



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

December 2019

Join us in welcoming (back) Annette Albert, Danielle Munro, Norma Collins and Clarissa Frederick (new) to our Team!



I'm Backand happy to be the "Community Health Representative " for Cook's Ferry and Siska Bands.

ce?c?e' xw kn, nskWest he nskwest Annette Albert

(I am happy to be here and my name is Annette Albert) . My partner is Joe Thomas. We have three adult children: Madelynn, Faro and Teresa and one granddaughter. I used to work for HHSS as a CHR for 3 1/2 years.

There are several things that I look forward to doing with all of you in the new year. During my personal time, I enjoy cooking, baking, doing cultural activities such as drum making, beading, and ribbon skirts. Being outdoors in the woods picking bitterroot, stweta, soapberry and mushroom are other wholesome activities that keep me connected to our culture.

In the past I was an Ambassador for composting/ recycling at Cooks Ferry and excited being part of this program again. I will be meeting with all of you in the coming weeks either in your home or at various holiday gatherings.

Yee a deck Christmas! (Happy Holidays)

Annette

Read about Clarissa, Danielle and Norma on page 6 of this newsletter.



Annette in front of our Christmas tree

For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hhssbc.ca

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

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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 for 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.
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



MEET OUR NEW & RETURNING EMPLOYEES (Continuation from page 1)

Home Care Aid (HCA) Clarissa Frederick



Clarissa and her two boys

Hello) nskWest
he nskWest **Clarissa Frederick.** (My name is Clarissa Frederick).

I am the new Health Care Aide for Heskwen'scutxe Health Services Society.

I am from Prince George, Lheidli T'enneh, but I grew up in Kanaka Bar where I currently reside along with my spouse and our two children. My oldest, Liam Lyons is 3 this January and my youngest, Ethan Lyons

is 18 months old.

My hobbies are traveling, hunting and berry picking. I am very family oriented and love spending time with my family.

I recently graduated from the Health Care Assistant program through NVIT. I look forward to working with community members within Cooks Ferry and Siska.

hume

Casual Medical Drivers

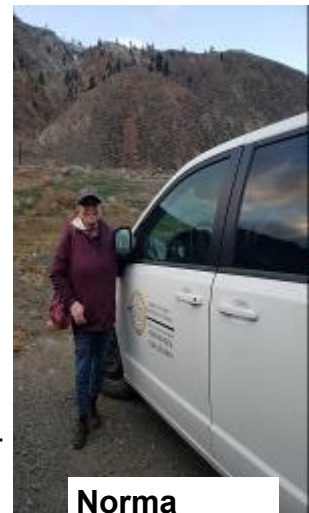
Danielle Munro & Norma Collins



Danielle

We are happy to announce the return of Danielle to HHSS as an on call Casual Driver. Besides taking clients to their medical appointments, Danielle will also clean the vehicle fleet and conducts basic vehicle maintenance. Welcome back Danielle!

Another happy announcement : Norma use to work for HHSS as a Community Health Representative. She is also returning this time as an on call Casual Medical Driver. Welcome back Norma!



Norma



Flu Shot Clinic

Siska held its clinic on November 12 and 10 community members received their immunization. Cook's Ferry's day was on November 14 and 33 community members received a needle. Flu shots are also given in pharmacies and it is never too late to receive a shot. Immunization will last six months. You do not need an appointment and it is a free service.

Congratulations to our four gas cards winners!

Siska: James Chapman & Chad Michell

Cook's Ferry: Tim Gariepy & Daniel Wilson

New Signage on the Highway in Siska



nkshAytkn Gathering



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December 04 2019
10:30am to 2:00pm
Stein Valley School Back Foyer
& Language Room
For more information call John
NNTC: (250) 455-2711

