

Tuesday
JUNE 18, 2019 |
10 A.M.- 2 P.M.



Cook's Ferry - 3691 Deer Lane,
Spences Bridge, BC

Sponsored by HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

MEN'S WELLNESS DAY

OPEN TO ALL
MEN FROM
COOK'S FERRY
& SISKA
COMMUNITY

- ❖ Reflexology
- ❖ Chair Massages
- ❖ Haircuts
- ❖ Blood sugar & Blood pressure testing
- ❖ On Site Dietician
- ❖ Indian Taco Lunch

For more information on any activities taking place this month or to make ride arrangements please contact:

Cooks Ferry - 250.458.2212 or
1.866.458.2212

Siska - 250.455.6601 or
1.844.255.6601

AMAZING DOOR PRIZES

INCLUDING ONE

**\$500 GIFT CARD
FROM CABELA'S!!!**

& many more prizes!



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

June 2019

Elders Focus Group meeting

A first Elder's Focus Group meeting took place on April 25, 2019 in Cook's Ferry. There was a nice turn out from both communities and several good discussions. We will inform you soon as to what will happen next. Kukchem for attending. Your input is important and appreciated.



The Society has a new set of wheels!

The Board of Directors approved the purchase of another vehicle for medical travel. It is a Toyota Prius Hybrid proven to be good on mileage and reducing our carbon foot print. The Society has a total of six vehicles to serve both communities.



Cook's Ferry Earth Day Celebration! We had a great day down at Kumsheen on April 23. The recycling workshop was well attended and Andrew from TNRD was able to answer all our questions. We now have a fence (thank you to Lyle, Daniel & Rhonda) around the station to prevent any cross-contamination. Artist Meriel Barber painted with the young and not so young ;) beautiful Nlaka'pamux symbols. Our next

project is to have Meriel and the youth embellish the fence with more cultural appropriate designs. Share your ideas with us if you like!

When is the recycling station open?

Rhonda Billy is our Composting and Recycling Ambassador. She will open the station on Wednesdays from 9 am to 5 pm. If you would like to see other days/times, please let Rhonda know. Remember to rinse all containers before sorting them out. Rhonda will be there to assist and answer questions. Please note that both Siska and Lower Nicola Bands are interested in implementing recycling on their reserves as well. Keep up the good work everybody! I would like to congratulate elders Isaac Wilson and Rena Adams for working with Homemaker Hazel Billy in participating in our recycling program. You are stars! Don't forget to compost, pick up some composted soil and enjoy the lasagna garden down at the Arbor. Lots of mint down there and beautiful flowers attracting the bees!



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: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road
 Phone: (250) 455-6601
 Fax: (250) 455-6608
 Client Toll Free: 1-844-255-6601
 Email: corynn.revely@hhssbc.ca

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

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Catering Bid Men Wellness Day

**TUESDAY JUNE 18, 2019 LUNCH TO BE SERVED
AT NOON FOR 50 PEOPLE
CHIEF WHITSEMNITSA COMPLEX**

**Caterer is to provide an Indian
Taco Menu with a healthy dessert,
coffee, tea and water**

- *DIABETIC FRIENDLY
- *PROVIDE PAPER PLATES & CUPS
(NO STYROFOAM)
- *HOLDS A VALID FOOD SAFE
CERTIFICATE
- *COMPOST, RECYCLE AND CLEAN
UP AFTER THE MEAL

**SUBMIT CATERING BIDS TO
NADINE.METHOT@HHSSBC.CA
DEADLINE: MAY 24, 2019**

**Aiming to be a zero
waste facility, visitors
can bring their own
reusable plates,
cups and utensils.**

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

VALUE 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.

"Take Care Of Yourself"



