



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

February 2020

January Events

Gathering Wisdom for a Shared Journey (GWX) Conference took place from January 14-16, 2020 at the Vancouver Convention Center. Community Health Representative Annette Albert, Social Worker Angie Thorne and Cook's Ferry Band Councillor Dave Walkem attended the meetings.

Since the transition from Health Canada, there have been several successes such as the FNHA Federal Provincial joint \$30 million commitment to improve mental wellness and health, the transfer of all health benefits from the government to FNHA, team based integrated primary health care, cultural safety and humility strategies, a focus response to the opioid crisis and movement towards regionalization of programs in services.

Discussions were brought up about having more funding attributed to medical travel, a big topic for all communities living in rural B.C far from major cities.

Check out one of the drawings made by an artist facilitator transmitting all comments on Reclaiming our Connections.



Funeral Protocols with Jennifer Brown

A great meeting took place on January 20th with Cook's Ferry members discussing Nlaka'pamux cultural protocols funeral processes.

Jen Brown, NLX Traditional Wellness Coordinator is working on putting a booklet together on funeral protocols and once completed will be shared with the Nation.

Another meeting will take place in Cook's Ferry to discuss funeral protocols as there is so much to learn.

The funeral protocol meeting scheduled in Siska on January 30th has been postponed as the Band Hall is undergoing renovations. Stay tuned for a new meeting date in Siska.

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

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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 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.





Medical Supplies and Equipment Info

First Nations Health Benefits covers the following medical supplies and equipment:

Blood pressure monitor	MediAlert bracelet
Cane, walker, and wheelchair	Bath chair, grab bars, and tub mat
Raised toilet seat	Incontinence liners, pads, pull-ups, and diapers
Shoe horn, foot orthotics, and orthopedic shoes	Compression stockings
Diabetes walking boot	Breast pump and nipple guards

For more information, contact Scarleth (Heskw'en'scutxe Health Services Society Home and Community Care Nurse) or speak to your family physician.



Heart disease and stroke kill 31,000 women in Canada annually, but most women are unaware of the threat.

In fact, most Canadian women have at least one risk factor for **heart disease** and **stroke**. Women who have **diabetes**, come from certain ethnic backgrounds or are menopausal are even more at risk.

It is important for every woman to know about their risk factors and recognize the signs for heart disease and stroke so that you can prevent and manage them.

Women tend to be safeguarded from heart disease prior to menopause because of the protective effect of estrogen. However, this is not always the case. For example, pre-menopausal women with diabetes have similar risk to men of the same age because diabetes cancels out the protective effect of estrogen.

The role of estrogen

During a woman's reproductive life cycle, from about age 12 to 50, the naturally occurring hormone, estrogen, provides a protective effect on women's heart health. However, estrogen's protective effect can change depending on a variety of factors and conditions.

Birth control pills (oral contraceptives)

Modern oral contraceptives are much safer than the forms used decades ago. In women under the age of 35 who don't smoke, contraceptive use does not increase the risk of stroke. However, in a small proportion of women, oral contraceptives increase the risk of high blood pressure and blood clots. The risk is greater if you: smoke, already have high blood pressure, are over the age of 40, have other risk factors for heart disease or stroke, or already have a blood clotting problem.

Pregnancy

Over the nine months of gestation, women may develop certain conditions that put them at higher risk of heart disease and stroke.

- **Pre-eclampsia** is a condition that typically starts after the 20th week of pregnancy. It is related to increased blood pressure and protein in the mother's urine (the protein indicates that there is a problem with the kidneys). Although there is no proven way to prevent pre-eclampsia, you may be prone to the condition if you have high blood pressure or are obese prior to becoming pregnant. Other risk factors include being younger than 20 or older than 40, are pregnant with more than one baby, or have

- be monitored by their healthcare provider throughout their pregnancy. Have your blood pressure checked often. Pre-eclampsia is treatable under the supervision of a doctor.
- **Gestational diabetes** While pregnant, a woman's body must produce extra insulin because increasing levels of pregnancy hormones interfere with the body's ability to use insulin efficiently. If the woman's body can't produce the additional insulin sufficiently, her blood sugar levels may rise, causing gestational diabetes. There are no warning signs so it is important that women have their glucose levels monitored as part of their prenatal care and continue to be monitored throughout their pregnancy. Gestational diabetes can increase the risk of the mother and baby developing diabetes later in life. Diabetes is a risk factor for heart disease and stroke.
- The risk of a **pregnancy-related stroke** can happen at any stage of pregnancy. A high risk time is during childbirth and the first few months after birth. It is usually the result of an underlying problem such as a pre-existing blood vessel malformation or eclampsia. Read about the [signs of stroke](#).
- Peripartum cardiomyopathy (PPCM) is a rare form of [cardiomyopathy](#) that occurs in pregnant women and recent mothers, and is often misdiagnosed. PPCM causes your heart to become larger around the time of your delivery. This enlargement weakens your heart muscle and makes pumping blood more difficult. When your blood can't circulate well enough to support vital organs, it can lead to heart failure. Learn more about [PPCM](#).