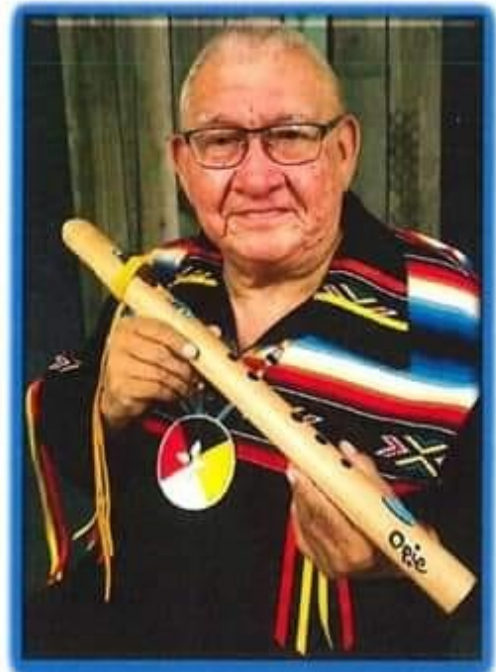


COME JOIN US

For Our 91st nkshAytkn Gathering.
Have lunch and network
with acclaimed Nlaka'pamux
Artists. Learn their story
of how art is a creative force
in their lives.

Lunch will be provided.

Please bring your own plate, cup etc.





December 6 is the **NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN** in Canada. This day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal. **They died because they were women.**

#DECEMBER6

Reflect. **Remember.**
TAKE ACTION.

Why a National Day of Remembrance and Action on Violence Against Women?

December 6 is the National Day of Remembrance and Action on Violence against Women in Canada. Established in 1991 by the Parliament of Canada, this day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal. They died because they were women.

As well as commemorating the 14 young women whose lives ended in an act of gender-based violence that shocked the nation, December 6 represents an opportunity for everyone to reflect on the phenomenon of violence against women in our society. It is also an opportunity to consider the women and girls for whom violence is a daily reality, and to remember those who have died as a result of gender-based violence. And finally, it is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls.

Abuse and violence can happen in any relationship and between different genders, but the reality is men are more likely to use physical and sexual violence against women.

No matter what abuse is never ok.

Abuse is always a choice. If you are experiencing abuse, remember it is **not** your fault, and no one deserves abuse. If you know about abuse that is happening, or if you are experiencing abuse tell someone you trust.

24 hr Access to Crisis Programs toll free in BC 1-800-588-8717

Adult/Elder 250 723-4050

Child/Youth 250 723 2040

Nlaka'pamux Health Services

2088 Quilchena Ave
P.O Box 3090 Merritt BC, V1K 1B8
Telephone: (250) 378 9772
Fax: (250) 315 0283
Email: Mhreception@nlxfrn.com



URGENT or CRISIS LINE PHONE NUMBERS

Interior Health Services:

- **Ashcroft Hospital and Health Centre**
 - Address: 700 Ash-Cache Creek Highway Ashcroft BC
 - Phone: **250-453-2211**
 - **Emergency Services: 6 pm Fridays until 8 am on Mondays**
 - Regular Hours: 8:30 am to 4:30 pm Monday to Friday
 - Provides acute care services to assess and treat medical conditions, and stabilize for hospital transfer if required. Provides urgent/emergency services, diagnostic services, and chronic disease management. Serves Ashcroft, Cache Creek, Clinton, and Spences Bridge.
- **St. Bartholomew's Health Centre**
 - Address: 575A Main Street Lytton BC
 - Phone: **250-455-2221**
 - **Emergency Services: 7 days a week, 9am to 9pm**
 - Office Hours Monday to Friday, 9:00am – 5:00pm
 - Website: [St. Bartholomew's Health Centre](#)
 - Provides harm reduction supplies, including safer injection, safer smoking, and safer sex supplies along with harm reduction education and referrals to health services, addictions services, and other social supports. Also provides opioid users with free Take Home Naloxone Kits (Narcan) that can be used to reverse the effects of overdoses from opioids like fentanyl, heroin, methadone, morphine, and oxycodone. Hours are 9 am to 9 pm daily.
- **Nicola Valley Hospital and Health Centre**
 - Address: 3451 Voght St Merritt BC
 - Phone: **250-378-2242**
 - **Emergency Services: 24 hour Emergency**
 - Hours are 8:30 am to 12 noon and 1 pm to 4:30 pm Monday to Friday.
 - Provides acute care services to assess and treat medical conditions. Provides 24-hour emergency services, diagnostic services, intensive care, convalescent care, and rehabilitation services. Eight bed facility. Operated by Interior Health.