HHSS Board	HHSS Staff	HHSS Offices
<p>Lorette Edzerza Chairman</p> <p>Director</p> <p>Cooks Ferry Band</p> <p>Appointed</p>	<p>Andrea Elliott Health Manager</p> <p>Tina Draney Finance and Administrative Support</p> <p>Corynn Revely Siska Receptionist</p> <p>Nadine Methot Cook's Ferry Administrative Assistant</p> <p>To be appointed Community Health Representative</p> <p>Lisa Colwell, LPN, AFCN Home & Community Care Nurse</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>Fred Charlie Transportation Support</p> <p>Linda Peters Transportation Support</p> <p>Hazel Billy Home Support Worker Housekeeping COHI Aide Water Monitor</p>	<p>COOKS FERRY</p> <p>Box 188</p> <p>3691 Deer Lane</p> <p>Spence's Bridge, BC</p> <p>V0K 2L0</p> <p>Phone</p> <p>(250) 458-2212</p> <p>Fax</p> <p>(250) 458-2213</p> <p>Client Toll Free</p> <p>1-866-458-2212</p> <p>Email</p> <p>nadine.methot@hssbc.ca</p> <p>SISKA</p> <p>163 Loop Road</p> <p>Phone</p> <p>(250)455-6601</p> <p>Fax</p> <p>(250) 455-6608</p> <p>Client Toll Free</p> <p>1-844-255-6601</p> <p>Email</p> <p>corynn.revely@hssbc.ca</p>
<p>Angela Phillips</p> <p>Director</p> <p>Siska Indian Band</p> <p>Appointed</p>		
<p>Florine Walkem</p> <p>Director</p> <p>Cooks Ferry Band</p> <p>Appointed</p>		
<p>Sam Gush</p> <p>Director</p> <p>Siska Indian Band</p> <p>Appointed</p>		

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.

HHSS Silent Auction!



Opening Bid: May 10th, 12AM Closing Bid: May 30th, 12PM

Items for Bid: (Items shown above)

One Keurig Coffee Maker, One Danby Microwave, One Weight Scale (*similar to pic)*

- All bids must have your name, phone number, band affiliation, the description of the item you are bidding on and the \$ amount.
- For email entries, add subject: "Heskw'en'scutxe Silent Auction Bid"
- **Incorrect or Incomplete bids will be discarded**
- Separate bids slips must be submitted for each item you are bidding (For example: if you are bidding on both couches, submit two separate bidding slips)

Send Bids to: nadine.methot@hhssbc.ca or use the form to fax or hand deliver it to the office between May 10th to May 30th

Heskw'en'scutxe Spring Cleaning Silent Auction Bid Form:

Name: _____ Phone: _____

Band Affiliation: Cooks Ferry; Siska (please check one)

Item: _____ Bid Amount: _____

NOTE: Bids received prior to midnight May 10th & after midnight May 30th will not be accepted.



Submit Each Bid as a
Separate Entry

Starting Bid on Items
Keurig Coffee Maker:
\$10

Danby Microwave:
\$10

Weight Scale: \$50

All Items are final
sales, no returns

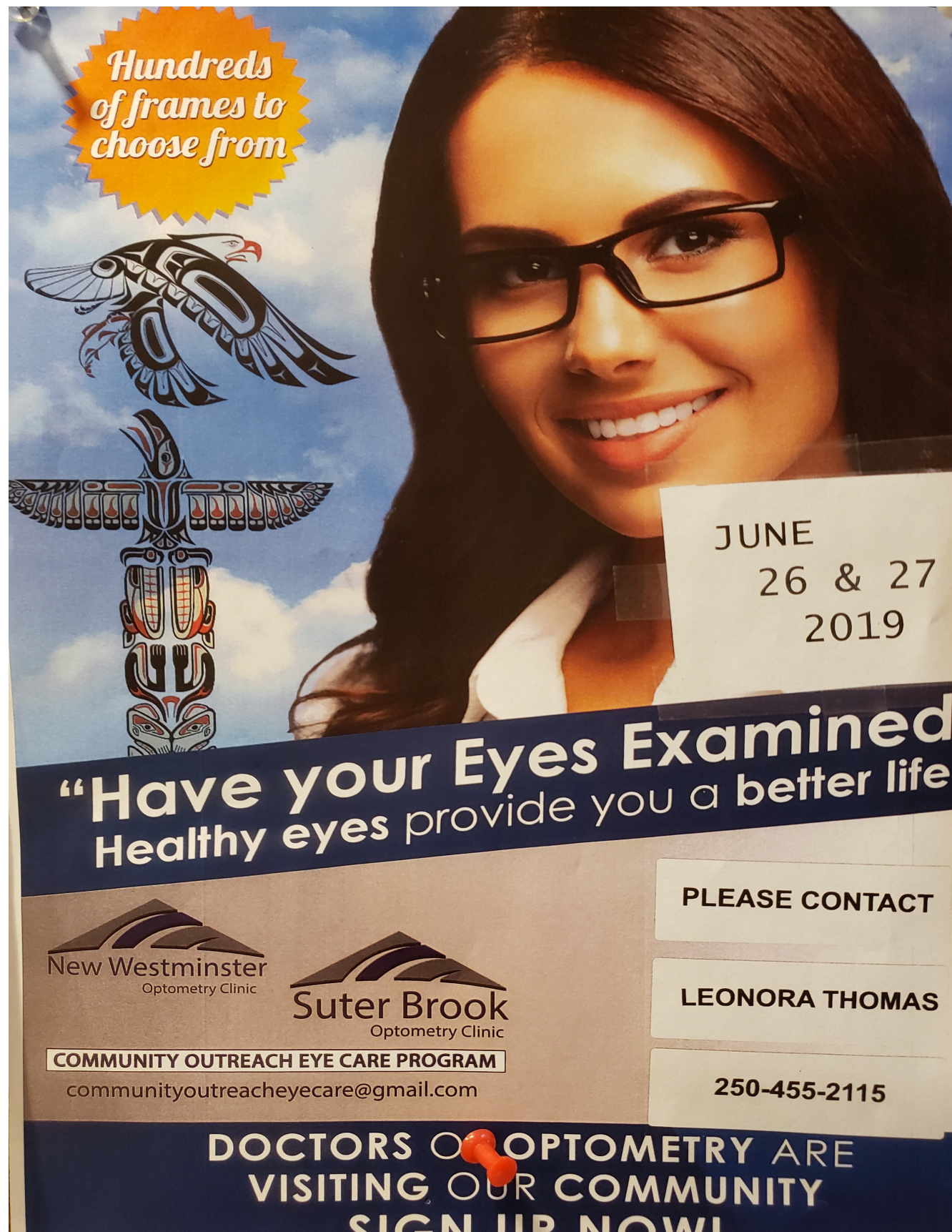
Kukchem and happy
bidding!

