



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

November 2019

Ye te swiktímn Hazel, Barbara & Sam!*

**It is good to see our three Healthy Food Bags Helpers!*



*The next
delivery will be
on Thursday
November 21,
2019*



Food***Sta?xans***Food

We took a break during the summer as many of you have gardens. The Healthy Food Bag program will begin again until June 2020. This month's marathon was filled with laughter and was pretty busy. How did everyone enjoy their beautiful fresh vegetables from Desert Hills? How did you end up using your cabbages and squashes?

Share pictures of your home baked meals on our Facebook page!

The Society acquired a new vehicle, a Dodge Caravan for shopping and Food bag delivery days. It is a comfortable ride and can fit up to seven people.



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

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: 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 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



NEW SIGNAGE AT BOTH LOCATIONS



The signage is bright and clearly shows that the clinic is to the left. Hopefully there is not too much snow accumulation as we may have to go and shovel the bottom!



We installed a larger, brighter sign that also features our new logo.



We now have two disability and elders parking spots available at all times at Cook's Ferry.



Signage is up on the building at Siska! We also installed signage on the highway and on the main road. Kukchem to Fred Peters for the installation and Siska Band for allowing us to put signage up on the highway and on the main road. HHSS Siska is officially on the map!

Flu Shot Clinics in both our locations Mid-November



Dates will be announced shortly. Note that there are several other clinics in the area and everyone is welcome to go to any of these locations.

(See schedule on last page of the newsletter)

Please call us if you are in need of a ride.

Cook's Ferry November TBC

Siska November TBC



COLD OR FLU

KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

COLD

You may feel chills but fever is rare

Cough, chest discomfort
(mild but may last a while)

Body aches & pains
(mild)

Tiredness
(you can still do your daily activities)

Headache
(mild)

Sore throat

Stuffy, runny nose, sneezing



FLU

Fever

Cough, chest discomfort
(dry cough can be severe)

Body aches & pains
(can be severe)

Bedridden
(you may feel extremely exhausted)

Headache
(can be severe)

Sore throat

Stuffy, runny nose



COMPLICATIONS CAN INCLUDE...

- + Lung infections
- + Throat infections
- + Ear infections
- + Sinus infections

COMPLICATIONS CAN INCLUDE...

- + Pneumonia
- + Pre-existing health conditions getting worse (such as asthma)
- + Hospitalization
- + Death

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



KNOW THE FLU FACTS

THE FLU CAN BE SERIOUS.

- + The flu is very contagious and can spread **quickly** and **easily**.
- + Before you even know you are sick, you can **pass the flu on to others**.
- + In Canada, an average of **12,200 hospitalizations** and **3,500 deaths** related to the flu occur each year*.

THE FLU CAN AFFECT ANYONE.

- + Even healthy people can get the flu, and it can be serious.
- + People at **higher risk of serious complications*** are:
 - > *adults aged 65 and over*
 - > *young children*
 - > *those living with one or more chronic health conditions*
 - > *pregnant women*
 - > *those residing in nursing homes or other facilities*
 - > *Indigenous peoples*

YOU NEED TO GET VACCINATED EVERY YEAR.

- + **Flu viruses** change each year. Experts create a **new vaccine** to protect you **each flu season**.

YOU CAN'T GET THE FLU FROM THE FLU SHOT.

- + The viruses in the **flu shot** are either killed or weakened and **cannot give you the flu**.

THE FLU SHOT IS SAFE.

