



# Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

January 2020



TEKH-TX-WOW-SHEEK-N  
HAPPY CHRISTMAS TO ALL!



HAPPY NEW YEAR 2020!

Wishing everyone a very Happy New Year, walking into 2020!

We are pleased to announce that the Society has hired a Community Health Nurse! Find out who she is on page 7. Also in this Newsletter, find how your health will benefit if you quit smoking (Quit Smoking Timeline, P 8 & 9); want to get fit in 2020? Read the beginners guide to getting fit through exercise and reason's for healthy eating habits (Too Busy for Lunch, P. 16). Try out some delicious recipes on pages 19-21!

We hope you all enjoy your read!



**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**

163 Loop Road

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>

Articles	Page
Index and HHSS Value & Mission Statement	2-3
Medical Transportation—Swimming passes	4-5
Welcome Nurse Scarleth!	6-7
Quit Smoking Timeline	8-9-10
Baby Fitness	11
Ricardo Pickering– List of counsellors available for the Nation	12-13
Foot Care Dates and Massage & Reflexology	14-15
Weight Loss Goals	16-17
Healthy Recipes	18-21
Nlaka'pamux	22-23
After School Art with Meriel	24
HHSS Office Closure and Employee Directory	25
Elders Event with CHR Annette Albert	26

# 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



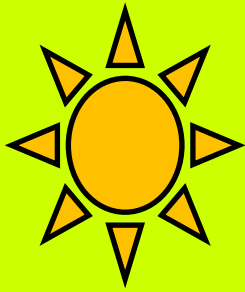
## WHAT IS COMMUNITY HEALTH NURSING PROGRAM

Services at Heskw'en'scutxe Health Services Society include the following:

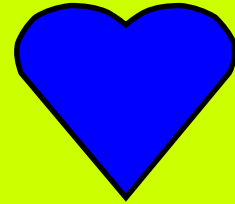
- \* Communicable disease control (e.g. immunization, tuberculosis screening and treatment, handwashing education, etc.),
- \* Maternal-child health (e.g. prenatal, postnatal, and Well Baby clinics),
- \* Disease screening (e.g. diabetes screening (point-of-care test),
- \* Heart disease screening (blood pressure measurement, etc), and harm reduction (e.g. distribution of condoms, injection and inhalation supplies, and naloxone kits).
- \* Home and Community Care Nursing Program
- \* Nursing care (e.g. chronic disease management; wound, ostomy, and catheter care; post-hospital care; palliative care; etc.)
- \* Personal care (e.g. bathing, toileting, foot care)
- \* Referral for medical equipment (e.g. walker, shower chair, bedside rail, etc.)
- \* Referral for occupational therapy, physiotherapy, dietician, and diabetes educator services.



Join us in welcoming returning Community Health Nurse



**Scarleth Zwez-Ruiz!**



We are very pleased to announce that Scarleth will be returning to Heskw'en'scutxe Health Services Society on a part-time basis. She will be working in Cook's Ferry and Siska on Thursdays and Fridays.

Scarleth has her Bachelor of Science in Nursing. Her clinical background includes working as a Community Health Nurse and Home and Community Care Nurse in various First Nations communities as well as working as an Acute Care Nurse and Home Health Nurse for Interior Health. Most recently, she has been working on several education projects for Interior Health, including the Royal Inland Hospital Discharge Directory. Other educator experience includes working as a sessional instructor for Thompson Rivers University, University of Northern British Columbia, and Nicola Valley Institute of Technology.

**Please call our offices to book an appointment with Scarleth.**

**She can see you in your home or at the clinic.**

Scarleth has three children, Shale, Torrun, and Michael. She and husband Sean spend all of their free time camping, hiking, swimming, and biking with their children. Scarleth is excited to serve the communities of Cooks Ferry and Siska again. She looks forward to seeing familiar and new faces again both in the clinic and at community events.

