

March 2019

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. 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.

"Take Care Of Yourself"



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@hssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

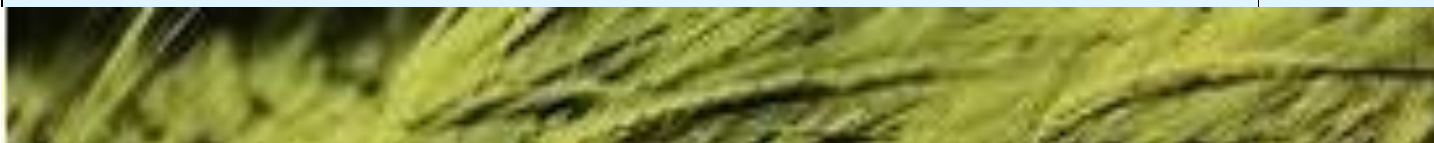
Client Toll Free: 1-844-255-6601

Email: jaycee.isaac@hssbc.ca

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

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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 dieticians, 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.

NLAKA'PAMUX HEALTH SERVICES

MENTAL HEALTH and WELLNESS Community Engagements

WANT YOUR VOICE HEARD?

We are looking for your input for future
Mental Health and Wellness Planning.

AGENDA

5:00PM - 8:00PM

- * Welcome and Prayer
- * Dinner
- * Open discussion on current Mental Health Services
- * Questions and Interactive Discussion
- * Closing
- * Door Prizes

Sponsored By:



Siska

Siska Band Hall
Wednesday, March 13th, 2019
5:00pm - 8:00pm

Cooks Ferry

Chief Whitsemnista Complex
Thursday, March 14th, 2019
5:00pm - 8:00pm

For more information contact:
Nlaka'pamux Health Services at:
250 378-9772



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

Call Hesk'w'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 Hesk'w'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 for both Siska and Cooks Ferry members, please call the Hesk'w'en'scutxe Health Services office for a referral, or if you prefer, you can call him directly.



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 Society

Invitation to

Siska and Cooks Ferry Community members:

Pool Passes available to both on and off reserve registered band members and their families.
Call Lisa or Jen to be added to the list.
Transportation not included



**Heskw'en'scutxe
Health Services Society**

Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213



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 process 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



Be a part of
growing our
program to
improve food
choices

HESKW'EN'SCUTXE HOME CARE MEALS PROGRAM

CALL FOR PROPOSAL

Heskw'en'scutxe is looking to improve the food delivered on reserve to our elders in the Home Care Program and is seeking bid proposals for an ongoing annual contract

Offers will be considered & priority given to community members able to maintain Food Safe certificate with proven experience providing catering services

Please send proposal and quotes to: Admin@hssbc.ca

By April 1, 2019

- Coordinate meal plans per dietician & Heskw'en'scutxe staff supporting client needs
- Cook/package meals as ordered – (Heskw'en'scutxe to provide packaging)
- Use of the Cooks Ferry kitchen will be required to assure the use of certified food safe kitchen facility
- Contractor to maintain their own equipment & purchase supplies to be included in the quote
- Prepare some fresh, some frozen meals 1 to 2 weeks at a time, serving 3 to 5 clients, 1 to 2 meals/daily
- In your bid, please account for program growth; with success, the number of meals will increase
- Prepared meals to be deliver to the Health Office for distribution by our staff
- Quote prices per meal or single serving items, include a variety of options. Example: single serving salad, soup or entre vs a whole tray meal that includes multiple items
- Quote alternative prices in the event Heskw'en'scutxe can provide traditional meat for meals

****Bids for consideration will be called for an interview****



Siska Hall, March 7, 2019 5:00 to 8:00

Cooks Ferry, March 12, 2019 5:00 to 8:00

Movie: The Magic Pill

The Magic Pill, a 2017 documentary narrated and produced by Evans, advocates for "the paleo way" of living. It follows people suffering different chronic illnesses who adopt a high-fat, low-carb diet and are shown to drastically reduce their symptoms.

The film explains that the plague of chronic disease and poor health affecting the Yolngu people (and other Indigenous communities in Australia) is a result of a modern, western-style diet.