Cook's Ferry
250.458.2212
FAX: 250.458.2213

Siska: 250.455.6601
FAX: 250.455.6608

Need a ride to Lytton to have your eyes examined on June 27?
Please call Corynn 250.455.6601 or Nadine 250.458.2212

Hundreds of frames to choose from



JUNE
26 & 27
2019

**“Have your Eyes Examined
Healthy eyes provide you a better life**

PLEASE CONTACT

LEONORA THOMAS

250-455-2115

New Westminster
Optometry Clinic

Suter Brook
Optometry Clinic

COMMUNITY OUTREACH EYE CARE PROGRAM
communityoutreacheyecare@gmail.com

**DOCTORS OF OPTOMETRY ARE
VISITING OUR COMMUNITY
SIGN UP NOW!**



UPDATE
CONTACT INFORMATION

Heskw'en'scutxe Health Services Society would like to share with Cooks Ferry and Siska Bands information on First Nation Health Programs offered for members living on and off reserve via our newsletter.

Your Contact Information is needed to do so:

Please check your preferred method of contact; (one or more)

- I would like to receive the newsletter by email;
- I would like to receive the newsletter by mail;
- On reserve, continue hand delivery to my home.

Please fill out this form & send to nadine.methot@hhssbc.ca or fax: 250 458-2213 or turn in at either health office.

Name: _____ Siska; Cooks Ferry

Address: _____ Town: _____

Phone: _____ Postal Code: _____

Email: _____

Note: Personal information provided will be used to identify you for the purpose of accessing the Heskw'en'scutxe Health Portal / Website and email delivery of our monthly newsletter. Personal information will be kept in accordance with our privacy policy and will not be used, sold or given access to anyone for any other purpose. Completion of this forms implies permission allowing HHSS to keep record of personal information for the purpose of distribution of the HHSS newsletter. A copy of the privacy policy is available at the health office, will be available on the website and included with the electronic newsletter.



**NEW WEBSITE
COMING SOON:**

**INCLUDING A HEALTH
PORTAL TO SUBMIT
TRAVEL FORMS ONLINE
AND MORE!**

**WITH ACCESS TO
“HOW TO” PAPERS
AND FORMS FOR
HEALTH SERVICES
FOR BOTH ON AND
OFF RESERVE
MEMBERS**

**SHARE IDEAS FOR
HEALTH WELLNESS
ACTIVITIES**

Cooks Ferry Location:

3691 Deer Lane, Spences Bridge
BC, V0K 2L0

Tel: 250 458.2212 / 866.458.2212

Siska Location:

163 Loop Road, Siska,
BC V0K 1Z0

Tel: 250 455.6601 / 844 255.6601

“Take Care of Yourself”

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.

