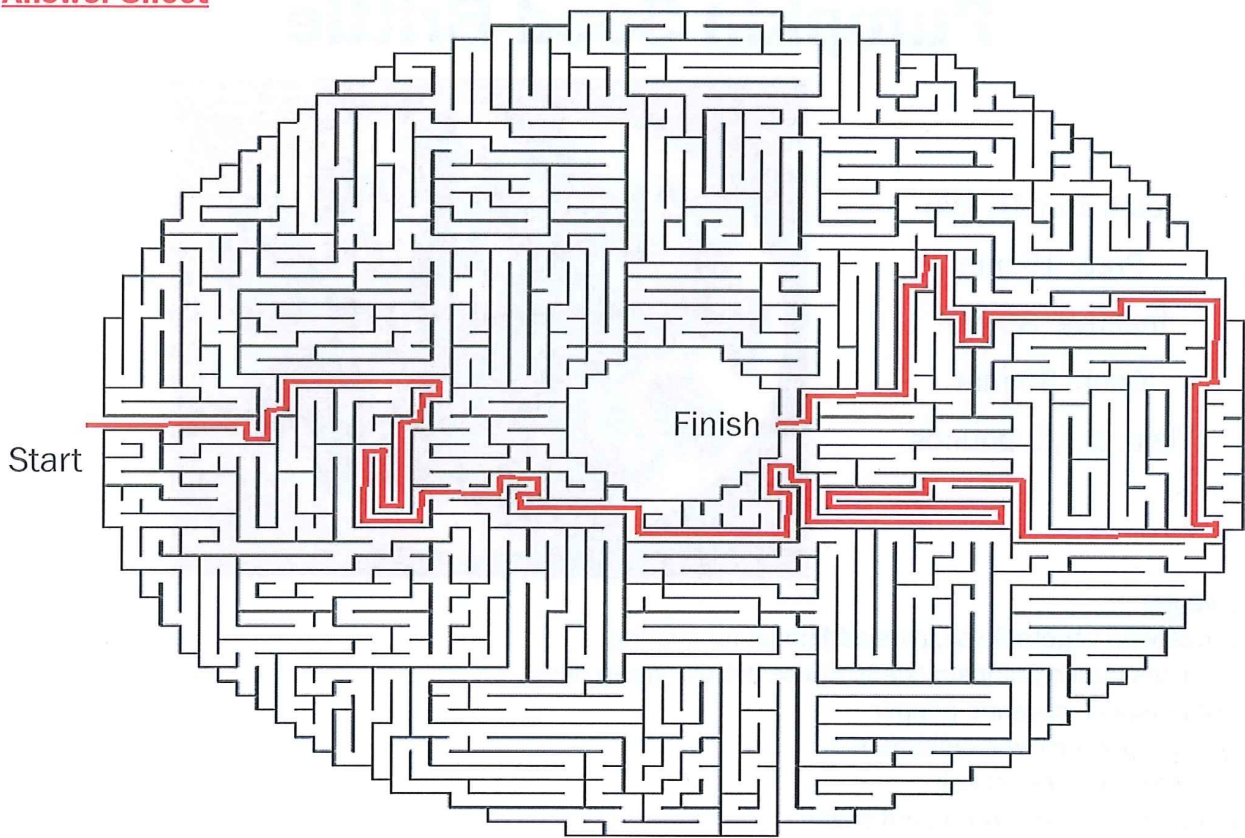
- 1 teaspoon vegetable oil, plus additional for coating
- 7 ounces hulled pumpkin seeds (these are the green ones)
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt
- 1 pound 6 ounces granulated sugar
- 12 ounces water

Directions

1. Place the oil and seeds into a 10-inch saute pan and set over medium-high heat. Toast the seeds while constantly moving the pan. You will smell their aroma and hear some of them begin to crackle when they are toasted, 4 to 5 minutes. Transfer the seeds to a small mixing bowl, add the cayenne, cinnamon and salt and stir to combine.
2. Line a half sheet pan with a silicone baking mat.
3. Place a 3-quart saucier inside a large cast iron skillet. Add the sugar and water to the saucepan, and cook over high heat, stirring occasionally with a wooden spoon, until it comes to a boil. Stop stirring, cover and cook for 3 minutes. Uncover, reduce heat to medium, and cook until the sugar is a light amber color, approximately 25 minutes. Remove from the heat and stir in the pumpkin seed mixture. This will greatly reduce the temperature of the sugar, so work quickly. Once evenly mixed, pour the mixture onto the prepared half sheet pan. Using an oiled spatula, spread thin. You will have to work quickly when pouring out and spreading the mixture in the pan. Cool completely, approximately 30 minutes, and then break into pieces. Store in an airtight container for up to 2 weeks.

