

# WOMEN WELLNESS DAY

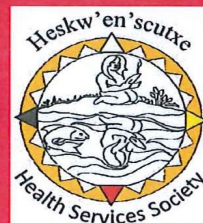
For Siska and Cook's  
Ferry Women

- Featuring:  
Linda Yearwood  
Nurse Practitioner:  
"Let's talk about  
menopause"  
Ricardo Pickering  
Mini Manicures  
Hair Cuts  
Reflexology  
Chair Massages  
Elderberry Syrup  
Workshop  
Mask Making:  
"Find your Inner  
Warrior Women"  
Community Sand  
Mandala Making  
Children Art Booth  
Flu Booth  
Traditional Healers  
and more!

Greek Theme Lunch  
Door prizes from Klowa  
Boutique, Hand Made  
Quilt and Feast bags,  
Gift cards from Cabela,  
Sephora and Chatters!

Siska Community Hall | September 18, 2019

10 a.m. to 2 p.m.



## Heskwen'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

September 2019

Farewell to our dedicated nurses Lisa Colwell and Jennifer Marinello from all of us here at Heskwen'scutxe Health Services Society!



We regret to inform our communities that nurses Lisa and Jennifer have resigned from their positions at HHSS. Their last day at work will be September 13, 2019. We would like to thank them for their professionalism, advice, kindness and support they provided to both communities. We will miss you tons and wish you the very best in all your future projects.

### Message from Lisa

I am writing this farewell letter with mixed emotions as this was a very difficult decision. After three and a half years I bid adieu to HHSS. I have had the privilege of working with some incredibly kind and passionate people.

A special thank you to Jennifer Fields and Ashley Loring-Earl, two amazing HCAs and the backbone of the nursing programs. I'd also like to thank the elders who have been incredibly supportive and guided us along.



Men Wellness Day June 2019



Training Nicola Valley  
Institute Technology  
student Judy Cleghorn  
with Community Home  
Care Aid Jennifer Fields



**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 : Farewell wishes to nurses Lisa Colwell and Jennifer Marinello	1
Index and HHSS Value & Mission Statement	2-3
Nursing Page	4
Non Violent Communication Poster	5
Medical Transportation & Swimming Passes	6-7
Reclaiming our Stories poster & agenda	8-9
Trauma Program poster	10-11
Missing and Murdered Indigenous Women and Girls Counselling Program	12-13
Women Wellness Day Citxw Nlaka'pamux Assembly and Hunting Camp	14-15
Massages and Reflexology September Dates	16-17
Counselling contacts and 30X30 First Nation Health Authority health Challenge	18-19
Immunization updates for British Columbia and Huckleberry Picking September 5 2019	20-21
New Canada Food Guide	22-23
Learn your body parts in the language and Art Dates for Children September 2019	24-25
HHSS Vibration Machine for Sale and Employee Directory	26-27
HHSS Women Wellness Day Siska Community Hall September 18 2019	28

HHSS BOARD	HHSS CHP	HHSS STAFF	HHSS OFFICES
<p><b>Lorette Edzerza</b>                      Chairman                      Director                      Cooks Ferry Band                      Appointed</p> <p><b>Angela Phillips</b>                      Director                      Siska Indian Band                      Appointed</p> <p><b>Florine Walkem</b>                      Director                      Cooks Ferry Band                      Appointed</p> <p><b>Sam Gush</b>                      Director                      Siska Indian Band                      Appointed</p>	<p><b>Madelyn Albert</b>                      Youth Member Representative                      Cooks Ferry Band                      Appointed</p> <p><b>Jim Billy</b>                      Community                      Member Representative                      Cooks Ferry Band                      Appointed</p> <p><b>Betsy Munro</b>                      Elders Member                      Representative                      Siska Indian Band                      Appointed</p> <p><b>Regina Pierre</b>                      Community                      Member                      Representative                      Siska Indian Band                      Appointed</p> <p>*****</p> <p><b>The Committee also includes all Board Directors</b></p>	<p><b>Position Pending,</b>                      Health Manager</p> <p><b>Tina Draney</b>                      Finance</p> <p><b>Corynn Reveley</b>                      Siska Receptionist</p> <p><b>Nadine Methot</b>                      Cook's Ferry Administrative Assistant / Medical Transportation Clerk</p> <p><b>To be appointed</b>                      Community Health Representative</p> <p><b>Lisa Colwell, LPN, AFCN</b>                      Home &amp; Community Care Nurse / Pending as of September 16, 2019</p> <p><b>Jennifer Marinello, RN</b>                      Home &amp; Community Care Nurse / Pending as of September 16, 2019</p> <p><b>Jennifer Fields</b>                      Community Home Care Aid</p> <p><b>Ashley Loring Earl</b>                      Community Home Care Aid</p> <p><b>Linda Peters</b>                      Transportation Support</p> <p><b>Fred Charlie</b>                      Transportation Support</p> <p><b>Hazel Billy</b>                      Home Support Worker                      Housekeeping                      COHI Aide</p>	<p><b>COOKS FERRY</b>                      Box 188                      3691 Deer Lane                      Spence's Bridge, BC                      V0K 2L0</p> <p><b>Phone</b>                      (250) 458-2212</p> <p><b>Fax</b>                      (250) 458-2213</p> <p><b>Client Toll Free</b>                      1-866-458-2212</p> <p><b>Email</b>                      nadine.methot@hhssbc.ca</p> <p><b>SISKA</b>                      163 Loop Road</p> <p><b>Phone</b>                      (250)455-6601</p> <p><b>Fax</b>                      (250) 455-6608</p> <p><b>Client Toll Free</b>                      1-844-255-6601</p> <p><b>Email</b>                      corynn.revely@hhssbc.ca</p>