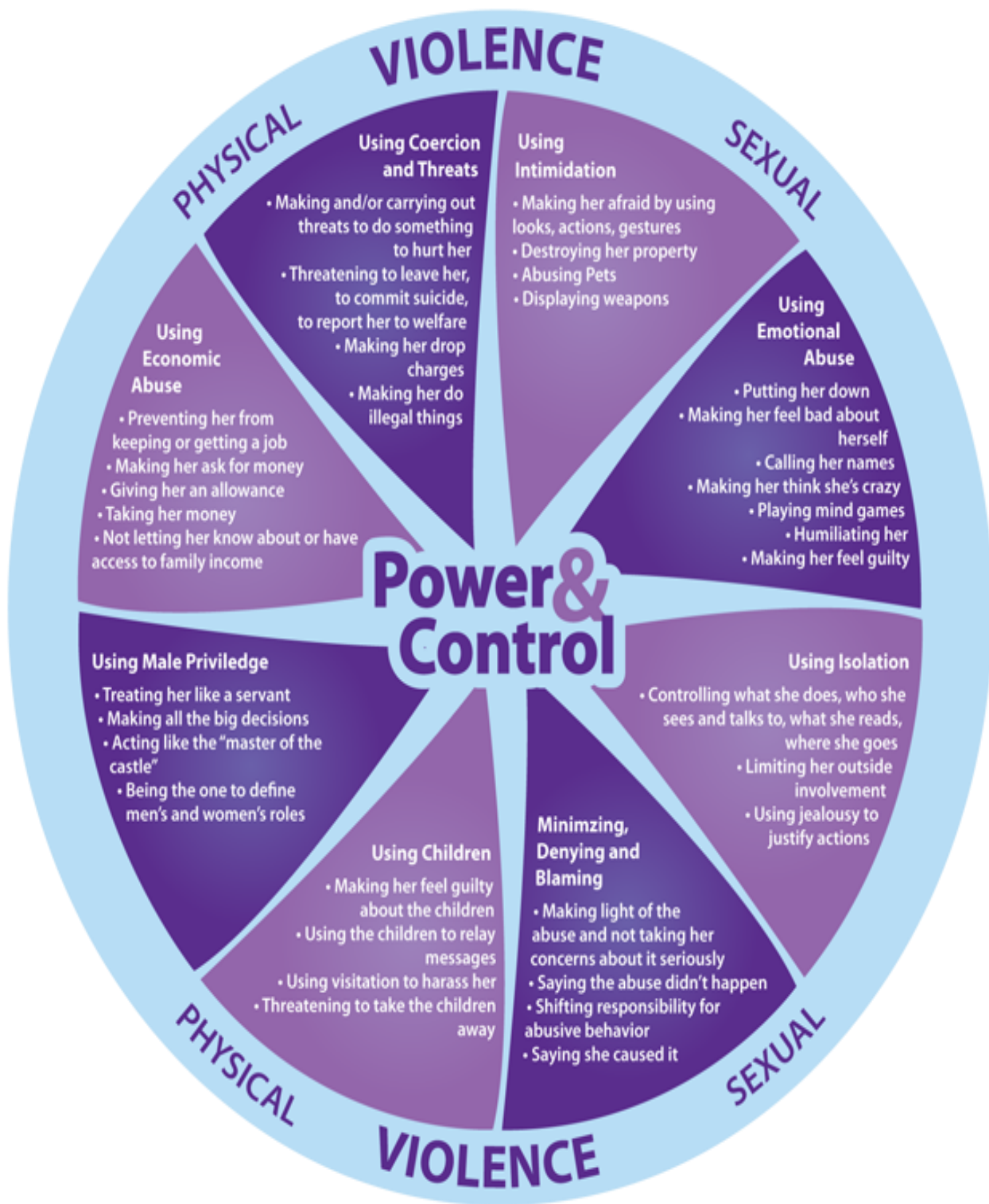
- + **The flu shot** has **benefited millions** of Canadians since 1946.
- + Most people don't have reactions to the **flu shot**; those who do may have soreness, redness or swelling at the injection site.
- + **Severe reactions** to the vaccine are **extremely rare**.

EVERYBODY WINS WHEN YOU GET VACCINATED.

- + If you do get the flu, the **flu shot** may reduce the **severity of your symptoms**.
- + By getting the **flu shot**, you **protect yourself and others** because you are less likely to spread the flu.
- + It's a **simple action** that can **prevent complications** and **save lives**.

* An Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI), Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2018-2019.

TO LEARN MORE, VISIT CANADA.CA/FLU



Domestic abuse is not all cuts and bruises. In order to end abuse in our families, or in our community, it is important to be aware of the entire range of behavior that could constitute abuse. To do this, Domestic Abuse Intervention Programs, in Duluth, created the Power and Control Wheel, a diagram that helps both victims and abusers identify all the behaviors that they have either experienced or utilized in their relationships. The wheel is separated into eight distinct categories:

Intimidation is the act of making someone fearful or making someone feel inferior. In an unhealthy relationship, intimidation can be seen throughout a wide variety of actions and behaviors. Some of these include: pointed looks, body language, destruction of property, abusing pets, threats/implication of a threat, and displaying weapons.

Emotional abuse is one of the most common forms of abuse and is characterized by frequent verbal attacks or put downs. These behaviors can include: name calling, insulting the victim, making the victim feel crazy or playing mind games, humiliating the victim, and making the victim feel guilty.

Isolation in domestic violence is the act of cutting the victim off from the rest of the world, especially his or her potential support system. Behaviors include: controlling who the victim sees or interacts with, controlling what the victim does or where they go, limiting what the victim can read or watch on TV, attempting to ruin or distance relationships with friends or family, and using jealousy as a means to justify their abuse.

Minimizing, denying, and blaming are all words that explain the abusers reasoning for the abuse. Perpetrators of domestic abuse often minimize the abuse by making light of the situation or blowing off the victim when they want to discuss it. Perpetrators of domestic abuse also frequently deny that the abuse occurred at all. Finally, perpetrators of domestic abuse shift responsibility for the abusive behavior onto the victim by saying that their actions forced their hand. They can use these tactics to both rationalize their own behavior as well as manipulate and control their partner by making them feel guilty, too sensitive, and/or crazy.

Using children is another way for attackers to manipulate their victims. Perpetrators of domestic abuse use their children to make their partner feel guilty about leaving or wanting to leave. They can use their children to relay messages to their victim. Or perpetrators of domestic abuse can force their victims to stay by threatening to take away their children.