Crisis and Health Lines – Toll Free

❖ Fire Department	911
❖ Poison Control Centre	1-800-567-8911
❖ Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7	1-800-588-8717
❖ Native Youth Crisis Hotline, 24/7, Canada & US	1-877-209-1266
❖ Interior Health Crisis Line	1-888-353-2273
❖ Crisis Intervention & Suicide Prevention, 24/7	1-800-784-2433
❖ Adult & Youth Distress Line	1-866-661-3311
❖ Alcohol & Drug options for treatment	1-800-663-1441
❖ Kids Help Line, for Children and Youth	1-800-668-6868
❖ BC Nurses Line, Health questions	811

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- ❖ Indian Residential School Crisis Line, 24/7 1-866-925-4419
 - ❖ VictimLINK, 24 Hour help & Information 1-800-563-0808
 - ❖ Kamloops Sexual Assault Counselling Centre, ksacc@ksacc.ca 250-372-0179
 - ❖ Women's Emergency Shelter, 250-455-2284 1-800-318-4455
-

Community Mental Health Services

Merritt

- ❖ Community Mental Health Services 250-378-3401
 - ❖ Canadian Mental Health Association 250-315-0248
 - ❖ Child and Youth Mental Health 250-378-1476
 - ❖ Nicola Family Therapy 250-378-9222
 - ❖ Nlaka'pamux Nation Health 250-378-9772
-

Addictions Services

- ❖ Adult Mental Health/Addictions 250-378-3401
 - ❖ Pheonix Centre 250-378-1407
 - ❖ ASK Wellness Centre 250-315-0098
 - ❖ Conayt Friendship Society 250-378-5107
 - ❖ Scw'exmx Community Health 250-378-9745
 - ❖ Nlaka'pamux Nation Health 250-378-9772
-

Advocacy/Victim Services

- ❖ VICTIM SERVICES – RCMP 250- 378-5699
- ❖ L.I.F.E. RESPONSE 1-877-378-8169
- ❖ NV ADVOCACY CENTRE 250-378-9632
- ❖ ASK WELLNESS CENTRE 250-315-0098
- ❖ VICTIMLINK 1-800-563-0808
- ❖ BC BEREAVEMENT HELPLINE 1-877-779-2223
- ❖ LIVING WITH LOSS SUPPORT 250-280-4040

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Emergency – Call 911

- **Merritt RCMP**
 - Address: 2999 Voght St Merritt BC
 - Phone: **250-378-4262**
 - Office hours are 8 am to 4:30 pm Monday to Friday
 - Provides policing services to Merritt and outlying areas.. Calls are answered 24 hours a day, seven days a week. After hours, calls are answered by dispatch in Kelowna.
- **Merritt RCMP Victim Services**
 - Address: 2999 Vought St Merritt BC
 - Phone: **250-378-5699**
 - Office hours are 8:30 am to 4:30 pm Monday to Friday.
 - Provides victim services, including emotional support, court orientation and accompaniment, information about the justice system and case progression, form completion assistance, liaison with justice personnel, crisis intervention, and referral to community resources. Also serves the Nicola Valley, which includes Douglas Lake, Lower Nicola, and several reserves. Funded by Ministry of Attorney General.
- **Community Policing Office**
 - Phone: **250-378-3955**
- **Nicola Valley Search and Rescue**
 - Address: 2999 Vought St Merritt BC
 - Volunteer-run search and rescue team trained to provide operations in a variety of settings in Nicola Valley (Douglas Lake, Lower Nicola, Merritt, Nicola, and Quilchena), including ground and ice. Provides services to Emergency Management BC, police, fire, ambulance, and coroners services, and other search and rescue teams. Also provides training in ground search and rescue. Presents public information and education programs to the general public including schools and youth groups. For emergency search and rescue, call 911. Non-profit society.
- **Lytton RCMP**
 - Address: 665 Main St. Lytton BC
 - Phone: **250-455-2225**
 - Website: [Lytton RCMP](#)
 - Office hours are 8 am to 9 pm Mondays, 8 am to 12 noon Tuesdays, Wednesdays and Thursdays, 8 am to 3 am Fridays and Saturdays, and 12 midnight to 9 pm Sundays.
 - Provides policing services to Lytton. Calls are answered 24 hours a day, seven days a week. After hours, calls are answered by dispatch in Kelowna.
- **Ashcroft RCMP**
 - Address: 720 Elm St. Ashcroft BC
 - Phone: **250-453-2216**
 - Website: [Ashcroft RCMP](#)
 - Office hours are 8 am to 12 noon and 1 pm to 4:30 pm Monday to Friday.
 - Provides policing services to Ashcroft. Calls are answered 24 hours a day, seven days a week. After hours, calls are answered by dispatch in Kelowna.