**FOR SALE!**

Vibration exercise machine for sale! It is in mint condition and looking for a new home. Exercise poses poster included. Asking \$500 obo. Note this offer is for Cook's Ferry and Siska registered band members only.

Closing bids on September 5, and winner to be announced on September 6, 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"*



**These services will be available until September 13, 2019**

**Please call the office and we will help refer you and or transport you to a professional until a new nurse is hired.**

Heskw'en'scutxe Health Services Society  
Home and Community Care Program

## 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 until September 13, 2019**

#### **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.

# AFTER SCHOOL ART IS BACK!



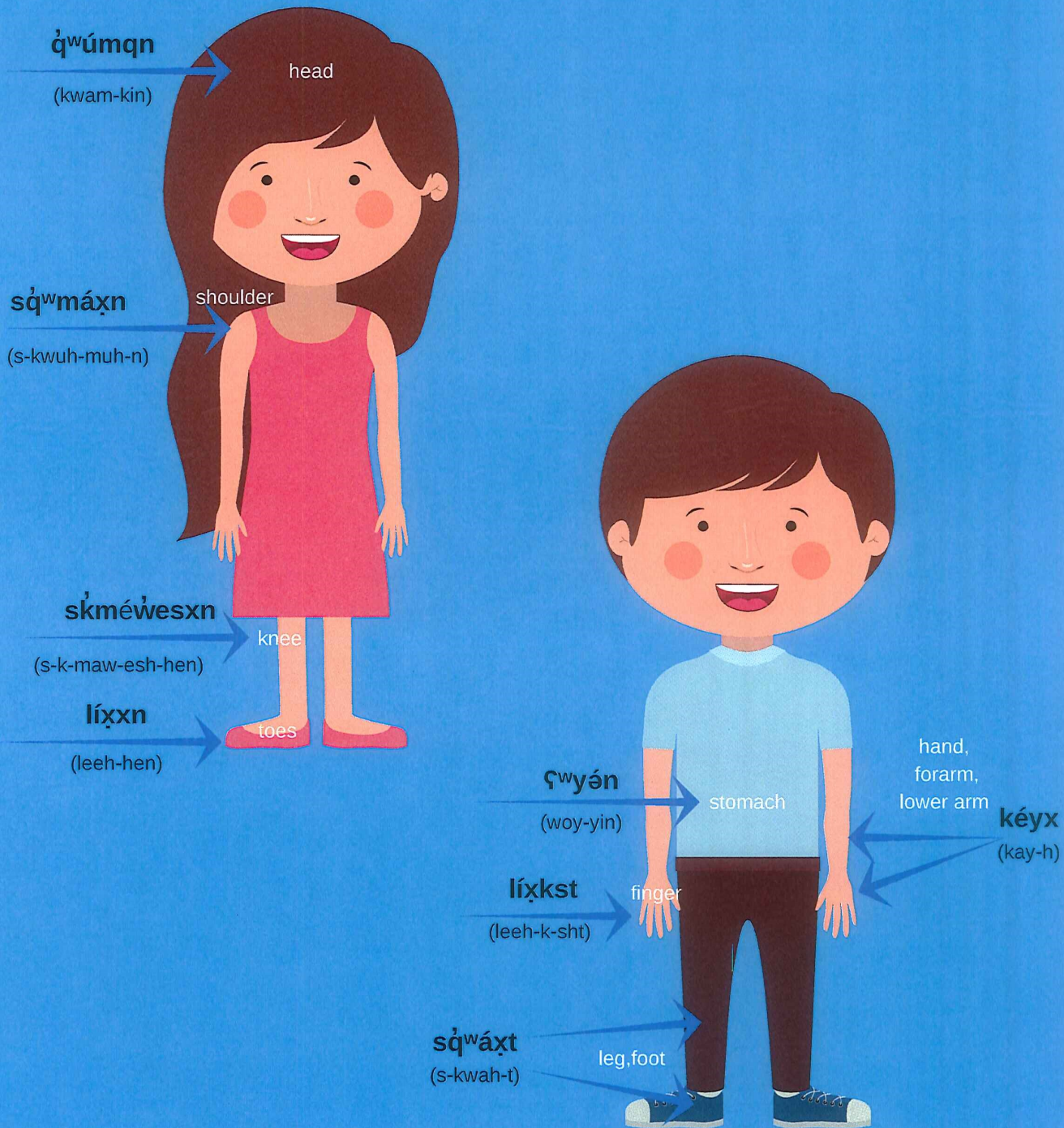
**PLEASE COME JOIN US FOR FUN & CREATIVITY STARTING SEPTEMBER 16, 2019! THE PROGRAM IS A MIX OF FINE ART AND TRADITIONAL CRAFTS WITH MERIEL BARBER! HEALTHY SNACK WILL BE PROVIDED!**

