

“Take Care Of Yourself”



HESK^W'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. Hesk'w'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, Hesk'w'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.

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

Email: jaycee.isaac@hhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

**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.



Ricardo Pickering MC (Counselling Psych), RP, CCC
Mental Wellness Outreach Clinician
rpickering@statimchealth.net
T: (250) 256-7530 • C: (250) 842-8552

Call Heskwen'scutxe Health Services
to set up an appointment at: 250 458-2212

My name is Ricardo Pickering and I am proud to have been recently appointed Clinical Counsellor for Heskwen'scutxe Health Services.

I am a master clinical counsellor, supervisor, and EMDR therapist, who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton and surrounding rural areas. During the last eight years, I worked as school counsellor in several rural schools (K-12 grades); as Mental Health Counsellor for the Gitksan Health Society, offering local support to three other First Nations' communities in the Thompson-Okanagan area of BC. I also have a private practice office in Ashcroft. Before that, I worked for over 20 years as a mediator consultant.

Methodologically: I currently use an integrated Adlerian, Solutions Focussed (SFBT), and Narrative (NT) approach which—leveraged with my EMDR practice, which appears effective to many of my clients.

I am always looking for new and creative solutions for my clients and research for alternatives including traditional forms of healing and spirituality.

Influenced by the needs of my clients, I have grown interested in the following areas of practice: School Support (currently working as part-time LSS counsellor); EMDR (Eye Movement Desensitization Reprocessing); Children, Youth, and Families; Individual Counselling Psychology (Adlerian, SFBT, NT, EMDR); Itinerant Counselling Services (Debriefings, Crises, Individual, and Group Counselling); and Trauma Informed Practice (TIP), specializing in the rehabilitation of victims of trauma.

I am a Registered Psychotherapist in the College of Registered Psychotherapists of Ontario (CRPO) and a Canadian Certified Counsellor at the Canadian Counselling and Psychotherapy Association (CCPA, Ottawa).

IHA Nurse Practitioners

Who are Nurse Practitioners?

Nurse Practitioners (NPs) are registered nurses with advanced knowledge, skills and a Master's degree in Nursing. NPs bring a unique perspective to health services in that they place emphasis on both care and cure. NPs work closely with clients, families and other health professionals to address complex health needs and manage acute and chronic illnesses, within a holistic model of care. They engage communities in the development, implementation and evaluation of health programs and healthy public policy.

What can a Nurse Practitioner do?

In addition to the work of the RN, the NP can:

- diagnose and treat common medical disorders
- order and interpret diagnostic tests
- prescribe medications
- diagnose and monitor chronic illnesses
- perform minor procedures wart treatment, mole excisions, sutures, pap tests, etc.

Could a Nurse Practitioner help me?

An NP is educated to provide care for many illnesses and conditions. If your care is beyond the NP's scope of practice, you will be referred to a general practitioner or specialist physician. NP's and physicians work together as a team to provide you with comprehensive care.

Health Promotion and Illness Prevention

Nurse Practitioners play a pivotal role in their communities, as educators and facilitators in health promotion, and illness / injury prevention.

Nurse Practitioners:

- provide proactive guidance appropriate to their age, health status and culture
- foster learning environments that maximize patient autonomy and self management
- build on community resources in planning health promotion and illness prevention strategies
- collaborate with other members of the interdisciplinary team in assessing trends that impact health in their communities
- improve access to services to meet healthcare goals

Where do Nurse Practitioners work?

NPs manage the delivery of quality health care to families and people of all ages in a variety of settings, including family practice settings, health centres, hospitals, and specialty clinics.

How are NPs funded?

NPs are primarily funded through the BC Ministry of Health Services. The NP roles are salary based and are not fee-for-service positions.

If you would like to see the Nurse Practitioner in Cooks Ferry or in Siska please call the HHSS office. 250-458-2212

Heskw'en'scutxe Health Services has three Medical Transportation Programs



NIHB Medical Travel

Provides a reimbursement towards the cost of medical travel through the NIHB Medical Transportation Policy Framework for services types that are medically necessary:

- Medical services defined as insured services by provincial/territorial health plans (e.g., appointments with physician, hospital care);
- Diagnostic tests and medical treatments ordered by a physician or other health professional within his or her scope of practice and which are covered by provincial/territorial health plans;
- Publically-funded alcohol, solvent, drug abuse and detox treatment;
- Traditional healers;
- Non-Insured Health Benefits (vision, dental, mental health, medical supplies and equipment); and
- Publically-funded preventative screening e.g. breast cancer screening (where coordination with other medical travel is not feasible).

