



# Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

*"Take Care Of Yourself"*

Health & Wellness Newsletter

October 2019

## WOMEN WELLNESS DAY IN SISKA September 2019 k<sup>w</sup>uk<sup>w</sup>scémx<sup>w</sup> for attending!



**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@hssbc.ca](mailto:nadine.methot@hssbc.ca)

**Siska Office**

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Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: [corynn.revely@hssbc.ca](mailto:corynn.revely@hssbc.ca)

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

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# 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"*





## Heskw'en'scutxe Health Services Society

PO Box 108, 3691 Deer Lane  
Spences Bridge, BC V0K 2L0  
PH: 250-458-2212 Fax: 250-458-2213

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September 21, 2019

**Re: Update on the alternative methods to provide health services with the current staffing changes within Heskw'en'scutxe Health**

Dear Siska Band and Cooks Ferry Band community members,

There have been significant staffing changes within Heskw'en'scutxe Health Services in a very short time frame. In June the Health Manager resigned, and in September both the Registered Nurse and the Licensed Practical Nurse resigned. Most recently one of our Home Care Aids has resigned. These changes within the staff will affect the services provided by Heskw'en'scutxe Health Services.

Heskw'en'scutxe has been working diligently to ensure that services will continue to be provided as efficiently as possible until new staff are recruited.

Please see the attached document for an update on what services the Nursing and Home Care staff were providing and how the services will be provided now and until the recruitment for nurses and home care aids is successful.

Thank you for your patience during this time of staffing transition.

Sincerely,

A handwritten signature in blue ink, appearing to read "Lorette Edzerza".

Lorette Edzerza,  
Heskw'en'scutxe Health Services Society  
Board of Director, Chair

**Services Provided by HHSS Nurses**

**Services Changes**

<p><b>Nursing in Home Client Care</b></p> <p>Check vital signs, chart results and symptoms, liason with other health care proffessionals, referrals, wound care, oversee HCA's</p>	<p>Travel will be arranged to appropriate service providers</p> <p>Home Care Aids (HCA) will provided home visits with restrictions</p>
<p><b>Nurses overseeing Care Plans for HCA's</b></p> <p>Care plans for Home care clients are monitored, and the HCA are overseen in adminisering care</p>	<p>HCA's will be restricted in their duties as there are no nurses to report to</p> <p>HCA will provide safety checks, home visits, light housekeeping, meal planning &amp; preparation, communication,</p> <p>Patient travel will be provided to local health care services provided by Interior Health</p>
<p><b>Immunizations</b></p>	<p>HHSS will arrange Interior Health to provide service in the community or patient travel</p>
<p><b>Foot Care</b></p>	<p>Service provider will be booked monthly in the community for current clients, if you feel you require foot care by a specialist call the office to get an appointment booked</p>
<p><b>Wound Care</b></p>	<p>Patient travel to services provided by Interior Health</p>
<p><b>Panorama</b></p> <p>T.V. in office to discuss results or care plans with a specialist in another community</p>	<p>Patient travel to services provided by Interior Health</p>
<p><b>Diabetes Education</b></p>	<p>Invite Interior Health to provide diabetes education</p> <p>HHSS to provide educational material</p>
<p><b>Mental Health Education</b></p>	<p>Promote NLX Health services and Ricardo P.</p> <p>HHSS to provide educational material</p>
<p><b>Healthy Living and self Care Education</b></p>	<p>Provide Cultural activities and social events</p>
<p><b>Maternal/ Infant Care</b></p> <p>Maternal care, education, Infant monitoring, immunizations</p>	<p>HCA can provide support, patient travel to other service providers</p>



## Farewell to our two Jennifer's!

It was too late to add Jennifer Marinello contribution to our September newsletter. Here it is for all to read.

I am sad to announce I am leaving HHSS to pursue some professional development education to expand my nursing career. I have immensely enjoyed my 2 years working with HHSS to provide nursing services to our community members.

I would like to thank the communities for allowing me to work with you in my role with HHSS. I would also like to thank Lisa Colwell for her organization and planning of my work with HHSS to ensure our community members received the services they needed. And I would especially like to acknowledge the integral role of the HCA's, Ashley Loring-Earl and Jennifer Fields, in providing health care within our communities.

I wish HHSS and our communities all the best.

Thank You

Jennifer Marinello, RN



I am writing this farewell letter with many mixed emotions as this has been a very difficult decision. After 6 years I bid adieu to HHSS. I have had the privilege over these years to work with many kind and passionate people. I also want to send a huge thank you out to all the Elders who have been incredibly supportive and guided me along my journey here at HHSS.

Lastly, I would like to thank all the co-workers that I've had the pleasure of working alongside. This group of people have always been supportive and passionate and would always be there with a smile on their face to lend a helping hand to anyone that needed it.

Jen, HCA

I wish everyone all the best and I am sure you will still see me around every now and then. I wish you well, 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

# 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





**Citxw Nlaka'pamux Assembly**

# **NLAKA'PAMUX FAMILY HUNT CAMP**

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

**Cabins, RV (no hook ups) and tent sites available  
UPDATE: CABINS ARE CURRENTLY FULL-THERE IS A  
WAITLIST YOU CAN BE PLACED ON**

## **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**

**THIS IS A DRUG-FREE AND ALCOHOL-FREE EVENT**



## WHAT IS MENOPAUSE?

Questions from our communities and answers from Nurse Linda Yearwood.  
This booklet was distributed at our Women Wellness day in Siska.