Cooks Ferry - Phone: 250-458-2212 Toll Free: 1-866-458-2212

Siska Office - Phone: 250-455-6601 Toll Free: 1-844-255-6601

<u>Important Dates</u>	<u>Mark your calendars!</u>
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Women Wellness Day Siska Fall, 2019

Date to be confirmed...



Reflexology with Heidi McCall



June 4 & 17 June 5 & 19
Cooks Ferry Siska

- | | | |
|---------------------------------|--|-------------------------------|
| 1. Helps Control Blood Pressure | 5. Helps Promote Sleep | 10. Useful For Depression |
| 2. Improves Nerve Sensitivity | 6. Improves Liver Function | 11. Chronic Sinusitis |
| 3. Improves Energy Levels | 7. Treatment For Migraines And Headaches | 12. Helps Reduce Swollen Feet |
| 4. Improves Blood Circulation | 8. Speeds Up The Healing Of Wounds | 13. Reduces Symptoms Of PMS |
| | 9. Treatment Of Arthritis | |



Therapeutic Massage with Kathryn Young

Cooks Ferry June 11 / Siska June 12

Note: If you cannot make it to your appointment, please do not send a replacement. Contact the office and we will call the next person on our waiting list. We thank you for your understanding.

NOTE: We are asking everyone, not to book a massage if they have already received one in the previous month, This way everyone gets an opportunity to get a massage. Please note that no shows to appointments will be put at the bottom of the call back list.

National Indigenous Peoples Day



Heskw'en'scutxe Health Services Society will be joining in the Lytton Aboriginal Day Parade on Friday June 21. Our offices will be closed on that day. We hope to see many of you in Lytton!

JUNE 21

How will you celebrate?

Our offices will be closed on Monday June 24 in lieu of June 21, 2019. Office hours will resume on Tuesday June 22 from 8:30 am to 4:30 pm

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 Nadine 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



Community Health Planning Committee

Member Needed—Cooks Ferry

Purpose:

The purpose of the Heskw'en'scutxe Health Services Society's Community Health Plan Committee is provide oversight of the development of a ten year Community Health Plan for health services provided to Cook's Ferry and Siska Indian Bands.

Goals:

It will be the responsibility of the Heskw'en'scutxe Health Services Society's Community Health Plan Committee, hereafter referred to CHPC, to provide input into the service planning which will guide, contribute and evaluate the services and programs defined by the CHPC. Including:

- Development of health planning processes that foster efficient and open communications;
- Work proactively, purposefully and in collaboration to identify and act on health priorities for the mutual benefit of clients and community members;
- Engage in ongoing efforts to refine and improve CHP definition of services and that support the delivery of program services; and
- Invest strategically to promote and support stable, accountable and effective service delivery to clients.

Membership and Roles:

Members will include the HHSS Health Manager and four members from each community representing Cook's Ferry and Siska Indian Band, comprised of both Board Directors and community members.

Members selected to represent their community and the ratio between board members to community members, shall be determined by the two Board of Directors representing respective communities.

CHPC usually meets once, sometimes twice a month. Members have basic understanding of band governance and can represent everyone's interests in the community, without bias. A basic honoraria is provided to compensate for time and travel.

If you are interested in serving on the CHPC representing Cook Ferry, please contact Heskw'en'scutxe Health Services at 250 458-2212 or contact the Cooks Ferry Band directly at: 250 458-2224

Posted until filled, please apply ASAP

Teens and teeth hygiene

Eating healthy foods helps keep your teeth and body healthy. Don't eat or drink too many sweets. If you have something sweet, try to eat

or drink it with a meal to limit the exposure time to your teeth. That's because certain foods can put you at risk for cavities and other oral health problems? Here are some tips.