Travel claims can be processed through Heskw'en'scutxe Health Services for those who have status and live on reserve in our service communities. Community members who live off reserve are entitled to travel reimbursements processed directly through the First Nations Health Authority.

Off-Reserve Medical Travel Reimbursement forms are available up at both Heskw'en'scutxe Health offices. For more information about Off-Reserve Medical Travel Reimbursement call: **1-888-299-9222**
<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/reports-publications/non-insured-health-benefits/non-insuredhealth-benefits-nihb-medical-transportation-policy-framework-july-2005-first-nations-inuit-health.html>

Home and Community Care Medical Travel

As a supplement to the NIHB Travel program, Heskw'en'scutxe Health Services provides medical travel assistance as described above and are Home Care Clients:

- Home Care Clients are community members who have been assessed by nursing and admitted to the program to provide on-going support for acute and chronic disease management.
- Transportation support does not take the place of family responsibility and is available only when family members are not able to provide medical transportation support.

Local Shuttle for Medical Travel

In addition Heskw'en'scutxe Health Services started a medical transportation shuttle one day a week from each community providing access physician and dental appointments in Lytton, serving those who would normally not have access due to the lack of transportation.

Cooks Ferry – Tuesday, medical travel shuttle to Lytton

Siska - Wednesday, medical travel shuttle to Lytton

- Shuttle will support scheduled appointments between 9:00 am and no later than 3:00 pm to assure serves within our operating hours of 8:30 am and return by 4:30 pm
- Please provide at least 24 hour notice to assure space if available

FLU CLINIC

Hesk^w'en'scutxe Health Services Society is providing a walk-in clinic at our offices on:

November 13th 8:30 - 4:30pm in Cooks Ferry

November 14th 10:30 - 5:00pm in Siska

If you are not able to make these clinic days, please call the HHSS office to book an appointment.

FOOT CARE NURSING



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

REFLEXOLOGY

NOVEMBER 6TH
COOKS FERRY

NOVEMBER 7TH
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

NOVEMBER 20TH
COOKS FERRY

NOVEMBER 21ST
SISKA



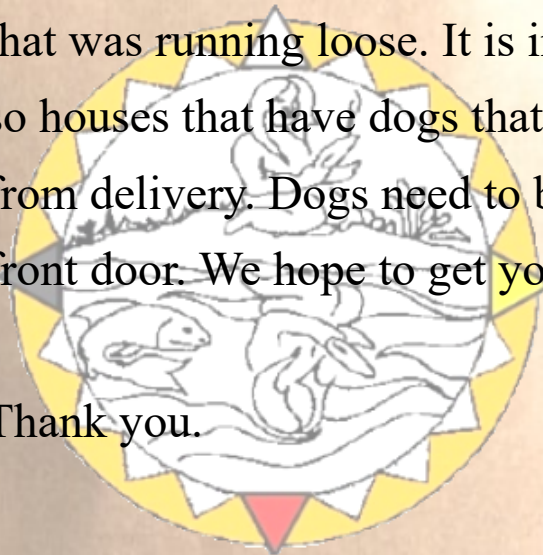
Therapeutic Massage with Kathryn Young.
Please call the office to make an appointment.

Healthy Food Basket

Our Healthy Food Basket Program has changed. Households only need to register once per year to be on the list to receive a food basket. If you have not filled out a form, please complete the registration form as soon as possible to assure your household is included in the next distribution in November. The registration forms may be picked up at Hesk^w'en'scutxe Health Services Society at either our Cooks Ferry or Siska office.

Heskw'en'scutxe Health Services Society started the Healthy Food Basket, our first delivery was on Oct 18, 2018. We would like to request on the day of delivery that home owners please tie up their dogs. We had an incident where one of our delivery persons was almost bit by a dog that was running loose. It is important to keep our staff safe, so houses that have dogs that pose a threat, may be skipped from delivery. Dogs need to be tied up so we can access your front door. We hope to get your support in this matter.