Economic abuse is making one partner financially dependent on the other. Victims who are unable to support themselves, and possibly their children, are less likely to leave their partners. Perpetrators of domestic abuse can prevent their partners from getting jobs, make their partners ask for money, give their partners an allowance, take their partner's money, spend their partners money before they get a chance to save or work towards any type of financial goals, or withhold information or access to family income.

Male privilege is the social practice of men receiving benefits or advantages based solely on their gender. Whether consciously or not, male perpetrators use this logic to justify their abusive and domineering actions over their female partner. Examples of male privilege in perpetrators are treating the woman as a servant, and defining the "proper roles" for both men and women.

Coercion and threats are commonly used. Perpetrators of domestic abuse can threaten violence or physical harm, threaten to leave the victim, or threaten to commit suicide if the victim was to leave them.

These types of behaviors, in isolation, appear negligible. Yet, abusive relationships are marked by a repeated use of these behaviors, reinforcing one another and increasing asserting power and control over the victim. By identifying these various signs sooner we may be able to break the cycle and save more victims from an unnecessarily tragic fate.

Gaslighting is:

an abusive tactic used to cause someone to doubt their own feelings, memory and sanity.

It can sound like:

"It's all in your head."

"You're being dramatic."

"You're making things up"

"You're crazy. That never happened."



STRONGHEARTS
Native Helpline

HELPING AN ADULT GET SUPPORT & REPORTING ABUSE OR NEGLECT

What can you do if you think an adult is abused, neglected or self-neglected and they cannot get help on their own?

Adults in BC have the right to make their own decisions, including decisions others might think are dangerous or unwise, as long as the adult is mentally capable and the decision does not harm others. This includes a decision to remain in an abusive relationship, but only if the adult is mentally capable and understands the decision they are making.

There is no legal requirement to report adult abuse in BC. However, as a concerned citizen you may wish to report that you have noticed that someone is in difficulty. This is even more true in situations where an adult cannot seek help on their own because of a physical disability, restraint, or an illness, disease or other condition (such as a dementia, brain injury or stroke) that affects their ability to make decisions.

There are many community agencies such as victim services, seniors centres, transitions houses and so on that can assist in certain circumstances. In addition, for adults who may not be able to seek help on their own, designated agencies have a mandate to respond. The designated agencies in BC are the 5 regional health authorities for many adults and Community Living BC for adults who have a developmental disability.

In an emergency... If the situation is an emergency and someone's safety or life is at risk you can call the police emergency number for your community.

If it is not an emergency but there is still reason for concern... If there is a bit of time to take action, you can do one or more of the following:

- Talk to the adult if you feel comfortable doing so to find out if they need assistance and if there's someone you can contact for them.
- Phone one of the Community Numbers in your community.

Phone one of the Designated Agency Numbers for your community if you have any doubt about whether the adult can seek help on their own. Under Part 3 of the Adult Guardianship Act, designated agencies must look into reports of adult abuse or neglect they receive.

For information on the Public Guardian and Trustee's role in helping an adult get support and receiving reports of possible financial abuse or neglect call the number below for more information.

- Phone VictimLINK 1.800.563.0808 (toll-free), 24 hour-a-day, seven day-a-week support and referral service.

Phone the Senior Abuse Information Line (SAIL) operated by the BC Centre for Elder Advocacy and Support at 604-437-1940 or at 1-866-437-1940 (toll free), available from 8am-8pm daily (excluding holidays).

NEWANXIETY AND DEPRESSION TESTING DAYS with RICARDO PICKERING...

The two most common presenting problems in mental health are anxiety and depression.

What is it important to learn about Anxiety?

Most people do not recognize anxiety for what it is, and instead think there is something wrong with them...

How do I know if I am depressed?

Now you can learn about some of the signs and symptoms of depression, what to look for and tips for getting the help you may need...

Both anxiety and depression could be recognized by learning their most common manifestations.

Please come to HH.SS and join Ricardo Pickering, Master of Counselling and Certified Canadian Counsellor, for a brief and simple testing session.

To arrange for a meeting, please call Nadine at HHSS.

Thank you and hoping to see you soon!

Ricardo

SOME QUICK TIPS TO FIGHT ANXIETY

1. Get 9.5 hours of sleep a night
2. Go to bed and wake up at the same time each day (and don't sleep in for more than an hour past your regular wake up time on the weekends)
3. Don't worry in bed – get up and do something boring instead. Keep lights dim and go back to bed when you start to feel sleepy
4. Create a relaxing bedtime routine. For example, have a warm bath or shower, put on your pajamas, have a light snack, put on some calming music, and then read a book. Avoid TV/screens, caffeine, alcohol, and smoking before bed

Article taken from <https://anxietycanada.com/articles/quick-tips/>

MENTAL WELLNESS SUPPORT

Heskw'en'scutxe Health Services Society

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

Mental Wellness Outreach Clinician

Hours: Thursdays 1:00 p.m. to 4:00 p.m. by appointment only. To book an appointment call our offices. Ricardo can go to Siska as well.