What to Eat:

According to [MyPlate](#), a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced diet should include:

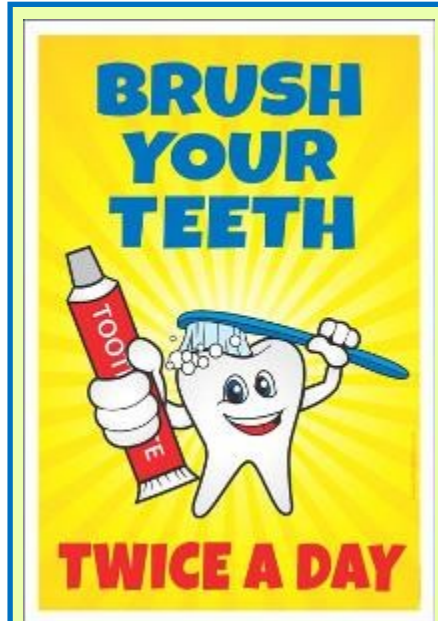
- **Fruits and vegetables.** Combined these should be half of what you eat every day.
- **Grains.** Make sure at least half of the grains you eat are whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods.
- **Lean proteins.** Make lean protein choices, such as lean beef, skinless poultry and fish. Try and vary your protein choices to include eggs, beans, peas and legumes, too.

Snacking tips:

- Snacking is hard to resist but you can do your mouth a favor by watching the amount of soda, juice or other sweetened beverages you drink.
- If you want a snack, try and choose something like fruit, low-fat cheese, yogurt or raw vegetables.

If you have braces:

Good oral hygiene is especially important for people wearing braces. Your dentist may recommend avoiding certain foods that could interfere with braces or accidentally bend the wires. These foods may include nuts, popcorn, hard candy, ice and sticky foods like chewing gum, caramel or other chewy candy.



COHI Dates are not available at the time of printing this newsletter.

Check out our HHSS Facebook page for June dates. Hazel will also be in touch with families involved in this program.



NEXT DELIVERY DATE FOR FOOD BAGS IS JUNE 20, 2019

Food bags will be delivered again in October 2019.

Happy Gardening & Happy Summer!

Afterschool Art in June



The end of school year is fast approaching and this year has been full of fun art sessions and lots of hands on learning in our enrichment program. Afterschool art sessions will only take place during the first two weeks in June to allow students to focus on end of year activities and school field trips.

Students who have taken advantage of the opportunity to attend often go home with new skills. Our program also allows for a bit of social time for our younger community members in a safe place. Many thanks to those who have provided great spaces for creative things to happen. Our healthy snacks are always a hit and disappear quickly.

HHSS goes the extra mile when needed by providing transportation for this weekly event for the youth and takes the stress off of parents who might have other responsibilities that could prevent inclusion for some students. This has been very much appreciated by yours truly.

It's been a great year. Looking forward to many more interactions with youth and other community members in Cooks Ferry and Siska. Thank you for allowing me to be a good part of your communities. Meriel Barber

Upcoming Classes

Kids Art takes place this month the first two weeks only.

June 3rd, 4th, 10th, and 11th

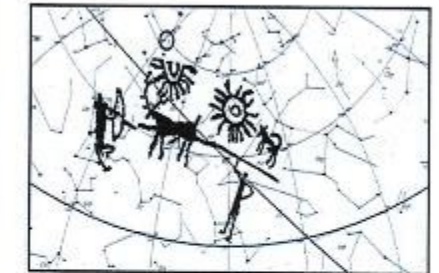
Mondays at Siska HHSS office 3:30-5pm

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

Snacks are provided

Art Journals

Acrylic Painting – Art as Medicine



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

Please note: Dates are may shift depending on community and student needs. **Please watch for FB reminders and updates and emails or texts. Thanks**

Nasal Naloxone (Narcan)

Now Available at no cost to BC First Nations

Effective April 1, 2018 Nasal Naloxone is available to First Nations Health Authority clients.

Adding Nasal Naloxone as a drug benefit is intended to save lives. We encourage those at risk of an opioid overdose and people close to them to have naloxone and the training to use it.

QUICK FACTS ABOUT ACCESSING NASAL NALOXONE FOR YOURSELF AND YOUR LOVED ONES:

What is Nasal Naloxone (Narcan)? How do I use it?

- Nasal Naloxone is the same chemical as injection Naloxone; the only difference is the delivery method.
- Nasal Naloxone is easy to administer.
- Learn how to use Nasal Naloxone from your pharmacist.

At the Pharmacy Counter:

- To access Nasal Naloxone, First Nations in BC may request it directly from the pharmacy. It does not require a prescription from a doctor or nurse practitioner. You will need your Status number and Personal Health Number.
- Pharmacy claims for Nasal Naloxone will be processed through the NIHB program and not Plan W (PharmaCare).
- If your claim is rejected, ask your pharmacist to try again:
 - Option 1: (preferred) - billing to NIHB
 - Option 2: using NIHB
- *You can pick up Nasal Naloxone for yourself, a friend or a loved one.* The client requesting Naloxone does not have to specify who it is for. However, it will be billed to the FNHB program under the name of the client requesting it.