<https://www.foodnetwork.com/recipes/alton-brown/pumpkin-seed-brittle-recipe-1956372>

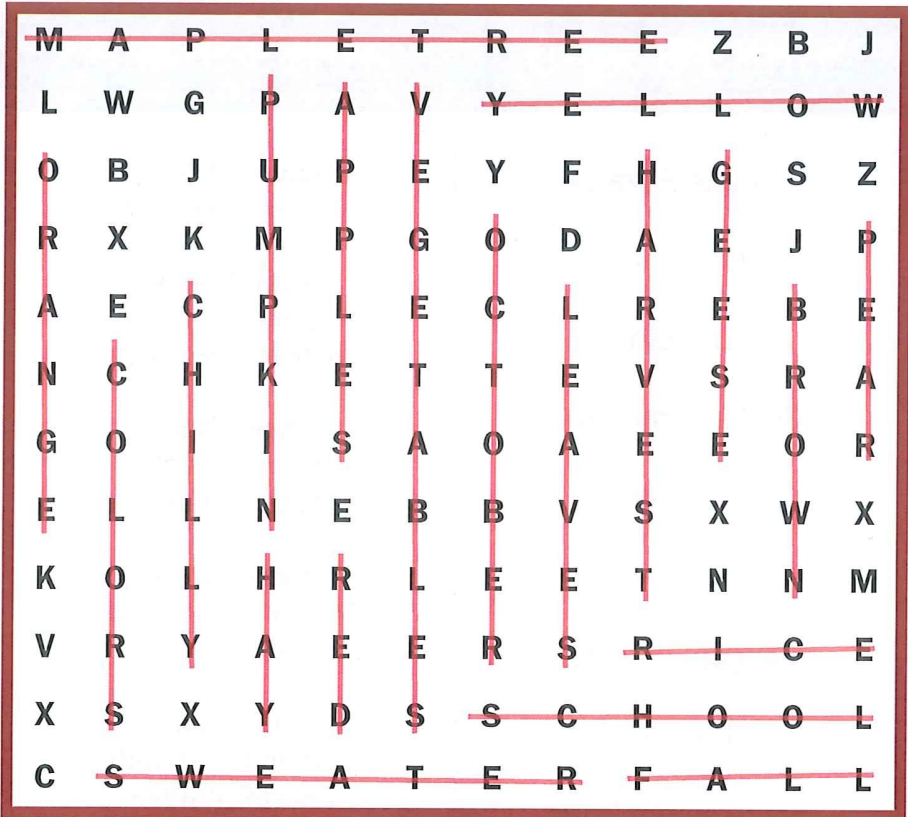
Answer Sheet



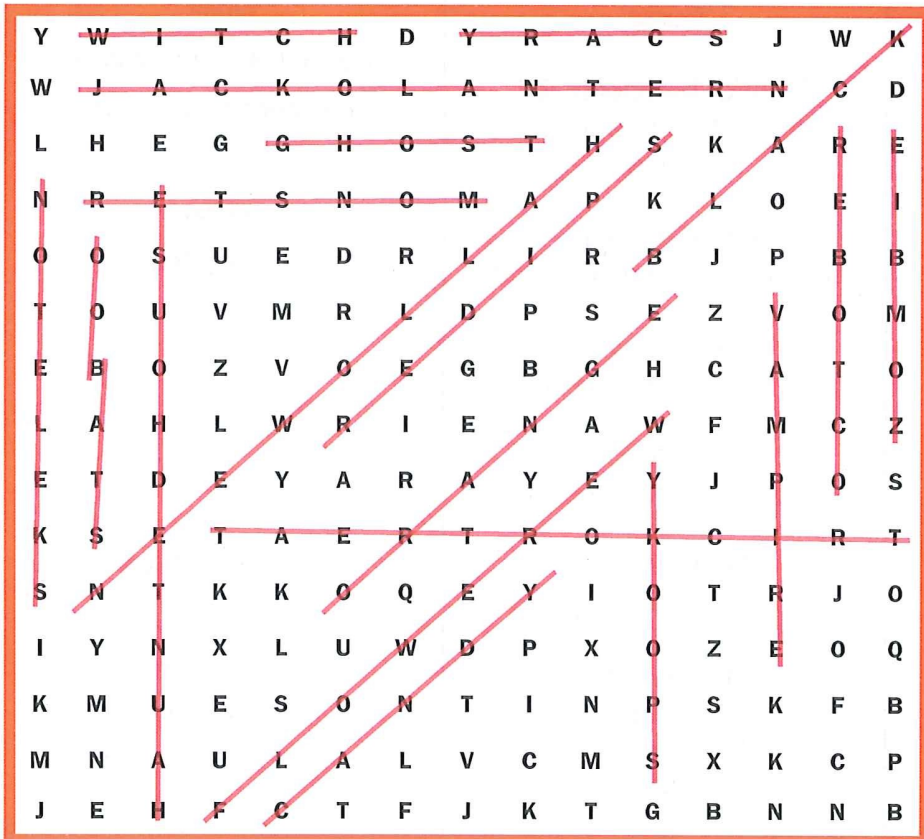
2	3	7	5	9	8	6	1	4
5	8	4	6	3	1	7	2	9
9	1	6	7	4	2	3	5	8
7	6	2	9	1	3	8	4	5
3	9	5	8	7	4	1	6	2
8	4	1	2	5	6	9	3	7
6	7	9	3	2	5	4	8	1
4	2	8	1	6	9	5	7	3
1	5	3	4	8	7	2	9	6