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

Office: 250 458.2212

Mobile: 250 842.8552

Email: 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@nlxfrn.com



Nlaka'pamux Mental Health Services

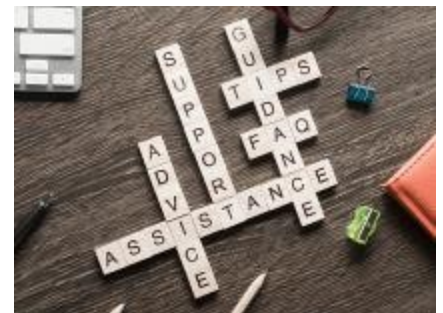
Vincent Abbott, Drug & Alcohol Counsellor

Vincent comes twice a month to every community.

Please call him to book your appointment.

Office: 250 378.9772

Mobile: 778 254.0055



Are you at risk for falls?

Everyone experiences a fall now and then. While most falls do not cause serious injury, occasionally we are reminded of how even a simple fall from standing can be catastrophic. Falls are especially devastating among older adults causing over 90% of hip fractures and 60% of head injuries. In fact, on average, every 10 minutes a senior is hospitalized because of a fall.

Some people believe that falls are a normal part of aging and can't be prevented, or that it won't happen to them. The truth is: There are many things you can do to prevent falls. Many risk factors are within our control to change.

What can you do to help prevent falls?

For more information about falls prevention go to www.findingbalancebc.ca

Keep your body active: Being active is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Activities that improve balance and coordination (like Tai Chi) are the most helpful. You are less likely to fall if you have strong muscles and good balance.

Have your eyes checked by an optometrist once a year: Poor vision can increase your chances of falling. Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Also, clean your glasses often and be aware that the risk of falling outside and on stairs is increased when wearing bifocals or progressive lenses.

Have your doctor or pharmacist review your medications: Some medications can increase your chances of falling if you experience negative side-effects, interactions between drugs, or errors in following prescription directions. Sedatives, anti-depressants, and anti-psychotic drugs can reduce mental alertness, worsen balance and gait, cause dizziness or drowsiness, and cause drops in blood pressure while standing.

Make your home safer: The majority of falls happen in our own homes while performing normal daily activities. Falls are often due to home hazards that are easy to overlook but easy to fix. To make your home safer:

Remove small throw rugs or use double-sided tape to keep the rugs from slipping.

Keep items you use often in cabinets you can reach easily without using a step stool.

Have grab bars put in next to your toilet and in the tub or shower.

Use non-slip mats in the bathtub and on shower floors.

Place a lamp close to the bed where it's easy to reach.

Put in a night-light so you can see where you're walking.

Hang light-weight curtains or shades to reduce glare.

Have handrails and lights put in on all staircases.

Wear shoes both inside and outside the house.

Avoid going barefoot or wearing slippers.

1 in 3 Elders will **FALL** this year



What can you do to prevent falls?

Keep your body active

Make your home safer

Have your doctor or pharmacist review your medications

Have your eyes checked by an optometrist once a year



Find more resources online at: www.findingbalancebc.ca



Reflexology with Heidi McCall



Siska : November 6 & 20

Cook's Ferry: November 5 & 19

Therapeutic Massage with Kathryn Young



Cooks Ferry November 19
Siska November 21

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.

Nursing Foot Care with Suzanne Marsel

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.

Cook's Ferry every last Tuesday of the month

November 26

December 23 (Monday)

January 28 (Siska tentative)

Medical Travel available for our Siska Community



Call the offices if you would like to make an appointment as usual medical travel is available

Getting a pedicure can be a nice and relaxing way to treat yourself, but if you require more than aesthetic treatment, you may benefit from foot care nursing services. The main difference between a pedicure and foot care is that pedicures include physical enhancements like nail polish or gentle massage whereas nursing foot care treats patients with health issues. Nail technicians and spa employees may be registered massage therapists, however, they are not necessarily licensed nurses providing professional foot care nursing services.

Who Needs Nursing Foot Care?

Foot health is an integral component of overall vitality and well-being. Many people suffer from painful foot conditions that require professional and regular care to prevent further complications, or in the case of severe wounds, infection, and amputation.

Nursing foot care is helpful to all people who require foot care services and who are otherwise unable to provide themselves with adequate self-care. Anyone with a health concern or foot-related health issue can benefit from seeking nursing foot care. According to the Canadian Association of Foot Care Nurses, many foot care patients share these common health conditions:

- Arthritis and Rheumatoid Arthritis
 - Diabetes
 - Peripheral Arterial Disease
 - Wounds

Citxw Nlaka'pamux Assembly

ʔúým (ooyim)
"Gather things for a special purpose"

Celebration Luncheon

**Wednesday, November 13,
2019**

Siska Band Hall

10:30 A.M.-2:00 P.M.

This luncheon will be to celebrate the gatherings held throughout 2019. We can share stories and discuss more On The Land gatherings for the coming year. Please R.S.V.P with C.N.A if you plan on attending.



