

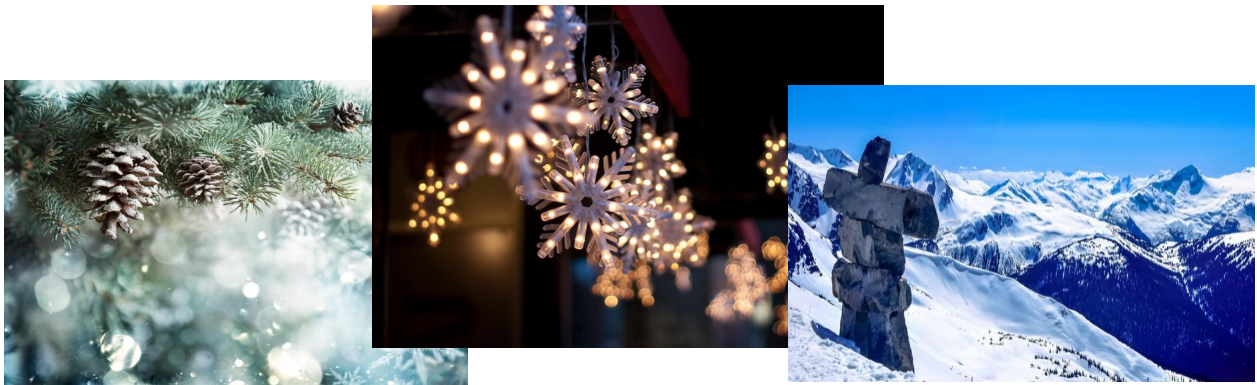
DECEMBER 2018

“Take Care Of Yourself”

*Heskw'en'scutxe Health
Services Society*

Vision Statement

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

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

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

IN THIS ISSUE

Article	Page
Nursing Services	3
Bio for Clinical Counsellor	4
Medical Transportation	5
Foot Care / Reflexology / Therapeutic Massage	6
Yoga	7
COHI	8
Beading	10
After School Art	11
Food Recalls	12
Recipes	14
Answer Sheet	16
HHSS Info	18
Inserts	
Calendar	
Colorings	
Puzzles	

COOKS FERRY & SISKA

Hesk'w'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 Hesk'w'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@statimhealth.net
T: (250) 256-7530 • C: (250) 842-8552

Call Heskw'en'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 Heskw'en'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).

To book an appointment with Ricardo Pickering, please call the Hesk^w'en'scutxe Health Services office for a referral, or call him directly. His service is available in the community every Wednesday. Ricardo will be available for the first Wednesday of December and then will be away for the rest of the month, and will start back up on January 9, 2019.



Hesk^w'en'scutxe Health Services Society

3691 Deer Lane P.O. Box 188 Spences Bridge, BC V0K 1Z0

Tel: (250) 458-2212 **Fax:** (250) 458-2213 **Client Toll Free:** 1-866-458-2212

Email: admin@hhssbc.ca

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

FOOT CARE NURSING



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

REFLEXOLOGY

DECEMBER 4TH
COOKS FERRY

DECEMBER 5TH
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

DECEMBER 18TH
COOKS FERRY

DECEMBER 19TH
SISKA



Therapeutic Massage with Kathryn Young.

NOTE: To assure everyone in the community is getting a opportunity to receive Therapeutic Massage, We will be asking everyone, not to book a massage if they have already received one in the previous month, unless they would like to be on the waiting list. 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

Children's Oral Health Initiative (COHI)



*Hazel Billy
COHI Aide*

I am happy to say that I had the opportunity to take the COHI training, Children's Oral Health Initiative (COHI) at Vancouver Island on September 24 - 26, 2018. In the training we learned Nutrition, COHI record keeping and form completion, FNHA policies, communication, oral care practice.

COHI is a dental initiative designed to prevent and control tooth decay in young First Nations and Inuit Children.

COHI is aimed at children ages 0 - 4 years, children ages 5 - 7 years, pregnant women, parents and caregivers of children ages 0 - 7 years. Tooth decay is preventable.

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: reception@hssbc.ca

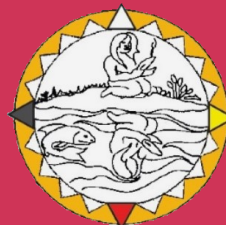
Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

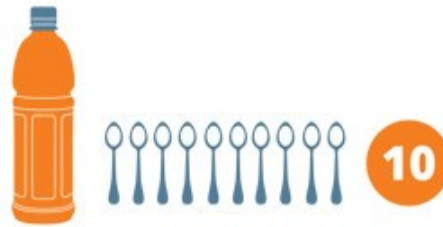


Providing Healthy Drinks

Children drink what you provide, so always check what's inside!