**Scarleth Starting Date; January 2, 2020**

# Quit Smoking Timeline

When a person quits smoking their body goes through a number of changes. These changes can begin almost immediately, and will have a drastic impact on the overall quality of that person's life:

## **20 Minutes**

Within 20 minutes of quitting the body begins to normalize blood pressure and pulse. Circulation to hands and feet allow for better temperature regulation. Bronchial tubes begin to move again, which moves debris and germs out of the lungs and prevents infections from forming. Smoke in the lungs prevents this movement.

## **8 Hours**

After eight hours without smoking, the body begins to purge the carbon dioxide that smoking builds up. It roughly halves the amount of carbon dioxide in the bloodstream. Oxygen levels are thus able to return to normal, as the carbon dioxide takes up space that your blood would normally use for needed oxygen. By returning to normal oxygen/carbon dioxide levels blood and tissue begin to function normally again.

## **24 Hours**

After one full day without smoking, the nicotine in the body is almost entirely expunged. Veins and arteries become less constricted as more oxygen is funneled to the heart, increasing its overall health and making it work less to do its job. After a mere 24 hours, the risk of heart attack is reduced significantly by these changes.

## **48 Hours**

After two days the senses begin to return to normal. Dulled by the smoke, senses such as taste and smell begin to heal after 48 hours, causing often-noticeable increases to their efficiency.

It is at this point that nerve endings damaged by smoking and carbon dioxide begin to regrow.

48 hours is also when most people begin to feel withdrawal symptoms in earnest. Physical effects like hunger, sleepiness or headaches begin to show up, as does psychological symptoms like irritability and depression.

## **72 Hours**

Three days after the last cigarette and breathing become easier. Bronchial tubes in the lungs begin to relax and open up again, making the exchange of oxygen and carbon dioxide flow better. Lung capacity is also increased at this time.

## **5 to 10 Days**

In the five to ten-day range the body's overall health and functionality increase dramatically. This is also the time frame for an increased chance of quitting for good: After one full week without smoking, smokers are nine times more likely to succeed if they have successfully abstained during the week.

After ten days the average former smoker will be down to two episodes a day for their cravings. Averages are tough to apply to the individual, but this is a far cry from the cravings during the early days of quitting.

## **2 to 12 Weeks**

By the two week mark, there is a noticeable improvement to circulation and oxygenation in the body. Decreased stiffness and increased mobility, especially in the extremities, are often marked at this stage. The lungs also increase their capacity by 30% at this point.





After a full month without smoking, the lungs begin to regrow tiny fibers that help keep the lungs clear of mucus and infection. Increased energy levels and breathing capacity are other notable effects after a month.

It becomes easier to exert yourself physically at this stage as well. The lungs have repaired themselves enough to easier be able to handle the increased workload that comes from exercise.

The most severe symptoms of withdrawal will have run their course by this point for most, though they can still persist in diminished form for a while.

### **3 to 9 Months**

After three months the fertility rate of females is increased while the chance of smoking-related birth defects drops.

At six months of no smoking, the airways of the lungs are in much better shape and far less inflamed, resulting in less mucus and phlegm buildup and, consequently, less coughing these substances up. Energy levels are often much higher after six months, and many people report that they can handle stress much better and without the feeling that they need a cigarette.

### **1 Year**

Considerable improvements to breathing quality and lung capacity are gained after a year of being smoke-free. Energy levels are up and physical exertion is much easier, resulting in less wheezing and coughing. Lungs are generally in much better shape after a year, having healed much of the damage done to them by smoking.

Three years after quitting the chance of heart attack evens out to that of a non-smoker. After this, the damage done to the circulatory system has largely been repaired, meaning there are no more smoking-related factors in heart attack chances. This is a meaningful milestone, especially for anyone at a high risk of heart attack already.

### **5 Years**

After five years of not smoking the chance of lung cancer drops by half. After this long without smoke, the lungs are functioning much better and the process that leads to lung cancer is simply less likely to happen.

Many cancer risks are halved by this point, including cervical cancer and mouth cancer.