Call/Email CNA for additional information
250-378-1864 or reception@cna-trust.ca

CITXW NLAKA'PAMUX ASSEMBLY



LANGUAGE & CULTURE MÓQ^wIX (GATHERING)

x^wúy' xeʔe p'énstm he nq^wíncutnkt
"We will revive/return our language"

Location: Civic Centre, Merritt BC
Dates: November 23rd & 24th, 2019
Start Time: 9:00 a.m.
Registration Opens at 8:30 a.m.

CONTACT THE CNA FOR MORE
INFORMATION
AT 250-378-1864 OR
EMAIL:
RECEPTION@CNA-TRUST.CA

Language & Culture Móq^wix (Gathering)
Provisional Agenda
November 23-24, 2019 at the Merritt Civic Centre

Saturday, November 23, 2019					
8:00 A.M.-4:00 P.M.	Registration - Main Foyer				
9:30-10:00 A.M.	Welcoming Prayer & Welcoming Song Opening Remarks East Auditorium				
9:00 A.M.-4:00 P.M.	Brushing Off with Elders - Room 1				
Morning Session 10:00 A.M.-12:00 P.M.	<u>Workshop A</u> Spirituality vs. Religion Percy Joe Rites of Passage Pauline Michel East Auditorium	<u>Workshop B</u> Nte?kepmxcín alphabet book Mandy Jimmie, Lena Nicholson & Kelli Lacerte West Auditorium	<u>Workshop C</u> Drum Making Corrina Manuel Limit 30 Room 2	<u>YOUTH Workshop D</u> Create a Video RE: Nte?kepmxcín Room 3	<u>Workshop E</u> Cedar Weaving Limit 20 Room 4
12:00-1:00 P.M.	Lunch Served				
Afternoon Sessions 1:00-2:30 P.M.	<u>Workshop F</u> Language Teaching with a Smartboard Janet Hohner East Auditorium	<u>Workshop G</u> Total Physical Response (TPR)* Marilyn Lytton Kathy Oppenheim West Auditorium	<u>Workshop H</u> Bringing life to books Mary Angus Language Nest Emma Joe Room 2	<u>YOUTH Workshop I</u> Create a Video RE: Nte?kepmxcín continued Room 3	<u>Workshop J</u> Cedar Weaving Limit 20 Room 4
2:30-2:45 P.M.	Break				
2:45-5:00 P.M.	<u>Workshop K</u> Genealogy: Starting & Maintaining Sharon Lindley & Jennifer Brown East Auditorium	<u>Workshop L</u> Adult Immersion Program Wayne Kaboni Nlaka'pamux Values Discussion West Auditorium	<u>Workshop M</u> Drum Making Corrina Manuel Limit 30 Room 2	<u>YOUTH Workshop N</u> Nte?kepmxcín games Kelli & Jean Room 3	<u>Workshop O</u> Cedar Weaving Limit 20 Room 4
5:00-6:30 P.M.	Dinner Served				
6:45-7:30 P.M.	Nte?kepmxcín Talent Show				
7:30-8:00 P.M.	Visiting/Wrap Up				

Sunday, November 24, 2019

8:00 A.M.-12:00 P.M.	Registration – Main Foyer				
9:30 – 10:00 A.M.	Opening Prayer Opening Song Opening Remarks for the Day & Announcements East Auditorium				
9:00 A.M.-4:00 P.M.	Brushing Off with Elders Room 1				
Morning Session 10:00 A.M.-12:00 P.M.	<u>Workshop A</u> How to introduce yourself in Nte?kepmxcín Percy Joe East Auditorium	<u>Workshop B</u> Nte?kepmxcín Early Years Book Project Nzen'man' and Lower Nicola Band School West Auditorium	<u>Workshop C</u> Drum Making Corrina Manuel Limit 30 Room 2	YOUTH <u>Workshop D</u> Language Teaching with a Smartboard Janet Hohner Room 3	<u>Workshop E</u> Cedar Weaving Limit 20 Room 4
12:00-1:00 P.M.	Lunch Served				
Afternoon Session 1:00-2:30 P.M.	<u>Workshop F</u> Update on the Language Fluency Degree Mandy Jimmie East Auditorium	<u>Workshop G</u> NLX Story on the Land Wayne Kaboni West Auditorium	<u>Workshop H</u> 7 Generations Games Dr. Annamarie De Mars Room 2	YOUTH <u>Workshop I</u> Nte?kepmxcín games Kelli & Jean Room 3	<u>Workshop J</u> Cedar Weaving Limit 20 Room 4
2:30-2:45 P.M.	Break				
2:45-4:30 P.M.	Nte?kepmxcín Bingo in the East Auditorium Grand Prize Draw Closing Remarks				

*Total Physical Response (TPR) is a method of teaching language or vocabulary concepts by using physical movement to react to verbal input. The process mimics the way that infants learn their first language, and it reduces student inhibitions and lowers stress. The purpose of TPR is to create a brain link between speech and action to boost language and vocabulary learning.