Menopause

Menopause is a time when a woman stops having menstrual cycles. Your risk of heart disease and stroke increases after menopause. Before and after menopause, you may experience:

- An increase in total blood cholesterol, low density lipoprotein cholesterol (LDL or 'bad' cholesterol) and triglyceride levels
- A decrease in high density lipoprotein cholesterol (HDL or 'good' cholesterol)
- A tendency toward higher blood pressure
- An increase in central body fat, which can be harmful to your body because you may be more prone to blood clots and blood sugar problems.
- Symptoms such as severe sweating or sleep disturbances



Hormone Replacement Therapy:

Women who are taking estrogen as part of Hormone Replacement Therapy (HRT) have an increased risk of stroke and heart attack. If you are on HRT, discuss with a healthcare professional what this means for you and what your options are.

Cholesterol

You may have heard or read that natural estrogen helps to keep cholesterol levels in a healthy range. After menopause, as natural estrogen levels drop, more and more women tend to develop high cholesterol. Talk with your doctor about how often you should have your cholesterol checked. Read [How to Manage Your Cholesterol](#).

Triglycerides

Triglycerides are the most common type of fat in the body. A high triglyceride level often goes with higher levels of total cholesterol and LDL, lower levels of HDL and an increased risk of diabetes. Research suggests that having high triglycerides may increase the risk of heart disease and stroke for women. Talk to your doctor about your risk.

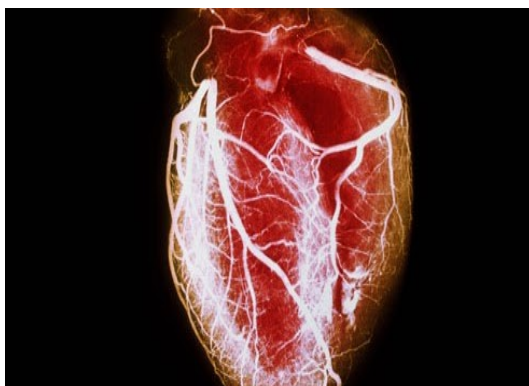
A woman's overall risk of heart disease or stroke is determined by all of her risk factors. You can control some of these risk factors, but not all of them.

Risk factors that you can control include smoking, high blood pressure, high blood cholesterol, diabetes, physical inactivity and obesity.

Risk factors that you cannot control include age, gender, family history and ethnicity.

Women can prevent and reduce their risk of heart disease by:

- Becoming and remaining smoke free.
- Achieving and maintaining a healthy body weight.
- Being physically active for at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- Maintaining a healthy blood pressure through lifestyle changes (such as increased physical activity) and when needed through medication.
- Eating a [healthy diet](#) that is lower in fat, higher in fiber and includes foods from each of the four food groups.
- Using medications to reduce the risk of heart disease and stroke as prescribed by your healthcare provider, for example medications for high blood pressure, high blood cholesterol and diabetes, or other medications like acetylsalicylic acid (ASA commonly known as Aspirin)



Heart Attack Symptoms

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.



**HEART &
STROKE
FOUNDATION**

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Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



Anger Management

by Ricardo Pickering

MC (Counselling Psych), RP, CCC

Mental Wellness Outreach Clinician

**Anger
Management
Workshop on March
5th & 6th, 2020.
Register soon!**

You will find on the last page of this Newsletter, the official poster for the Anger Management Workshop that I will be hosting on March 5th and 6th, 2020 at Cook's Ferry. Both communities are invited to participate and transportation will be made available on both days. I would like to further explain what you can expect learning from this 2 day session.

The event will be from 10:00 a.m. to 4:00 p.m.. Please be on time. There will be snacks in the morning and lunch will consist of soup and sandwiches. I am hoping to have full enrollment of 20 community members. Ideally 10 of each community but that is up to you! Participants will receive the Anger Management for Dummies Book second Edition on the first day of training.

We will begin in the morning with an Elder leading us in an Opening Prayer with a smudging. We will follow with some breathing exercises with a yoga instructor. The idea is create some mindful awareness meditation for 30 minutes on both days. Breathing exercises, how to clear the mind are an important part of the workshop and are integral to your overall well-being in every aspect of your life.

This workshop will deliver a set of strategies that are well proven to be effective and you will gain a tool kit to address anger (self anger, work anger, family and or within relationships).

There will be case studies that we will review together. Be prepared to be part of various working groups during both days. This workshop will have lots of hands on learning experiences.

Managing anger is entirely within your power, **if you are willing** to make the necessary lifestyle changes in behavior communication and habits.

WHY SHOULD I TAKE THIS WORKSHOP?

You may or may not have a problem with anger but even if you don't have an internal problem with anger, you may know someone around or at work who does have anger management issues. You don't want to know everything necessarily about anger but by taking this course, you will learn just what you need to know to manage your inner anger effectively or any anger you may be surrounded with. I hope to see 20 people in March and look forward to a great learning opportunity!