PLEASE NOTE:

Because Nasal Naloxone is newly listed, some pharmacies may not have inventory and we encourage our clients to contact their health centre or call ahead to their pharmacy to ensure it is available.



For more information and resources, visit us online www.fnha.ca/overdose

Blue Cross & The First Nations Health Authority Partner Up in Administering Improved Health Benefits Program to First Nations



Starting this September, Pacific Blue Cross will administer benefits on behalf of the FNHA for dental, vision, medical supplies and equipment, and drugs not covered by Pharmacare. Currently, approximately 144,000 First Nations people in BC receive these benefits through the Non-Insured Health Benefits (NIHB) – a **national** program that provides coverage to registered First Nations for a specified range of medically necessary items and services that are not covered by other plans and programs.

“This migration off the Health Canada system is another step forward in self-governance over health services in British Columbia,” said Joe Gallagher, Chief Executive Officer (CEO) of the FNHA. “It offers us an opportunity to review and re-design the delivery of non-insured health benefits to improve coverage and make the system more efficient and effective – for clients and health care providers alike.”

Gallagher said partnering with Pacific Blue Cross will allow the FNHA to draw on the experience of a health benefits provider that has a successful track record of working with both health care providers and clients.

“We are confident Pacific Blue Cross will be an excellent partner. It has a comprehensive and effective health claims infrastructure and it has demonstrated a collaborative approach as well as a strong commitment to Cultural Safety and Humility.”

John Crawford, the President and CEO of Pacific Blue Cross, said his organization is excited to be part of an interconnected system evolving to support the health and wellness needs of First Nations people across the province.

“As BC’s largest health benefits provider, serving 1 in 3 throughout the province, Pacific Blue Cross is in a unique position to champion the role of benefits in helping to achieve healthy, self-determined communities. We are humbled to join the First Nations Health Authority in furthering a holistic vision of wellness,” he said. “The success of this partnership is one that will have reciprocal accountability, a recognition that our work is rooted in collaboration, and a shared vision of improved wellness for all our Members.”

The two CEOs signed a [declaration of commitment to cultural humility and cultural safety](#). They also signed the five-year services agreement on April 16, 2019.

The first phase of the benefits transition from Health Canada to the FNHA took place in October 2017 with the transfer of non-insured pharmacy benefits to PharmaCare (Plan W – for Wellness). The second phase is expected to take place in mid-September.

Any clients with questions about the benefits transition are encouraged to contact FNHA at info@fnha.ca.

DECLARATION of COMMITMENT

Cultural Safety and Humility in Health Services for First Nations and Aboriginal People in BC

Our Declaration of Commitment is an important signal of our shared intention to embed cultural safety and humility throughout health services, health benefits, and health systems in British Columbia. This reflects the significant priority we as leaders place on cultural safety and humility as essential features and attributes of health care design and delivery. It also reflects a personal desire to serve as champions of cultural safety and humility and create a permissive environment for others to become champions for positive change.

This Declaration of Commitment is based on the following understandings of cultural safety and humility:

- Cultural humility builds relationships founded in mutual trust and respect, and enables cultural safety.
- Cultural safety is defined by each individual's health service experience.
- Cultural safety and humility must be understood, embraced and practiced at all levels of the health system including governance, organizational, and within individual practice.

We, Pacific Blue Cross (PBC) and the First Nations Health Authority (FNHA), understand that strong leadership and concrete actions at multiple levels is how we will visibly demonstrate our intention to embed cultural safety and humility as a means to deliver improved access and quality of services and health benefits to First Nations individuals, families, and communities in British Columbia. We will work to:

CREATE A CLIMATE FOR CHANGE

- Articulate the pressing need for cultural safety within health services in BC.
- Openly and honestly address concerns and lead by example.
- Form a coalition of influential leaders and role models who are committed to the priority of embedding cultural humility and safety in BC health services, benefits, and systems.
- Communicate the vision for a culturally safe health system through cultural humility.

ENGAGE & ENABLE

- Communicate the vision of culturally safe health system for First Nations and Aboriginal people in BC and the absolute need for commitment and understanding on behalf of all stakeholders, partners and clients.
- Open an honest and convincing dialogue within our circles of influence to show that change is necessary.
- Identify and remove barriers to progress.
- Visibly celebrate accomplishments.