### **10 Years**

At the ten year mark, the pre-cancerous cells left in the lungs from damage done by smoking are all but gone, replaced with healthy cells. This means that the odds of lung cancer are equal to that of a non-smoker. The chances of getting other smoking-related cancers also drops off, with cancer in the mouth, esophagus, kidneys, pancreas, and bladder all reduced significantly.

### **15 Years**

At the fifteen year mark, the body is almost out of the woods. The natural processes of cell replacement have all but eliminated the damaged cells from smoking. Chances of heart disease, stroke, and other ailments become that of the average non-smoker in the same demographic.

### **20 Years**

After two decades the body has recovered as much as it can from smoking. Average health risks still apply, but the chances of increased danger are all but over with.

## **How do you start and what do you need to know before you jump in?**

**Do some research upfront** - Not all training is smart training and there's a lot of bad information out there. Make sure that you are choosing reliable resources for your information and make sure you pick an approach that trains the body comprehensively, in a way that is balanced, and focused on good health.

**Pace yourself, and start slowly if you need to** - The most common mistake I see beginners make is being way too aggressive in their training, way too soon. Take time to build a strong base for yourself; if you go 110% right out of the gate, you're likely to end up hurting yourself or burning yourself out on a commitment that needs to be lifelong. Getting fit takes time and hard work - try to become comfortable with that concept; tell yourself that you're in this for the long haul and so there is no reason to rush along your training in a way that puts your health or new good habits at risk.

**Make it work for you** - Similar to the point above, you have to realize that this is YOUR journey. It doesn't matter how fit someone else is, or where you think you should be, you have to be willing to start where your body needs you to start, and make modifications as you need to so that nothing ends up being a roadblock to progress. Come across an exercise interval that's too hard? Jog in place until it's over. Really struggling and need a break even though the interval is not over? Take a couple seconds to rest & recoup before you push yourself again. Don't be afraid to work hard, but also know that it's your responsibility to make it work for you.

**Commit** - There will be good days and bad, setbacks and successes, but you have to commit to showing up and working hard. You won't always feel like it, and it's okay to miss workouts occasionally, but for the most part, you want to focus on building & sticking to the habit.

**Keep self-talk positive** - There's no reason to talk down about yourself, no matter how unfit you might be. There is no shame in any starting place. In short; don't say anything to yourself that you wouldn't say to your best friend.

**Keep goals positive & action focused** - Instead of "I will lose 10 lbs", say, "I will workout for 30 minutes 4 times a week". Instead of "I will tone my flabby arms" say "I will gain strength and be able to lift things that I couldn't before". Try to focus less on end result, and more on the actions that you are responsible for (that will likely ultimately lead you to your goal more effectively, anyways).

**Don't be afraid to push yourself, but listen to your body** - Sweating, feeling out of breath, burning muscles - all of these things can be part of a great workout. It's important to learn to get comfortable with being uncomfortable, but there are also some things that you shouldn't just push through (real pain, chest pain inability to catch breath, etc). Stay tuned in during your workouts to walk the line between challenging yourself, and respecting the messages that your body is sending you.

**Don't make yourself hate exercise** - There are so many different types of training and so many variables that one can adjust to their liking; find something that you enjoy, that makes you feel good. You don't have to spend hours in the gym, you don't even need a gym membership! You don't need fancy equipment or supplements, you just need smart workouts, good nutrition, and motivation.

**Keep an eye on nutrition** - Nutrition is just as important as exercise, and the two really benefit one another. Focus on eating a diet that is as fresh and nutrient dense as possible, avoiding fad diets and processed food as much as possible.