### What is menopause?

Defined as starting 12 months after your final menstrual period. Average age is 51. Transition to menopause can take months to years where hormone levels (FSH) and cycles are often erratic.

### Common Symptoms:

Vasomotor (hot flushes)

Vaginal symptoms such as dryness

Decreased bone density

Joint pain

Sleep disturbance

Genitourinary syndrome of menopause (GSM: vaginal dryness and urinary frequency/ infections)

60 – 80% of women will have symptoms affecting their quality of life but often do not ask their doctors/nurse practitioners about them.

### Symptoms can start about 1 – 3 years before final menstrual period (FMP).

Periods: when hot flushes start before periods end, they can be expected to last longer, about 12 years than those that start after the final period (last about 3 years)

Vasomotor (Hot flushes) – up to 80% of women experience from mild to severe

GSM: affects vulva, vagina, urinary tract due to drop in estrogen and can affect sexual functioning – pain with intercourse

Sleep: can be affected and decreased mood and increase anxiety

Weight gain

Bone loss

**Lab tests:** do not add to information on where a woman is in relation to normal menopause. A high FSH and low estrogen AND loss of period for 12 months is defined as menopause. If a woman under 40 is experiencing symptoms of menopause, this is defined as premature menopause and lab tests can then be helpful. Women between 40 and 45 experience early menopause and may benefit from lab tests.

**Sleep:** often most affected by hot flashes. Medications can help, for example hormone replacement therapy; Gabapentin at night; pregabalin; antidepressant medications – venlafaxine, paroxetine, escitalopram. Acupuncture has some evidence to control hot flashes. Yoga also seems to be helpful to control hot flashes. Keeping room cool and dark. No alcohol before sleep. A hot bath or shower 90 minutes before bed.

## Is it normal to have a period for 2 weeks when in your mid-forties?

This can be “normal” but ought to be investigated to ensure there are no other reasons. If due to perimenopause, then birth control or IUD may be helpful.

## What causes fibroids in some women and not others? No reasons found.

**Uterine fibroids** are lumps that grow on your **uterus**. You can have **fibroids** on the inside, on the outside, or in the wall of your **uterus**. Your doctor/nurse practitioner may call them **fibroid** tumours, leiomyomas, or myomas. But **fibroids** are not cancer. You do not need to do anything about them unless they are causing problems. They do not develop into cancer.

## Can fibroids be eliminated without having surgery?

No but can be managed – here are some of the recommendations:

Medications for uterine fibroids target hormones that regulate your menstrual cycle, treating symptoms such as heavy menstrual bleeding and pelvic pressure. They don't eliminate fibroids but may shrink them. Medications include:

**Gonadotropin-releasing hormone (GnRH) agonists.** Medications called GnRH agonists treat fibroids by blocking the production of estrogen and progesterone, putting you into a temporary menopause-like state. As a result, menstruation stops, fibroids shrink, and anemia often improves.

GnRH agonists include leuprolide (Lupron, Eligard, others), goserelin (Zoladex) and triptorelin (Trelstar, Triptodur Kit).

Many women have significant hot flashes while using GnRH agonists. GnRH agonists typically are used for no more than three to six months because symptoms return when the medication is stopped, and long-term use can cause loss of bone.

Your doctor may prescribe a GnRH agonist to shrink the size of your fibroids before a planned surgery or to help transition you to menopause.

**Progestin-releasing intrauterine device (IUD).** A progestin-releasing IUD can relieve heavy bleeding caused by fibroids. A progestin-releasing IUD provides symptom relief only and doesn't shrink fibroids or make them disappear. It also prevents pregnancy.

**Tranexamic acid.** This nonhormonal medication is taken to ease heavy menstrual periods. It's taken only on heavy bleeding days.

**Other medications.** Your doctor/nurse practitioner might recommend other medications. For example, oral contraceptives can help control menstrual bleeding, but they don't reduce fibroid size.

Nonsteroidal anti-inflammatory drugs (NSAIDs), which are not hormonal medications, may be effective in relieving pain related to fibroids, but they don't reduce bleeding caused by fibroids. Your doctor/nurse practitioner may also suggest that you take vitamins and iron if you have heavy menstrual bleeding and anemia.

### **15. What traditional medicines can I use to fight menopausal symptoms?**

There is not a great deal of research in this area. Black Cohosh has been studied but deemed not effective. Yoga has seen benefit as has acupuncture.

### **16 If you eat a plant-based diet, will you have an easier menopause?**

There is no evidence to support this claim. However, plant-based diets (and fish) have noted health benefits on their own.

### **17. What can we do to balance our hormones naturally?**

To date, nothing that we are aware of.

### **18. How do we get rid of belly fat, seems to get larger overall, do we lose that weight once we have gone through menopause?**

We do gain weight after menopause. There is no way to get rid of belly fat only. We gain weight due to lower metabolism and lower needs for the number of calories we ate when we were younger – men experience this as well. Best is to eat a balanced diet and exercise. Weight bearing exercises and weights are needed to deal with bone loss as we age.

### **19. Hormone Replacement Therapy (HRT)**

Estrogen alone if you don't have a uterus. Estrogen and progesterone if you still have a uterus can help hot flashes but also helps vaginal dryness and urinary frequency and infections.

HRT can be given as oral medications or as patches/creams (transdermal).

If you have more of the vaginal atrophy/dryness, then estrogen cream inserted vaginally or the Estring (ring) that is inserted into the vagina and left in for 90 days can be helpful. The dose is much less than oral/transdermal preparations and, to date, breast cancer risk is not an issue.