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BC Emergency Health Services

- Block C-2261 Keating Cross Road Saanichton, BC
- Phone: **604-872-5151**
- Website: [BCEHS](#)
- Provides pre-hospital emergency services and inter-facility patient transfers throughout BC. Also, oversees the BC Ambulance Service and the BC Patient Transfer Network. Supported by the Provincial Health Services Authority (PHSA).

Community Paramedic Initiative

- Website: [Community Paramedic Program](#)
- Email: [Community Paramedic Program](#)

Improves access to health care in rural and remote communities in BC by allowing qualified paramedics to provide primary care services in non-urgent settings such as patients' homes and in the community. Paramedics do outreach, working with health care providers to identify service gaps and how the health of residents, particularly older residents with chronic conditions, can be improved. They also provide health promotion, wellness clinics and/or medical check-ins for patients with specific health issues, and regular wellness check visits. Patients must be referred by their primary care physician or another member of the local health care team.

Emergency Management BC (EMBC) Central Region Office

- 1225-D Dalhousie Dr, Kamloops BC
- Phone: 250-371-5240 or 1-800-663-3456
- Website: [EMBC](#)
- The province's lead coordinating agency for all emergency management activities, including planning, training, testing and exercising, to help strengthen provincial preparedness. Also provides advisories on active emergencies, disaster readiness and recovery, fire safety, and death investigation. Works in collaboration with local governments, First Nations, federal departments, industry, non-government organizations, and volunteers in advance of a disaster to help strengthen the response effort. Serves Thompson-Nicola, Okanagan-Similkameen, Central Okanagan, District of Lillooet, and the communities of Anglemont, Falkland, Salmon Arm, Sicamous, Canoe, Malakwa, Sorrento, and Tappen in Columbia-Shuswap.

Emergency Info BC

- Website: [Emergency Info BC](#)
- Twitter: [Emergency Info BC](#)
- Website provides advisories about active emergencies across BC.

Emergency Support Services

- Provided by EMBC
- **Phone: 250-952-5848**
- Website: [Emergency Preparedness](#)
- Email: [Emergency Support Services](#)

Helps local governments plan and operate delivery of services (including food, clothing, and shelter) in the event of a disaster by providing training and support to community volunteers. Further information is available from Emergency Program Coordinators at municipal and regional district government offices.

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Email: Mhreception@nlxfrn.com



Scw'exmx Child and Family Services Society

- Phone: 250-378-2771
- Office hours are 8:30 am to 12 noon and 1 pm to 4:30 pm Monday to Friday.
- Ministry of Children and Family Development (MCFD) delegated Aboriginal agency that supports the well-being of Aboriginal children, youth, and families, especially those who are vulnerable, through child protection and child and youth mental health services. Also offers services regarding family support and guardianship services. Other MCFD services coordinated through central provincial offices include helplines and after-hours support; resources and referral; funding and benefits programs; and specialized treatment for disabilities, mental health issues, and substance use. Serves the five First Nations Bands in Nicola Valley: Syilx (Upper Nicola Indian Band) and Nlaka'pamux (Coldwater Indian Band, Lower Nicola Indian Band, Nooaitch Band, and Shackan Band). Registered, nonprofit society.