# The **BABY STEP** Fitness Program

*You don't have to be perfect. That's not what this is about. It's about being better than yesterday and continuing to move forward. Baby steps. You can do baby steps. You can move mountains, but I'm not asking you to do that. Just baby steps.*

**Step 1:** Track your food intake for 15 days.

*Reward:* \_\_\_\_\_

**Step 2:** Measuring food carefully for 15 days.

*Reward:* \_\_\_\_\_

**Step 3:** Stay under your calorie goals for 30 days.

*Reward:* \_\_\_\_\_

**Step 4:** 30 minute workouts or 10k steps a day for 30 days.

*Reward:* \_\_\_\_\_

**Step 5:** 15 Days of cardio/ 15 Days of strength training.

*Reward:* \_\_\_\_\_

**Step 6:** Tracking and drinking 64 oz. of water for 30 days.

*Reward:* \_\_\_\_\_

**Ultimate Goal:**

---



## Anger Management

by Ricardo Pickering

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

Watch out for dates  
for an Anger  
Management  
Workshop in  
January or February.

### Anger Management Skills

---

#### **Recognize your Anger Early**

If you're yelling, it's probably too late. Learn the warning signs that you're getting angry so you can change the situation quickly. Some common signs are feeling hot, raising voices, balling of fists, shaking, and arguing.

---

#### **Take a Timeout**

Temporarily leave the situation that is making you angry. If other people are involved, explain to them that you need a few minutes alone to calm down. Problems usually aren't solved when one or more people are angry.

---

#### **Deep Breathing**

Take a minute to just breathe. Count your breaths: four seconds inhaling, four seconds holding your breath, and four seconds exhaling. Really keep track of time, or you might cheat yourself! The counting helps take your mind off the situation as well.

---

#### **Exercise**

Exercise serves as an emotional release. Chemicals released in your brain during the course of exercise create a sense of relaxation and happiness.

---

#### **Express your Anger**

Once you've calmed down, express your frustration. Try to be assertive, but not confrontational. Expressing your anger will help avoid the same problems in the future.

---

#### **Think of the Consequences**

What will be the outcome of your next anger-fueled action? Will arguing convince the other person that you're right? Will you be happier after the fight?

---

#### **Visualization**

Imagine a relaxing experience. What do you see, smell, hear, feel, and taste? Maybe you're on a beach with sand between your toes and waves crashing in the distance. Spend a few minutes imagining every detail of your relaxing scene.

Provided by [TherapistAid.com](http://TherapistAid.com) © 2012

## MENTAL WELLNESS SUPPORT

### Heskw'en'scutxe Health Services Society

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

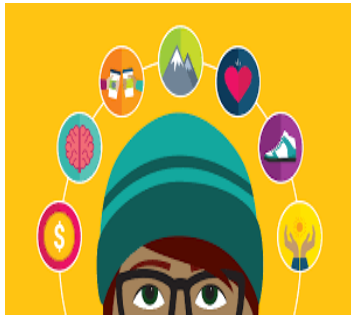
#### Mental Wellness Outreach Clinician

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](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 ext 108 Mobile: 250 378.7596

Email: [perdok-wabose.e@nlxfn.com](mailto: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](mailto:dexel.w.e@nlxfn.com)



### Nlaka'pamux Mental Health Services

**Vincent Abbott, Drug & Alcohol Counsellor**

Vincent will be in CF every Wednesday in January (see calendar insert)

Please call him directly to book your appointment or drop in for a visit

Office: 250 378.9772 Mobile: 778 254.0055

## 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**

**January 28, 2020**

**NEW: Suzanne will be going to Siska every 3rd Friday  
of the month**

**January 17, 2020**



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 : January 8 & 22

Cook's Ferry: January 7 & 21

## Therapeutic Massage with Kathryn Young



Cooks Ferry January 16  
Siska January 14

**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.

# TOO BUSY FOR LUNCH?!

By Ginger Vieira -October 18, 2012

Today, (well, the day when I wrote this, which was actually Tuesday,) I looked at the clock after a long day of coaching clients, writing and editing, and two other business networking meetings, to discover that it was 5 p.m. and ***I had still not eaten lunch!*** And I'll confess, this has happened at least 5 times in the past 30 days but as a "retired" competitive athlete and wellness coach, I know this isn't good. And here I am, getting into a habit of letting a busy schedule push lunch right out the window.