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 is in CF every Wednesday (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

Email: abbott.v@nlxfn.com

Nursing Foot Care with LPN Suzanne Marsel

NEW SCHEDULE EVERY 6 WEEKS IN BOTH COMMUNITIES

Siska : February 28
Cook's Ferry: March 17



Christmas Baking at Cook's Ferry and Gingerbread house making in Siska in December 2019



Healthy Food Bags

About 1/3 of the community handed in their reusable food bags. Please remember to return your bags with our employees or by dropping them off at any of our locations. Remember to also hand in your 2020 Food Bag form.



Reflexology with Heidi McCall



Siska : February 5 & 19

Cook's Ferry: February 4 & 18

Therapeutic Massage with Kathryn Young



Cook's Ferry :February 20

Siska: February 18

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.

The four stages of child car seat use

There are four stages of child car seat including seat belt use for children. Each stage is designed to keep your child as safe as possible, given their particular age, height and weight.



Stage 1: rear-facing

Infants and young children ride facing the rear in an infant seat with a detachable base or in a convertible seat. This helps protect their head, neck and back throughout the journey, during sudden stops or in a crash. All child car seats have a recommended recline angle based on the weight of your child. For example, newborns and premature babies need to be tilted back more than older babies. This helps support the head and helps to keep their airway open. Keep your child seated rear-facing until he or she reaches the child car seat's weight or height limits. For tips on installing your rear-facing seat, go to [Stage 1: rear-facing seats](#).

Stage 2: forward-facing

Children who have outgrown their rear-facing seat and weigh at least 10 kg (22 lb) may ride facing the front in a child car seat. These child car seats have a built-in harness designed to keep your child safe throughout the journey, during sudden stops or a crash. Use a forward-facing seat until your child reaches the maximum weight or height limits.



HEALTHY FOOD BAG

(Return your bags to the office)

DELIVERY DAY FOR BOTH COMMUNITIES

FEBRUARY 20, 2020

for the child car seat. Some forward-facing seats are made for children who weigh up to 30 kg (65 lb).

For tips on installing your forward-facing seat, go to [Stage 2: forward-facing seats](#).



Stage 3: booster seats

Booster seats are designed for children who have outgrown their forward-facing seat and weigh at least 18 kg (40 lb). A booster seat helps children sit comfortably by raising them up so they can sit up against the seatback with their knees bent over the

edge of the booster or vehicle seat. Even if a booster seat meets Canadian regulations, the booster seat you choose needs to fit your child, and your vehicle. For tips on choosing a booster seat that fits, go to [Stage 3: booster seats](#).



Stage 4: seat belts

The vehicle seat belt should only be used alone when children have outgrown their booster seats. Before you transition to this important stage make sure the seat belt fits your child. The minimum age, weight and height limits vary from one province to another. For tips on checking the fit of the seat belt on your child, go to [Stage 4: seat belts](#) .

PINK SHIRT DAY IS ON FEBRUARY 26, 2020

Bullying is a major problem in our schools, workplaces, homes, and over the Internet. Each year, on Pink T-Shirt Day, I encourage all of you to wear something pink to symbolize that we as a society will not tolerate bullying anywhere. Take the message and remember it all year long.

It is so important that victims of bullying know they are not alone and there is help and support available. Wearing a pink shirt on this day sends a strong message to them that others care. Often, the simple act of wearing a shirt can start conversations - conversations can be a big step towards healing and helping!



HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

DEPRESSION

More than a third of depression sufferers have "leaky gut," or permeability of the gut lining that allows bacterium to seep out into the bloodstream.

ANXIETY

Prebiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

SCHIZOPHRENIA

Studies in mice have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

AUTISM

Autism often co-occurs with gastrointestinal issues like leaky gut or irritable bowel syndrome.

PARKINSON'S DISEASE

People suffering from this disease have different gut bacteria than healthy people.

OBESITY & DIABETES

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

CROHN'S DISEASE

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

COLON CANCER

Sugar-loving microbes in the gut — along with the carbs that feed them — can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