**September 16, 23, 30 AT 3:30PM-5:00PM  
AT SISKA HESKW'EN'SCUTXE HEALTH OFFICE  
September 17, 24, & October 1 AT 4:00PM-5:30PM  
AT COOK'S FERRY BAND OFFICE GYMNASIUM**



For any information of the activities taking place or to make transportation arrangements please contact Nadine at the office in Cook's Ferry at: 250.458.2212 or Tollfree: 1.866.458.2212 or Corynn at the office in Siska at 250.455.6601 or Tollfree: 1.844.255.6601

body terms  
**nłe?kepmxcín słıq<sup>w</sup>**  
 (n-thlah-cap-mux-cheen sh-thleeko)



September 12-13 & 19-20 2019

**Compassionate Communication Workshop**  
 with Leslie Williamson, Certified NVC Trainer

Returning to Traditional Compassionate Communication  
 in support of Community Wellness

**30 Seats Available**

Participants must commit to the full 4 days

The event will be held at the "Reaching Out Drop-in Center"  
 located at 520 Main Street, Lytton BC

- Employ an effective 4-step process that leads to respectful communication
- Discover the power of empathy
- Understand key thoughts patterns that leads to disconnection
- Understand the difference between observation & moralistic evaluation
- Resolve conflict compassionately
- Experience more confidence in honest communication
- Be in touch with our honest feelings to develop new strategies to meet our needs

Nlaka'pamux Community Members are invited to participate in this exciting 4-day training to learn new skills to support you, your family & community to return to a traditional, compassionate way of communicating



To Register Call: **Andrea Elliott**  
 250 378-9772 x114 or email [elliott.a@nlxfn.com](mailto:elliott.a@nlxfn.com)



Nadine & Corynn had the opportunity to take the Compassionate Communication Workshop in July. HHSS employees encourage everyone to learn the 4 steps that lead to respectful communication. The Non Violent Communication book is another great tool to further your commitment to better communication. Do not miss out on this mind uplifting opportunity!

## 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



Canada's  
food guide

# Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



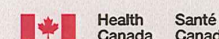
Use food labels



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing



Discover your food guide at  
**Canada.ca/FoodGuide**



Canada's  
food guide

# Eat well. Live well.

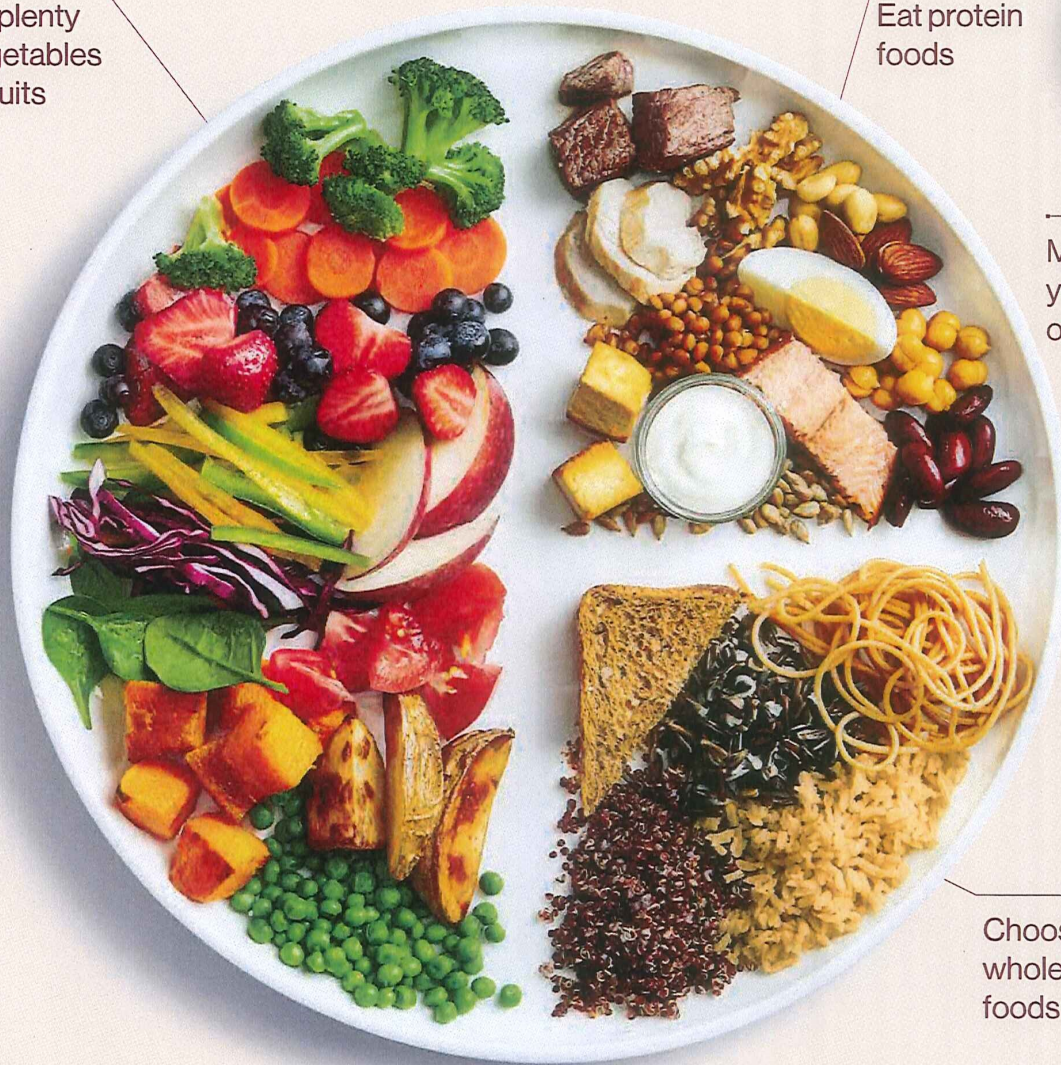
Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