**Why is lunch important?** Well, if I ate at 7 a.m., and don't eat again until dinner at 8 p.m., that means my metabolism is absolutely, inevitably going to slow down during the day in order to conserve energy. By not eating for so many hours in a row, I'm basically telling my body, *"Okay, you can slow right down now. Don't burn too many calories. Don't burn any fat. Conserve everything you've got, and hey, when you finally do get some food, hold on to it! You never know when you might get more if I keep it up with this new habit of mine!"*

In an ideal world, our metabolism would like to be fed every 3 to 4 hours. If you compare this to building a fire, you have to add wood to your fire gradually, every so often, in order to keep it burning. If you neglect it for too long, the fire goes out. If you dump too much wood on it all at once, the fire goes out.

So what are a few things I can focus on to make sure lunch doesn't become dinner?

1. **Keep easy-to-eat snacks handy!** As a person with celiac disease, I don't eat things like sandwiches or crackers. Instead, I can grab something easy on my way out the door in the morning like: an apple, nuts, string cheese, baby carrots, and hummus! I could easily combine an assortment of these things to make a small meal for lunch, or two snacks spread out over the course of the day to equate to enough calories to keep my engine burning! Lunch does not have to be a big, big meal!
2. **Set an alarm in my phone to remind me!** My schedule is different every day, so taking a lunch-break every day at noon doesn't work for me (sometimes I have clients or meetings at noon!). Instead, when I look at my schedule first thing in the morning, I can set an alarm to go off during when I do have an opening of time midday. When I don't do this, I wind up using that moment of free time to answer emails or get something done quickly between appointments. I need to make lunch a priority!
3. **Commit to taking care of myself!** What good am I as a source of support to someone else if I put everything else before my very own needs? I need lunch! My body and my brain need lunch. I will be more productive and successful in my work if I make a commitment in my own mind that making time for my own lunch is absolutely necessary and important. There is just no way around it!