Painful intercourse can be helped by any of the above methods and by using lubricants such as Replens. It is important for your partner to know that after menopause, the vagina does not produce as much of its own lubrication and may need some help. Replens can be used but there are also creams that are more fun – flavoured etc. that are safe to use. It is important to talk about this so that intercourse can remain a pleasure.

There are some contraindications to using hormone replacement therapy including:

- Active vaginal bleeding
- Known or suspected breast cancer
- Acute liver disease
- Active thromboembolic disease (clots)
- Acute cardiac disease
- Recent stroke
- Pregnancy

To date, HRT (estrogen/progesterone orally and transdermal) is used for 5 years – after which there is a *slight* increase in risk of breast cancer. However, it is very small, and it is best to discuss with your health care provider whether to continue or stop HRT at this time. The risk versus benefit needs to be looked at given that hot flushes can seriously affect quality of life. Women on HRT ought to be reassessed yearly for any contraindications.

## 20. Other than Hormone Replacement Therapy:

Antidepressants: venlafaxine, paroxetine, escitalopram (can help flushing and anxiety that women may experience).

Gabapentin 300 mg 3 times a day or 900 mg at night for night sweats

Pregabalin 75 to 150 mg twice a day

Yoga

Although no research, a well-balanced diet and exercise are always recommended for aging well. In addition, having supportive friends, family and the opportunity to discuss what works for each person and sharing is so valuable to aging well.

Many approaches and natural products are not covered by our health plan – I cannot answer why not.

## 21. Foods high in estrogen: phytoestrogen:

Tofu, dried fruits, sesame seeds, soybean, edamame, flax seeds, wheat bran, peaches, cruciferous vegetables, garlic.

## Citxw Nlaka'pamux Assembly

# ʔúým (ooyim)

"Gather things for a special purpose"

## Dancing Tree

Thursday, October 10, 2019

Location: Twall Valley

Leave CNA office at 8:45 A.M.

Leave Cook's Ferry Gym at 10:00 A.M.

Please bring your drums, ribbon skirts/shirts, extra layer of clothing/blanket (we will be outside), chair, water bottle, snacks, bowl/cup/cutlery etc.

Lunch will be provided.

## Upcoming Gatherings:

November 7, 2019- Celebration Luncheon

The 2nd Thursday of each month we will be getting together on the land to learn about significant Nlaka'pamux teachings.



Call/Email CNA for additional information  
250-378-1864 or [reception@cna-trust.ca](mailto:reception@cna-trust.ca)

# Nlaka'pamux Days

October 12th & 13th 2019  
@ Stein Valley  
Nlaka'pamux School,  
Lytton, BC  
10am - 5pm each day

## **Family Friendly Event**

Share the experience of  
Nlaka'pamux basketry,  
traditional games, crafts, food,  
& presentations with us!

**Vendors Welcome!**

**Pre-Registration Deadline September 20th, 2019**  
**Draw will be October 13th, MUST be present to win.**

For More Information:  
Call the CNA at (250) 378-1864 or  
Email [reception@cna-trust.ca](mailto:reception@cna-trust.ca)

**THIS IS A DRUG & ALCOHOL FREE EVENT**

## Reflexology with Heidi McCall



**Siska : October 2 & 16**

**Cook's Ferry: October 1 & 15**

## Therapeutic Massage with Kathryn Young



**Cooks Ferry October 22, 2019**  
**Siska October 24, 2019**

**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.



Foreverfeet-footcare Ltd. was created by Suzanne Marsel in the fall of 2012 with the understanding that overall health and wellness begins from the FEET up. "I have been working in healthcare since 1994 and through the years I have seen a constant need for quality, affordable foot care health services in the community. Suzanne is a Licensed Practical Nurse with Bachelor of Science of Podology, with Advanced foot care training & Certified Podologist & Certified Master Pedicurist. Suzanne understands the importance of ensuring quality and variety of services to promote and maintain your foot health.

**Suzanne will be visiting Cook's Ferry every last Tuesday of the month**

October 22, 2019

November 26

December 23 (Monday)

January 28

**Medical Travel available for our Siska Community**

**Prior to your foot care visit:**

**-Do not soak your feet**

-Wear comfortable clothing (able to assess lower leg knee to foot)

-Have your everyday shoes available to be assessed

-Be prepared for a 30-45min session.

**During your session:**

Will go over all of your health issues/medications etc, to complete your foot care health profile and address any concerns/issues you may have with your foot care needs.

A typical foot care session includes a foot & gait assessment, cleaning the feet, toenail care, corn & callus care, nail cutting/filing, skin care, footwear education as well as a general health & medications review.

**Health Standards**

Foreverfeet-footcare follows strict infection control guidelines as set out by Province of BC & Health Canada to ensure quality foot care service.

1. Cleaned in a Autoclave sterilizer in accordance with IHA infection control standards & Health Canada's recommendations.

2. Nail files and other items used during your service are one time use products, with the exception of black files, nippers and E-file devices.

## Trauma is the root cause of addiction, according to Dr. Gabor Mate

ASHLEY ROBINSON, REGINA LEADER-POST , July 8, 2019



“Addiction is only a symptom, it’s not the fundamental problem. The fundamental problem is trauma,” said Mate.

Mate was in Regina on Wednesday to speak at the sixth International Training Symposium on Innovative Approaches to Justice: Where Justice and Treatment Meet.

The conference started Tuesday and runs until Friday at the Hotel Saskatchewan. Judges, lawyers, counsellors and professionals who work in treatment courts from across the country are in attendance, along with a handful of people from the United States. The conference is held every two years, with the last one being held in Vancouver.