Thank you.





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

Beading

with Erin Aleck



Siska

Nov 19th

1:00 - 3:00

Cooks Ferry

Nov 20th

1:00 - 3:00

Afterschool Art November



Intelligence is formed in many ways, **Creative Literacy** is an interesting concept,

We all know that **literacy** is the ability to read and write but the definition of **creative** is a little harder to define: it can be the ability to solve problems or being able to use your imagination.

Sir Ken Robinson an internationally respected expert in the field of creativity and innovation in business and education argues that in today's world, creativity is just as important as literacy... this he argues significantly lessens the value of the degree and increases the importance of being creative.

Children need time to learn and practice creative thinking skills, just like they learn and practice other academic skills, Time spent building creativity is time well spent. Studies have shown that when learning activities include opportunities for kids to generate creative ideas, analyze the effectiveness of their ideas, and communicate their creative ideas in a way that makes sense to others, they outperform learners who were taught using traditional, mostly analytical approaches.

Incorporating creative activities is important for all ages. During afterschool art our goal is to support creativity and use of problem solving skills including literacy and communication for our youth. We are supporting our future community leaders.

Upcoming Classes

**Kids Art takes place every Tuesday at Siska HHSS office
3:30 - 5pm**

Nov 6th, 13th, 20th, 27th

**Wednesdays at Cooks Ferry.
Multipurpose room
4pm - 5:30pm**

Nov 7th, 14th, 21st, 28th

Snacks are provided

Medicine Bags

Special Affects W/C

Pine Cone Art

Feather Flowers



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

Anxiety is general term for several disorders that cause nervousness, fear, apprehension, and worrying.

These disorders affects how we feel and behave and can cause physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can seriously affect day-to-day living.



12 NATURAL REMEDIES FOR ANXIETY (THAT REALLY WORK!)

- 1 Sunlight
- 2 Go To The Gym
- 3 Outdoor Walk
- 4 Drink Water
- 5 Drink Tea
- 6 Epsom Salts
- 7 Journaling
- 8 Omega-3s
- 9 Oranges
- 10 Music
- 11 Lavender
- 12 Laughter

Anxiety disorders affect **40 million people** in the United States (U.S.). It is the most common group of mental illnesses in the country. However, only 36.9 % of people with the condition receive treatment.

The [American Psychological Association \(APA\)](#) defines anxiety as “an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.”

Medical News Today

GorgeouslyFlawedLife.com

Bacon Ranch Cheese Ball

Ingredients:

- 2 8 oz. bricks cream cheese at room temperature
- 1/4 cup sour cream
- 1 (1 oz.) pkg Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
- 1/2 teaspoon garlic powder
- 1/2 cup finely grated Pepper Jack cheese
- 1 cup + 2 tablespoons finely grated sharp cheddar cheese divided
- 6 slices bacon, cooked and diced divided
- 1/4 cup chopped green onions divided
- 2/3 cup chopped pecans

Serve With:

- Crackers, celery, carrots, etc.



Directions:

Cheese Ball

1. Add cream cheese, sour cream, ranch seasoning, garlic powder, pepper jack cheese, 1 CUP cheddar cheese, half of the bacon and 2 tablespoons green onions to a large bowl and mix until well combined.
2. Drop mixture onto a large piece of plastic wrap, cover tightly, and shape into a ball. Chill in the refrigerator for 1-2 hours to firm up (up to 24 hours if serving the next day) before rolling in coating.

Coating

1. Meanwhile, add remaining 2 tablespoon cheddar cheese, bacon and green onions to a medium bowl. Refrigerate.
2. When ready to coat cheeseball, whisk in pecans until evenly combined.

Assemble

1. Spread Coating in an even layer on cutting board/parchment lined counter. Remove cheese ball from refrigerator and roll in Coating mixture, pressing to adhere, until evenly coated. At this point you can refrigerate until ready to serve.
2. Serve with crackers, celery, carrots, etc.

Recipe Notes: If you have leftover cheese ball, try adding it to scrambled eggs - soooo good!