Juice Box (200 ml) has 6 Teaspoons of Sugar



Orange Juice (414 ml) has 10 Teaspoons of Sugar



1 Soft Drink Can (355 ml) has 9 Teaspoons of Sugar



Chocolate Milk (350 ml) has 9 Teaspoons of Sugar



Bottled Ice Tea (473 ml) has 13 Teaspoons of Sugar



Energy Drink (710 ml) has 17 Teaspoons of Sugar



Soft Drink (1.8 L) has 54 Teaspoons of Sugar

Sweet drinks are **NOT** meant for sippy cups and bottles.



Beading

with Erin Aleck



Siska	
Dec 14 th	
1:00 - 3:00	

Cooks Ferry	
Dec 13 th	
1:00 - 3:00	

Afterschool Art December



Restoration has many facets, traditions and creative expression through use of cultural practices and way of doing things as the ancestors did is experiencing a renaissance. There is pride in gaining skills nearly lost. Loom Weaving, creating cedar baskets, hunting, fishing and gathering traditional food and medicines. Hand drumming and creating new songs for celebrations are on the rise.

During afterschool Art every effort is made to incorporate first nation's arts and practices and language into our learning sessions where ever possible.

Recently a language conference in Merritt BC highlighted four main goals or ways of supporting all efforts in revitalizing culture and language, these were:

Creating new stories out of **love** as relationships shape a common purpose

Utilizing **Respect** as the youth and others stand on the shoulders of the elders that have gone before strengthens the whole community

Courage, taking small steps, every day in a direction that leads to a desired destination

Humility, the best stories (and songs) are shared.

Meriel Barber

Upcoming Classes

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

Dec 4th and 11th

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

Dec 5th and 12th

Snacks are provided

Lahal Sticks

**Miniature Hand
Drums**



Classes may not be presented in described order at the discretion of instructor **Please note: Dates are may shift depending on community needs.** We are offering fewer classes this month in order to respect holiday time for youth and families.

Food Recalls

Public Health Notice - **Little Qualicum Cheeseworks' Qualicum Spice Cheese** recalled due to *E. coli*

Recall date:	November 13, 2018
Reason for recall:	Microbiological – <i>E. coli</i>
Hazard classification:	Class I
Company / Firm:	Little Qualicum Cheeseworks
Distribution:	British Columbia
Extent of the distribution:	Retail



Recall details

The BC Centre for Disease Control (BCCDC) is alerting British Columbians to discard or return to the place of purchase any Little Qualicum Cheeseworks' Qualicum Spice cheese that they currently have at home. Products in the marketplace have a best before date up to and including April 24, 2019.

Five people in B.C. have been affected by an *E. coli* outbreak between August and October. Qualicum Spice cheese samples were tested and found to be contaminated with *E. coli*. The investigation is ongoing to determine the source and extent of contamination.

Qualicum Spice is an unpasteurized cheese. It is distributed throughout B.C. and sold in grocery stores, farmers' markets, wineries, restaurants and at the Little Qualicum Cheeseworks farmgate store. Little Qualicum Cheeseworks has voluntarily recalled the affected product. Little Qualicum Cheeseworks produces several other types of dairy products. No other products are being recalled at this time and consumers do not need to discard them.

People who become ill from *E. coli* can have a wide range of symptoms. Some may have no symptoms and some may become seriously ill and be hospitalized. The following symptoms can appear within one to ten days after infection:

- severe stomach cramps
- diarrhea or bloody diarrhea
- vomiting
- Headache
- little or no fever

If you have eaten this product but have no symptoms, there is no need to do anything. If you become ill after consuming this cheese:

- Practice good hand washing with warm water and soap to prevent the spread of illness
- Drink lots of clear fluids to stay hydrated
- Anyone who has bloody diarrhea or is concerned about their symptoms should see a health care provider or call HealthLinkBC at 811
- Antibiotics and anti-diarrhea medications should not be used to treat this infection unless prescribed by your health care provider

Food Recall Warning (Allergen) - **Ottogi brand Jin Ramen Spicy and Jin Ramen Mild** recalled due to undeclared egg

Recall date:	November 16, 2018
Reason for recall:	Allergen - Egg
Hazard classification:	Class I
Company / Firm:	Industry
Distribution:	Alberta, British Columbia , Possibly National
Extent of the distribution:	Retail



Recall details

Ottawa, November 16, 2018 - Industry is recalling Ottogi brand Jin Ramen Spicy from the marketplace because it contains egg and Ottogi brand Jin Ramen Mild because it may contain egg which is not declared on the label. People with an allergy to egg should not consume the recalled products described below.