“A lot of issues that people have are related to a trauma in their life ... so we’re bringing in professionals to talk about the nuts and bolts of how you deal with that population,” said Saskatchewan Provincial Court Judge Clifford Toth, one of the organizers of the conference.

Mate, a doctor from Vancouver, is one of the keynote speakers. He worked for 12 years in Vancouver’s downtown east side, which is one of the most concentrated areas of drug use in Canada. He also wrote a book about addiction entitled *In the Realm of Hungry Ghosts*.

His talk at the conference, *A Bio-physical Perspective on Addiction*, focused on the nature of addiction, what causes it and the way to best approach people who are suffering from it.

“Before we ask how we handle something, we have to understand what are we handling,” Mate said.

Addiction connects back to trauma that people have experienced in their life, said Mate. Once people understand this, then treatment can happen.

“Unfortunately most of the medical profession and the legal system does not understand addiction. Therefore our treatment and legal solutions tend not to be helpful, and in fact they often tend to be harmful,” he said.

Mate sees drug treatment courts, like the one that is operated in Regina, as a step in the right direction. The courts are a step away from the traditional punishment approach. There is recognition in the courts that there is no justice without health, Mate said. These courts recognize that people are acting out because of their trauma.

“When we understand that the people who are addicted are traumatized people, now we have to take an approach that will help them heal that trauma, rather than make it worse,” Mate said.

Mate sees the conference as a way to open peoples’ minds to giving people that treatment.

“What I get about the conference is that it’s a real earnest and well-organized attempt to broaden the conversation and to bring together people from different disciplines,” he said.

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

### Heskw'en'scutxe Health Services Society

**Ricardo Pickering, MC (Counselling Psych), RP, CCC**

#### Mental Wellness Outreach Clinician

Full days starting on October 10, 2109 from 10:00 a.m. to 4:00 p.m. by appointment only. To book an appointment call or email Ricardo directly or call our offices.

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. CPCCC**

#### 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

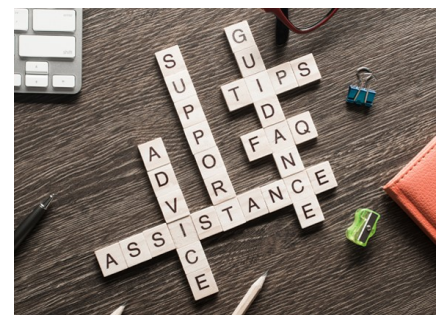
**Vincent Abbott, Drug & Alcohol Counsellor**

Vincent comes twice a month to every community.

Please call him to book your appointment.

Office: 250 378.9772

Mobile: 778 254.0055





COHI with Brenda Isaac and Hazel Billy  
 September 24—Stein Valley School starting at 9:00 a.m.  
 October 4—Siska Office 1:00 p.m., & Cook’s Ferry 3:00 p.m.

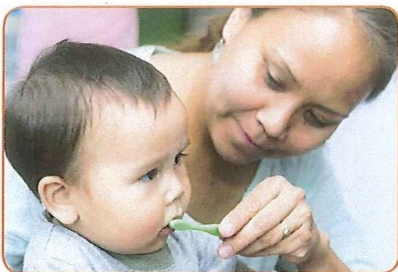


Children’s Oral Health Initiative (COHI)

# Tooth Brushing Tips for Parents

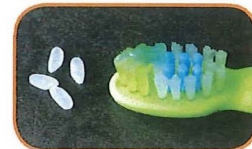
**Your job as a parent includes keeping your child’s teeth clean and healthy.**

**Not all children enjoy having their teeth brushed. It is important because baby teeth are soft and can get cavities easily.**



### Brushing your baby’s teeth

- Begin brushing your baby’s teeth as soon as the first tooth appears.
- Gently brush twice a day using a rice grain amount of fluoride toothpaste on a soft toothbrush.
- Remember to gently brush where the teeth and gums meet.
- Check your baby’s teeth often. If you see white or brown spots along the gum line, speak to the COHI staff.



### Positioning for Toothbrushing

Find a comfortable position.

#### Try these positions:

- Lay your child on a change table, making sure they cannot fall off.
- Place your child on a couch or bed, with their head in your lap.
- Lay your child on the floor with their head placed between your legs.



## TIP

At 6 months, start teaching your child to drink from an open cup.

# FLU BUSTING ELDERBERRY GUMMY BEARS WORKSHOP

FOR SISKA AND  
COOK'S FERRY KIDS  
AND GUARDIANS



October 1 & 2, 2019  
Location: Cook's Ferry  
Time: 5:00 P.M.  
Light supper included  
Transportation available  
R.S.V.P (so we have  
enough bears to share)

Transportation may be provided for this Eye Clinic.

Please call our offices if you would like a ride.

*Hundreds  
of frames to  
choose from*

**EYE EXAM AND  
GLASSES**

**October**

**8, 9 & 10**

**2019**

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



**COMMUNITY OUTREACH EYE CARE PROGRAM**

[communityoutreacheyecare@gmail.com](mailto:communityoutreacheyecare@gmail.com)

**Please Contact  
Leonora Thomas  
250 - 455-2115**

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

Transportation may be provided for this Eye Clinic.

Please call our offices if you would like a ride.



hear life's  
important  
moments!



Sign up **today!**  
Limited Appointments  
(Ages -18 and up)

# 1 Day FREE Hearing Screening Clinic

Free Hearing Aids Cleaning and Maintenance

Date: October 24, 2019

Day and Time: Thursday Noon - 4:30 p.m.