<http://carlsbadcravings.com/bacon-ranch-cheese-ball/>

Roasted Parmesan Herb Sweet Potatoes



Ingredients:

- 3 large sweet potatoes, peeled and diced into small cubes
- 3 tablespoons olive oil
- 4 tablespoons grated Parmesan cheese
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- Parsley for garnish, if desired

Directions:

1. Preheat oven to 400F. Lightly coat a large baking pan with non-stick cooking spray or line with parchment paper. Set aside.
2. In a medium bowl, combine the olive oil, Parmesan cheese, Italian seasoning, garlic powder, salt and pepper.
3. Add diced potatoes and toss to coat.
4. Spread potatoes in an even layer onto prepared pan.
5. Bake for 32-35 minutes, or until lightly browned and crispy.
6. Remove from oven and let cool for 5 minutes.
7. Sprinkle with extra Parmesan cheese and parsley, if desired.
8. Serve immediately.
9. Enjoy!

Answer Sheet

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



Read the Color Brain Game

Say the color you see in the word not the text as fassssstttt as you can! Answer how far did you go!!



BLUE
GREEN
BROWN
RED

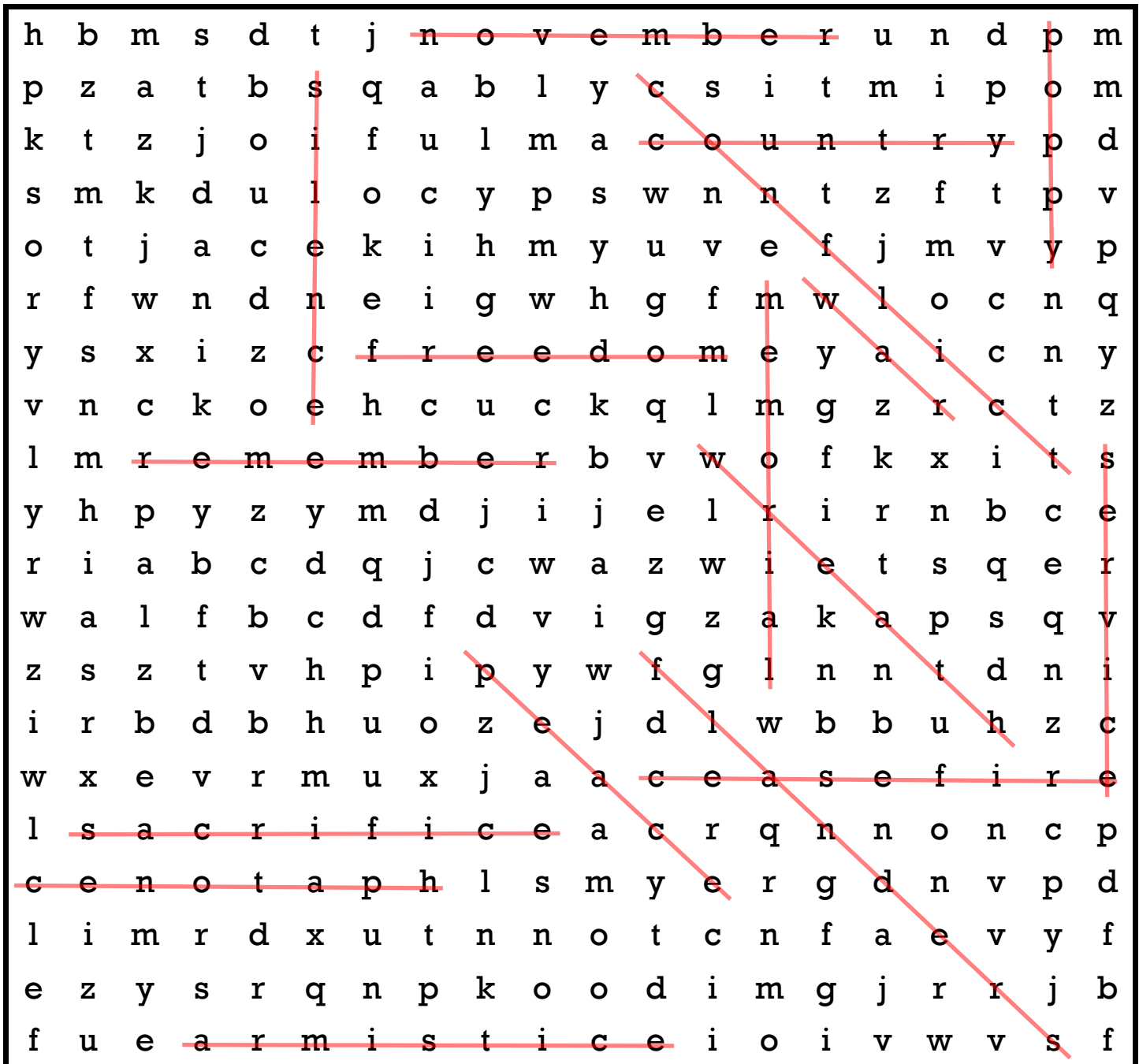
GREY
WHITE
BLACK
PINK

YELLOW
TAN
PURPLE
ORANGE

Fact: Human brain processes visual information 60, 000x faster than text.



