

Seabird Mobile Diabetes Team: Clinic Notice



Where We Will Be:

Location: **Siska** Living Well Together
Cook's Ferry

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

Book Your Appointment With **Corynn or Nadine Now!**

SB ~ 250.455.6601 / 1.844.255.6601

CF~ 250.458.2212 / 1.866.458.2212

No Need for Fasting Anymore!



www.seabirdmobilediabetes.ca



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

July 2019

Men Wellness Day !

The men wellness day was held on June 18 in Cook's Ferry. It was a great turn out from both communities. There was a group session on Men Mental Wellness with Clinician Ricardo Pickering and Drug and Alcohol Counsellor Vincent Abbott. They also discussed the meaning of the medicinal wheel. Diana Lepine from the NLX Health Nation hosted a popular mask workshop.



Maurice Michell won the \$500 Cabela's gift card

There were also tables on regalia, adequate size food portions, blood pressure, sugar testing, quit smoking, chair massages, reflexology, hair cuts and the benefits of practicing Tai-Chi. We also invited a traditional healer and heard great feedback from the people that had a session with him. The Indian taco lunch was delicious and we enjoyed the drummers filling the gymnasium with beautiful sounds and positive vibrations all day. We will be meeting again in Siska with the ladies from both communities on September 18 for our Women Wellness day. Hope to see many of you there!



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>

Articles	Page
Cover : HHSS News: Elders Focus Group, New Car Purchase, Earth Day Recycling Station	1
Index and HHSS Value & Mission Statement	2-3
Nursing Page	4
Farewell Andrea Elliott	5
Medical Transportation	6
Women's Wellness Day	7
Swimming Passes	8
First Fish Ceremony	9
E-Cigarettes: A danger to children and youth	10/11
Wildfire Smoke and Your Health	12/13
Interior Health Announcements: Fire Smoke Prevention	14
Learn the Language brought to you by Citxw Nlaka'pamux Assembly for the Nation	15
Ties to the Past Art Camp	16
Preventing Insect Stings	17
Ashcroft-Clinton Transit Schedule	24/25
HHSS Staff Directory	27
Seabird Diabetes Clinic	28

HHSS BOARD	HHSS CHP	HHSS STAFF	HHSS OFFICES
<p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> <p>Angela Phillips Director Siska Indian Band Appointed</p> <p>Florine Walkem Director Cooks Ferry Band Appointed</p> <p>Sam Gush Director Siska Indian Band Appointed</p>	<p>Madelyn Albert Youth Member Representative Cooks Ferry Band Appointed</p> <p>Jim Billy Community Member Representative Cooks Ferry Band Appointed</p> <p>Betsy Munro Elders Member Representative Siska Indian Band Appointed</p> <p>Regina Pierre Community Member Representative Siska Indian Band Appointed</p> <p>*****</p> <p>The Committee also includes all Board Directors</p>	<p>Andrea Elliott Health Manager</p> <p>Tina Draney Finance</p> <p>Corynn Revely Siska Receptionist</p> <p>Nadine Methot Cook's Ferry Administrative Assistant / Medical Transportation Clerk</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</p>	<p>COOKS FERRY Box 188 3691 Deer Lane Spence's Bridge, BC V0K 2L0</p> <p>Phone (250) 458-2212</p> <p>Fax (250) 458-2213</p> <p>Client Toll Free 1-866-458-2212</p> <p>Email nadine.methot@hhssbc.ca</p> <p>SISKA 163 Loop Road</p> <p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p> <p>Client Toll Free 1-844-255-6601</p> <p>Email corynn.revely@hhssbc.ca</p>



Catering Bid

Women Wellness Day

September 18, 2019
Lunch to be served
at Noon for 50 people
Siska Band Hall

Caterer is to provide a Greek Menu
as follows:
Grilled Chicken
Greek Salad
Pita Bread
2 side veggies
Fruit Salad
Coffee, tea and water

***DIABETIC FRIENDLY**
***PROVIDE PAPER PLATES**
& CUPS (NO STYROFOAM)
***HOLDS A VALID FOOD SAFE**
CERTIFICATE

Visitors are encouraged
to bring their own
reusable plates,
cups and utensils.

Submit catering bids to
nadine.methot@hhssbc.ca
Deadline: August 29, 2019

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"



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.

Welcome Aboard

Your local transit system runs three days a week. Buses serve Ashcroft and Clinton.

Fixed-route service – scheduled service between Ashcroft and Clinton. Catch the bus at the stops listed on the schedule.

Door-to-door service – door-to-door, shared service to help you get to medical appointments, work or recreational activities. If you have mobility or cognitive limitations, this service may be for you.

About Your Transit System

Funding for your local transit system is cost shared between the villages of Ashcroft and Clinton, TNRD Area 1 and BC Transit.

Decisions on fares, routes and service levels are made by the Village Councils based on public feedback and information provided by BC Transit. Buses are operated by Yellowhead Community Services.

Operating costs are met by a combination of farebox revenues and government funding.