Clinic Location: Cook's Ferry



CARTER **Hearing**



Call today 604-392-9211

CHILLIWACK - HOPE - PRINCETON

TF: 844-234-6665 | PH: 604-392-9211 | carterhearing.ca

Laura Carter, RHIP.  
Registered Hearing Instrument Practitioner  
Owner

Transportation may be provided for this workshop.

Please call our offices if you would like a ride.



Merritt & District  
Hospice Society



In partnership with Merritt & District Hospice Society, Nlaka'pamux Health Services and Scw'exmx Child & Family Services presents:

# GRIEF & LOSS

*An evening workshop for anyone over the age of 12*

MONDAY, OCTOBER 21st  
6:00PM TO 8:00PM  
2975 Clapperton Ave.

For more information and registration, please contact Cely-Rae at [celyrae.street@scwexmx.com](mailto:celyrae.street@scwexmx.com) or 250-378-2771

"NO ONE EVER TOLD  
ME THAT GRIEF FELT  
SO LIKE FEAR" - C.S.  
LEWIS





**The Healthy Food Boxes Program is back!**  
**Deliveries on every third Thursday of the month**

**October 17**  
**November 21**  
**December 19**

**Linda Peters will be visiting both communities, the first two weeks of October and re-view the list of items offered and take note of what you would like to receive.**

**SHOPPING DAYS**

**Cook's Ferry:** last Wednesday of the month **October 30, 2019**  
**Siska:** First of the Month (if it falls on a weekend that would be the Friday before).  
**October 1 & November 1, 2019**

*21 Day **Fix EXTREME Countdown** Approved Food List*

- 1C.** Kale, Collards, Spinach, Brussel Sprouts, **Broccoli**, **Asparagus**, Beets, Tomatoes, Squash, **String Beans**, **Peppers**, Carrots, Cauliflower, Artichokes, Eggplant, Okra, Jicama, Snow Peas, Cabbage, **Cucumbers**, Celery, Lettuce, Mushrooms, Radishes, Onions, Sprouts
- 3/4 C.** Sardines, Chicken Breast, Turkey Breast, **Ground Chicken**, **Ground Turkey**, Wild Game, Wild Fish, Eggs, **Egg Whites**, Shellfish, Claims, **Lean Red Meat**, Lean Ground Beef, Tempeh, Tofu, Pork Loin, Protein Powder, Shakeology, Pork Tenderloin, Tuna (in water)
- 1/2 C.** **Sweet Potato**, Yams, Quinoa, Beans, Lentils, Edamame, Peas, Refried Beans, Brown Rice, Wild Rice, Potato, Corn, Amaranth, Millet, Buckwheat, Barley, Bulgar, **Steel Cut Oats**, Whole Grain Pasta, Whole Grain Couscous, Whole Grain Bread, Whole Grain Tortilla, Corn Tortilla
- 1/3 C.** **Avocado**, Almonds, Cashews, Pecans, Peanuts, Pistachios, Walnuts, Hummus, Parmesan, Coconut Milk
- 1 tsp.** Extra Virgin Olive Oil, Coconut Oil, Flaxseed Oil, Walnut Oil, Pumpkin Seed Oil, Nut Butter, Seed Butter

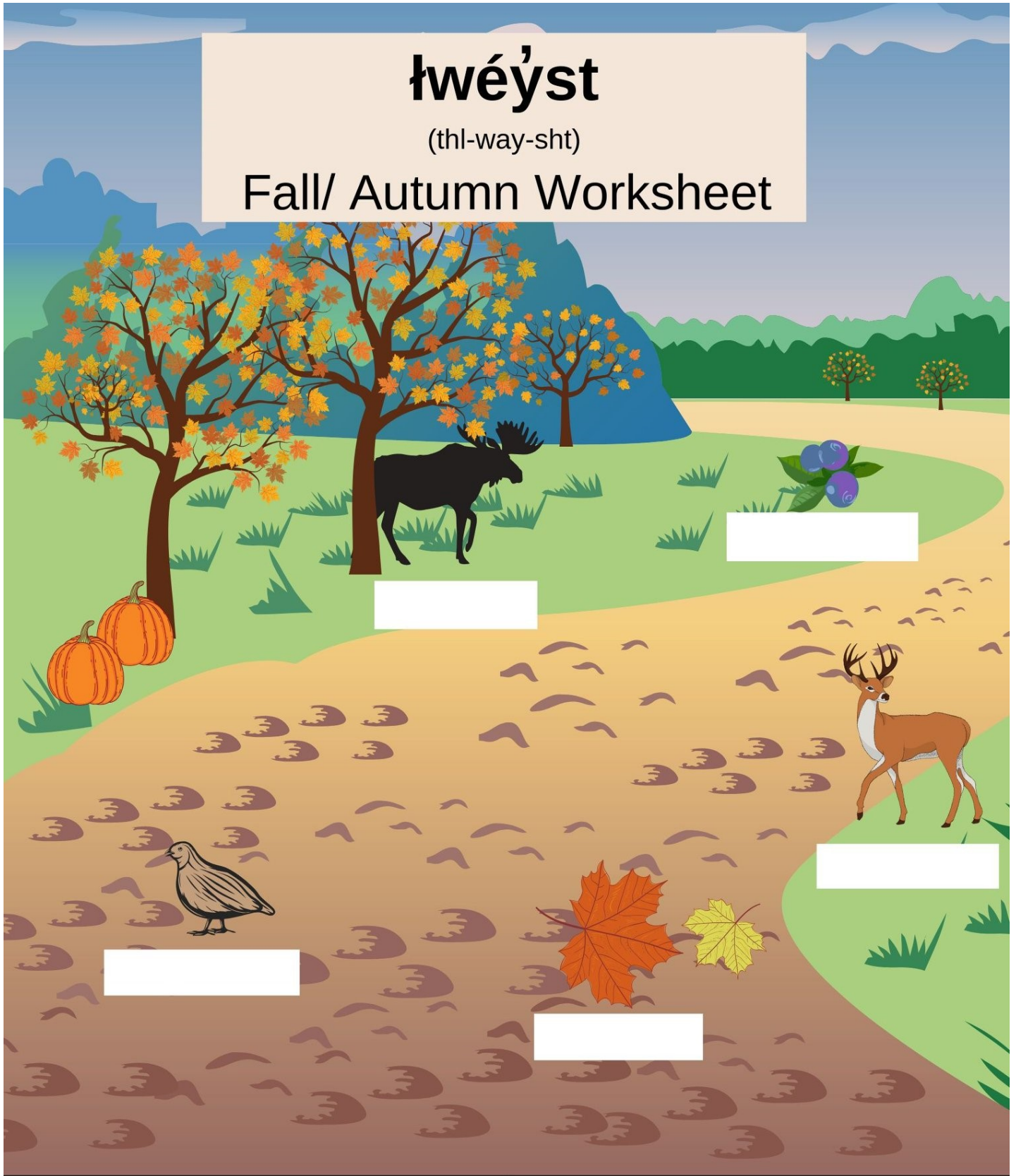
Free Items: Water, Lemon & Lime Juice, Vinegar, Mustard, Herbs, Spices, Garlic, Ginger, Tobasco, Flavor Extracts