Call Nadine or Corynn if you wish to register. We can do it for you over the telephone or in person at the office. Each participating Band has been allotted a number of hotel rooms for elders to spend the night. Please call us for more information.

After school – 3 phrases

Terms/phrases	Nłeʔkepmxcín	Pronunciation
Do you want a snack?	ckeʔe keʔ słaʔxansmemn	Ch-kah-eh ka shla-hansh-memin
Go play outside.	néswe séy'siʔ ʔuł ʔéy'cqeʔ	Neshwa shay-shee oolh eye-ts-kah
He/she walks the (small) dog.	xʷesitsc te sqáqxeʔ	Wha-sheetsh ta shka-khah

34. **sqəm̄xʷ**



35. **skʷúl**



36. **kəl̄mín̄**



37. **čəl̄cále**



38. **qʷəqʷáx̄ntn**



39. **síc̄m**



*Our offices will be closed on
Monday November 11, 2019 in
observance of Remembrance Day.*

Lest we forget!

SHOPPING DAYS

Cook's Ferry: last Wednesday of the month = **November 27, 2019**

Siska: First of the Month (if it falls on a weekend that would be the Friday before).

November 1 and November 29, 2019



On October 24, Carter Hearing Aid Mobile clinic went up the Canyon from Hope and parked at Cook's Ferry for an afternoon of hearing test screenings.

The next time they come up, they will go to the Siska location.

COHI

November 13

For children ages 0-7

Siska 10:00 A.M.

Cook's Ferry 1:15 P.M.



LOOKING FOR IDEAS FOR INDOOR ACTIVITIES

As the cold season will soon be upon us, we thought we would ask you what you would like to do in both Siska and Cook's Ferry.

Here are suggestions for future workshops that could take place if community members are interested in participating...

Baking Days

(Christmas Cookies, Healthy Meals etc...)

Aromatherapy Days

(Learn to make bath bombs & lotions with natural ingredients)

Flu Busting Elderberry Syrup and or Gummy Bears

Make Christmas Cards

We want to hear from you!

Give us a call at the office and share your thoughts!

Cream of Wild Mushroom Soup Recipe

- Prep time: **35 minute** Cook time: **45 minute** Yield: **Serves 4**

While the dried mushrooms are soaking, prep the other ingredients to save time. Special garnish idea: high quality green extra virgin olive oil is really quite something drizzled over this soup, along with some crusty bread for dipping.

1 Soak the dry mushrooms in water: Place dried wild mushrooms in a medium bowl and cover with 3 cups of very hot water. Let sit for 30 minutes. Line a sieve with a dampened paper towel or coffee filter. After 30 minutes strain the mushrooms through the filter, reserving at least one cup of the mushroom liquid. Roughly chop the reconstituted wild mushrooms.

2 Sauté shallots, garlic, mushrooms: Heat 3 Tbsp butter in heavy saucepan over medium low heat and sauté the shallots until softened and translucent, about 7 to 8 minutes. Add the garlic and cook a minute more. Add the fresh mushrooms, increase the heat to medium high, and cook several minutes more. Add chopped wild mushrooms. Lower the heat, cover and let cook for 10 minutes.

3 Add sherry: After 10 minutes increase the heat to medium high, uncover and add 1/3 cup dry sherry to the pot.

4 Make a roux with butter and flour: Add remaining 3 Tbsp butter to the pot and stir until melted. Add the flour to the pot and stir until the mushrooms are all well coated with the flour, making a roux. Cook for 2 to 3 minutes.

5 Add mushroom water, stock, and herbs: Add one cup of reserved mushroom soaking water and stir until the flour has dissolved into the water and there are no lumps. Add the chicken stock. Stir until well incorporated.

Add the herbes de provence, the dried thyme, bay leaves, and salt.

6 Simmer: Heat on high until the soup comes to a low simmer. Lower the heat to maintain a simmer, cover and cook for 20 minutes.

7 Stir in cream: When ready to serve, remove the bay leaves and stir in 1/2 cup heavy whipping cream. Add black pepper and more salt to taste.

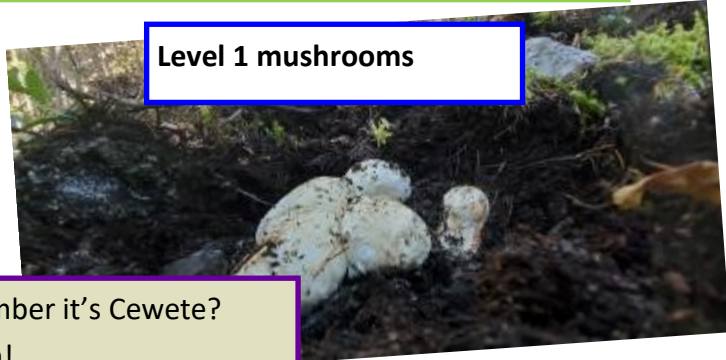


IT'S PINE MUSHROOM TIME UP IN THE MOUNTAINS

Elder Peter Adams



Level 1 mushrooms



Remember it's Cewete? Season!
It's good to drink if you feel a cold coming. If you don't have any seeds, come by our offices, Ashley has made some little packets for us to distribute.