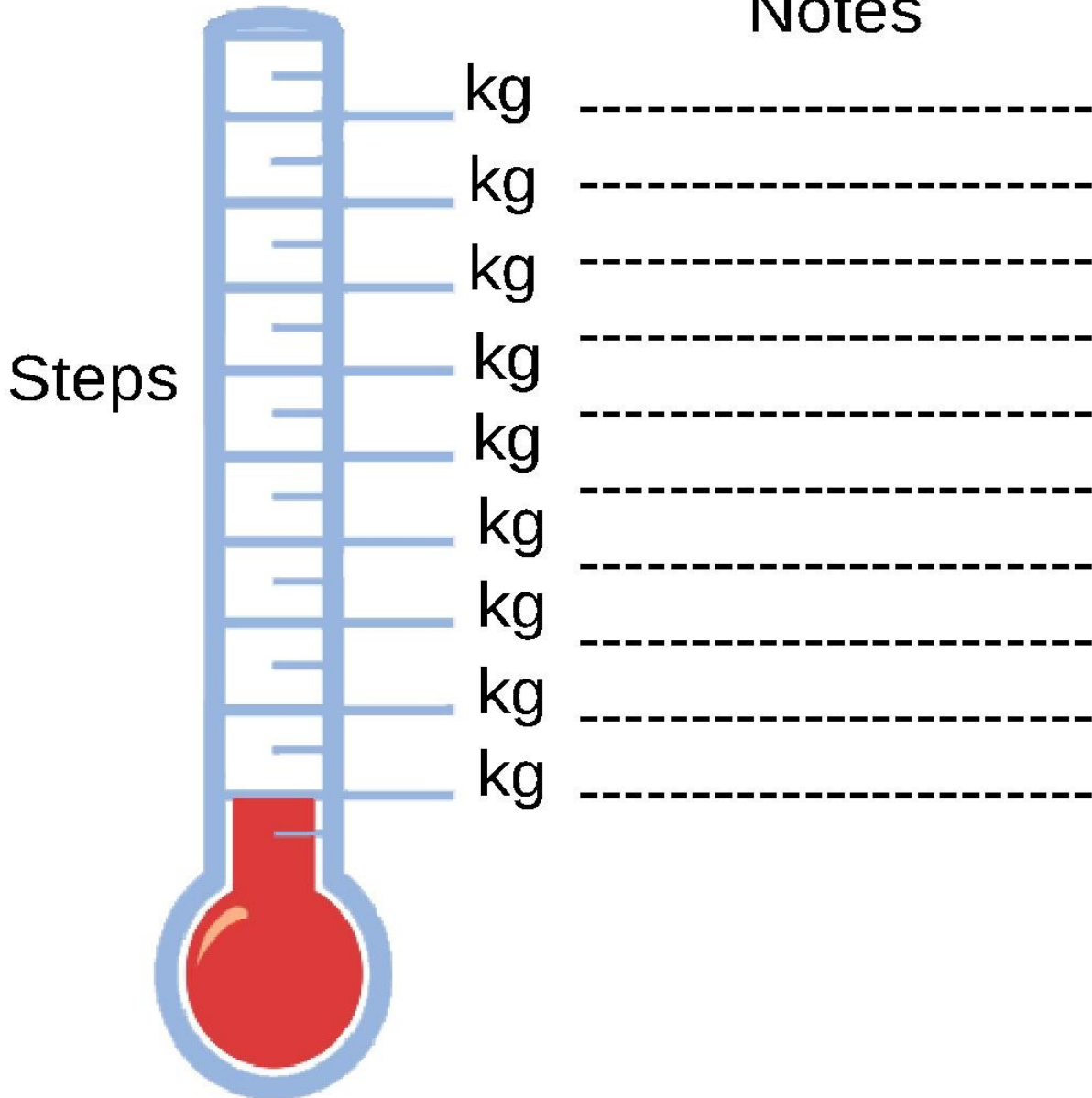
Do you have a good habit of going all day without eating? Is your metabolism begging you, desperately, for some fuel? What's your plan for making lunch a bigger priority in your day?



Weight Loss Goal Charts

Reached  
my GOAL!

Notes




[www.goal-setting-for-all.com](http://www.goal-setting-for-all.com)

# Honey grilled salmon and asparagus

Enjoy the sweet hint of honey and fresh thyme in this easy salmon grill with asparagus.



 30 mins or less



**PREP TIME**  
5 min



**COOK TIME**  
15 min



**SERVINGS**  
4

## Ingredients

- 15 mL (1 tbsp) sodium reduced soy sauce
- 10 mL (2 tsp) canola oil
- 10 mL (2 tsp) liquid honey
- 10 mL (2 tsp) packed brown sugar
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 2 mL (1/2 tsp) fresh ground pepper, divided
- 4 salmon fillets, about 150 g / 5 oz each
- 1 bunch fresh asparagus, trimmed
- Half a fresh lemon

## Directions

1. In a small bowl, stir together soy sauce, oil, honey, sugar, thyme and half of the pepper.
2. Place salmon in a shallow dish. Pour marinade over top of salmon, spreading evenly. Cover and refrigerate for 15 to 30 minutes, turning once if possible.
3. Lightly spray asparagus with cooking spray and place on preheated and oiled grill on medium high heat. Grill, turning a couple of times until tender crisp. Add salmon fillets and grill for 5 minutes. Discard marinade. Turn salmon over and grill for about 5 minutes longer or until fish flakes easily when tested.  
\*Use a digital food thermometer to check that salmon has reached an internal temperature of 70°C (158°F). Serve with asparagus. Squeeze lemon over asparagus just prior to serving.