**Bolded Items** are the only items in each container that Autumn eats when she gets ready for a competition.

# łwéy'st

(thl-way-sht)

## Fall/ Autumn Worksheet



Lets learn some new words!

Write in the boxes with the correct  
Fall term or  
cut and paste in the white boxes.

Fall Terms:

ćálćále

céqcəqt

yśálxkn

smíyc

pcákt

# Fall Answer Worksheet

Fall Term:

nłeʔkepmxcin:

<b>Huckle berry</b>	<b>ćálćále</b> (tsal-tsal-a)
<b>Deer</b>	<b>smíyc</b> (smeeych)
<b>Spruce Grouse</b> (fool hen)	<b>ćáqcəqt</b> (chaq-chaqt)
<b>Moose</b>	<b>yʔálxkn</b> (e-ahl-h-kin)
<b>Leaf, leaves</b>	<b>pcákł</b> (p-chak-thl)

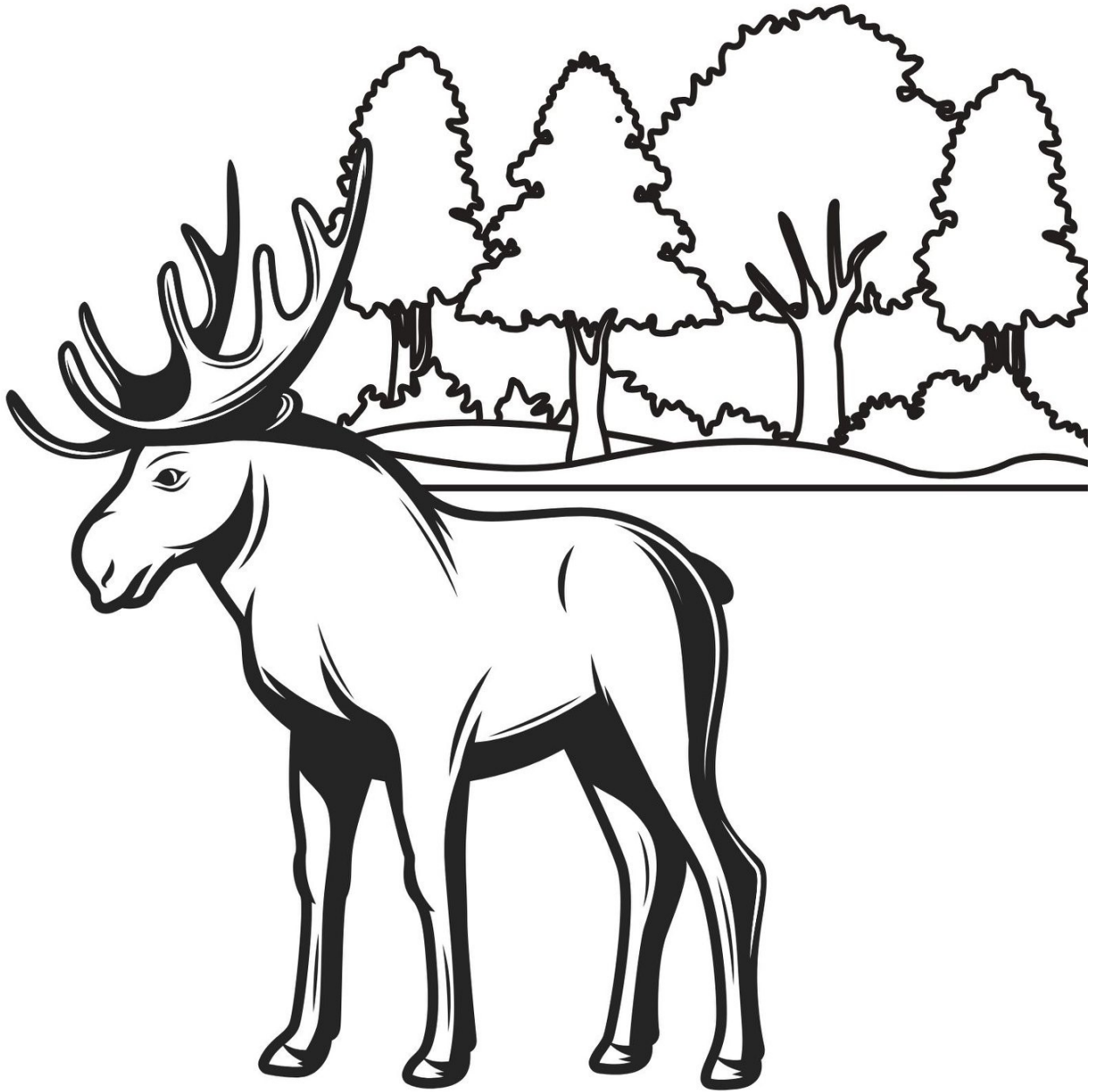
**These are some of the foods that are ready to hunt and harvest in the Fall.**