Recalled Products				
Brand Name	Common Name	Size	Code(s) on Product	UPC
Ottogi	Jin Ramen Spicy	600 g (120 g x 5)	BEST BEFORE AUG.20.2019	Outer package: 6 45175 52015 3 Inner package: 6 45175 52012 2
Ottogi	Jin Ramen Mild	600 g (120 g x 5)	BEST BEFORE AUG.19.2019	Outer package: 6 45175 52014 6 Inner package: 6 45175 52011 5

Food Recall Warning (Allergen) - **Chukar brand Amaretto Rainiers Cherries** recalled due to undeclared milk

Recall date:	November 21, 2018
Reason for recall:	Allergen - Milk
Hazard classification:	--
Company / Firm:	Mission Hill Family Estate
Distribution:	British Columbia
Extent of the distribution:	Retail



Recall details

Ottawa, November 21, 2018 - Mission Hill Family Estate is recalling Chukar brand Amaretto Rainiers Cherries from the marketplace because they may contain milk which is not declared on the label. People with an allergy to milk should not consume the recalled product described below.

Recalled Products				
Brand Name	Common Name	Size	Code(s) on Product	UPC
Chukar	Amaretto Rainiers Cherries	7.5 oz	Best by 09/2019	0 11261 22307 7



Keto Instant Pot Crack Chicken

Prep time: 5 mins

Cook Time: 20 Mins

Total Time: 25 Mins

Serves: 8 Servings (Yields about 7 cups total)

Ingredients:

- 2 slices bacon, chopped
- 2 lbs (910 g) boneless, skinless chicken breasts
- 2 (8 oz/227 g) blocks cream cheese
- ½ cup (120 ml) water
- 2 tablespoons apple cider vinegar
- 1 tablespoon dried chives
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon dried dill
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup (2 oz/57 g) shredded cheddar
- 1 scallion, green and white parts, thinly sliced

Directions:

1. Turn pressure cooker on, press “Sauté”, and wait 2 minutes for the pot to heat up. Add the chopped bacon and cook until crispy. Transfer to a plate and set aside. Press “Cancel” to stop sautéing. (See Note.)
2. Add the chicken, cream cheese, water, vinegar, chives, garlic powder, onion powder, crushed red pepper flakes, dill, salt, and black pepper to the pot. Turn the pot on Manual, High Pressure for 15 minutes and then do a quick release.
3. Use tongs to transfer the chicken to a large plate, shred it with 2 forks, and return it back to the pot.
4. Stir in the cheddar cheese.
5. Top with the crispy bacon and scallion, and serve.

NOTE: We've tested this recipe upwards of 10 times and have never had the burn warning come on; however, several readers have had the warning come on, so we want to give a tip. In step 1 of the Instructions above, after removing the bacon from the pot, we recommend adding a splash of water, and use a wooden spoon to scrape up any brown bits that have formed on the bottom to deglaze the pan. After that, continue on with step 1 and press "Cancel" to stop sauteing.

How to Serve Keto Crack Chicken (And Keep it Keto-Friendly)

Here are a few of our favorite keto-friendly ways to serve Crack Chicken:

- On top of zucchini noodles
- On a bed of baby spinach
- Along with Cauliflower Rice
- As sliders, using our favorite keto cheddar biscuits (the biscuit recipe is in our Freezer-Friendly Family Dinner Recipes e-book)
- On Paleo Low Carb Sandwich Bread Rolls (Keto Buns)!

<https://theketoqueens.com/keto-crack-chicken-recipe/?cn-reloaded=1>

Peppermint- Marshmallow Bark



Prep Time: 10 Mins

Total Time: 4 Hrs & 20 Mins

Servings: 18 servings (35g) each

Ingredients:

- 2 pkg. (170 g each) Baker's White Chocolate, melted
- 1 pkg. (225 g) Baker's Semi-Sweet Chocolate, melted
- 1/2 cup Jet-Puffed Miniature Marshmallows
- 1/4 cup crushed hard peppermint candies

Directions:

1. Spread white chocolate into thin layer on parchment-covered baking sheet. Refrigerate 10 min.
2. Cover with semi-sweet chocolate; sprinkle with remaining ingredients.
3. Refrigerate 4 hours or until firm. Break into pieces or cut into shapes with cookie cutters.

How to Crush Peppermint Candies

It takes about 10 peppermint candies to make the 1/4 cup crushed candies needed to prepare this recipe. Place desired number of candies in resealable plastic bag. Close bag and crush candies with a rolling pin, mallet or hammer. Or, process in a food processor using pulsing action.