ULCERATIVE COLITIS

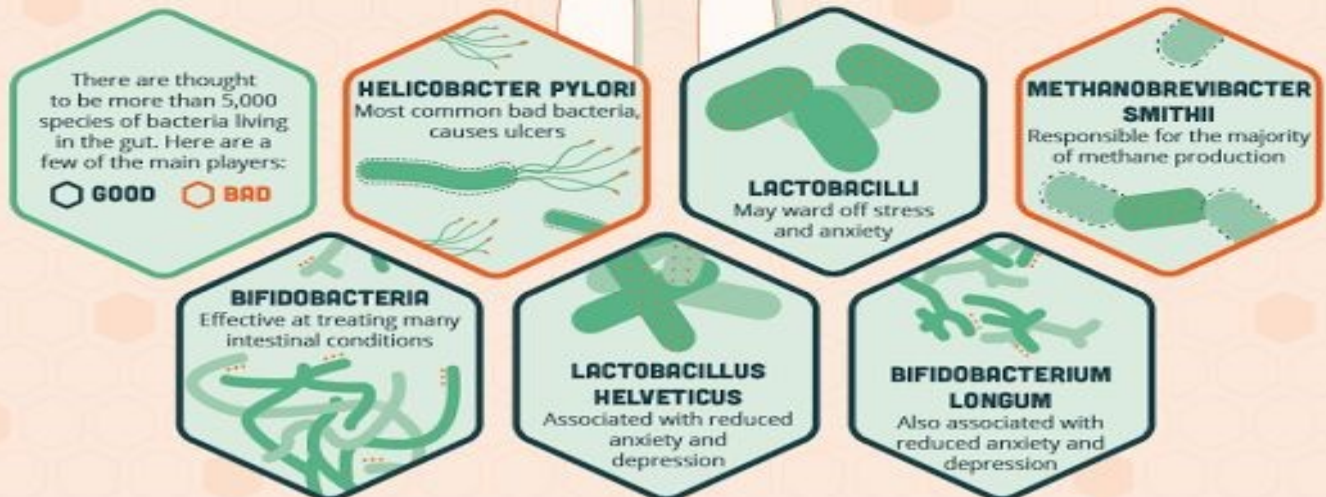
Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

RHEUMATOID ARTHRITIS

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

IRRITABLE BOWEL SYNDROME

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.



Sources: Psychopharmacology, Oxford University, UCLA Division of Digestive Diseases, Ahmanson-Lovelace Brain Mapping Center at UCLA, Scientific American, Acta Psychiatrica Scandinavica, The Atlantic, National Geographic, Cedars-Sinai, ScienceNews.org, The Scientist, Medical News Today, University of Helsinki Institute of Biotechnology, American Diabetes Association, Science Daily, U.S. National Library of Medicine, National Institutes of Health,

THE HUFFINGTON POST

Portion Sizes

HELPING HANDS

THUMBNAIL =
1 TEASPOON
butter, oils,
mayonnaise,
margarine



FIST = 1 CUP
cereal, soup, raw fruit & vegetables

PALM =
100 GRAMS
fish, meat, poultry



ONE CUPPED HAND =
1/2 CUP
pasta, rice,
beans, potatoes,
cooked
vegetables,
ice cream



TWO CUPPED HANDS =
30 GRAMS
chips, crackers

ONE THUMB =
1 - 2 TABLESPOON
dressings,
cheese, cream,
peanut butter

EACH MEAL

1 PALM PROTEIN + 1-2 FISTS VEGETABLES + 1 THUMB HEALTHY FATS



Invitation

to Attend



TRU INDIGENOUS EDUCATION

*2020 "Honouring our Elder's"
Luncheon*

At

*Thompson Rivers University –
Kamloops Campus*

DATE: Tuesday, February 25, 2020
Time: 11:00am – 2:00pm
Location: Grand Hall, Campus Activity Centre
Thompson Rivers University – Kamloops Campus
900 McGill Road, Kamloops, BC

Indigenous Education at Thompson Rivers University – *Kamloops campus* is please to host the 2020 "Honouring our Elder's" Luncheon.

We look forward to having you join us!!!

For more information and to [RSVP \(by Friday, February 21, 2020\)](#) contact:
Misty Antoine, Divisional Assistant
Indigenous Education, Thompson Rivers University
Phone: (250) 828-5227
Email: mantoine@tru.ca

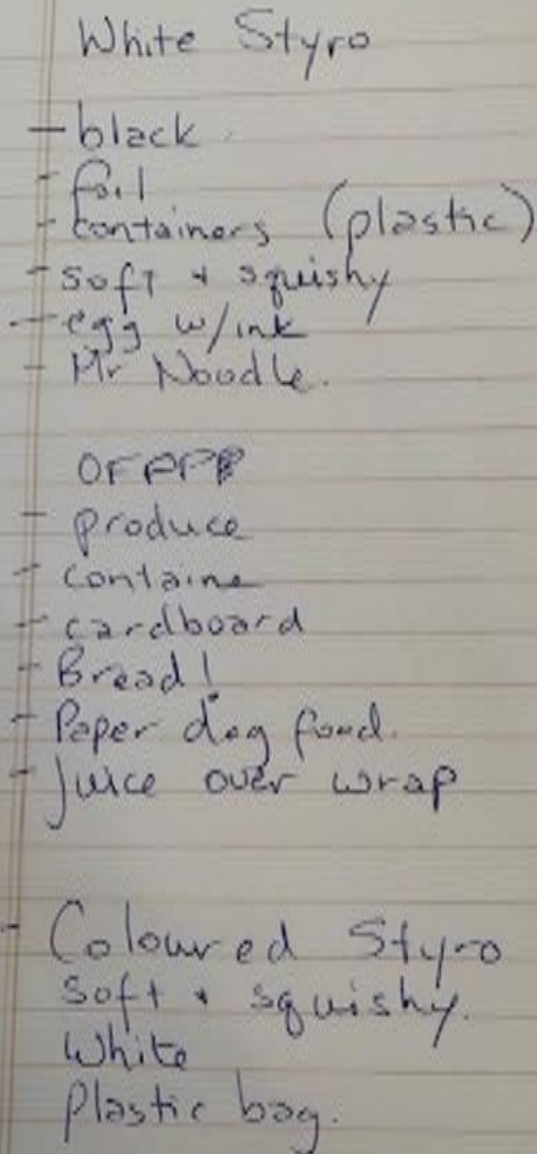
NOTE: Parking Passes are available for this event. Please let Misty know if you require one.