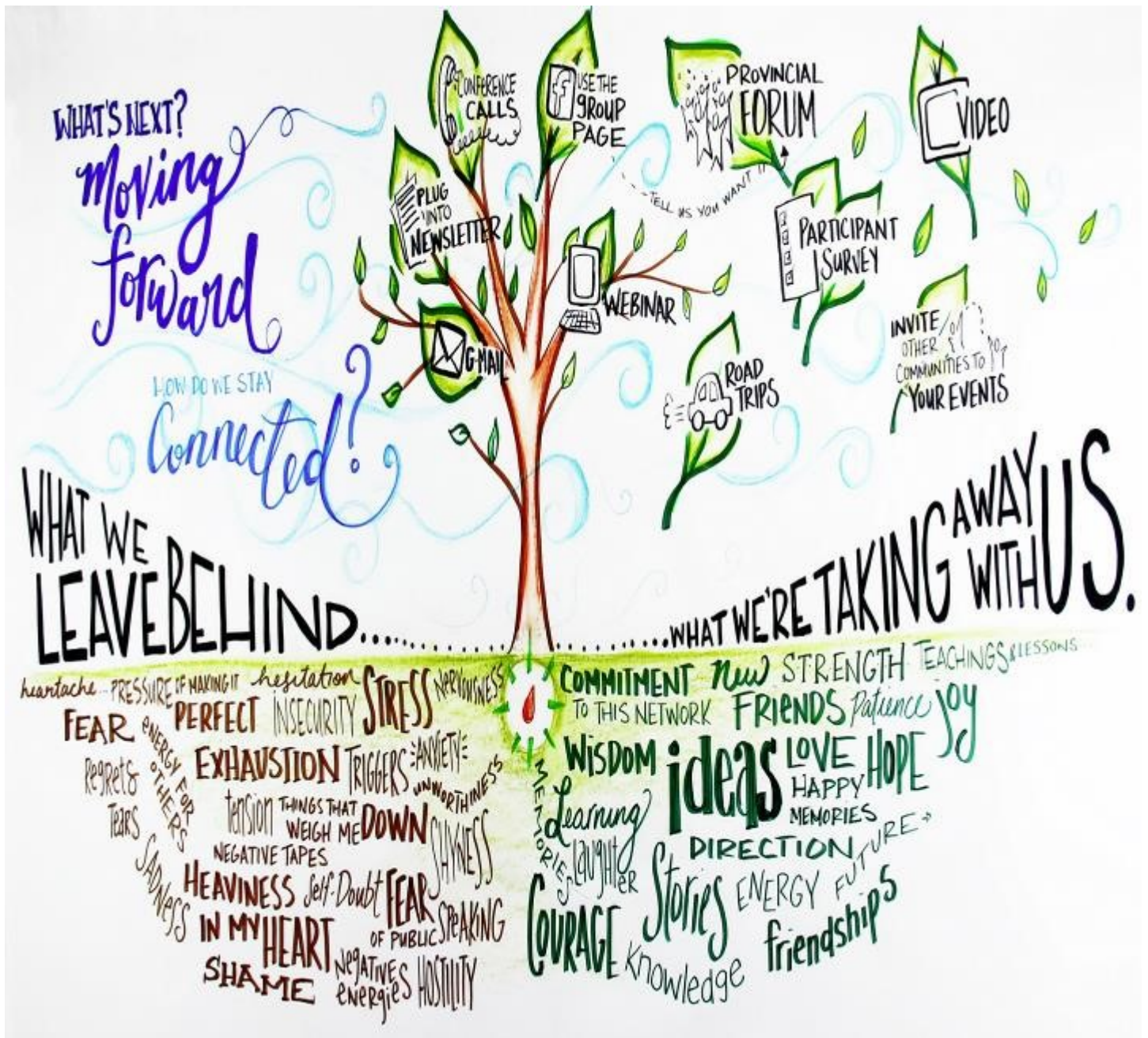
"Nutritional therapist" Nora Gedgudas, who works closely with Evans highlights how the introduction of agriculture about 10,000 years ago has led us to "suddenly eating a carbohydrate-based diet".

The philosophy behind the paleo diet presents the idea that our bodies have not evolved to cope with our modern diet, so we must eat the way our hunter-gatherer paleolithic ancestors ate more than 10,000 years ago. This means focusing on fresh vegetables, fruit, lean meat and healthy fats, and excluding highly processed foods — and more controversially — legumes, dairy and grain products.