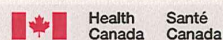
Make water  
your drink  
of choice

Choose  
whole grain  
foods



Discover your food guide at

[Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

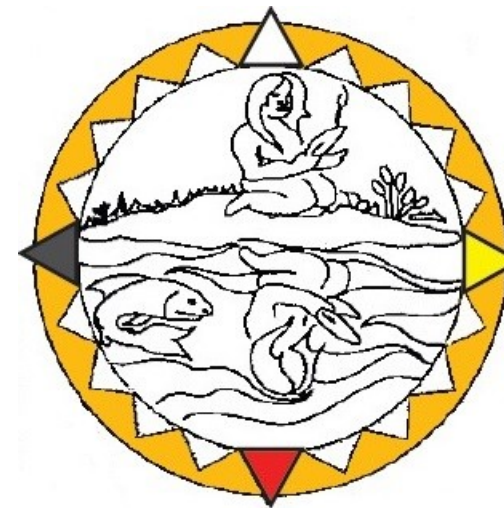


Canada

## 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 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



SCWEXMX CHILD AND FAMILY SERVICES PRESENTS



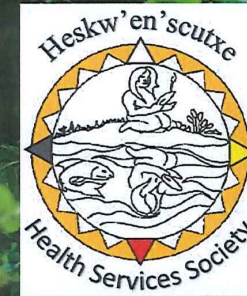
1950 MAMETTE AVE, MERRITT BC.



# RECLAIMING OUR STORIES **1ST ANNUAL CONFERENCE**

"CELEBRATION OF SOBRIETY"  
09.13-15.19

To Register contact 250.378.2771 For more info ask for Juanita Workshops, Recovery Storytelling, Wellbriety, Entertainment & MORE



## Huckleberry Picking! For Cook's Ferry & Siska Communities

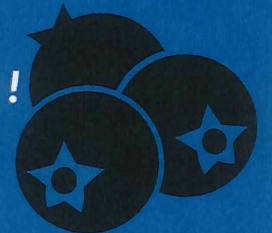


Limited spaces

Book your seat today!

CF 250 458 2212

SB 250 455 6601



Thursday September 5, 2019

Location: Boston Bar

Cook's Ferry meeting point @ 8:30 a.m.

Siska meeting point @ 9:00 a.m.

Pack a lunch, snacks  
and flat cartoon boxes





## Vaccination Status Reporting

The B.C. Government approved the Vaccination Status Reporting Regulation requiring parents or guardians to report school-age children's vaccination status, effective July 1, 2019. Public health units will begin implementing the regulation in September.

## Vaccination Status Reporting Regulation

Government has approved the **Vaccination Status Reporting Regulation** requiring parents or guardians to report the vaccination status of their school-age children. This regulation comes into force on July 1 and public health units will begin implementation of the regulation in September of 2019.

Recent outbreaks of vaccine-preventable disease in BC have highlighted the importance of immunization coverage rates, particularly for children in the kindergarten to Grade 12 (K-12) school system. Since the beginning of 2019, there have been 29 confirmed cases of measles among B.C. residents. In response to these measles cases, the Province launched a two-phase plan to increase immunization rates in B.C.