Recycling and Composting on Cook's Ferry Reserves

Our recycling sorting station program was launched on Earth Day 2019. Programming decided to touch base with Cook's Ferry community members and inquire as follows: Are you recycling, using the sorting station and do you have any questions or comments to improve the existing program. We were pleased to find out that most people are recycling and using the station located at Kumsheen. Some of you, need additional training, some were challenged with the opening hours of the station. We have heard you and please take note of the following changes effective immediately:

The station will be open everyday except on Tuesdays. Our Recycling / Composting Ambassador, Rhonda Billy will be on site on Tuesdays to go through the items and ensure there is 0 cross contamination prior to taking to the Refuse in Spences Bridge on Wednesday. Please do your own sorting.

WEEKLY REPORT FROM THE REFUSE

- 
- White Styro
 - black
 - foil
 - containers (plastic)
 - soft + squishy
 - egg w/ink
 - Mr Noodle.

 - ORPPP
 - produce
 - containe
 - cardboard
 - Bread!
 - Paper dog food.
 - Juice over wrap

 - Coloured Styro
 - Soft + squishy.
 - White
 - Plastic bag.

We will testing this new option for the next two weeks and will report to you via Facebook as to how we are doing collectively with this project. The success of our recycling will be dependent on the sorting you will be doing individually.

Remember that every item must be rinsed. If you are unsure where something goes, put the item (s) in the far right last mesh bag and Rhonda will sort it out for you.. I would like to remind you that you can download the free APP RECYCLE BC on your mobiles. There is a search section, you type the item and it will tell you where to sort it.

The note on the left is the weekly report from the Refuse Station in Spences Bridge. It lists what we have not sorted correctly. Please review and ensure you sort the items in the right bins. THANK YOU FOR ALL YOUR EFFORTS!!!

Go-to Snacks with 15 Carbs or Less



As many people with diabetes know, one serving of carbohydrate equals 15 grams of carbs, which is why finding low-carb snacks is crucial to maintaining one's health, satiety, and sanity. When we feel full with the right combination of protein, complex carbs, and fat, mindless snacking is less of a problem, not to mention knowing which savvy food items to have on hand in the car, when traveling, and at home to regulate blood sugar.

Below you'll find some classic and new ideas for go-to snacks that are 15 carbs or less. We would also love to know what tried-and-true, low-carb snacks you regularly turn to in the comments below!

1. Guacamole with Fresh Vegetables

As the saying goes, "Don't let anyone treat you like free salsa. You are guac, baby. You. Are. Guac." The good news is that guacamole (and salsa, for that matter) are definitely 15 grams of carbs or less. A half-cup serving of guacamole typically contains about 12 grams of carbs, and that's not even considering the dietary fiber provided in the deliciousness that is mashed avocados, salt, citrus juice (lime or lemon), and, depending on your preferences, chopped cilantro, chilies, onion, and tomato.

To combat the carb-heaviness of standard tortilla chips, create a crudité's platter with fresh vegetables such as carrots, bell pepper strips, or other dippable veggies. Do keep in mind that

- Check sell-by dates before putting food in your cart (You might choose to pick the food that will last the longest if you do not plan to prepare it right away. Keep in mind that the reduced produce section and “manager’s specials” on proteins that are approaching their expiration date are a cost-effective option if you are planning to use them right away).

Healthy Eating

Keep the following food groups in mind and check out my plate (myplate.gov) guidelines during meal planning:

- Vegetables: Vary your veggies, and avoid starchy veggies. Keep your veggies colorful!
- Fruits: Be mindful that many fruits contain a lot of sugar, so consider the carbohydrate and fiber content, and serving size.
- Grains: If you choose to eat grains, focus on whole grains.
- Proteins: Focus on sources of lean protein, like chicken and fish.
- Dairy: Choose yogurt, cheese, milk, etc. to suit your needs (e.g., some may be more mindful of fat intake for caloric restriction reasons).

Food Group Tips

Protein

- Meatless days: Meat typically adds a significant cost to the grocery bill, try at least one meatless day a week to save some money!
- Buy meat in bulk and freeze meat that you will not be using.
- Buy nuts in bulk, which are much cheaper.
- Dried beans, peas, and nuts are shelf stable.
- Canned beans: Watch for sodium content.
- Eggs can be used as a great source of protein. Try making an omelette with your favorite veggies!



Vegetables and Fruits

- Pre-cut vegetables and fruits are more expensive.
- Avoid pre-bagged salad as it is costly and spoils quickly.
- Buy fruits and vegetables in season.
- Shop farmer's markets for fresh fruits and vegetables.
- Low cost all year round: Low sodium canned tomatoes, cabbage, sweet potatoes, apples, and bananas.
- Canned vegetables: Watch for sodium.
- Canned fruit: Look for canned in juice instead of canned in syrup.
- Frozen fruits and vegetables are likely to be found in bulk and less expensive.