Contact

Customer Information 1-855-359-3935
8:30 a.m. – 4:30 p.m.
Monday to Friday

Address 612 Park Drive
Clearwater, BC V0E 1N1

If you have comments about service in general or suggestions for improvements, contact the Village of Ashcroft, 601 Bancroft Street, Ashcroft, BC V0K 1A0.

Phone 250-453-9161 or email at admin@ashcroftbc.ca



On-request to Kamloops	
To Kamloops	To Ashcroft
First three Mondays of the Month*	
(A) Lv. Public Facilities: Clinton 8:30	(A) Lv. Ashcroft: Across from Safety Mart 9:20
(B) Lv. Public Facilities: Ashcroft: Across from Safety Mart 4:25	(B) Lv. Kamloops 3:00
(A) Lv. Kamloops 11:00	(A) Lv. Public Facilities: Clinton 5:10

Booking on-request trip: Call 1-855-359-3935 one business day in advance to book a seat and for a full list of areas served. When booking, provide start and end locations, date and time of travel, and similar return trip details.
Note: In Kamloops, the bus stops at Aberdeen Mall, Sahali Mall and Hotel 540.
* In months with five Mondays, service will run on the first four Mondays of the month.

On-request to 100 Mile House	
To 100 Mile House	To Ashcroft
Last Monday of Each Month	
(A) Lv. Ashcroft: Across from Safety Mart 9:00	(A) Lv. Ashcroft: Across from Safety Mart 5:00
(B) Lv. Public Facilities: Clinton 9:45	(B) Lv. Clinton 4:15
(A) Lv. Ashcroft: Across from Safety Mart 11:00	(A) Lv. Public Facilities: Clinton 11:45

Fixed-route Ashcroft-Clinton	
To Clinton	To Ashcroft
Wednesday and Friday	
(A) Lv. Ashcroft: Across from Safety Mart 9:00	(A) Lv. Ashcroft: Across from Safety Mart 11:45
(B) Lv. Public Facilities: Clinton 9:45	(B) Lv. Public Facilities: Clinton 11:00
(A) Lv. Ashcroft: Across from Safety Mart 3:30	(A) Lv. Ashcroft: Across from Safety Mart 5:00

Health Connections to Kamloops	
To Kamloops	To Lillooet
Tuesday	
(A) Lv. Lillooet: A&W Reynolds Hotel 8:00	(A) Lv. Kamloops: Hotel 540 Parking 3:50
(B) Lv. Kamloops: Fountain Falls 8:20	(B) Lv. Kamloops: Hotel 540 Parking 4:00
(A) Lv. Kamloops: Cache Creek 9:20	(A) Lv. Kamloops: Hospital (RH) 4:30
(B) Lv. Kamloops: Cache Creek 9:55	(B) Lv. Kamloops: Hospital (RH) 4:40
(A) Lv. Kamloops: Savona: Cross Roads, Flag Stop 9:55	(A) Lv. Kamloops: Hospital (RH) 4:50
(B) Lv. Kamloops: Savona: Cross Roads, Flag Stop 10:30	(B) Lv. Kamloops: Hospital (RH) 5:00
(A) Lv. Kamloops: Cache Creek 10:20	(A) Lv. Kamloops: Hospital (RH) 5:10
(B) Lv. Kamloops: Cache Creek 10:55	(B) Lv. Kamloops: Hospital (RH) 5:20
(A) Lv. Kamloops: Savona: Cross Roads, Flag Stop 10:55	(A) Lv. Kamloops: Hospital (RH) 5:30
(B) Lv. Kamloops: Savona: Cross Roads, Flag Stop 11:30	(B) Lv. Kamloops: Hospital (RH) 5:40
(A) Lv. Kamloops: A&W 11:00	(A) Lv. Kamloops: Hospital (RH) 5:50
(B) Lv. Kamloops: A&W 11:30	(B) Lv. Kamloops: Hospital (RH) 6:00

Health Connections

Service to Kamloops

Health Connections is a transit service providing communities with transportation options to access non-emergency medical appointments on Tuesday and Thursday. Although medical appointments have priority, everyone is eligible to use this service if space is available. You must call 1-855-359-3935 to book a seat on this bus. All times are approximate.

One-way fare: \$5.00, cash only

Pick up a Health Connections flyer at any health facility, onboard the bus or visit bctransit.com.

Holiday and Weekend Service

Service is not available on weekends and the following holidays:

- New Years Day
- Family Day
- Good Friday
- Easter Monday
- Victoria Day
- Canada Day
- B.C. Day
- Labour Day
- Thanksgiving Day
- Remembrance Day
- Christmas Day
- Boxing Day

Subject to change. Check online at bctransit.com for special event service.

Parcels

For safety reasons, please place and hold your luggage, bags, sports equipment and other belongings on your lap or on the floor where they will not obstruct the aisle or other customers.

The Bus is a Safe Place

Transit drivers can contact local police, ambulance and other emergency services. Transit drivers are also trained to assist a child or adult in need. Tell the driver if you are concerned about your safety.

BC Transit's safety and security practices uphold the *British Columbia Transit Act* and the *B.C. Motor Vehicle Act*.