Amanda Lee, a nutrition and public health expert from The Sax Institute says the paleo diet's exclusion of key food groups — namely grains, legumes, and dairy — is not supported by modern nutrition science. "The most important thing is that we eat a variety of healthy foods, and that we have adequate intake of protective foods,"

Excerpts from: www.abc.net.au/news/health/2018-06-21/pete-evans-diet-doco-magic-pill-health-claims-evaluated/9891470

With more and more people in the community turning to a ketogenic diet, such as describe in this film, more information and discussion is needed. This film is offered as a point of discussion and is not intended as an endorsement for adopting this method of eating and is presented as information only. Consultation with a nutritionist and or your physician is recommended before making any extreme changes to your diet.



Corrina Keeling
 Visual Facilitator

An Invitation to a Community Dinner
and Community Health Planning
Featuring Visual Facilitator

Corrina Keeling

Cooks Ferry, March 27, 2019
5:00 to 8:00 pm

Good Food, Door Prizes and Fun
Please bring your ideas and enthusiasm

Presented by
Heskw'en'scutxe Health Services Society
Board of Directors & Health Planning Committee



THERAPEUTIC MASSAGE

MARCH 2019

Cooks Ferry March 5th / Siska March 6th

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: Monday 5:15pm & Friday 11:00pm

COOKS FERRY: Wednesday 5:15pm

All are welcome! Please join us!

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

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

FOOT CARE NURSING

Lisa is providing advanced foot care.

Please call to book appointments.

Cooks Ferry - Phone: 250-458-2212

Toll Free: 1-866-458-2212

Siska Office - Phone: 250-455-6601

Toll Free: 1-844-255-6601

REFLEXOLOGY

March 6th & 20th

Cooks Ferry

March 5th & 19th

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.



COHI Services

Monday March 11th

Siska 9:00

Stine Valley School 10:00

Cooks Ferry: 2:30 to 4:30

Children's Oral Health Initiative (COHI)

Does Your Child Need Fluoride Varnish?

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



Low Risk = 2 fluoride varnishes per year.

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



High Risk = 4 fluoride varnishes per year

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



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

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

What is Fluoride?

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



*Hazel Billy
COHI Aide*

CHILDREN'S ORAL HEALTH INITIATIVE (COHI)

Call Hazel for questions
and or schedule an
appointment.

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.

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Afterschool Art in March



Marching on, during this month we will be exploring myths and stories and creating art to honor Coyote the Trickster, Learning how to create board games as well as looking at a special African game called Mankala and how to play it.



There are many forms of art around the world, Chinese calligraphy and brush strokes will be introduced ,the disciplined strokes of the Sumi brush and learning how to do bamboo shapes on rice paper will take place in March

Artists draw on many sources for inspiration and our real life experiences have a profound impact on the way we use our materials in the mark making process. Our words and stories and the images that we create in relation to what we learn are all an important part of describing our world as we know it to be. Some of the best writers are also artists.

Working alone or with others when we spend time creating art we are supporting mental health and wellness. Come and spend time doing creative things with art each week while we look forward to the arrival of spring.

Meriel.

Upcoming Classes

Kids Art takes place every

**Monday at Siska HHSS
office 3:30-5pm**

March 4th, 11th, 25th

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

March 5th, 12th, and 26th

Snacks are provided

**Coyote the Trickster,
stories and art, watercolor
painting**

The Art of Games

Chinese Brush Work



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

Please note: Dates are may shift depending on community needs.
Please watch for FB reminders and updates

March

2019

Heskw'en'scutxe Health Services



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CF = Cooks Ferry SB = Siska Band ASA = After School Art					1 Siska Shopping	2 Fishing Derby
3	4 Beading in Cooks Ferry ASA SB 3:30-5 pm	5 Massage CF Reflexology SB ASA CF 4-5:30 pm	6 Massage SB Reflexology CF	7 Movie Night Siska Hall 5:00 - 8:00	8 Closed for Staff Meeting	9
10 COHI ASA SB 3:30-5 pm	11	12 MH Community Engagement Siska 5-8 Movie Night Cooks Ferry 5:00 - 8:00 ASA CF 4-5:30 pm	13 MH Community Engagement Cooks Ferry 5-8	14	15	16
Erin Away						
17	18	19 Reflexology CF	20 Reflexology SB	21	22	23
Linda Away						
24	25 ASA SB 3:30-5 pm	26 ASA CF 4-5:30 pm	27 Cooks Ferry Shopping Community Health Planning Dinner Cooks Ferry 5:00-8	28	29	30
31						

HHSS Board

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

HHSS Staff

Andrea Elliott

Health Manager

Tina Draney

Finance and
Administrative Support

Siska Receptionist,

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
Water Monitor

HHSS Offices

COOKS FERRY

Box 188

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Spence's Bridge, BC

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