Grains

- Freeze bread and bread products and defrost when ready to eat. Frozen loaves of bread don't spoil as quickly.
- Day old bread is sometimes on sale.

Dairy and Dairy Alternatives

- Keep in mind that low-fat dairy products are higher in glycemic index.
- Purchase products in bulk (large containers) such as plain Greek yogurt, cottage cheese, and cheese containers in the biggest size possible to get the most for your money.
- Ultra-pasteurized milk has an extended expiration date.
- Almond and soy milk can be found shelf-stable (i.e., not refrigerated) and last longer. They are also cheaper if you do not buy a specialty brand and purchase the store's generic brand.

Post-Grocery Shopping Tips

- Use foods with the earliest expiration dates first.
- Save scraps for soup stock.
- Freeze in single serving containers for grab-and-go lunches.
- Make big pots of soups, chilis, etc. and use for multiple meals throughout the week or freeze for later.



Afterschool Art February

Color has great importance in our lives, in language some of the first words that developed had to do with black and white to describe things. Red joined language soon after.

Color is highly symbolic in many cultures. Red Ochre was applied to the body and face traditionally in this territory as a form of protection and or decoration. Red Ochre was used in the creation of pictographs created thousands of years ago.

Today we adorn ourselves with colors from every hue of the rainbow and use color in our living spaces. Color can have a profound impact on our mood and sense of wellbeing.

When students are given a whole array of color many will happily choose to paint rainbows.

Color is a gift that we can give to ourselves. The healing color of green leaves in the spring, an azure sky that lifts your spirit. The beauty of new fallen snow. The shell pink of a babies fingers. Is there anyone who has not stood at one time or another to give prayers of thanksgiving for a beautiful sunrise or an evening sky just before nightfall?

The landscape is full of beautiful color, look around and let it be a healthy part of your life. Take a moment to really see what is right in front of you.

February Art Sessions

CF 3, 10, & 24th

Siska 4th, 11th, 18th &
25th

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

RED LENTIL QUINOA SOUP

The hot pepper flakes add a little zip of heat to this easy soup. Serve it alongside some spring greens for a delicious soup and salad combination.

Serves 2 / 30 minutes

Ingredients

- 1 tsp (5 mL) extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried oregano leaves
- 1/4 tsp (1 mL) hot pepper flakes
- 1/4 cup (60 mL) red lentils, rinsed
- 1/4 cup (60 mL) quinoa, rinsed
- 1 1/2 cups (375 mL) sodium reduced vegetable broth
- 1 cup (250 mL) water
- 1 tomato, chopped
- 1 bay leaf
- 2 tbsp (30 mL) chopped fresh parsley

Directions

1. In saucepan, heat oil over medium-low heat and add onion, garlic, oregano and hot pepper flakes.
2. Cook, stirring for about 5 minutes or until onion is softened.
3. Stir in lentils and quinoa to coat.
4. Pour in broth and water, tomato and bay leaf and bring to a boil.
5. Reduce heat, cover and simmer gently for about 20 minutes or until lentils and quinoa are tender.
6. Remove bay leaf and serve sprinkled with parsley.
7. Alternatively, use an immersion blender and puree until smooth and stir in parsley to serve.

Nutritional info per serving (1 1/2 cups/375 ml)

- **Calories 238**
- **Protein 11 g**
- **Total Fat 4 g** Saturated Fat 0 g Cholesterol 0 mg
- **Carbohydrates 40 g** Fibre 8 g
- **Sodium 362 mg**
- **Potassium 619 mg**



Healthy Chocolate Bites

These little nuggets of tastiness are perfect to enjoy with coffee and share with a loved one during this intensely chocolatey month.

Makes 10 balls / 16 minutes

Ingredients

- 4 Medjool dates, pitted and chopped
- 1/4 cup (50 mL) water
- 1 cup (250 mL) canned no salt added black beans, drained and rinsed well
- 2 tbsp (25 mL) natural almond or peanut butter
- 3 tbsp (45 mL) unsweetened cocoa powder
- 1 oz (30 g) bittersweet 70% cocoa chocolate, melted
- 1/2 tsp (2 mL) vanilla extract
- 3 tbsp (45 mL) ground almonds

Directions

1. In a microwaveable bowl combine dates and water; cover and microwave on High for 1 minute or until softened and water is absorbed.
2. Scrape mixture and beans into food processor with almond butter and cocoa powder. Puree until very smooth; stopping and scraping down sides a couple of times.
3. Scrape mixture into a bowl and stir in chocolate and vanilla. Chill in refrigerator for about 45 minutes or until slightly firm. Using a mini ice cream scoop or tablespoon, roll into balls and place on small baking sheet. Roll into ground almonds and keep refrigerated.

Tip: These can be frozen for up to 2 weeks or kept in the refrigerator for up to 1 week in a covered container.