Autumn Word Search

- Word List:
- ◆ Orange
 - ◆ Apple
 - ◆ Brown
 - ◆ Chilly
 - ◆ Colors
 - ◆ Fall
 - ◆ Geese
 - ◆ Harvest
 - ◆ Hay
 - ◆ Leaves
 - ◆ Maple tree
 - ◆ October
 - ◆ Pear
 - ◆ Pumpkin
 - ◆ Red
 - ◆ Rice
 - ◆ School
 - ◆ Sweater
 - ◆ Vegetables
 - ◆ Yellow



Halloween Word Search



- Word List:
- ◆ Halloween
 - ◆ October
 - ◆ Spooky
 - ◆ Scary
 - ◆ Ghost
 - ◆ Vampire
 - ◆ Werewolf
 - ◆ Witch
 - ◆ Zombie
 - ◆ Skeleton
 - ◆ Monster
 - ◆ Black
 - ◆ Orange
 - ◆ Candy
 - ◆ Trick or treat
 - ◆ Haunted house
 - ◆ Jack o'lantern
 - ◆ Boo
 - ◆ Spider
 - ◆ Bats

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

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HD - Harvey Dunstan	2 Reflexology - (CF) After School Art (S) 3:30 - 5	3 Reflexology - (S) After School Art (CF) 4 - 5:30 Nurse Practitioner (CF)	4 IN SERVICE DAY OFFICES CLOSED Nurse Practitioner (S)	5	6
7	8 STAT THANKSGIVING OFFICES CLOSED	9 After School Art (S) 3:30 - 5 HD - (CF)	10 After School Art (CF) 4 - 5:30 Beading - (S) 1 - 3 HD - (CF)	11 Beading - (CF) 1 - 3 HD - (S)	12 NVC OFFICES CLOSED	13 NVC
14	15 OFFICES CLOSED	16 After School Art (S) 3:30 - 5 HD - (CF)	17 Yoga - (CF) 5:15 - 6:15 After School Art (CF) 4 - 5:30 HD - (CF)	18 Healthy Food Box HD - (S)	19 Yoga - (S) 5:15 - 6:15 HD - (S)	20
21	22 OFFICES CLOSED	23 After School Art (S) 3:30 - 5 HD - (CF) Massage - (CF)	24 Yoga - (CF) 5:15 - 6:15 After School Art (CF) 4 - 5:30 HD - (CF) Massage - (S)	25 HD - (S)	26 NVC OFFICES CLOSED	27
28	29 Yoga - (S) 5:15 - 6:15 HD - (CF)	30 After School Art (S) 3:30 - 5 HD - (CF)	31 Halloween Shopping - (CF) Yoga - (CF) 5:15 - 6:15 After School Art (CF) 4 - 5:30 HD - (CF)	Water Testing Every Wednesday in Siska Patient Travel To Lytton TUESDAY - Cooks Ferry to Lytton WEDNESDAY - Siska to Lytton THURSDAY - Merritt		



HESKW'EN'SCUTJE 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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