IMPLEMENT & SUSTAIN CHANGE

- Lead and enable successive waves of action until cultural humility and safety are essential elements of the system.
- Embed cultural safety and humility training within orientation and learning and development.
- Identify systemic levers to "hardwire" cultural safety and humility into policy, practice and quality.

- Develop and implement cultural safety and humility strategies and workplans, and track and evaluate progress for continuous learning.

INITIAL UNDERSTANDING

As a visible and transparent demonstration of our intentions, the parties put forward a shared understanding of a robust and continuing learning agenda related to cultural safety and humility. This will initially include the following activities and targets that establish a solid foundation for the new operational partnership commencing between the parties on September 16, 2019 with respect to the delivery of health benefits services.

Sanyas Indigenous Cultural Safety (ICS) Training.

- PBC and FNHA understand that all of the Claims and Call Centre staff, Group Services staff who will be working with FNHA clients, CUPE 1816 Union Leadership, and all of the Senior Leadership and Executive Leadership teams will complete the Sanyas Core ICS Health course.
- PBC and FNHA understand that all new employees into Claims, Call Centre, key roles in Group Services, Senior Leadership and Executive Leadership roles will be required to complete the Sanyas Core ICS Health course.
- PBC and FNHA understand that immediate targets include:
 - All staff that are working directly with FNHA and/or First Nations clients will have completed the Sanyas Core ICS Health course by September 16, 2019.
 - Staff in key areas who are working directly with First Nations clients will be trained within one year of September 16, 2019.

eLearning.

- FNHA and PBC understand that they will develop two key eLearning or webinar modules that will be required for all PBC staff members.
 - Embed the concept of cultural safety and humility within the Diversity and Inclusion module required for all employees at PBC.
 - Create an independent eLearning or webinar module to provide an initial orientation to Indigenous history in BC, the impacts of colonialism, and the FNHA-PBC partnership.
- PBC and FNHA understands that PBC will capture and monitor healthcare provider training status.
- PBC and FNHA understand that immediate targets include:
 - 40% of staff who are not interacting directly with FNHA and/or First Nation clients will be trained by the end of 2019.

Board Relations & Learning.

- PBC and FNHA understand that all of the PBC board members will attend a workshop on cultural safety and humility, co-hosted by FNHA and PBC.
- FNHA and PBC organizations will endeavor to have each other's CEOs present to each other's governing board meetings.

PBC and FNHA agree to sign this Declaration of Commitment publicly to bear witness to the importance of Cultural Safety and Humility. This Declaration is not intended to create legally binding contractual obligations but rather it is intended to guide the parties and set out our mutual understanding of Cultural Safety and Humility through our collaboration.

SIGNED THIS 16 DAY OF APRIL, 2019 ON THE TRADITIONAL TERRITORIES OF THE: Skwxwú7mesh (Squamish), Salilwətaʔt (Tseil-Waututh) and x̱məθḵ'əyəm (Musqueam) Nations

Mr. Joe Gallagher, Chief Executive Officer
First Nations Health Authority



Mr. John Crawford, Chief Executive Officer
PBC Health Benefits Society



Seabird Mobile Diabetes Team: Clinic Notice



Where We Will Be:

Location:

Siska
Cook's Ferry

Living Well Together

When We're Coming:

Date:

July 16 - Siska
July 17 - Cook's Ferry

Who: People living with diabetes.

What: Your appointment includes:

Testing for diabetic eye changes
Testing to check your kidneys and blood sugar
Diabetes education

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FAMILY MOVIE NIGHTS

**SISKA:
JUNE 7
4:30 P.M.**

**COOK'S FERRY:
MAY 31 &
JUNE 14
5:00 P.M.**

**CHOOSE THE
MOVIE TOGETHER
SNACKS & DRINKS
FOR ALL!**

Citxw Nlaka'pamux Assembly

Coyote Brotherhood

OUTWARD BOUND CANADA CAMP

June 21-24, 2019

**4 Day, 3 Night Expedition on
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ONLY 10 SPACES! APPLY TODAY!

For MEN only!

**(There will be a Youth camp in July
and a Women's camp in September.)**

FOR MORE INFORMATION

**Call our office at (250) 378-1864
or Email: wsandy@cna-trust.ca**