Bonus Word #1 "Pumpkin": ʔe stəkʷlitqín tək sləʔxans (ah stukw-leet-qin tick s-thlah-hansh)

Bonus Word #2 "Harvest": ʔéwés (ah-wash)  
gather, collect, harvest s.t. [esp. plant food, and esp. the best of the crop]

nl̥eʔkɛpmxcin: Moose

yʕálxkn



nłe?kepmxcin: Pumpkin

# ?e stək<sup>w</sup>litqín tək sła?xans



To all the kids of Siska and Cook's Ferry , if you like, bring in this coloring page to Corynn and or Nadine and help us decorate our offices for the month of October!

нӀе?кеpmxcin: Deer

smíyc





The office will be closed on Monday October 14, 2019 to celebrate Thanksgiving day. We will re-open normal office hours the following day.

November 1st:  
National Eat Your Kid's  
Halloween  
Candy After  
They Go To Bed  
Day.



# HALLOWEEN

## SAFETY TIPS

### FOR TRICK-OR-TREATING:

Plan your trick-or-treating route before you leave and show the kids where you'll be going

Double-check any costumes with masks to make sure kids can see clearly

Use reflective tape on dark costumes

Carry a flashlight or glow stick

Only visit houses with porch lights on

Make sure all kids know that under NO circumstances should they enter a home

If your child has an identification card (a school ID, etc), make sure to bring it along

Make sure an adult is with anyone under 16 (if older kids are going in a group, set a time for them to be home, or follow them at a safe, but not embarrassing distance)

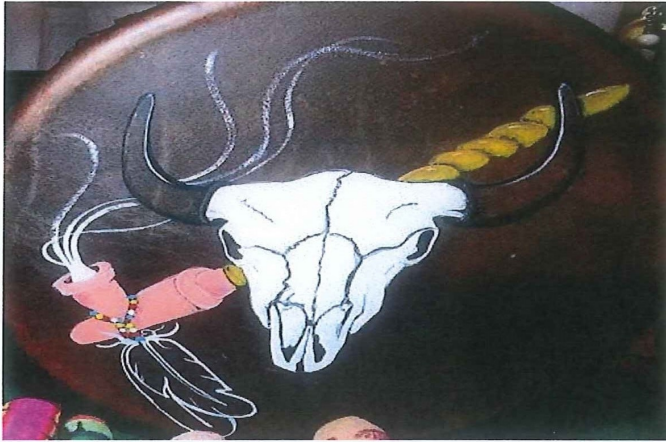
Remind your kids to stay out of the street!

Be on the lookout for cars when crossing - sometimes, it's hard for drivers to see you!

Check ALL candy and treats before eating (bring some candy from home, so the kids can snack before you inspect)



## Afterschool Art in October



An opportunity to practice creativity is something to celebrate in a world that floods our lives with many forms of technology which we are told are needful for living in modern culture but have the effect of distancing us more and more from hands on manipulation of raw materials. It is a pleasure to create using our hands. To touch the raw elements and envision what we might create is not an opportunity given to everyone.

We are expected to know and understand how to do many things where patterns have been created for us that we are taught we should follow to experience success.

With true creativity the imagination is allowed the freedom to explore the unknown so that we become creators and learn to build our own patterns. Through exercising choice we are able to control and manipulate materials in new ways and our minds are allowed to build new pathways as new ways of thinking are encouraged. When we learn to problem solve on a deeper level than by simply learning by rote established patterns we support the blossoming of an inner vision and new way of looking at the world. We may begin to connect to something amazing that floods the imagination with possibilities

In this process there is no right way and no wrong way to do something. Without fear we can experience growth through doing.

It may be that we are not all artists or craftsmen but learning to create can help our minds to see the world differently. Afterschool art strives to promote healthy perspectives through use of creative experiences.

### Upcoming Classes

**Kids Art takes place**

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

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

### Snacks are provided

**Oct 7 and 8 Printmaking**

**October 21 and 22  
Miniature drums**

**October 28 and 29  
Halloween special collage**



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**



For any questions about the new program call Toll-Free: 1-855-550-5454  
or Email: [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca)

The [First Nations Health Benefits guide](#) describes all the benefit areas as well as topics such as eligibility, MSP (the provincial Medical Services Plan), reimbursement procedures, and appeals. While the online version of this guide has been regularly updated, the latest version is also being printed and will be distributed through a variety of channels, including the Health Benefits Community Relations Representatives in each health region.