Nlaka'pamux Child and Family Services

- Address: 987 George Road, Lytton BC
- Phone: 250-455-2118
- Supports Children and Families

Helping Hands Transition House (aka Han Knakst Tsitxw Transition House Society)

- Phone: 250-455-2284 or 1-800-318-4455
- Website: [Han Knakst Tsitxw Transition House](#)
- Email: [Han Knakst Tsitxw Transition House](#)
- Provides temporary shelter to women and their children who are fleeing abuse or violence of any kind. Welcomes Aboriginal and non-Aboriginal women, including transgender women. Male children are allowed up to age 14. Identification is preferred, but not required to access house. No pets allowed. Wheelchair accessible.

Journeys Into Tomorrow Transition House

- Phone: 250-378-6170
- Email: [Journeys Into Tomorrow](#)
- 24-hour emergency shelter and support services
- Provides emergency shelter and support services to clients born as female, with or without children, from abusive relationships; primarily serves Aboriginal women, but also serves Metis and non-native women by referral. Does not accept male children over age 14 or pets. Wheelchair accessible. Serves Merritt and surrounding area. Funded by Indigenous Services Canada (ISC).

Stopping the Violence (STV) Counselling Program

- Address: 2185A Voght St Merritt BC
- Phone: 250-378-9222
- Office hours are 9 am to 12 noon and 1 pm to 5 pm Monday to Friday
- Email: [PEACE Merritt](#)
- Offers counselling for women who have experienced family violence, sexual assault, or historical sexual or childhood abuse. Serves Lower Nicola, Nicola Valley, and Merritt. Funded by Ministry of Public Safety and Solicitor General (MPSSG).

PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) Program for Children and Youth Experiencing Violence - Merritt

- Address: 2185A Voght St Merritt BC
- Phone: 250-378-9222

- Office hours are 9 am to 12 noon and 1 pm to 5 pm Monday to Friday.
- Email: [PEACE Merritt](#)
- Provides free individual and group counselling for children and youth ages three to 18 who have been exposed to family violence. Helps children and youth understand their emotions, discuss their trauma, develop a safety plan, recognize their strengths, increase their self-confidence, and understand that they are not responsible for the violence. Also provides individual and group support for the non-offending parent and caregivers. Offers community awareness presentations on the effects of exposure to abuse in Ashcroft, Logan Lake, Lower Nicola, Nicola Valley, and Merritt. Funded by Ministry of Public Safety and Solicitor General. Provided by Nicola Valley Therapy

WELCOME ABOARD!!

The Nlaka'pamux Health Services would like to welcome aboard its newest Mental Health & Addictions Counsellor Grant Louis, he will provide services to the 12 Nlaka'pamux bands.



The Nlaka'pamux Bands that will be serviced:

Coolwater	Siska	Kanaka Bar	Lytton
Nicomen	Ashcroft Band	Oregon Jack Creek	Skuppah
Lower Nicola	Coldwater	Shackan	Nooaitch



We would like to welcome Grant Mental Health & Addictions Counsellor

Grant is a member of the Okanagan Indian band. Grant was raised Shulus Indian reserve with his mom Anna Marchand and step-Dad Don Moses for about 13 years. Then he moved back to Vernon. Then attended the University of Idaho graduating in the Spring of 2012, Child, Family & Consumer Studies: family development Across the lifespan, B.S.F.C.S with a minor in Addiction's. Grant worked with the Coeur D' Alene Tribe as a Indian Child Welfare worker a native American social worker for a year. Then he moved to Lytton to work with Nlha'7kpmx Child and Family Services, as a deligated Social Worker for three years. Grant has been apart of his Cultural ways for the past 27 years. He believes in the importance of Cultural identity and knowing who you are and where you come from is important. He looks forward to reconnecting to the community's and meeting new people.

For an appointment call Nlaka'pamux Health Services 250 378 9772.