We went up the mountains three time in October and only found mushrooms the last scheduled outing on October 18. Even if we did not always find mushrooms, we still harvested plants such as rosehips and Labrador tea. It was great to be in nature, in good company and have lunch together. Let us know where else you would like for us to take you in the new year.

Elder Peter Smith



Ashley Loring-Earl and her partner found mushrooms in November.



On October 1 & 2, Barbara Huston from Lower Nicola Indian Band facilitated a Flu Busting Elderberry Gummy Bear Workshop. This event was held in Cook's Ferry and everyone was invited to participate although we did specifically targeted the youth as we felt it would be a great learning experience to find out the medical properties of elderberries. The group first learned how to make the syrup on the first day. Then the fun part, mixing the ingredients into the syrup to make gummy bears. The kids were exposed to some basic science as to the correct measurements of the ingredients and timing to mix the brew. Finally they got to pour the recipe into gummy bear molds and refrigerate the gummies until the next day.

Everyone participated in either grating the ginger or stirring the potion. We ended the day with a delicious local bean soup and homemade buns with apple crumble. With a dash of whipped cream.





On day # 2, we reunited after school to unmold the gummy bears and the best part: Sample them!!! The youth appreciated the taste of the elderberries that was subtle and somewhat reminded them of Christmas with the cinnamon and ginger flavors. We decorated little glass jars donated by elder Verna Miller, made labels and finished the day with pizza and chocolate chip cookies. We have the molds and recipe and dehydrated lots of berries. If you would like to make more, let us know and we would be happy to organize another Flu Busting Session. Remember to take two bears in the morning and 2 at night, wash your hands often and stay home if you feel sick.



How to Make Elderberry Syrup to Avoid the Flu

Prep Time 5 mins
Cook Time 1 hr
Total Time 1 hr 20 mins

Servings: 2 cups

Calories: 6kcal

Ingredients

- 3½ cups water
- 2/3 cup black elderberries (dried, or 1 1/3 cups fresh or frozen)
- 2 TBSP ginger (grated)
- 1 tsp cinnamon
- ½ tsp ground cloves
- 1 cup raw honey



Instructions

1. Pour the water into a medium saucepan and add the elderberries, ginger, cinnamon, and cloves.
2. Bring to a boil and then cover and reduce to a simmer for about 45 minutes to 1 hour until the liquid has reduced by almost half.
3. Remove from heat and let cool until it is cool enough to be handled.
4. Mash the berries carefully using a spoon or other flat utensil.
5. Pour through a strainer into a glass jar or bowl.
6. Discard the elderberries and let the liquid cool to lukewarm.
7. When it is no longer hot, add the honey and stir well.
8. When the honey is well mixed into the elderberry mixture, pour the syrup into a mason jar or 16 ounce glass bottle of some kind.
9. Ta-da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties. Some sources recommend taking only during the week and not on the weekends to boost immunity.

Notes

Instant Pot option: Put all ingredients except honey in pot, seal lid, and set manually for 9 minutes on high pressure. Vent pressure and strain. When cooled to room temperature, stir in the honey.

Standard dose is ½ - 1 teaspoon for kids and ½ - 1 tablespoon for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.

Nutrition

Serving: 1tsp | Calories: 6kcal | Carbohydrates: 1.7g | Fiber: 0.1g | Sugar: 1.5g



Flu Busting Gummy Bears Recipe

Homemade gummy bears with a base of elderberry syrup help boost the immune system and are fun for kids (or adults) to take!

Prep Time 10 minutes

Total Time 2 hours 10 minutes

Servings 60 gummies

Calories 17kcal

Ingredients

- [silicon molds](#)
- 1 TBSP [canola oil](#)
- 1 cup [elderberry syrup](#)
- ¼ cup [gelatin powder](#)
- ½ cup hot but not boiling water



Instructions

1. Grease molds or glass pan with coconut oil to prevent sticking.
2. Place ¼ cup *warmed elderberry syrup in a 2 cup measuring cup and quickly whisk in the gelatin powder. **must be warm otherwise gelatin stabilizes to fast*
3. Add the ½ cup of hot (not boiling) water and stir quickly until smooth.
4. Add the rest of the elderberry syrup and stir or whisk until completely smooth.
5. Pour into molds and refrigerate for 2 hours or until completely firm.
6. Pop out of molds and store in airtight container with parchment paper between layers.

Notes: Take daily as needed to avoid flu or take every few hours to help beat the flu faster. Will last up to two weeks in the fridge in an airtight container (could last longer, but I haven't tried it since they never last that long at my house)!

Nutrition

Serving: 2gummies | Calories: 17kcal | Carbohydrates: 2.7g | Protein: 0.8g | Fat: 0.5g | Saturated Fat: 0.5g | Sodium: 2mg | Fiber: 0.1g | Sugar: 2.3g

Biography Meriel Barber –Artist



Meriel started with early exposure to art with lessons from her mother during childhood as well as needlework, beading and quilting. Her mother was a third generation quilter with long roots in the land as a woman of Cree ancestry. Being the eldest of 7 Meriel then passed those skills down to her siblings.