Phase one was a measles catch-up program, which launched in March and will continue until the end of June for K-12 students. During the period April 1 to May 30, 2019, 15,796 doses of measles-containing vaccines have been administered by providers in health authorities to kindergarten to Grade 12 students. This is a preliminary total and will rise when all records are received by public health officials.

Phase two is the introduction of the Vaccination Status Reporting Regulation (Regulation) under the *Public Health Act*. When the Regulation is enacted on July 1, 2019, every student from K to 12 in public and independent schools, and those who are home-schooled, will be expected to have their complete immunization records in the Provincial Immunization Registry (the Registry).

If your child received their immunizations from a public health nurse in B.C., the information is automatically entered into the Registry and a record in the system will exist. If your child received any of their immunizations from a physician, pharmacist or out of province, the information about those immunizations may not have been entered into the Registry and a record may be absent or incomplete.

### What Will Happen After July 1?

Health Authorities will be reviewing immunization records starting in late August and then will contact only those parents/guardians or students with incomplete or missing information. Information will be provided on how to update their school age children's immunization records and where to drop off the information.

If you are not contacted by public health, it means your records are complete and no further action is required. In subsequent years, only those who are enrolling in B.C. schools for the first time (e.g., Kindergarten or students who are new to the province), will be required to provide this information.

### What Can You Do Now, Before The New School Year?

- If you know your child's immunizations and record are up to date, and you are not contacted by public health and asked to provide information, no further action is required.
  - If you believe your child's immunization is not complete or does not exist in the BC Registry, you will be contacted by public health. You could prepare by doing the following:
- Students who received their vaccines through a physician and for whom parents have misplaced their child's records are encouraged to contact the physician's office to receive a copy of their immunization record and to ensure the immunizations are up to date.
- Students who received their vaccines outside BC are encouraged to get a copy of their immunization record from their original provider.



## RECLAIMING OUR STORIES

CELEBRATION OF SOBRIETY

### EVENT SCHEDULE

DAY ONE SEPT. 13/19	DAY TWO SEPT. 14/19
<b>10:00 AM</b> REGISTRATION AND SOCIALIZE	<b>9:00 AM</b> OPENING PRAYER
<b>11:00 AM</b> GRAND OPENING AND PRAYER	<b>9:15</b> Nutrition Break
<b>12:00 PM.</b> LUNCH BREAK	<b>10:30 AM – 11:45 AM</b> OPTION OF 1 OF 4 WORKSHOPS (see conference pkg with workshop details)
<b>1:30 PM.</b> Keynote given by Colby Tootoosis	<b>12:00 PM – 1:30 LUNCH BREAK</b>
<b>2:45 PM.</b> NUTRITION BREAK	<b>1:45 PM – 3: 00 PM</b> SECOND WORKSHOP (see conference pkg with workshop details)
<b>3:00 PM.</b> <i>Storytelling (optional sign up opportunity to share your personal recovery story) come witness the healing.</i>	<b>3:15 – 4:30 PM</b> THIRD WORKSHOP (see conference pkg with workshop details)
<b>6:30 PM.</b> <b>WELCOMING DINNER</b>	<b>4:30 – 6:00 PM BREAK BEFORE GALA</b>
<b>Evening Optional groups:</b> <ul style="list-style-type: none"> <li>• Beading and Bannock</li> <li>• Wellbriety mtg.</li> <li>• Open Mic</li> </ul> <b>From 7:30 PM- 10:00PM</b>	COME ENJOY AN EVENING FULL OF ENTERTAINMENT! DINNER AND DANCING WITH BOBBY GARCIA IN THE EARLY EVEING WITH COUNTRY MUSIC AND MOVE INTO THE LATER EVEING WITH MOB BOUNCE BEATS AND DJ SETS 6:00 PM – 12: 00 AM.
<b>HAVE A GOOD EVENING</b>	
DAY THREE SEPT. 15/19	
<b>9:00</b> OPENING PRAYER	
<b>9:15 – 10:00 AM</b> <b>MORNING SNACKS</b>	<b>CLOSING CIRCLE AND PRAYER! SAFE TRAVELS HOME AND SEE YOU NEXT YEAR!</b>
<b>10:00 – 11:00</b> INTERVIEW/ <b>STORY WITH ELDER, MESSAGE OF INSPIRATION.</b>	

**Please Register Early Workshops May Fill Up Quickly. If you register before August 30 you will be entered to win 2 nights at the Merritt Best Western Plus for the event and an iPad!**

REMINDER THAT THE STORYTELLING IS AN OPTION IN YOUR REGISTRATION. DUE TO LIMITED TIME WE ARE HOSTING 4 WORKSHOPS BUT YOU WILL HAVE OPTION OF ATTENDING THREE. THERE WILL BE A HELPERS ROOM FOR SMUDGING AND BRUSHING OFF FOR YOUR SELF-CARE AVAILABLE.