Tips

- Book trips for regular appointments and programs, or one-time trips, such as shopping and social visits.
- Be ready to travel a few minutes ahead of your scheduled pickup time. The driver can only wait a few minutes past your pickup time.
- If you use a wheelchair, be sure it is equipped with a lap belt.
- If your plans change please call to cancel so someone else can travel in your place.

Fares

Cash only, one way

Adult/Student/Senior	\$ 2.00
Child, 4 or under	free
Door-to-door	2.00
Kamloops	5.00
100 Mile House	5.00
Health Connections	5.00

Please have exact cash fare ready as the driver does not carry change.

Government of BC Bus Pass Program

The BC Bus Pass Program is offered by the Ministry of Social Development and Poverty Reduction. It offers an annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia. The pass is valid for the eligible rider on any fixed-route transit service. The pass is non-transferable.

For information on criteria for eligibility, visit www.buspass.gov.bc.ca or call 1-866-866-0800.

Door-to-door Service

Door-to-door service is available Wednesday and Friday in Clinton 9:45 a.m. to 11:00 a.m. and in Ashcroft and Ashcroft Manor 1:00 p.m. to 3:30 p.m.

Booking on-request trip: Call 1-855-359-3935 one business day in advance to book a seat and for a full list of areas served. When booking, provide start and end locations, date and time of travel, and similar return trip details.

BE PART OF THE SOLUTION...

REUSE YOUR RIDER'S GUIDE.

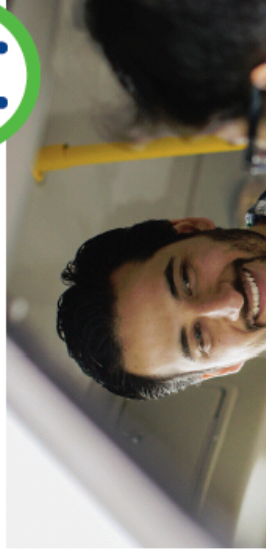
Transit Info 1-855-359-3935
bctransit.com

This guide is printed on environmentally responsible paper.

9115 - 1000

Ashcroft-Clinton Transit

RIDER'S GUIDE
Effective April 2, 2019



Need to go to Kamloops or Ashcroft on Thursdays?

Pick up in Lytton in front of the Post office at 9:05 am & Spences Bridge at 9:25 am at the old Rumors Café. Cost is \$5.00 per adult one way & exact cash only. Kids 4 and under ride for free. You will be dropped off at the hospital in Kamloops or on Victoria Street in front of the library.



This service is to help you get to medical appointments, work or recreational activities. Check the flyer for more information or call 1.855.359.3935.

The Board of Directors, Committee Health Planning Group and all of Heskwen'scutxe Health Services Society Staff would like to bid farewell to Andrea Elliott and wish her the very best with her new career!

Kwukwscémxw from all of us!

Effective June 17, 2019 Andrea Elliott is no longer employed with Heskwen'scutxe Health Services Society. She accepted other employment and decided to move on in her career path in Health. The Heskwen'scutxe Health Services Society Board of Directors would like to thank her for her services as their employee as the Health Manager and wish her well in her future endeavors.

Respectfully,

Lorette Edzerza, Board Member Chair
Heskwen'scutxe Health Services Society
Ph: 250 457-1426 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



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

Movie nights will return in the fall at Siska & Cook's Ferry

We will be taking a summer break to enjoy the beautiful sunshine, soak in some vitamin D, spend quality time with family in the outdoors. Happy Summer everyone!



Food Bags will return in the fall.

This service is offered to members living on reserve at this time. If you have a garden and would like to share pictures, please email them to us and our post them on Facebook and tag us!



Need to talk?

Contact Ricardo Pickering, Mental Wellness Outreach Clinician

Ricardo comes to Cook's Ferry every Wednesdays from 1:00 p.m. to 4:00 p.m. by appointment only. Call Ricardo or Cook's Ferry or Siska to book a session.

Transportation is available from Siska to Cook's Ferry / return

250 256-7530 cell 250 842-8552 (Ricardo)



Reflexology with Heidi McCall



July 2 & 23 July 3 & 24
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 July 9 / Siska July 10

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.

Women's Wellness Day!
Wednesday
September 18, 2019
10:00 A.M. - 2:00 P.M.
Siska Band Hall



Bring your questions about Menopause to Nurse Practitioner Linda Yearwood.

- Hair Cuts
- Reflexology
- Chair Massages
- Health & Cultural Booths
- Lunch & Snacks
- Amazing Door Prizes!

And much more!