## Tips

- ✓ **Just snap it!** To get rid of the woody ends, bend each asparagus stalk near the bottom end and it will break off at the right spot.
- ✓ **Little chefs** can help to whisk the marinade together and snap the ends off the asparagus.
- ✓ Pick the perfect asparagus. Look for asparagus that are crisp and have **bright green spears** with tightly closed tips. To store, stand spears in **2.5 cm (1») of water** or wrap ends with **damp paper towel**. Cover, refrigerate for up to four days.
- ✓ Transform this meal into **tomorrow's lunch salad**. Make extra salmon and serve it on a bed of greens.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, PH, EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

™ The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada used under license.



# Cabbage Fat-Burning Soup



Prep  
20 m

Cook  
25 m

Ready In  
45 m



Ralphs  
9040 Beverly Blvd  
WEST HOLLYWOOD, CA 90048



Recipe By: Nell Marsh

"This tomato and cabbage soup was rumored, in days of old, to melt away those thighs."

## Ingredients

- 5 carrots, chopped
- 3 onions, chopped
- 2 (16 ounce) cans whole peeled tomatoes, with liquid
- 1 large head cabbage, chopped
- 1 (1 ounce) envelope dry onion soup mix
- 1 (15 ounce) can cut green beans, drained
- 2 quarts tomato juice
- 2 green bell peppers, diced
- 10 stalks celery, chopped
- 1 (14 ounce) can beef broth

Contadina Roma  
Style Tomato Sauce  
With Sea salt 15 Oz  
\$1.34 for 1 item -  
expires in 1 day

## Directions

- 1 Place carrots, onions, tomatoes, cabbage, green beans, peppers, and celery in a large pot. Add onion soup mix, tomato juice, beef broth, and enough water to cover vegetables. Simmer until vegetables are tender. May be stored in the refrigerator for several days.

ALL RIGHTS RESERVED © 2019 Allrecipes.com  
Printed From Allrecipes.com 12/16/2019

# Moose stew

A great one to warm you up on a cold winter day! Complete the field to table experience with this easy to make hearty stew.



Freezer-friendly



PREP TIME  
10 min



COOK TIME  
2.5 hrs



SERVINGS  
6

## Ingredients

- 10 mL (2 tsp) canola oil
- 575 g (1 lb 4 oz) moose, cubed
- 2 small onions, cut into large chunks
- 3 celery stalks, chopped
- 5 carrots, peeled and chopped
- 1 L (4 cups) no salt added beef broth
- 5 medium yellow fleshed potatoes, peeled and diced
- 750 mL (3 cups) mixed vegetables, frozen
- 2 mL (½ tsp) parsley, dried
- 2 mL (½ tsp) thyme, dried
- 4 bay leaves, dried
- 5 mL (1 tsp) pepper

## Directions

1. In a large shallow saucepan or Dutch oven, heat oil over medium heat. Brown the moose meat and put aside.
2. Add the onions to the saucepan and cook for 2 to 3 minutes. Add the celery and carrots. Cook about 7 to 8 minutes, stirring frequently.
3. Add the moose meat and stir. Add in broth, potatoes, frozen vegetables, parsley, thyme, bay leaves and pepper and stir. Cover, lower heat and simmer for 2 hours. Remove whole bay leaves before serving.

## Tips

- ✓ Want **leftovers** for lunches? Double the recipe and freeze for up to 4 months.
- ✓ Having trouble finding moose meat? Substitute moose meat with a **lean cut of beef** such as round or loin.
- ✓ Try some **sweet potatoes** or **squash** instead of potatoes.
- ✓ Serve with a baked whole grain tortilla, bannock or flatbread for a little crunch.



Health Canada Santé Canada

Canada

## Corn, bean and squash soup (Three Sister's soup)

Corn, beans and squash make this a hearty soup to keep you warm on those cold nights.