Nutritional info per serving (1 bite)

- **Calories 47**
- **Protein 1 g**
- **Total Fat 2 g** Saturated fat 1 g Cholesterol 0 mg
- **Carbohydrates 7 g** Fibre 2 g Total sugars 4 g Added sugars 0 g
- **Sodium 2 mg**
- **Potassium 101 mg**





Bullying and Cyberbullying- PINK SHIRT DAY FEBRUARY 26, 2020

Being bullied can leave you feeling helpless, humiliated, depressed, or even suicidal. But there are ways to protect yourself or your child—at school and online—and deal with a bully.

What is bullying?

Bullying is repeated aggressive behavior that can be physical, verbal, or relational, in person or online. Bullies are often relentless, bullying over and over again for long periods of time. You may live in constant fear of where and when the bully will strike next, what they'll do, and how far they'll go.

Physical bullying – includes hitting, kicking, or pushing you (or even just threatening to do so), as well as stealing, hiding, or ruining your things, and hazing, harassment, or humiliation.

Verbal bullying – includes name-calling, teasing, taunting, insulting, or otherwise verbally abusing you.

Relationship bullying – includes refusing to talk to you, excluding you from groups or activities, spreading lies or rumors about you, making you do things you don't want to do. Boys frequently bully using physical threats and actions, while girls are more likely to engage in verbal or relationship bullying. But no type of bullying should ever be tolerated.

What is cyberbullying?

Technology means that bullying is no longer limited to schoolyards or street corners. Cyberbullying can occur anywhere, even at home, via smartphones, emails, texts, and social media, 24 hours a day, with potentially hundreds of people involved. Cyberbullies use digital technology to harass, threaten, or humiliate you. Unlike traditional bullying, cyberbullying doesn't require face-to-face contact and isn't limited to just a handful of witnesses at a time.

Cyberbullies come in all shapes and sizes—almost anyone with an Internet connection or mobile phone can cyberbully someone else, often without having to reveal their true identity. Cyberbullies can torment you 24 hours a day, seven days a week, and the bullying can follow you anywhere so that no place, not even home, ever feels safe. And with a few clicks the humiliation can be witnessed by hundreds or even thousands of people online.

The methods kids and teens use to cyberbully can be as varied and imaginative as the technology they have access to. They might range from sending threatening or taunting messages via email, text, social media, or IM, to breaking into your email account or stealing your online identity to hurt and humiliate you. Some cyberbullies may even create a website or social media page to target you.

As with face-to-face bullying, both boys and girls cyberbully, but tend to do so in different ways. Boys tend to bully by “sexting” (sending messages of a sexual nature) or with messages that threaten physical harm. Girls, on the other hand, more commonly cyberbully by spreading lies and rumors, exposing your secrets, or by excluding you from social media groups, emails, buddy lists and the like. Because cyberbullying is so easy to perpetrate, a child or teen can easily change roles, going from cyberbullying victim at one point to cyberbully the next, and then back again.

The effects of bullying and cyberbullying

Whether you’re being targeted by bullies or cyberbullies, the results are similar:

- You’re made to feel hurt, angry, afraid, helpless, hopeless, isolated, ashamed, and even guilty that the bullying is somehow your fault. You may even feel suicidal.
- Your physical health is likely to suffer, and you are at a greater risk of developing mental health problems such as depression, low self-esteem, anxiety, or adult onset PTSD.
- You’re more likely to miss, skip, or drop out of school to avoid being bullied.

In many cases, cyberbullying can be even more painful than face-to-face bullying because:

- Cyberbullying can happen anywhere, at any time. You may experience it even in places where you’d normally feel safe, such as your home, and at times when you’d least expect it, like during the weekend in the company of your family. It can seem like there’s no escape from the taunting and humiliation.

Bullying and Suicide

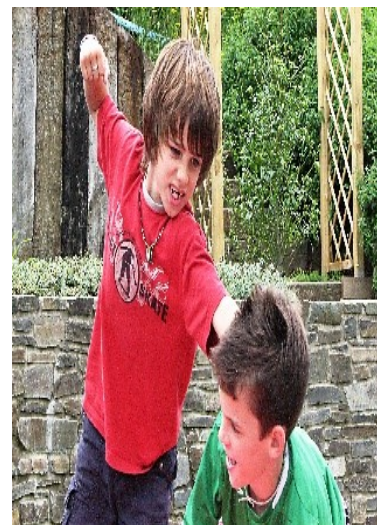
If bullying or cyberbullying leads to you, or someone you know, feeling suicidal, please call

1-800-829-0067

Why am I being bullied? While there are many reasons why bullies may be targeting you, bullies tend to pick on people who are “different” or don’t fit in with the mainstream. While your individualism is something that you will celebrate later in life, it can seem like a curse when you’re young and trying to fit in. Perhaps you dress or act differently, or maybe your race, religion, or sexual orientation sets you apart. It may simply be that you’re new to the school or neighborhood and haven’t made friends yet.