Remembrance Day Word Search

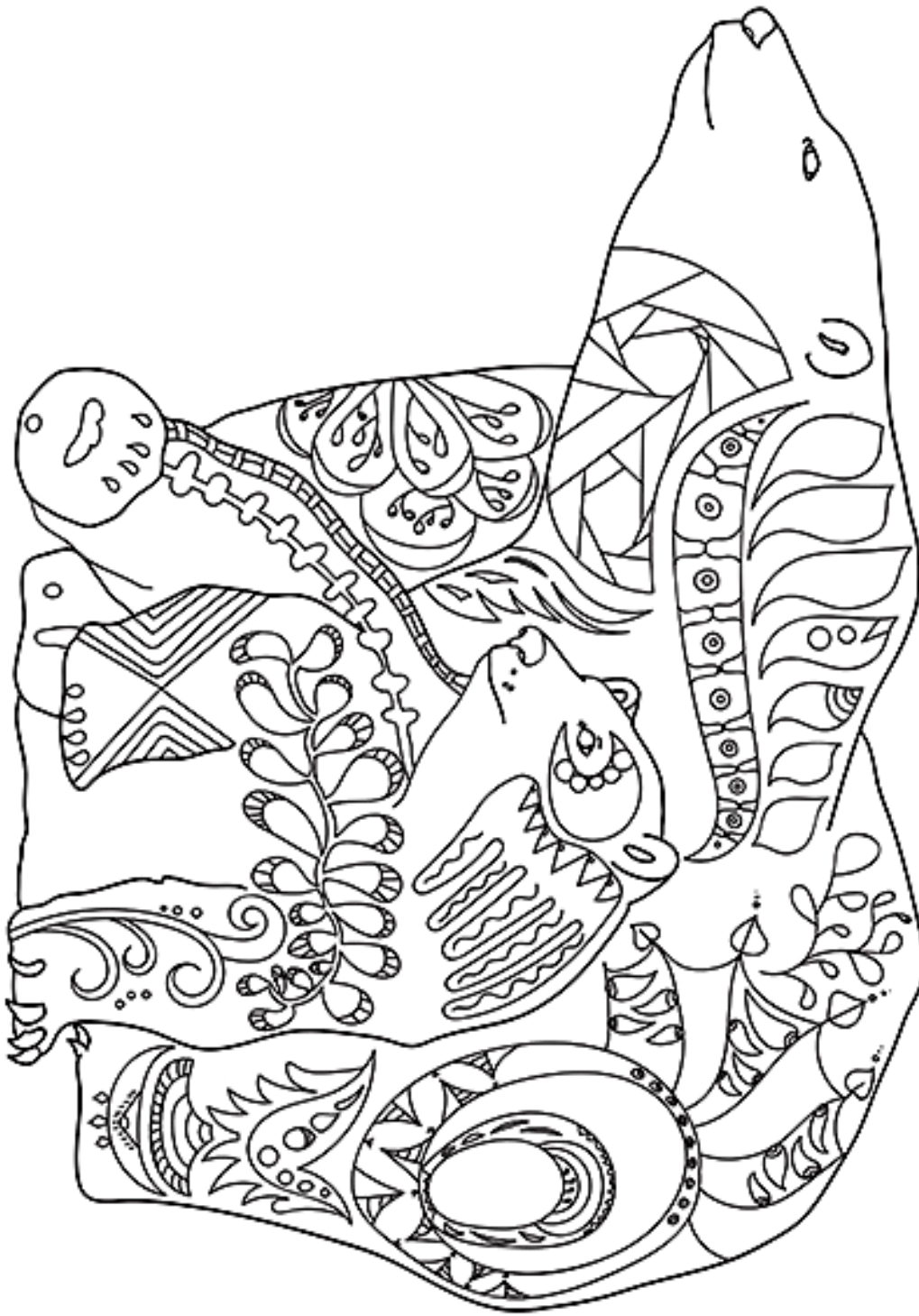


Word List

- Wreath
- Memorial
- Country
- Ceasefire
- Remember
- Peace
- Silence
- Conflict
- November
- Sacrifice
- Cenotaph
- Poppy
- Armistice
- Freedom
- Flanders
- War
- Service



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><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>Harvey Dunstan Mental Health and Addictions</p> <p>Erin Aleck Community Health Representative</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>Lisa Colwell, LPN, AFCN Home & Community Care Nurse</p> <p>Jennifer Marinello, RN Home & Community Care Nurse</p>	<p>Email jaycee.isaac@hssbc.ca reception@hssbc.ca</p>