FOR MORE INFORMATION PLEASE CONTACT
NLAKA'PAMUX HEALTH SERVICES
ADDRESS: 2088 QUILCHENA AVE PO BOX 3090
MERRITT BC V1K 1B8 PHONE: 250 378 9772 FAX: 250 378 4962



Anger Management

by Ricardo Pickering

**MC (Counselling Psych), RP, CCC
Mental Wellness Outreach Clinician**

Difficulty managing our anger can lead to a variety of problems such as saying things you may later regret, yelling at your kids, threatening your spouse, or sending rash emails to your co-worker.

Anger could create health problems, and sometimes leads to physical violence.

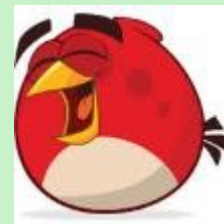
Anger is often a bi-product of other more primitive emotions, such as fear, depression, anxiety, and stress.

Anger Management and control techniques show us the origins of anger and arms us with the tools that can help us conquer them.



Together, we can discover how to overcome obstacles to change, rethink rage, confront anger head-on with healthier responses, and much more.

Anger management involves learning how to recognize, cope with, and express your anger in healthy and productive ways.



Anger management is a skill that everyone can learn. And, there's always room for improvement.

Call me to book an appointment to discuss these and other important issues.

**Not available on Thursday December 5, 2019
I will be on holidays from December 22 to
January 3, 2020. Merry Christmas and Happy
New Year!**

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. To book an appointment call our offices. Ricardo goes to both communities.

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 ext 108 Mobile: 250 378.7596

Email: perdok-wabose.e@nlxfn.com

Nlaka'pamux Mental Health Services

Wanda Dexel

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 ext 109 Mobile: 250 378.7631

Email: dexel.w.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

Mental Health First Aid by Meriel Barber

The challenge to wellness because of diverse impacts upon mental health and well-being whether they be related to something organic rooted in the psyche or triggered by substance abuse can be so diverse that we can't possibly know or hope to understand what might be happening in an intimate way to those community members who suffer from one of the facets of what we call mental health "illness" unless we too have had to deal with similar barriers to wellness.

Recently I have had the privilege of attending a course intended to assist and strengthen care givers and non-professionals in situations where a basic knowledge of mental health issues might be helpful in an encounter with someone who appears to be in need of assistance because of a mental health disorder.

Mental health first aid isn't like regular first aid but it is similar in that we have a job to do. Assessing a situation is primary. Checking out our environment for possible risk related to future harm to the injured party or potential risk to ourselves is important. Avoiding confrontation is important. As a helper we don't want to make the situation worse for anyone.

To the best of our ability we need to evaluate the situation and decide the best course of action for getting someone in need to connect with the tools that they might need to be well. We need to assess the risk for suicide and or self-harm. We are not meant to be assessing or attempting to diagnose a person we must simply deal with behaviors that are being presented.



Calmly listening to the person experiencing distress in a nonjudgmental way is very important, setting aside any criticisms or personal frustration with someone who is suffering a psychotic incident is necessary.

Sometimes people just need someone to talk to. Other times stronger measures are needed after risk assessment has been completed, If we can, we might need to offer reassurance or find ways of offering hope to someone who is feeling lost and experiencing internal dissonance in order to help create a shift in current thinking . Never offer false hope or make promises that are unrealistic in an effort to help. Uninformed or inappropriate advice could create more chaos and damage to an already overwhelmed individual who may be on the cusp of spiraling out of control.

You may become a life line for a short time. Be prepared to commit the time and energy required to be a real support until more help can be accessed. Be realistic in what your capacities are. **Help and encourage the person to identify the most appropriate professional person or service that could help with their mental health signs and symptoms or find and utilize self-help strategies, reaching out to family friends and other supports.**

We are all called upon from time to time to assist others who might be struggling with hidden challenges. We take care of one another in a strong community, You can make a difference.

Afterschool Art in December



Thanks, **kʷukʷscémxʷ** ! It's been a great year with lots of learning opportunities for our students. Our program will be going through some shifts in the New Year and will be open to elders and any parents who would like to attend with children who are not school age but who want to join in the creative experiences we are offering.