Other reasons why kids bully:

- To make themselves popular or to gain attention



- Because they're jealous of you.
- To look tough or feel powerful.
- Because they're being bullied themselves.
- To escape their own problems.

Whatever the reasons for you being targeted, it's important to remember that you're not alone. Many of us have been bullied at some point in our lives. In fact, about 25 percent of kids experience bullying, and as many as one third of teenagers suffer from cyberbullying at some point. But you don't have to put up with it. There are plenty of people who can help you overcome the problem, retain your dignity, and preserve your sense of self.

Tips for dealing with cyberbullying

As well as seeking support, managing stress, and spending time with people and activities that bring you pleasure, the following tips can help:

- Don't respond to any messages or posts written about you, no matter how hurtful or untrue. Responding will only make the situation worse and provoking a reaction from you is exactly what the cyberbullies want, so don't give them the satisfaction.
- Don't seek revenge on a cyberbully by becoming a cyberbully yourself. Again, it will only make the problem worse and could result in serious legal consequences for you. If you wouldn't say it in person, don't say it online.
- Save the evidence of the cyberbullying, keep abusive text messages or a screenshot of a webpage, for example, and then report them to a trusted adult. If you don't report incidents, the cyberbully will often become more aggressive.
- Report threats of harm and inappropriate sexual messages to the police. In many cases, the cyberbully's actions can be prosecuted by law.
- Prevent communication from the cyberbully, by blocking their email address, cell phone number, and deleting them from social media contacts. Report their activities to their Internet service provider (ISP) or to any social media or other websites they use to target you. The cyberbully's actions may constitute a violation of the website's terms of service or, depending on the laws in your area, may even warrant criminal charges.



Tips for parents and teachers to stop bullying or cyberbullying

No matter how much pain it causes, kids are often reluctant to tell parents or teachers about bullying because they feel a sense of shame from being victimized. In the case of cyberbullying, they may also fear losing their cell phone or computer privileges. Bullies also tend to be adept at hiding their behavior from adults, so if a child is being bullied it may not be obvious to a parent or teacher. Therefore, it's important to recognize the warning signs of bullying and cyberbullying.

Your child may be the victim of bullying if he or she:



- Withdraws from family, friends, and activities they previously enjoyed.
 - Suffers an unexplained drop in grades.
 - Refuses to go to school or to specific classes, or avoids group activities.
 - Shows changes in mood, behavior, sleep, appetite, or shows signs of depression or anxiety.
 - Avoids discussions or is secretive about cell phone or computer activities.
 - Becomes sad, angry, or distressed during or after being online.
- Appears anxious when viewing a text, email, or social media post.

Prevent cyberbullying before it starts

One of the best ways to stop cyberbullying is to prevent the problem before it starts. To stay safe with technology, teach your kids to:

- Refuse to pass along cyberbullying messages.
- Tell their friends to stop cyberbullying.
- Block communication with cyberbullies; delete messages without reading them.
- Never post or share their personal information—or their friends' personal information—online.
- Never share their Internet passwords with anyone, except you.
- Talk to you about their life online.
- Not put anything online that they wouldn't want their classmates to see, even in email.
- Not send messages when they're angry or upset.
- Always be as polite online as they are in person.

While it's important not to threaten to withdraw access or otherwise punish a child who's been the victim of cyberbullying, parents should always monitor a child's use of technology, regardless of how much your child resents it.

Use parental control apps on your child's smartphone or tablet and set up filters on your child's computer to block inappropriate web content and help you monitor your child's online activities.

Limit data access to your child's smartphone. Some wireless providers allow you to turn off text messaging services during certain hours. Insist on knowing your child's passwords and learn the common acronyms kids use online, in social media, and in text messages.

Know who your child communicates with online. Go over your child's address book and social media contacts with them. Ask who each person is and how your child knows them. Encourage your child to tell you or another trusted adult if they receive threatening messages or are otherwise targeted by cyberbullies, while reassuring them that doing so will not result in their loss of phone or computer privileges.



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<p>Samantha Gush Director Siska Indian Band Appointed</p>	<p>Regina Pierre Community Member Representative Siska Indian Band Appointed</p>	<p>Linda Peters Transportation Support Norma Collins / Danielle Munro / Fred Charlie Transportation Support</p>	<p><u>SISKA</u> 163 Loop Road Phone (250)455-6601</p>
<p>Samantha Gush Director Siska Indian Band Appointed</p>	<p>***** The Committee also includes all the Board of Directors</p>	<p>Hazel Billy Home Support Worker Housekeeping COHI Aide</p>	<p>Fax (250) 455-6608 Client Toll Free 1-844-255-6601 Email corynn.revely@hhssbc.ca</p>

WHAT!..

DO YOU MEAN YOU HAVE NOT REGISTERED YET?

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A GROWTH & CHANGE GROUP OPPORTUNITY FOR COOK'S FERRY & SISKA MEMBERS

WHEN

March 5th & 6th, 2020

WHERE

Cook's Ferry ~ Gymnasium

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Maximum of 20 Participants ~ Must attend both days

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