<p>Betsy Munro Director Siska Indian Band Appointed</p>	<p>Jennifer Fields Community Home Care Aid</p> <p>Ashley Loring Earl Community Home Care Aid</p> <p>Fred Charlie Transportation Support</p> <p>Linda Peters Transportation Support</p>	<p><u>SISKA</u> 163 Loop Road</p> <p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p>
<p>Hazel Billy Home Support Worker Housekeeping COHI Aide</p>	<p>Hazel Billy Home Support Worker Housekeeping COHI Aide</p>	<p>Client Toll Free 1-844-255-6601</p>









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



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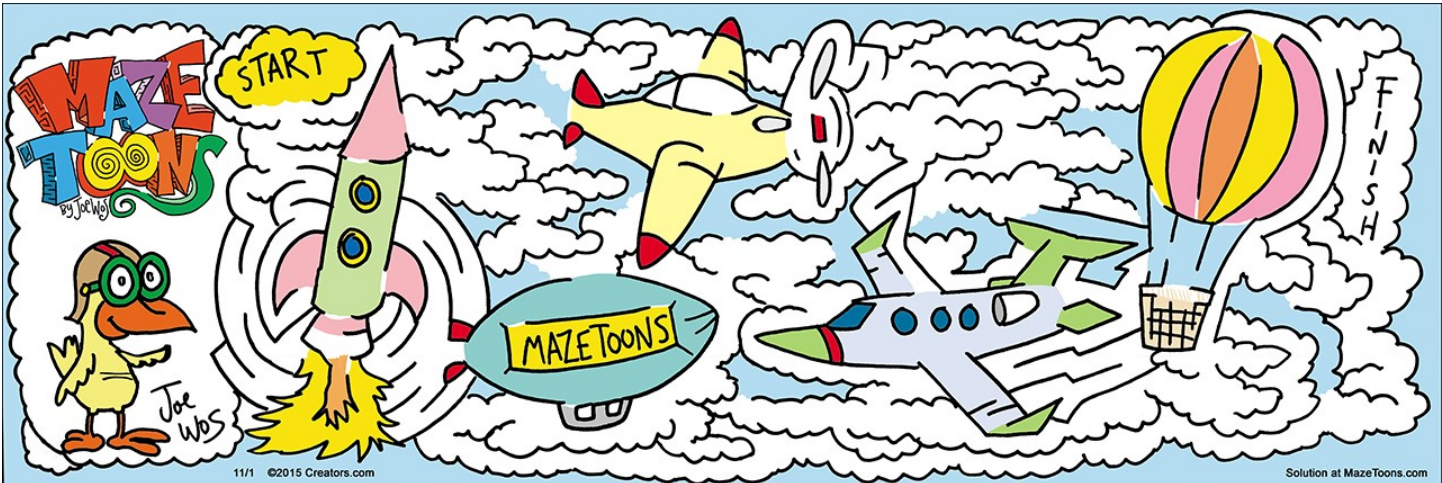