Open to all women from Siska & Cook's Ferry

Heskwen'scute Health Services Society

For more information or to make ride arrangements to the event please contact our offices

Cook's Ferry 250-458-2212 Toll free 1-866-448-2212

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



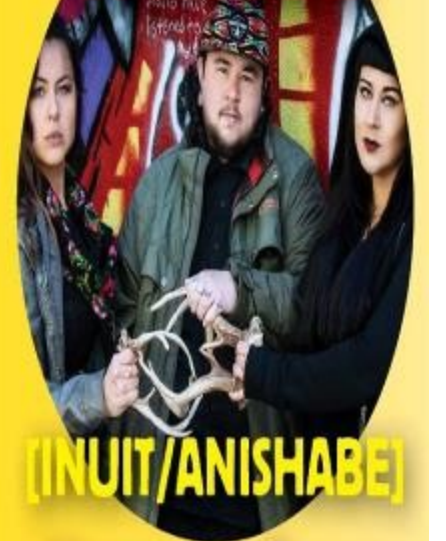
Sat July 6 • Sun July 7 Contemporary Indigenous **FREE** Music Feast

FEATURING 4 JUNO-WINNING ARTISTS:
DJ SHUB (formerly of A Tribe Called Red) • QUANTUM TANGLE
MURRAY PORTER • GEORGE LEACH

Hosted by the Nlaka'pamux Nation

@'Q'EMCIN AKA LYTTON, BC

QUANTUM
TANGLE



(INUIT/ANISHABE)

NORTHERN FUSION

MURRAY
PORTER



(MOHAWK)

REZ BLUES MASTER



DJ SHUB
(FORMERLY OF A TRIBE CALLED RED)



[MOHAWK]

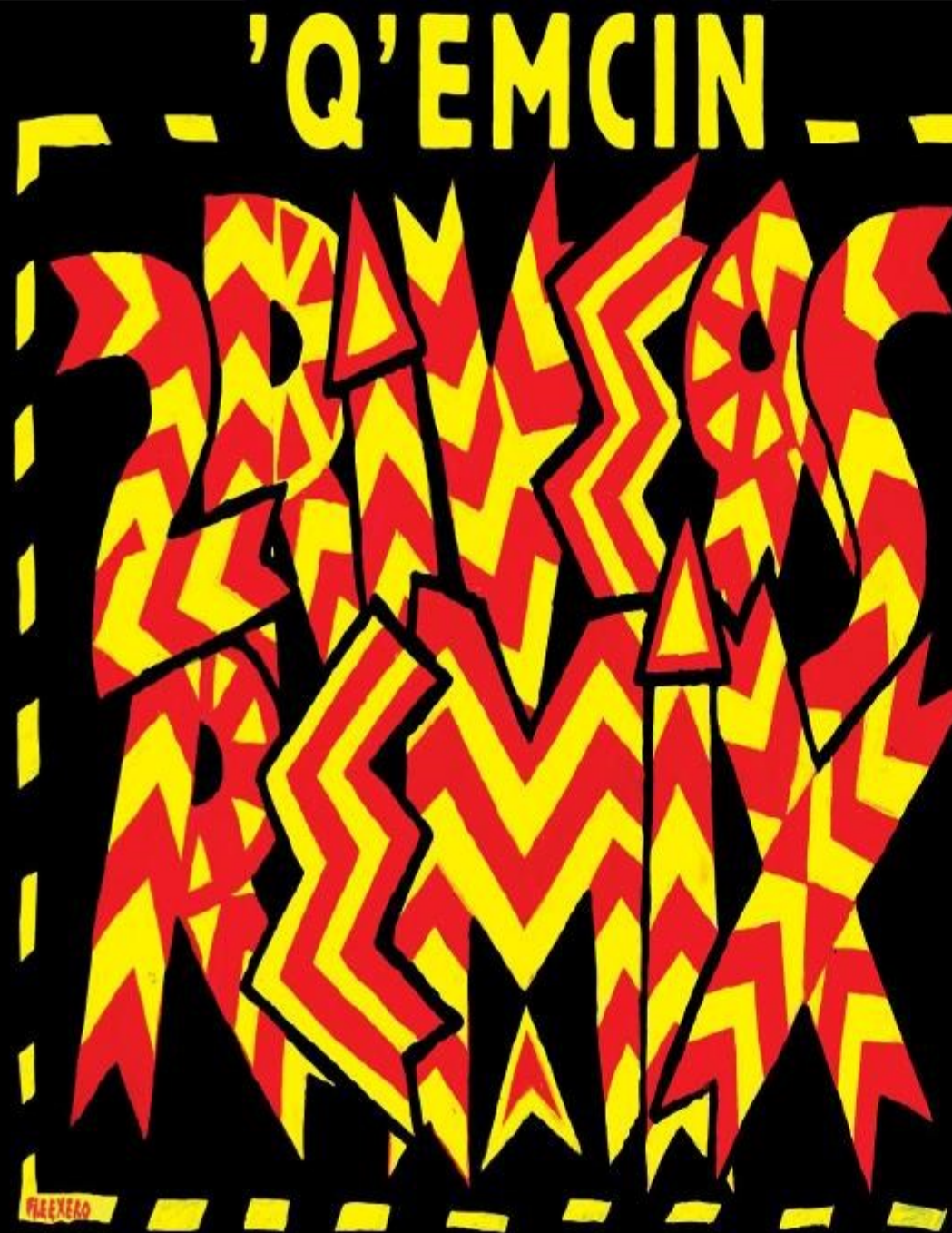
POW WOW STEP

**GEORGE
LEACH**



[ST'ATIMC]