# Kwunatsustul

HOLDING HANDS, STANDING TOGETHER

## Kwunatsustul Trauma Program (3 weeks)

For Colleagues and Elders - Monday Oct 7—Thursday Oct 24

Addresses issues associated with:

- ◆ Trauma
- ◆ Abuse: mental, physical, emotional & sexual
  - ◆ Relationship Issues
  - ◆ Grief & Loss
  - ◆ Residential School
- ◆ Intergenerational Effects
  - ◆ Coping Skills
- ◆ Burnout, Depression, Self Care

Tsow-Tun Le Lum programs provide healing through:

Culture & Ceremony and

Holistic, state-of-the-art Therapeutic Programs

This 3-week residential program is intended for

- Aboriginal participants who are Elders, or working in the field (i.e. community counsellor, therapist, etc.) and who have
- abstained from the use of alcohol and drugs for 6 months or longer

**FUNDED by FIRST NATIONS HEALTH AUTHORITY**

**To apply please contact Tsow-Tun Le Lum**  
**250.390.3123**  
 info@tsowtunlelum.org

# 30x30 Active Challenge



**We invite all Indigenous peoples across BC  
 to join us in our 30x30 Active Challenge  
 during the month of September!**

### HOW?

- Commit to doing 30 minutes of physical activity each day during the month of September (30 days)
- Get your friends and family to take up the challenge
- Read our social media posts / share your experience with us using our hashtags / win prizes throughout the month
- To register: <http://bit.ly/30x30ActiveChallenge>

### WHY?

- Being active and trying new activities is fun!
- Being active helps maintain health and fitness over time
- Being active increases your energy and enhances mental well-being



Nations Health Authority  
Health through wellness

#FNHAWellness

#30x30ActiveChallengeFNHA

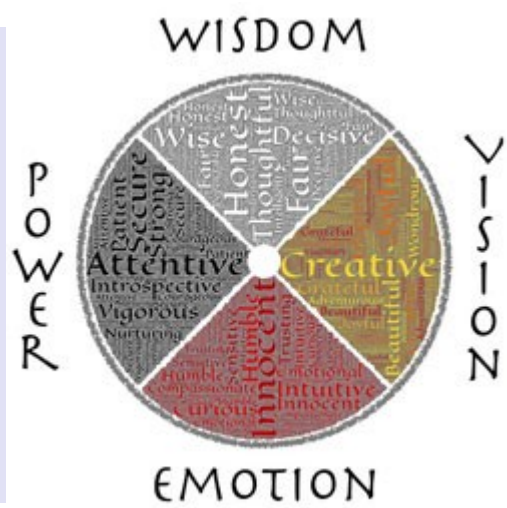
#BeActiveFNHA

Because sometimes we need to talk to someone you can offer us professional support

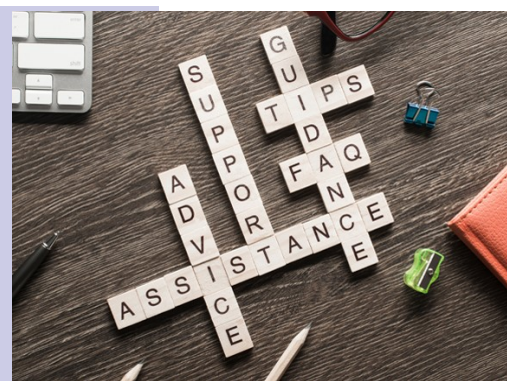
**Heskw'en'scutxe Health Services Society**  
**Ricardo Pickering, MC (Counselling Psych), RP, CCC**  
**Mental Wellness Outreach Clinician**  
 Ricardo comes to Cook's Ferry every Thursday from 1:00 p.m. to 4:00 p.m. by appointment only. Call Ricardo directly or our offices to book an appointment.  
 Transportation is available from Siska to Cook's Ferry / return.  
 Office: 250 458.2212  
 Mobile: 250 842.8552  
 Email: [Ricardo.pickering@hssbc.ca](mailto:Ricardo.pickering@hssbc.ca)



**Nlaka'pamux Mental Health Services**  
**Elizabeth Perdok-Wabose BHSc. M.Ed. CPMCC**  
**Mental Health and Addictions Clinician**  
 Elizabeth comes to both offices by appointment only. You do not need a referral to book an appointment.  
 Office: 250 378.9772  
 Mobile: 250 378.7631  
 Email: [perdok-wabose.e@nlxfn.com](mailto:perdok-wabose.e@nlxfn.com)



**Nlaka'pamux Mental Health Services**  
**Vincent Abbott, Drug & Alcohol Counsellor**  
 Vincent comes twice a month to every community. Please call him to book your appointment.  
 Office: 250 378.9772  
 Mobile: 778 254.0055  
 Email: [abbott.v@nlxfn.com](mailto:abbott.v@nlxfn.com)



**TSOW-TUN LE LUM SOCIETY**  
**Helping House**



PO Box 370 Lantzville, BC, Canada V0R 2H0  
 Telephone: 250.390.3123 Fax: 250.390.3119  
 E-Mail: [info@tsowtunlelum.org](mailto:info@tsowtunlelum.org) Website: [www.tsowtunlelum.org](http://www.tsowtunlelum.org)