Substitute

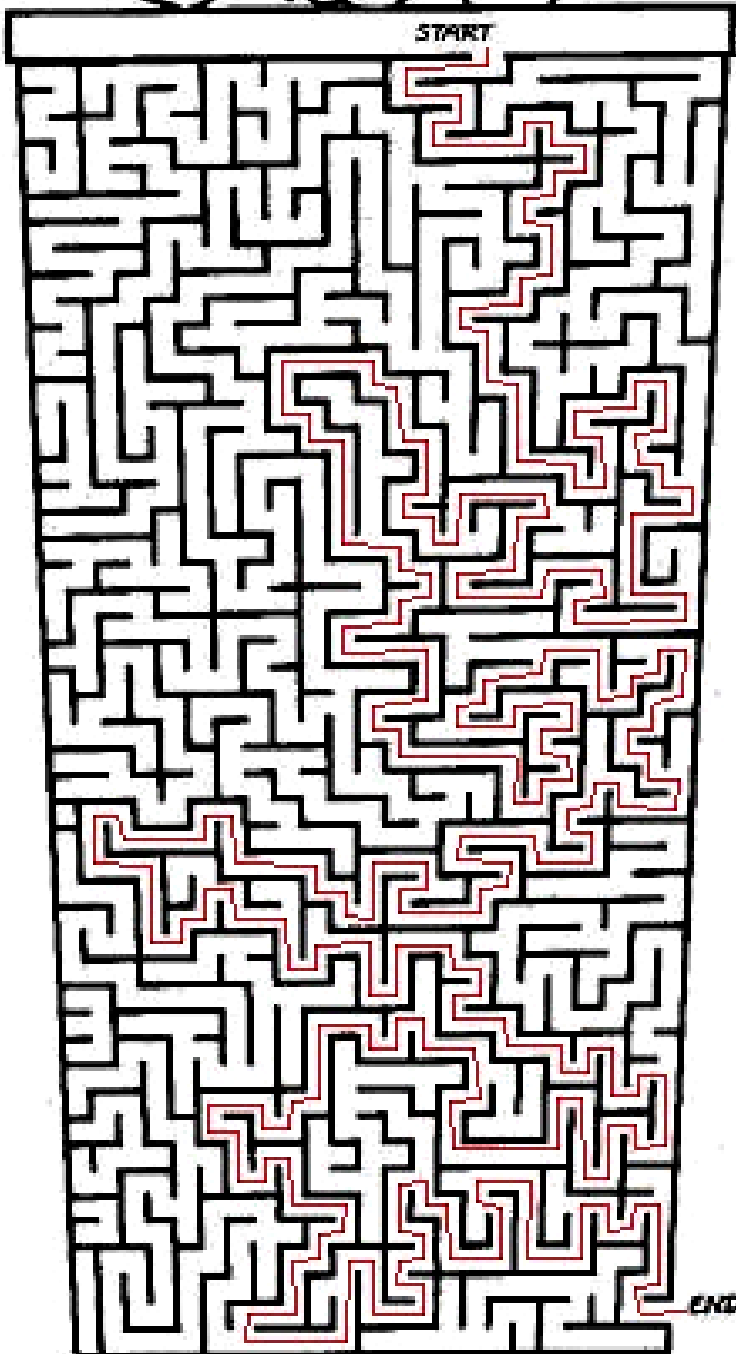
Prepare using crushed candy canes.

Storage Know-How

Store in airtight container at room temperature, or in refrigerator, for up to 3 weeks.