GUITAR ROCK/FOLK



2RiversRemix.ca

24 FREE LIVE OUTDOOR PERFORMANCES • VIDEOS • ART EXHIBIT • ARTISAN MARKET

plus: **Wild Salmon Caravan**

creativeBC



łiʔksm
(tl-ee-k-shim)

(1st Fish Ceremony)



JULY 19TH/ 2019

10:00 AM (FISHERMEN MEET AT 7:30 AM)

JACKASS/ TILTON MOUNTAIN

FISHING AREA (LEFT SIDE)

POTLUCK STYLE

Bring: Plates, Utensils, Cups, Bug spray & Chairs

RAIN OR SHINE

Contact: Rejeana 250-280-9178 for any questions or to be added on the potluck list

E-cigarettes: A danger to children and youth



An electronic cigarette (e-cigarette) is a small battery-operated device that can look like a real cigarette. Some look like small flashlights or fountain pens, often with a large clear chamber for storing liquid. Instead of burning tobacco, the e-cigarettes vaporize a so-called e-liquid, which is then inhaled.

E-cigarettes are made of three parts:

- An inhaler **cartridge** that holds an e-liquid (with or without nicotine, which is the addictive and toxic ingredient found in traditional cigarettes).
- The **vaporizer**, which heats and turns the liquid into a vapor that is meant to resemble and be inhaled like smoke.
- A **battery** of varying voltage that powers the e-cigarette. The number of children and teens using e-cigarettes is on the rise. E-cigarettes feature “cool” designs and the e-liquids are offered in a variety of candy and fruit flavours. Both are readily available. E-cigarettes are also used and promoted by many celebrities in magazines, movies and music videos.



When the user draws on the mouthpiece, the battery powers the vaporizer and heats the e-liquid in the inhaler cartridge. The e-liquid is turned into a vapor and then is inhaled and exhaled like a regular cigarette. **This is referred to as “vaping” and is officially recognized as a new verb in some dictionaries.**

Some parents may choose e-cigarettes as a cessation method, but there is no evidence this is an effective therapy to quit smoking tobacco. E-cigarettes are often advertised as a ‘safer alternative’ to cigarettes since they don’t fill the lungs with toxic tobacco smoke. But e-cigarettes haven’t been scientifically tested or proven to help quit smoking. Because of this, no positive health claims for e-cigarettes can legally be made. On the other hand, e-cigarettes can be dangerous to a person’s health in many ways:

- On their own, the flavorings and propylene glycol (a chemical) in the e-liquid can irritate the lungs and worsen breathing problems like bronchitis and asthma. When heated, these ingredients change form and create toxins. Formaldehyde (a colorless gas) can be produced at levels higher than seen with regular cigarettes.
- The heating process also releases heavy metals from the materials used in the manufacturing of the e-cigarettes, at levels higher than regular cigarettes.
- The vapor can be harmful to the user and to people exposed to the second hand e-cigarette smoke.
- There is currently no legislation requiring warning labels, child-proof packaging, or labelling for the percentage of nicotine in the e-liquid. So users can’t rely on labelling to know whether nicotine is present in the e-liquid. And if there is nicotine, the concentration can vary.
- Like regular cigarettes, e-cigarettes with nicotine are linked to a many harmful effects on children and youth—from addiction to disruptive effects on the developing brain.
- E-cigarettes may lead to tobacco use in teens.
- The liquid nicotine used to refill e-cigarettes, even in small amounts, can be poisonous to a young child if ingested and also can be toxic if spilled on the skin.

(n-thlah-cap-mux-cheen sh-kwa-tl-ush)