**KWUNATSUSTUL – Trauma Program**  
**“HOLDING HANDS, STANDING TOGETHER”**

**A CONTINUUM OF CO-EDUCATIONAL RESIDENTIAL SECOND STAGE TRAUMA TREATMENT SERVICES:**

- INTENSIVE TRAUMA PROGRAM (5 WEEKS)
- ELDERS & COLLEAGUES PROGRAM (3 WEEKS)\*
- HONOURING GRIEF (2 WEEKS)\*
- PADDLE YOUR OWN CANOE (1 WEEK)\*

These programs are offered to address mental health issues associated with sexual abuse, unresolved grief, survivors of residential school, intergenerational survivors, and substance abuse. This Vancouver Island Aboriginal residential wellness centre provides healing through balanced state-of-the-art therapy programs that acknowledge and support physical, emotional, mental, and spiritual health.

The five week Trauma Program and three week Elder & Colleague Program are intended for those individuals who are currently active in treatment for trauma with a community Counsellor. In addition these programs are suitable for those who have been clear of drugs and alcohol addiction for a minimum of six months. (\* for these shorter programs, applicants need to be clear of drugs and alcohol addiction for minimum three months)

**Kwunatsustul Mission**

To offer Aboriginal people challenged with unresolved historical trauma the opportunity to collectively move beyond the trauma of their past, through a sensitive residential experience that promotes healing and discovery of ways to have their lives make a difference.

**Vision Statement**

- Embracing Culture
- Challenging Ourselves
- Interdependently Innovative
- Leading Wellness Movements
- Strengthening Our Nations
- Creating Sustainability
- Led by the Voices of our Ancestors

## FREQUENTLY ASKED QUESTIONS

# Missing and Murdered Indigenous Women and Girls Counselling Program

### What is the Missing and Murdered Indigenous Women and Girls (MMIWG) Inquiry?

In response to calls for action from Indigenous families, communities and organizations, as well as non-governmental and international organizations, the Government of Canada launched an entirely independent National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG) in September 2016. The goal of the inquiry is to examine and report on the systemic causes of all forms of violence against Indigenous women and girls in Canada by looking at patterns and underlying factors. For more information, visit the [MMIWG website](#).

### What kind of support is offered to women and girls participating in the inquiry?

The MMIWG Inquiry provides supports to families at all of their scheduled hearings. In recognition that health support is needed beyond the hearings themselves, on June 5, 2018, the Government of Canada announced \$21.3 million in additional funding to expand health supports to the families of MMIWG. The proposed services include mental health, cultural, and emotional supports.

### How is FNHA providing support to MMIWG?

FNHA is administering the BC portion of the \$21.3 million in additional funding announced by the Government of Canada on June 5, 2018. FNHA is providing cultural and traditional supports, as well as mental health counselling services. FNHA's MMIWG Health Support Services will be delivered through FNHA's Health Benefit team by FNHA's existing mental health provider network. All of these mental health providers have the experience and cultural safety training needed to support First Nations and Aboriginal people in BC.

### When did FNHA begin offering MMIWG Health Support Services?

The additional funding to expand health supports for the families of MMIWG was announced by the Government of Canada on June 5, 2018. FNHA's MMIWG Health Support Services were launched on July 17, 2018. These services will support families until June 2020.

### Am I eligible to access MMIWG Health Support Services?

To access MMIWG counselling in BC, you must be a survivor, family member, or individual affected by the issue of missing and murdered Indigenous women and girls. You do not need to have status and can live on- or off-reserve.

### How do I access MMIWG counselling?

If you would like access to MMIWG counselling simply contact a mental health provider registered with FNHA. This list of registered providers is current as of July 5, 2018 and is updated regularly. Once you have contacted a mental health provider, the provider will set up an appointment and work directly with FNHA's Health Benefits team to ensure that you receive coverage for the support you need.

## Reflexology with Heidi McCall



**Siska : September 4 & 19**  
**Cook's Ferry: September 3 & 17**

One large review by Kunz and Kunz (2008) summarized 168 research studies and abstracts from journals and meetings from around the world. Many of these studies originated in peer-reviewed journals in China and Korea. All of the studies had information about the frequency and duration of the reflexology application. Based on the studies they reviewed, Kunz and Kunz concluded that reflexology may:

### Impact specific organs

For example, fMRI readings demonstrated an increase in blood flow to kidneys and to the intestines.

### Improve symptoms

In particular, positive changes were noted in kidney functioning with kidney dialysis patients.

### Induce relaxation

Though EEG measurements of alpha and theta waves, researchers saw that blood pressure was decreased, and anxiety was lowered.

### Reduce pain

Twenty-seven studies demonstrated a positive outcome for reduction in pain; e.g., AIDS, chest pain, peripheral neuropathy of diabetes mellitus, kidney stones, and osteoarthritis.