<http://www.kraftcanada.com/recipes/peppermint-marshmallow-bark-174454>

Answer Sheet



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

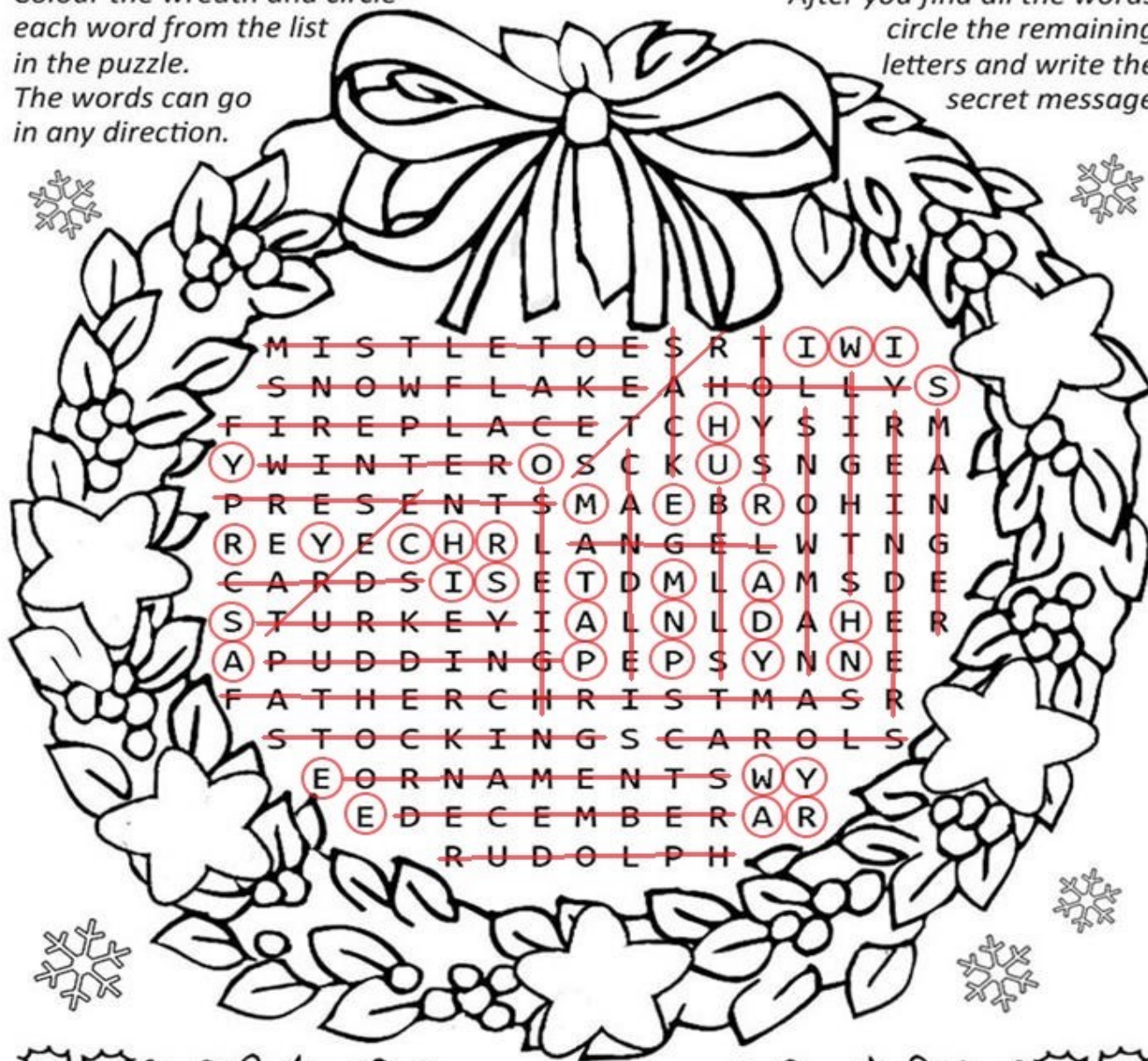
Help Santa find his way down the chimney to your Christmas Tree.



Christmas Word Search

Colour the wreath and circle each word from the list in the puzzle. The words can go in any direction.

After you find all the words circle the remaining letters and write the secret message.



Word List

- | | | | |
|------------------|-----------|-----------|----------|
| Angel | Fireplace | Reindeer | Pudding |
| Bells | Holly | Rudolph | Stocking |
| Candle | Lights | Sack | Toys |
| Cards | Manger | Sleigh | Tree |
| Carols | Mistletoe | Star | Turkey |
| December | Ornaments | Snowflake | Winter |
| Father Christmas | Presents | Snowman | |

The secret message is:

I W I S H Y O U A M E R R Y C H R I S T M A S
A N D A H A P P Y N E W Y E A R

Lorette Edzerza

Chairman

Director

Cooks Ferry Band

Appointed

Angela Phillips

Director

Siska Indian Band

Appointed

Florine Walkem

Director

Cooks Ferry Band

Appointed

Betsy Munro

Director

Siska Indian Band

Appointed

Andrea Elliott
Health Manager

Tina Draney
Finance and
Administrative Support

Jaycee Isaac
Receptionist,
Water Monitor

Erin Aleck
Community Health
Representative

Lisa Colwell, LPN, AFCN
Home & Community Care
Nurse

Jennifer Marinello, RN
Home & Community Care
Nurse

Jennifer Fields
Community Home Care Aid

Ashley Loring Earl
Community Home Care Aid

Fred Charlie
Transportation Support

Linda Peters
Transportation Support

Hazel Billy
Home Support Worker
Housekeeping
COHI Aide

COOKS FERRY

Box 188

3691 Deer Lane
Spence's Bridge, BC
V0K 2L0

Phone

(250) 458-2212

Fax

(250) 458-2213

Client Toll Free

1-866-458-2212

Email

jaycee.isaac@hhssbc.ca
reception@hhssbc.ca

SISKA

163 Loop Road

Phone

(250)455-6601

Fax

(250) 455-6608

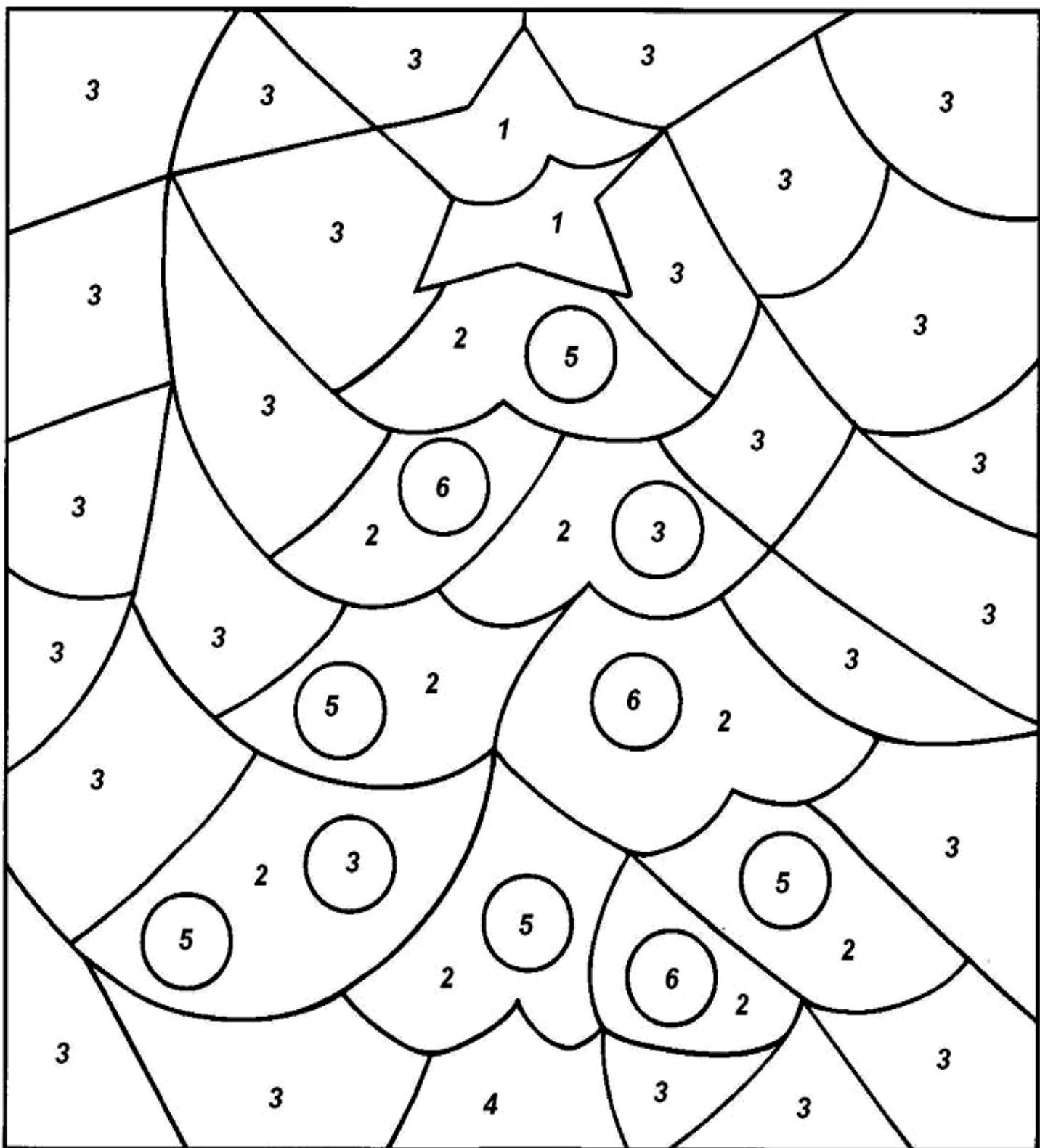
Client Toll Free

1-844-255-6601





Merry Christmas



1 - Yellow

2 - Green

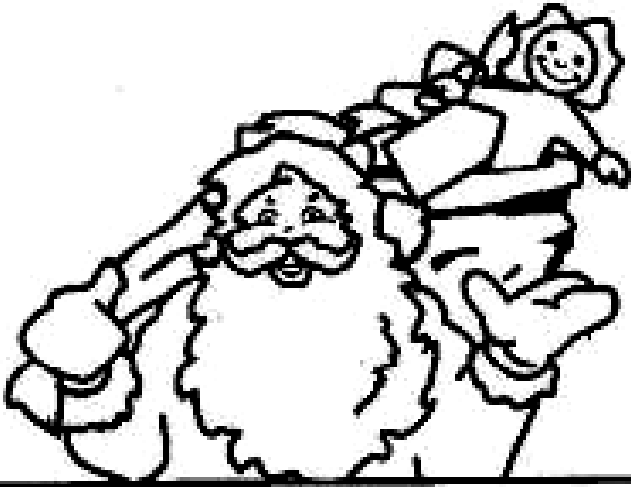
3 - Blue

4 - Brown

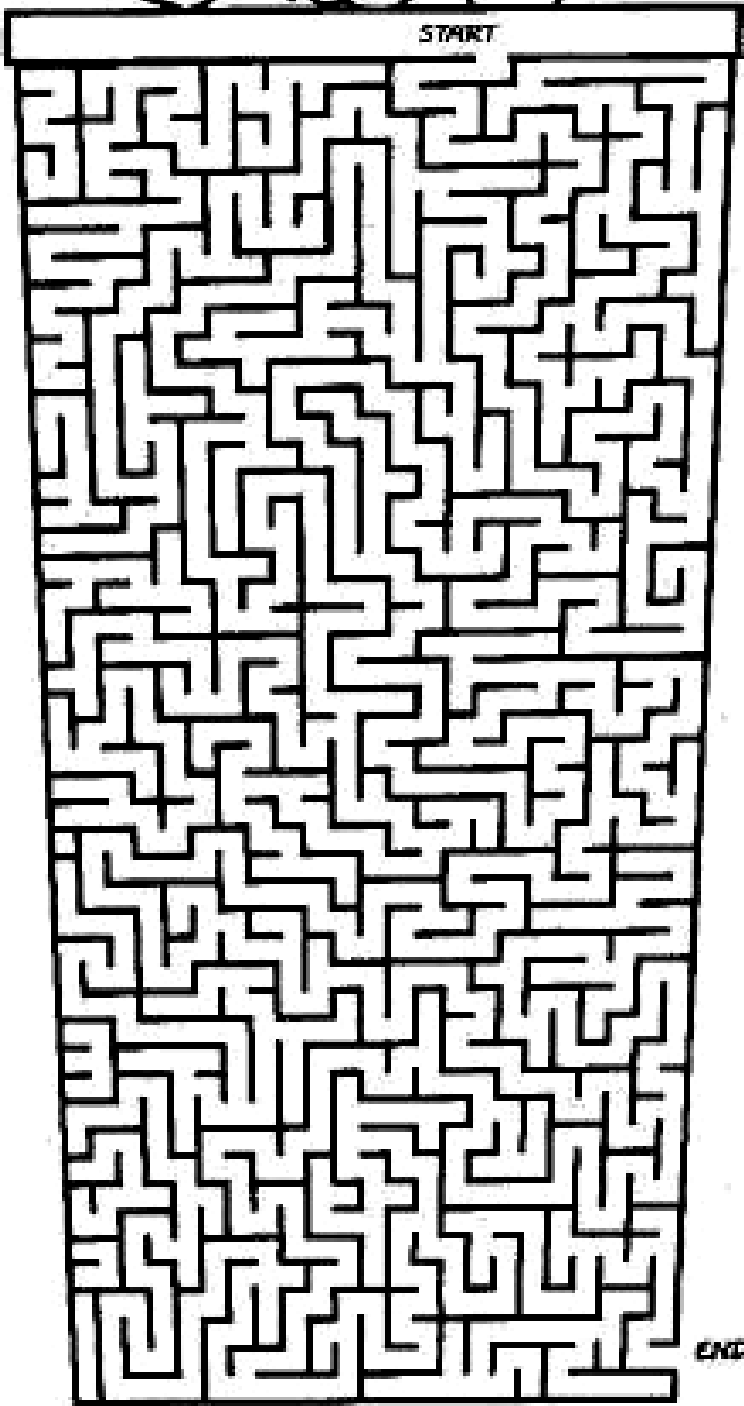
5 - Red

6 - Orange

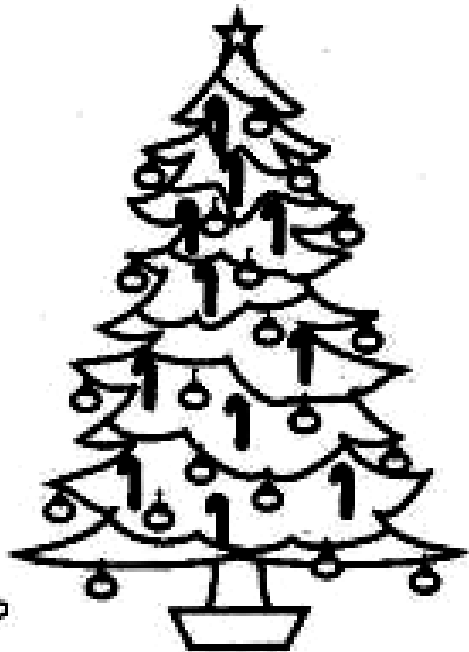




4			8	5		3		1
	1			4	9	2		
9				2		6	7	
5		1		6		7	8	
2			9					3
			5					2
1	9		6		2	4		7
8		3	1		5			
6		7	4		3	8		