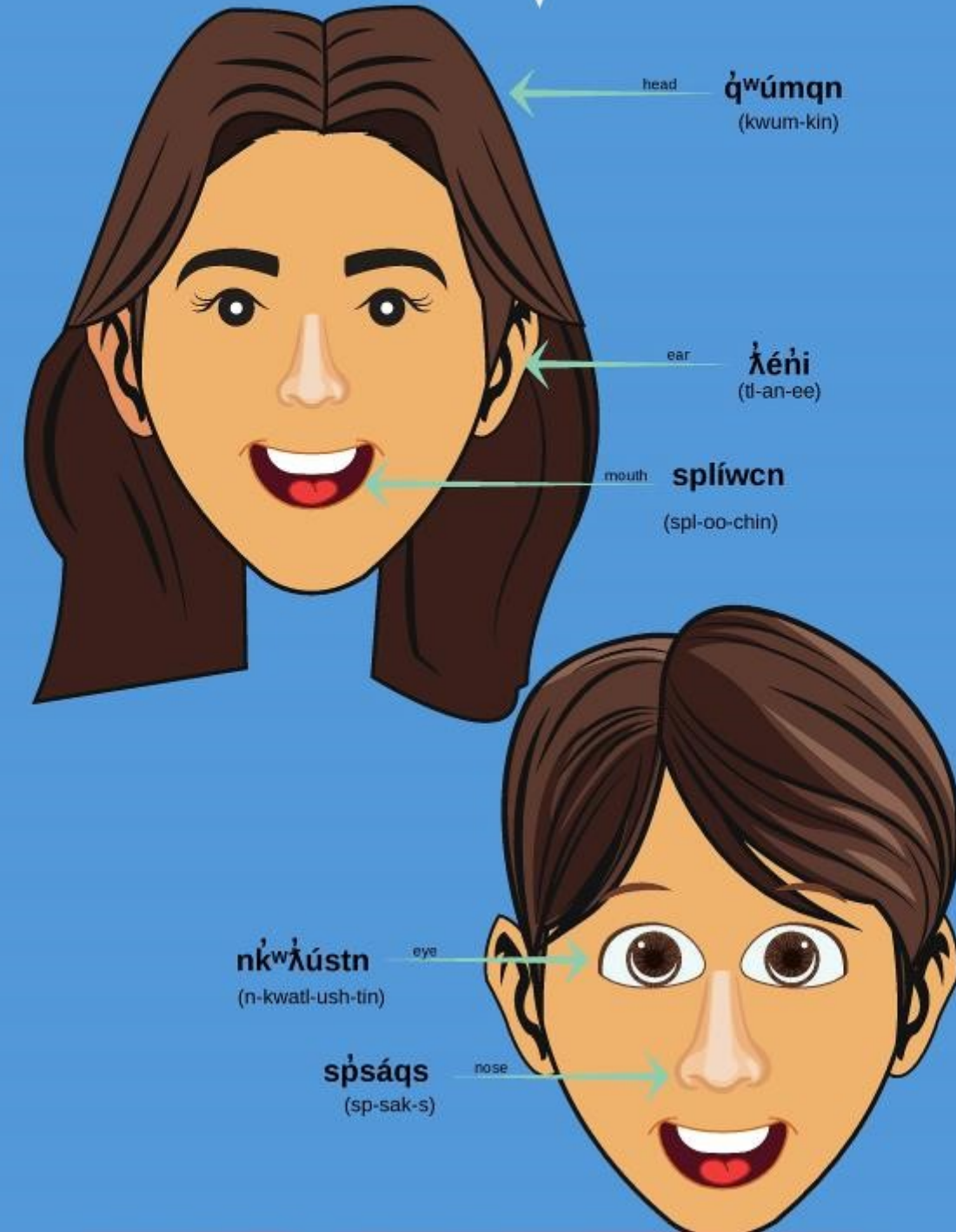
n̄eʔkepmxcin skʷλús

face terms

təqtete heʔ _____
(tuk-tata hah _____)
touch your _____

təqtete heʔ ǵʷúm̄q̄n
(tuk-tata hah gwum-kin)
touch your head

təqtete heʔ (s)ǵsáqs
(tuk-tata hah (s)p-saksh)
touch your nose





WHISTLER SPARTAN RACE
SEPTEMBER 14, 2019

JOIN TEAM CHOWACHOOT NLAKA'PAMUX NATION TEAM

Open to all members of the
Nlaka'pamux Nation. 10 week training
programs will begin the second week of
July in Lytton, Merritt and Kamloops.

TO REGISTER

Limited Space Available, Training priority given to Spartan
Race Participants. Send Completed Registration Forms to
Buzz Manuel T: 250-378-1864 E: bmanuel@cna-trust.ca

Citxw Nlaka'pamux Assembly

What are signs of liquid nicotine poisoning?

Liquid nicotine poisoning can happen in three ways:

- swallowing,
- inhaling,
- absorbing it through the skin or eyes.

Symptoms of liquid nicotine poisoning can include:

- Nausea or vomiting
- A fast heartbeat
- Being jittery and shaky
- Difficulty breathing
- Seizures

If you suspect that your child has nicotine poisoning, immediately call your local poison control center.

Are e-cigarettes legal and, if so, where can they be used in Canada?

E-cigarettes can be sold *without* nicotine. The sale of e-cigarettes *with nicotine* is illegal in Canada, yet they are still being sold online and in many convenience stores, gas stations and mall kiosks.

Because e-cigarettes are not regulated, there are currently no binding rules about accurate labeling or manufacturing.

Smoke-free bylaws have not included e-cigarettes. However, some municipalities and schools have banned their use in public places where smoking is not allowed. Some provinces are considering legislation.

What can parents do?

- Educate children and teens on the dangers and risks of using e-cigarettes and being exposed to second-hand e-cigarette vapour. You may want to use this opportunity to also discuss traditional tobacco use.
- Keep e-cigarettes, including their nicotine refills and empty cartridges, out of the reach of children and pets. Dispose of batteries in a safe and environmentally sound manner.
- Never use e-cigarettes around a child. Ideally, limit use of e-cigarettes to places where smoking is permitted.
- Pregnant or nursing mothers should not use e-cigarettes or be exposed to their secondhand vapors.

Consult the [Canadian Paediatric's Society's recommendations](#) on protecting children and youth from the dangers of e-cigarettes.

[Article taken from www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

Batteries inside the e-devices have exploded on occasion.