# Therapeutic Massage with Kathryn Young



**Cooks Ferry September 10, 2019**  
**Siska September 12, 2019**

Massage is generally considered part of complementary and integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries

Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often produces feelings of caring, comfort and connection.

**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.

## Who do I contact if I have a question?

If you have questions about mental health providers or how to access counselling services, please contact Health Benefits' toll free number 1-877-477-0775. The team is available Monday to Friday 8 am to 4 pm.

## How many hours of counselling are covered under MMIWG Health Support Services?

MMIWG Health Support Services covers up to 20 one-hour counselling sessions over a 12-month period, in addition to the initial assessment. Should the counsellor and client identify the need for additional counselling, a new Prior Approval Form can be submitted for additional sessions.

## Do I need to register with FNHA to access MMIWG counselling?

No, you do not need to register with FNHA to access counselling through the MMIWG Health Support Services. If you have questions about how to access counselling services, please contact Health Benefits' toll free number 1-877-477-0775. The team is available Monday to Friday 8 am to 4 pm.

## Can I access more than one FNHA mental health counselling program at the same time?

All of our counselling programs use the same list of registered mental health providers, so there is no need to access more than one mental health program at the same time. If you have any questions about FNHA mental health benefits, please contact Health Benefits' toll free number 1-877-477-0775.

## Can I access a dedicated help line?

Yes, if you are affected by MMIWG, are in distress, and require immediate emotional assistance you can call the National 24/7 MMIWG crisis line at 1-844-413-6649.

There are free counselling services in BC available to survivors, family members and individuals affected by the issue of missing and murdered Indigenous women and girls.

People of all genders are encouraged to connect to this counselling. Individuals do not need to have status and can live on or off reserve. This counselling program is administered by FNHA through the Health Benefits team, and counselling is offered by providers who are registered with FNHA's Mental Health Provider List.

This list is updated regularly: <http://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>. **Contact HHSS offices for a print out.**

Individuals who would like to access counselling are encouraged to connect directly with a mental health provider from the above list to schedule an appointment. **The provider directly bills FNHA, so there is no upfront cost to the individual to access counselling.**

Here is the link to an information sheet about this program: <http://www.fnha.ca/Documents/FNHA-MMIWG-Counselling-Program-FAQs.pdf>.

Here is an overview of all of the mental health programs that FNHA's First Nations Health Benefits program supports:

<http://www.fnha.ca/benefits/mental-health>

Please feel welcome to contact the First Nations Health Benefits team with any questions that you might have at 1-877-477-0775.

CITXW NLAKA'PAMUX ASSEMBLY

# P'ƏSK'Ə? (HUMMINGBIRD) LADIES WELLNESS DAY

For Women Ages 19+

**SUNDAY, SEPTEMBER 8TH, 2019**  
**COOK'S FERRY INDIAN BAND GYM**  
**9:30 A.M. – 3:00 P.M.**

Registration Table & Workshop Sign Up Open at 9:00 a.m.

Refreshments Available  
Lunch Served at 12:00 p.m.



Massage Therapy  
Quick Manicures  
Hair Cuts  
Face Masks  
Hair Silks

Bath Salt Making Station  
Merchandise Bingo



Ribbon Skirt Making \*\*(limited to 10 & for those who don't have one yet)  
Drum Making \*\*(limited to 10 & for those who don't have one yet)  
Plus more!

**DRAW FOR THOSE WHO PRE-REGISTERED BY  
SEPTEMBER 1ST, 2019**

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT THE  
C.N.A. AT 250-378-1864 OR EMAIL [RECEPTION@CNA-TRUST.CA](mailto:RECEPTION@CNA-TRUST.CA)  
THERE IS AN ONLINE FORM AVAILABLE ON OUR WEBSITE AT  
[WWW.CNA-TRUST.CA](http://WWW.CNA-TRUST.CA)

Citxw Nlaka'pamux Assembly

# NLAKA'PAMUX FAMILY HUNT CAMP

OCTOBER 4, 5 & 6, 2019  
CAMP SET UP OCTOBER 4  
@ PIMAINUS LAKE

Cabins, RV (no hook ups) and tent sites available  
There are a limited number of cabins available

## MEALS INCLUDED

GUTTING, SKINNING & QUARTERING TEACHINGS  
TRADITIONAL TEACHINGS & PROTOCOLS  
HAND DRUMMING & STORY TELLING  
ARCHERY & TRADITIONAL GAMES  
FIREARMS SAFETY  
NLAKA'PAMXCIN GAMES  
PRIZES & LEARNING FUN

TO RESERVE YOUR CABIN, RV/TENT SPACE  
CONTACT CNA AT 250-378-1864 OR  
[RECEPTION@CNA-TRUST.CA](mailto:RECEPTION@CNA-TRUST.CA)

THIS IS A DRUG-FREE AND ALCOHOL-FREE EVENT