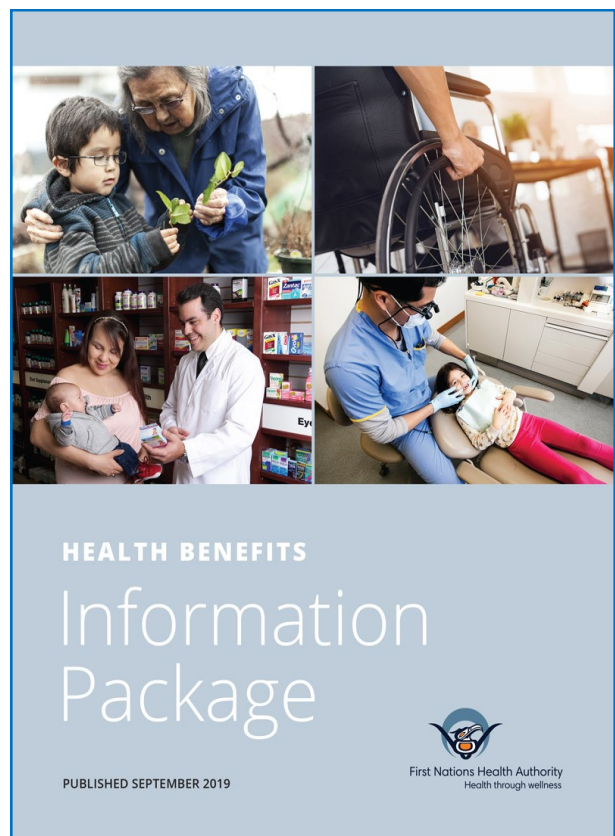
On September 16, 2019, the FNHA will transition dental, vision, and medical supplies and equipment (MS&E) and select drug benefits off the federal Non-Insured Health Benefits (NIHB) program. The FNHA's new partner, BC-based benefits provider [Pacific Blue Cross](#), will then administer

The FNHA will expand benefit coverage for many preventive health services and special needs at the time of this transition. Highlights of the improvements to the benefit program are described in a fact sheet about the transition as well as in individual fact sheets that have been created to describe each of the benefit areas:

To be administered by Pacific Blue Cross (PBC) as of Sept. 16: Dental, Medical Supplies and

The First Nations Health Authority (FNHA) has created a series of new resources describing the health benefits program available to its First Nations clients. These resources include a guide and seven fact sheets.

Please ask Corynn or Nadine if you would like a copy of this information package.





**09/20/2019 JOB POSTING  
On Call Casual Medical Transportation Driver**

Heskw'enscubxe Health Services Society is a non-profit organization providing health services, home care and community health nursing services for adults, elders and families and staff members of the Cooks Ferry and Siska Indian Bands.

HSSS has an immediate opening in our health services office working from both locations for an **On-Call Casual Part-Time Medical Transportation Driver** to provide transportation services.

The Society is looking for a confidential compassionate, caring responsible and reliable person to join our team on a casual on call basis. The Driver is responsible to conduct vehicle safety inspections and provides safe and timely community member focused transportation services for stable and non-emergency home care clients needing to get to and from medical / dental appointments and special events. Drivers will provide safe transportation, assist the passengers as needed, be compassionate and understanding of the clients's needs and confidentiality.

**Terms:** On Call Casual Medical Driver Monday to Friday anywhere between 8:30 a.m. and 4:30 p.m.

**Hourly Wage:** \$14.00

**Location:** We serve two locations, the communities of Siska and Cook's Ferry

**We are looking for someone who has the following qualities:**

- Maintains confidentiality
- Calm and mature
- Easy going, flexible and personable
- Good listener/Follows instructions
- Can drive in busy cities
- Demonstrates knowledge of vehicle inspection and maintenance schedules

**Responsibilities:**

- Ensure safe and timely transportation of clients to their scheduled appointments or special events.
- Pick up clients at designated location, transport to their medical location and return.
- Maintain secure and confidential handling of all documentation.
- Assist passengers with accessibility in the vehicle, as well as escort clients to and from the appointments.
- Conform to all BC highway traffic laws.
- Assure clients's doctors/medical office assistant signs confirmation of attendance forms.
- Clean medical transportation vehicles after each use.
- Other related duties as assigned by the Health Manager or designate.

**Credentials:**

- Valid Class 5 Driver License
- Provide Criminal record check
- Possess First Aid / CPR
- Priority will be given to qualified Indigenous community members.

We thank all applicants, however only those selected for an interview will be contacted.

Please submit a cover letter and resume with three related references to:

Tina Draney, Interim Health Manager

Email: [admin@hssbc.ca](mailto:admin@hssbc.ca)

Fax: 250.458.2212

Closing Date: Open until position filled.

*Pursuant to S.41 of the of the BC Human Rights Code, preference may be given to Aboriginal Applicants.*

*"Take Care Of Yourself"*

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



## **Pine Mushroom Picking Nahatlatch Region**

**New Dates!**

**October 2019**

**Thursday 3**

**Fridays 11 & 18**

**Monday 21**

**Tuesday 29**



- **Lunch Provided**
- **Wear proper clothing & hiking boots**
- **Bring flat boxes or bags**
- **Depart from Cook's Ferry at 7:00 a.m.**
- **Siska 7:30 a.m.**
- **We will pick u up on reserve!**

**Limited Seats,  
Book yours today!**