Health Effects of Wildfire Smoke

Wildfire smoke is a complex mixture of fine particulate matter (PM_{2.5}) and gases, such as carbon monoxide, nitrogen oxides, and volatile organic compounds. The mixture can change depending on the fuels, the weather, and distance from the fire. Wildfire smoke causes episodes of the worst air quality that most people will ever experience in British Columbia.



Although wildfire smoke is different from air pollution caused by traffic or industry, it is also harmful to human health.

- Smoky air makes it harder for your lungs to get oxygen into your blood.
 - Wildfire smoke can irritate your respiratory system and cause an immune response, which may lead to inflammation that affects other parts of your body.
 - Common symptoms include eye irritation, runny nose, sore throat, mild cough, phlegm production, wheezy breathing, or headaches. Such symptoms can usually be managed without medical attention.
 - Some people may have more severe symptoms, such as shortness of breath, severe cough, dizziness, chest pain, or heart palpitations. You should seek prompt medical attention if you experience any of these symptoms.
 - Smoky air may increase risk of some infections, such as pneumonia in older people and ear infections in children.
- Reducing exposure to wildfire smoke is the best way to protect your health.**
- Portable air cleaners that use HEPA filtration can effectively remove smoke particles from the indoor air. Do your research to find something suitable for your needs.
 - If you have forced air heating, you can use different filters and settings to minimize the amount of wildfire smoke that comes into your home. Talk to your service provider about what will work best for your system.
 - Libraries, community centres, and shopping malls often have cooler, filtered air that can provide a break from outdoor smoke.
 - When driving, keep the windows up, the air conditioner on, and use the recirculate setting to limit intake of the outdoor air.
 - The harder you breathe, the more smoke you inhale. Take it easy during smoky periods, consider exercising indoors, and drink lots of water to help your body cope with the smoke.
 - If you have an outdoor occupation, refer to resources from WorkSafe BC. <https://u.nu/4vl8>



CDC

BC Centre for Disease Control
Provincial Health Services Authority

FOR MORE INFORMATION

bccdc.ca/health-info/health-your-environment/air-quality

Preventing Insect Stings

You can reduce your or your child's chances of being stung and having a subsequent [allergic reaction](#) by preventing or avoiding exposure to the stinging insects.



Ways to avoid stinging insects

- Be cautious when you are outdoors, especially in areas where stinging insects may be present, such as woods, orchards, flower gardens, picnic areas, or near trash containers or old buildings.
- When working around your home, be careful around eaves, attics, window frames, crawl spaces, and vents, where insects may nest.
- When eating outdoors, don't put your picnic out until you are ready to eat, and repack food as soon as you are finished serving. If you attend an outdoor event, keep away from the food serving areas and trash containers.
- Avoid scented cosmetics, deodorants, hair sprays, lotions, aftershave, and floral perfumes, which may attract stinging insects.
- Avoid brightly colored clothing or fabrics with floral prints when you will be outdoors. Some stinging insects may be attracted to them. Clothing in a single neutral light colour such as white, beige, or khaki is less attractive to stinging insects.
- Avoid going barefoot or wearing sandals or open-toed shoes when you are outdoors. Wear closed shoes, socks, and clothes that fully cover your body. Button long sleeves, tuck long pants inside boots, and wear gloves when you are gardening. Avoid loose clothes that might entangle a biting or stinging insect. If you are at increased risk of a severe allergic reaction ([anaphylaxis](#)), have someone else do yard work.
- Carefully unfold and inspect any clothing that has been left outdoors before putting it on or taking it indoors.
- Keep car windows closed.
- If a stinging insect appears, avoid sudden or rapid movements, and don't swat or flail your arms. Move away slowly unless you are being pursued.
- Consider carrying a spray insecticide that works specifically on the types of insects that you or your child is allergic to. Read labels carefully—many general-purpose insecticides for home and garden use are not effective against common stinging insects.

Preventive measures

- Inspect your home and yard for insect nests or places where insects may build nests. Keep in mind that stinging insects are valuable in the environment, and it is generally not effective or desirable to control them over a wide area.
- Keep trash containers closed, and clean them frequently.
- If you have trees or shrubs with fruit, keep the area around them cleaned up. Do not allow decaying fruit to accumulate, because it may attract bees and wasps.

Article taken from [health linkbc.ca/health files](https://health.linkbc.ca/health/files)

Ties to the Past

Art Camps

July 16th -17th at Pselko Family Camp

10 am to 3pm

And

July 23rd -24th Cooks Ferry Band Office

10am to 3pm (lunch provided)

Please Preregister for rides and a bag lunch

Workshops will include

- Traditional Hand loom weaving
- Stitching rope bowls
- Traditional face painting and marks

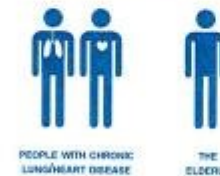
Sponsored by Hesk'w'en'scutxe Health Services

Please call 250 458 2212 for more information

Youth age 8-18 and Elders are invited , children age 5-6 accompanied by an adult also welcome

Different people respond differently to wildfire smoke, and some people are at higher risk of experiencing health effects.

THOSE MOST AFFECTED



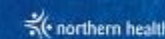
It is especially important for the following groups to reduce their exposure.