As a professional artist with a history that spans four decades involved with fine arts and teaching Meriel has a lot of experience in the Public school classrooms of British Columbia. Thousands of Children, youth and adult learners throughout the province as well as teachers in more than one school district on Pro D days have happily welcomed and benefited her expertise. Classes taught in fine Arts include any medium you can think of including Oils, watercolors, printmaking, life drawing and Acrylics

Add to that a capacity to share traditional knowledge of First Nations Arts and Crafts as well as Pow wow regalia design for the past twenty years Meriel has been an asset to any Community that she chooses to share her gifts and talents with. Drum Making, Rattles, drum sticks, dream catchers and a bit of beading assist in delivery of an eclectic program. As a long time fourth generation quilter and needlework artist she enjoys passing on her passion for fiber arts as well.

Meriel's Art work has been exhibited in many solo exhibitions around the province and her portraits and figurative paintings has been included in more than one private and public collection at home in Canada and abroad.

Lived experience as well as exposure to a liberal education in the humanities and human services and four years at UNBC have given Meriel a strong foundation for working within community at a grassroots level. Her interaction as a POW Wow dancer for 20 years and providing support within community as a First Nations Healer and Certified Reiki Master have allowed her to touch the lives of many of our community members on a personal level.

Having Strong ties to the Nlka'pamux community means that you will see her participating from time to time in support of community events, ceremonies and celebrations as a hand drummer.

Past training in Public speaking and being a Gold level toastmaster have assisted her competency as an instructor and facilitator in many group settings. Former work experience with Art galleries as curator and manager as well as support for other community agencies as a director on board has meant exposure to positions of responsibility and how leaders in our community are created. Special Skills and training in Auto ethnography support her interest in learning about the lives of others and assisting community members to find a voice as they move through and recover from historical trauma.

As a certified youth care worker specializing in mental health Meriel's role within the HHSS community has been to provide art and life skill support to the youth of the CF and Siska communities. Elders and parents have also been welcome to attend workshops that have been organized over the years.



Afterschool Art November

November is the time of year when many of us take at least a few moments to pause and reflect on the sacrifices that have been made by those who have gone before us. We honor ourselves and others by showing respect to our community elders and others who have offered service that has helped us to be stronger as a Nation.

If you chance to meet someone who has served his or her country this Remembrance Day, Please remember to thank these people for their service.

There are others who deserve our thanks as well, Language Speakers, Story tellers, Healers who lead sacred ceremony and those who sing us songs and support ceremony through hand drumming. Those who continue to take the time to share their knowledge with others in an effort to strengthen culture, Leaders of all types who work every day to build a strong future for our youth.

Thank you for your Service.

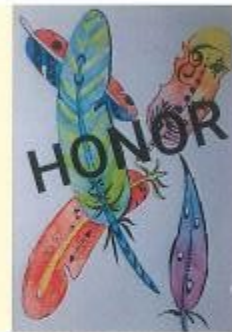
Nov 4 and 5 drum sticks

Nov 18th and 19th rattles

**Nov 25th and 26th
Simple Sewing**

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

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



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

Snacks are provided



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



SILENT AUCTION

METAL STAIRS, PLATFORM & RAILING

- All bids must have your name, phone number, band affiliation, the description of the item you are bidding on and the \$ amount.
- For email entries, add subject: "Heskwen'scutxe Silent Auction Bid"
- Incorrect or Incomplete bids will be discarded
- Separate bids slips must be submitted for each item you are bidding

OPENING BID

NOV. 01, 2019

Closing Bid Nov. 15, 2019



SEND BIDS TO: ADMIN@HHSSBC.CA OR USE THE FORM TO FAX OR HAND DELIVER IT TO THE OFFICE

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



MEDICAL TRANSPORTATION AVAILABLE UPON REQUEST

November 2019 Schedule <i>First Nations Health Authority - Lytton Health Centre</i>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week #3	Nov 4 Nzen'man Family Drop in 10am-12pm TI'Kemstin Health Center 1:30-3:30pm	Nov 5 Boothroyd 9-11:30am Boston Bar 1-2:30pm	Nov 6 TI'Kemstin Health Center 9:30-11:30am Skuppah 1pm-3pm	Nov 7 Reaching out Drop-in Centre 11am-1pm	Nov 8 TI'Kemstin Health Center 8:30am-3:30pm
	Nov 11 Remembrance Day	Nov 12 TI'Kemstin Health Center 9-11am Nicomen 12-2pm	Nov 13 Kanaka Bar 10:00am-2:00pm SVNS Staff 3:00-4:00pm	Nov 14 Nzen'man Prenatal Drop-in 10am-12pm TI'Kemstin Health Center 1:30-3:30pm	Nov 15 Spuzzum 10:00am-2:00pm TI'Kemstin Health Center 10:00am-2:00pm
Week #4					