Vegetarian



Freezer-friendly



PREP TIME  
20 min



COOK TIME  
25 min



SERVINGS  
8

### Ingredients

- 10 mL (2 tsp) canola oil
- 1 medium onion, diced
- 4 carrots, chopped
- 4 garlic cloves, minced
- 4 celery stalks, chopped
- 2 L (8 cups) no salt added vegetable broth
- 1 butternut squash, cubed
- 375 mL (1½ cups) corn kernels, frozen
- 2 cans (2 x 540 mL/19 oz) no salt added kidney beans, drained and rinsed
- 10 mL (2 tsp) dried thyme (or 80 mL/4 tbsp fresh)
- 5 mL (1 tsp) pepper

### Directions

1. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrot, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.

### Tips

- ✓ Serve this soup hot with crusty whole grain bread.
- ✓ Want leftovers for lunches? Refrigerate for up to 2–3 days or freeze for up to 2 weeks.
- ✓ Have a can of corn in the pantry? Use canned corn instead of frozen—make sure to drain and rinse it first.



Health  
Canada

Santé  
Canada

Canada

*nle ?kepmxcin*

# CONVERSATION STARTER

Let's Start a Dialogue!

Hello

heńte?  
(han-thlah)

Hello

heńte?  
(han-thlah)

How are you?

heńte? k<sup>w</sup>  
(han-thlah co)

I am okay

yé kn  
(ye-ah kin)

Good to see you

yé te swíkcn  
(ye-ah ta  
shweekchin)

Alright, goodbye

humet  
(home-ethl)

Culture Page: Learn new words



sqyéytn



səx<sup>w</sup>sux<sup>w</sup>



qázix



qílyx



smíyc



səx<sup>w</sup>sux<sup>w</sup>



míceʔq



qílyx



sq<sup>w</sup>oq<sup>w</sup>yəc



heléw



x<sup>w</sup>esít



zéwm



q<sup>w</sup>óq<sup>w</sup>m'xh



heléw



píxh



zéwm



## Afterschool Art January

To make meaning in our lives, we need to make art. You can draw, doodle, paint, scrapbook, take pictures, dance, decorate or sing, creative expression has so many faces. As long as we are creating we are cultivating meaning in our life. Art assists our minds to create connections between what is known of the world and the inner world of the imagination. To be creative is to allow for the expression of originality. The best problem solvers and masters of critical thinking have the capacity to exercise creativity.

Creativity helps us to learn to navigate a very complex world. Creativity that includes exploration, free choice and play supports the growth of innovation, joy and inner satisfaction. In other words most happy, successful people and children practice some kind of creativity throughout their lives. Creative people are happy people, to be denied creative expression through play can lead to depression and lack of interest in many aspects of the human experience. We have a biological need for creativity and play in our lives. A healthy brain is one that is balanced in its expression.

Afterschool art supports creativity, expression and the imagination to help build confidence and self-esteem. All school age children are invited to attend our sessions, children 7 years of age and younger with a parent or responsible relative are welcome. Come and exercise your brain!

January sessions  
CF 20<sup>th</sup> & 27<sup>th</sup>  
Siska 21<sup>st</sup> & 28<sup>th</sup>

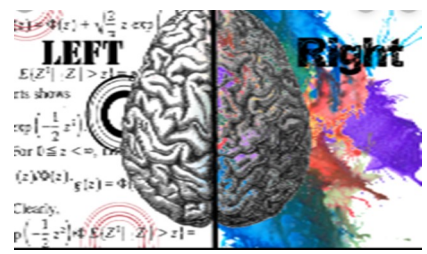
Monday at Cooks Ferry.  
Multipurpose room 4pm-5:30pm

Tuesday at Siska HHSS  
office 3:30-5pm



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



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



Heskw'en'scutxe  
Health Services Society

Cooks Ferry & Siska Indian Bands

1-866-458-2212

1-844-255-6601

## ***Empowering Healthy Elders***

**Cooks Ferry/Siska Elders**

**Lunch**

**Siska Band Hall**

**January 9, 2020**

**12:00 pm – 2:00 pm**

**Please Reserve a seat for Rides**

**By January 7<sup>th</sup>, 2020 by 4:00 pm**

**Discuss – Health & Community Needs**

**Any questions, please contact**

**Annette Albert**