There have certainly been a few times when our younger community members have been asked to stretch the boundaries of possibilities, taking on new skills and having fun together in a safe place. Not every class was incident free but we worked hard on our social skills and getting along while working together has always been a priority in the Afterschool art program.

Thanks to the parents who supported us by helping their children remember when our classes were being held and thanks very much to all the students who showed up to enjoy whatever was on the agenda along with delicious and mostly healthy snacks.

As instructor I worked hard at providing a balance of fine art and crafting sessions which have included many traditional arts and crafts. To the best of my ability quality materials were gathered to put together our offerings because I believe that we can't experience as much success if we aren't using the right stuff. Behind the scenes before class is ever presented untold hours are spent in gathering and preparing for classes that will be fun and educational. Always on the hunt for new and inspiring things to do means working off the clock a lot, This month will be awesome!

Upcoming Classes

Kids Art takes place

Monday
at Cooks Ferry

Multipurpose room
4pm-5:30pm

Tuesdays at Siska
HHSS office
3:30-5pm.

Snacks are provided

Dec 2 & 3
Christmas Gifts
December 9 & 10
Cards & Crafting
December 16 & 17
Acrylic Painting



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 & updates via texts.

Nursing Foot Care

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

December 23 (Monday) * Special Date

NEW: Suzanne will be going to Siska starting in January

January 17, 2020 (every third Friday of the month)



Call Corynn to book your foot care appointment for the month of January in Siska.

Putting feet into focus

The human foot has been called the "Mirror of Health." Your feet can give you an early warning about serious health problems. Foot care nurses are specially trained in the provision of foot care and provide nail cutting, nursing assessments, callus treatment, information and support that assists patients in maintaining healthy feet. If you have any concerns about your feet, please call our offices to book you an appointment with Suzanne.

An Epsom salt soak on the feet not only relaxes the feet but if done for twenty minutes can also reap the benefits of the magnesium that it contains. For an added bonus add your favourite essential oil(s). Lavender is great for winding down, eucalyptus is beneficial if you are suffering with congestion and peppermint is simply refreshing. Please do not use essential oils if you are pregnant or on babies as it is a contraindication.



We would like to kindly remind you to please return your Hudson Bay Food bag to Siska and or Cooks Ferry offices every month. By doing so, you are helping us save paper bags, trees and reduce landfill trash. We are thanking you in advance for your cooperation.

Linda, Barb, Sam and Hazel

Reflexology with Heidi McCall



Siska : December 4 & 18

Cook's Ferry: December 3 & 17

Therapeutic Massage with Kathryn Young



Cooks Ferry December 19
Siska December 17

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: Please note that no shows to appointments will be put at the bottom of the call back list.



**CALL OUT FOR
COOK'S FERRY
VOLUNTEERS!
COME AND DECORATE
CHRISTMAS COOKIES!**



**When: December 10, 2019
Time: 1:00 P.M. to 3:00 P.M.
Location: Cook's Ferry Kitchen**

**Cookies will be served@
Cook's Ferry Elders Gift Exchange
on December 12**



FOR SISKA
CHILDREN
& PARENTS

MAKE YOUR OWN GINGERBREAD HOUSE!

When: December 19, 2019

Time: 3:30 P.M. to 5:30 P.M.

Location: Siska Community Hall

1 house per family

Please call Corynn to R.S.V.P.



CANNABIS LONG TERM HEALTH EFFECTS

Long-term effects develop gradually over time, with daily or near-daily (weekly) use that continues over:

- weeks
- months
- Years

The long-term effects of cannabis on your brain can include an increased risk of **addiction**. Long-term cannabis use can also harm your:

- memory
- concentration
- intelligence
- ability to think and make decisions

Effects appear to be worse if you:
start using early in adolescence

- use frequently and over a long period of time

These effects can last from several days,
to months or longer

after you stop using cannabis.

They may not be fully reversible even when cannabis use stops.