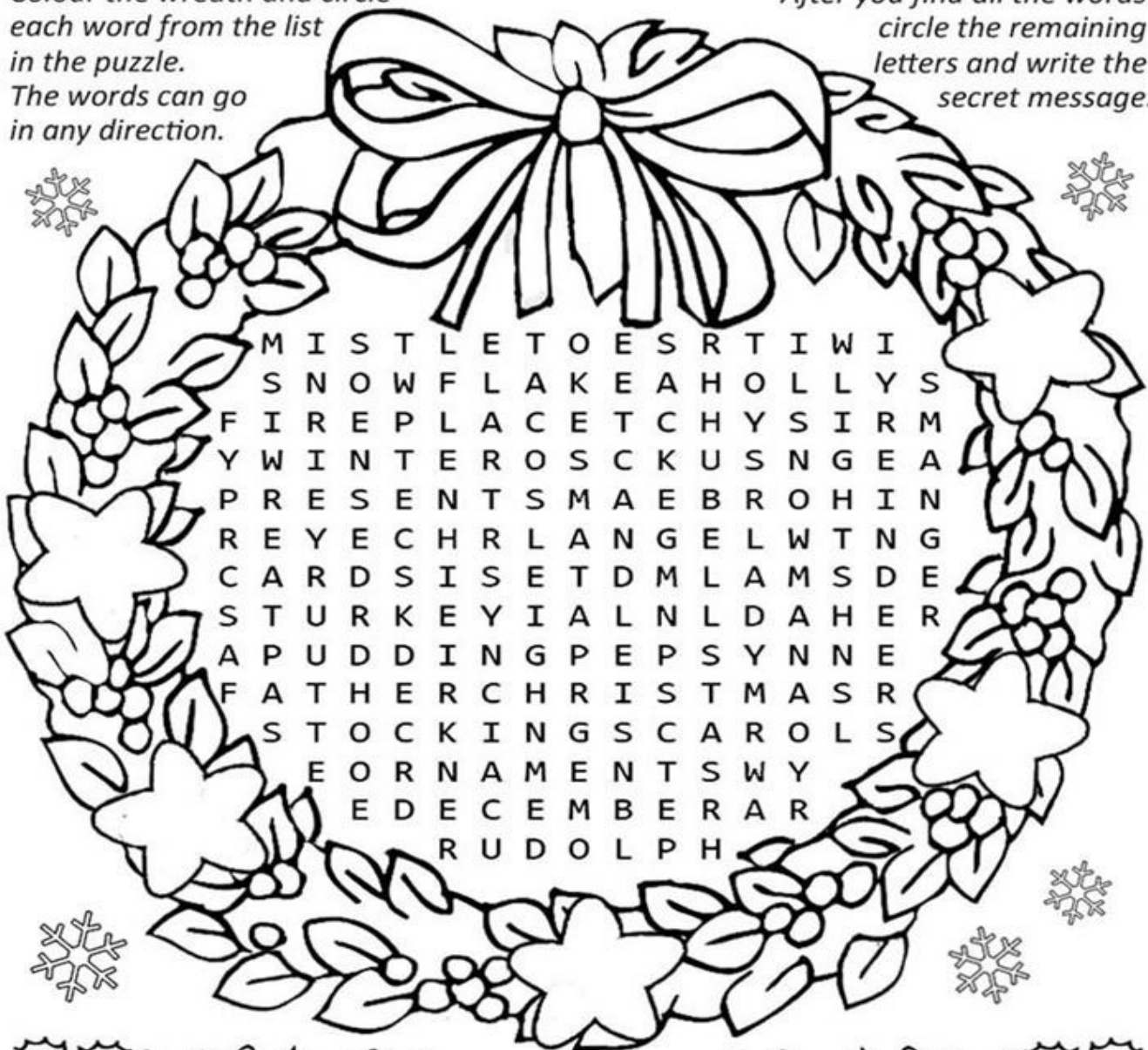
Help Santa find his way down the chimney to your Christmas Tree.



Christmas Word Search

Colour the wreath and circle each word from the list in the puzzle. The words can go in any direction.

After you find all the words circle the remaining letters and write the secret message.



- Word List**
- | | | | |
|------------------|-----------|-----------|----------|
| Angel | Fireplace | Reindeer | Pudding |
| Bells | Holly | Rudolph | Stocking |
| Candle | Lights | Sack | Toys |
| Cards | Manger | Sleigh | Tree |
| Carols | Mistletoe | Star | Turkey |
| December | Ornaments | Snowflake | Winter |
| Father Christmas | Presents | Snowman | |
- The secret message is:**

----- A -----

----- A -----