BLUE
GREEN
BROWN
RED

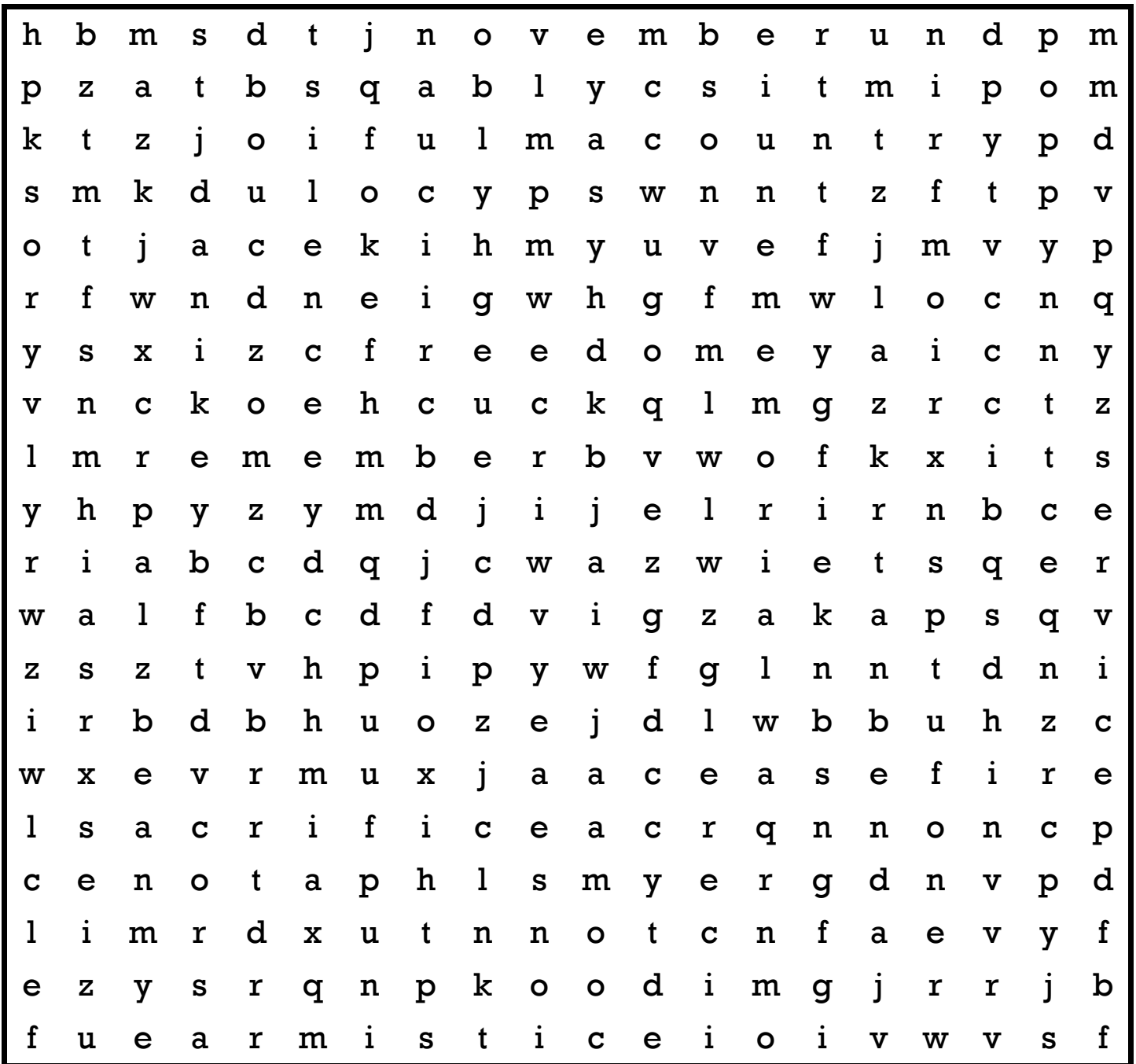
GREY
WHITE
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Remembrance Day Word Search



Word List

- | | | |
|-------------|-------------|------------|
| • Wreath | • Memorial | • Country |
| • Ceasefire | • Remember | • Silence |
| • Conflict | • November | • Cenotaph |
| • Poppy | • Armistice | |
| • Flanders | • War | |
| | • Peace | |
| | • Sacrifice | |
| | • Freedom | |
| | • Service | |