Other long-term effects of smoking cannabis are similar to the effects of smoking tobacco. These effects can include risks to lung health, such as:

- bronchitis
- lung infections
- chronic (long-term) cough
- ◆ increased mucus buildup in the chest

CANNABIS SHORT TERM HEALTH EFFECTS

The flowers and leaves of the cannabis plant are used for their ability to cause effects on the mind, including:

- feeling high (euphoria)
- a sense of well-being
 - relaxation
- heightened sensory experiences:
 - sight
 - taste
 - smell
 - Sound

While cannabis may make you feel relaxed and happy, your body and brain may also experience effects that are:

- negative
- unwanted
- Unpleasant

Some of the short-term effects on your brain can include:

- confusion
- sleepiness (fatigue)
- impaired ability to:
 - remember
 - concentrate
 - pay attention
 - react quickly
- anxiety, fear or panic

Short term effects on your body can also include:

- decreased blood pressure, which can cause people to faint
- ◆ increased heart rate, which can be dangerous for people with heart conditions and can lead to an increased risk of heart attack

Cannabis use can also result in psychotic episodes characterized by:

- paranoia
- delusions
- ◆ hallucinations

LOOKS
CANNA
BE DECEIVING



Canada

Edible cannabis products may look like regular drinks or foods such as baked goods, chocolates or candies, but they aren't. Many cannabis edibles contain THC – the chemical in cannabis most responsible for the “high” – and can cause adverse effects and/or accidental poisoning, especially if eaten by children or pets.

CONSUME EDIBLE CANNABIS PRODUCTS SAFELY



Eating or Drinking **Start Low and Go Slow**

Read the label to understand the strength of the product and choose a product low in THC.



Driving **Don't Drive High, Don't Combine with Alcohol**

Driving after consuming cannabis with THC, including cannabis edibles, is drug-impaired driving.



Storing **Secure Your Supply**

Label and store cannabis edibles and other cannabis products away in a safe location.



Educating **Talk to Youth About Cannabis From an Early Age**

Engage youth in open, non-judgmental conversations about cannabis. Explore the facts about cannabis together.

For more information:



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snow man



swúx^wt

(woox-t)

snow



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(ts-kathl-p)

fir tree



nłzéxetn

(n-tl-zax-a-tln/ n-tl-thax-a-tin)

stocking



wux^wt us meł

[woox-t ush malth]

Let it snow!

NLA KA'PAMUX NATION

New Beginnings Celebration!

December 31st 2019

Merritt Civic Centre

4:00 - 10:30 p.m.

Doors Open at 4:00 p.m.

Dinner Served at 5:00 p.m.

Kids Room

Merchandise Poker Tournament

Merchandise Bingo

Family Dance with Richie & The

Fendermen

Countdown at 9:59 p.m.

**FAMILY
EVENT!**

For More Information:

Call the CNA at (250) 378-1864 or

Email at reception@cna-trust.ca

**FREE
EVENT!**

THIS IS A DRUG & ALCOHOL FREE EVENT



Thursday December 5, 2019

Office Christmas Staff Party

December 24, 2019 to January 1, 2020

Office Winter Break

Note: Home Care Clients will be seen after Christmas Statutory holidays as discussed with their Health Care Aids. There will not be any medical travel during the office winter break.

For any emergencies outside office hours during the holidays



Or Tina Draney:
250.457.1395

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>Annette Albert 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>Clarissa Frederick Community Home Care Aid</p> <p>Ashley Loring Earl Community Home Care Aid</p>	<p>Email nadine.methot@hhssbc.ca</p> <p><u>SISKA</u> 163 Loop Road</p>
<p>*****</p>	<p>The Committee also includes all the Board of Directors</p>	<p>Linda Peters Transportation Support</p> <p>Norma Collins / Danielle Munro/ Fred Charlie Transportation Support</p>	<p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p>
		<p>Hazel Billy Home Support Worker Housekeeping COHI Aide</p>	<p>Client Toll Free 1-844-255-6601</p> <p>Email corynn.revely@hhssbc.ca</p>

ASHLEY

TINA

FRED P.

FRED C.

CLARISSA

ANNETTE

SAM



Tekh-tx-wow-sheek-n

Happy Christmas to all!

Heskw'en'scutxe Health Services Society Staff

BARB

MERIEL

CORYNN

NORMA

LINDA

DANIELLE



NADINE