- People whose health is compromised by an illness or chronic condition. Smoky air makes daily activities harder, both physically and mentally.
- People with respiratory conditions such as asthma or chronic obstructive pulmonary disease (COPD) are at highest risk of experiencing health effects caused by wildfire smoke. People with conditions such as heart disease, diabetes, cancer, or mental illness are also at increased risk.
- Unborn children and infants may be vulnerable. Pregnant women and people caring for infants should consider using portable air cleaners.
- Young children have sensitive lungs and may need to decrease their activities during smoky periods, especially when outdoors.
- Not everybody will experience noticeable effects from wildfire smoke. Even if you are not affected, remember to look out for others around you.

Most health effects of wildfire smoke are transient, meaning that they will disappear as the air quality improves.

There is very little research on whether there are longer-lasting health effects from seasonal wildfire smoke, and caution is recommended in the absence of scientific evidence.

- Remember that reducing exposure is the best way to protect against any health effects from wildfire smoke.
- Infants, unborn children, and those with obstructive lung conditions such as asthma and COPD are most likely to experience longer-term health effects.
- Wildfires are becoming more extreme and intense in British Columbia and elsewhere. Local and international scientists are working hard to understand how these changes affect health in populations exposed to wildfire smoke.



BC Centre for Disease Control
Provincial Health Services Authority

FOR MORE INFORMATION

bccdc.ca/health-info/health-your-environment/air-quality

Interior Health Announcement: Fire Smoke Prevention

Use of face masks during wild fire events are not recommended for the following reasons:

1. N95 respirators can filter tiny particles out of inhaled air but they must be properly fitted to ensure protection and breathing is more challenging when wearing this type of mask.
2. They also are not fitted for children and stop working when saturated with water or sweat.
3. However outdoor workers would benefit from these masks provided they they have been properly fitted by a professional.
4. Paper dust masks found in retail stores do not provide protection from the particles found in smoke.

The best protection for the public is to reduce overall exposure to smoke.

Actions to reduce smoke exposure:

1. When at home ensure that air conditioners are on recirculate and consider using a portable air cleaner equipped with a HEPA filter or an electrostatic precipitator.
2. Keep windows and doors closed when possible.
3. See out public spaces with cleaner air, such as a shopping malls or community centres.
4. Limit your time outside
5. Reduce activity in smoky environments: the harder you breathe, the more smoke you inhale.

Smoke can affect each person differently based on his or hers health, age and exposure. People who have underlying conditions such as asthma, COPD, heart disease or diabetes. It is also a concern for pregnant women, infants, young children, and the elderly. When smoke levels become very high, even healthy people can be affected.

Symptoms to monitor:

- ◇ Difficulty breathing
- ◇ Chest pain and discomfort
- ◇ Coughing
- ◇ Irritated eyes , nose and throat.



Please seek professional help if you experience any of these symptoms.

Did you know that Nlaka'pamuxcin lessons are available 24/7 on the CNA YouTube Channel for viewing and sharing.

A new lesson available for your to browse in the comfort of your home!

LANGUAGE LESSON, GREETINGS AND CONVERSATION STARTERS WITH JEAN YORK

<https://youtu.be/aQ44TbB47Aw>

LANGUAGE LESSON EVERYDAY GREETINGS WITH LENA NICHOLSON

<https://youtu.be/LgE4K9p91hE>

LANGUAGE LESSON NUMBERS WITH MARY ANGUS

<https://youtu.be/-z8t4xp5zyA>

LANGUAGE LESSON ANIMALS WITH KELLI LACERTE

<https://youtu.be/NavCQO7VKf0>

LANGUAGE LESSON ROCK, PAPER, SCISSORS WITH KELLI LACERTE AND WILLIAM SANDY

<https://youtu.be/gvIOsVA83hg>

LANGUAGE LESSON VARIATION OF ROCK PAPER SCISSORS WITH SHAILYN JOE AND ALIYAH RODOMINSKI

<https://youtu.be/8CcT1vdm790>

LANGUAGE LESSON CLOTHING WITH JEAN YORK

<https://youtu.be/tQmhuj7iuiig>

LEARN THE LANGUAGE BROUGHT TO YOU BY CITXW NLAKA'PAMUX ASSEMBLY FOR THE NATION.

CAN8 LANGUAGE PROGRAM DOWNLOAD TUTORIAL

<https://youtu.be/gtZoQoB33YE>

HOW TO USE CAN8 TUTORIAL

<https://youtu.be/l3ID1k4sbCg>

MORNING TERMS IN NLAKA'PAMUXCIN

https://youtu.be/6UqmVaU_qxM

Tea Picking With Jean York

https://youtu.be/4XXO3z_KnVY

Ribbon Skirt & Shawl Making With Jean York

<https://youtu.be/EhDJwCZYFQs>

FOR ALL VIDEOS CHECK OUT THE YOUTUBE CHANNEL:

<https://www.youtube.com/channel/UC6bsBVDvOgTbpx-aV6vCeYw/videos>

Check out the website for more lessons and resources in the language at: https://www.cna-trust.ca/nlakapamux_phrases_lessons.htm