



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care of Yourself"

Health & Wellness Newsletter

March 2020

A few words from Corynn Reveley:

First, we will be providing "A 2020 Vision on Anger Workshop," on March 5th & 6th hosted by Ricardo Pickering. Seats are limited so make sure you are registered if you would like to participate. You will receive an Anger Management Book that Ricardo suggests you read prior to taking the class. You must attend both days.

We have St. Patrick's Day on March 17th, 2020.

Read up on Non-Alcoholic Liver Disease and do a quiz to see if this is something you should ask your doctor about (p. 12-14).

Learn about the psychology of Alcoholism (p. 17-19).

Find out about our very own Community Health Representative, Annette Alberts experience with "Food Skills for Families," (p. 20). You can also check out a couple of healthy recipes she recommends, (p.21 & 22).



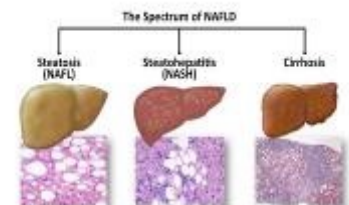
Social Media Update: New this month: Follow us on

Instagram @heskwenscutxe. Do you know that 70% of people ages 35 and under are on Instagram? We want to reach out to them!

Follow us and find out about all the latest health news and events happening in both communities.



Instagram



Non-Alcoholic Fatty Liver Disease
24% of the North America Population

Figure 6 | ScienceDirect (2017-03-08). <https://www.sciencedirect.com/science/article/pii/S1530746517300001>. Retrieved 18 October 2020. From: ScienceDirect, <https://www.sciencedirect.com/science/article/pii/S1530746517300001>. Available from: <https://www.sciencedirect.com/science/article/pii/S1530746517300001>

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

Cooks Ferry Office

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163 Loop Road

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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.



"KNOW YOUR STATUS" EVENT!

Monday April 20, 10:00 a.m. – 3:00 p.m.

163 Loop Rd. Siska Heskw'en'scutxe Health office

Spring

Ladies of Siska, Cook's Ferry and surrounding communities: Get your mammogram in Siska. Also available on this day: Pap, STI, STD, HIV, and Hepatitis C tests. Nurses on site! We look forward seeing you!

Know your status!

Including door prizes, snacks and beverages!





Anger Management & Children by Ricardo Pickering MC
(Counselling Psych), RP, CCC and Mental Wellness Outreach Clinician

Anger
Management
Workshop on
March 5th & 6th,
2020.

Anger management services are an increasingly in-demand form of therapy, especially for parents dealing with children struggling to develop healthy communication skills. These services can be provided in-office by an experienced anger management therapist, or conveniently at-home. Consider these six benefits the therapy can provide:

Encourage Empathy

Individuals struggling with anger may have difficulty seeing the other person's point of view during an outburst. Anger management services can help the individual develop a stronger sense of empathy, so they can better understand other's perspectives. Understanding other people's viewpoints is an important part of diffusing anger and calmly dealing with conflict.

Create Stronger Bonds

Individuals with anger management issues may lash out at people they love during an outburst. They may also avoid interacting with their loved ones in an effort to stop themselves from hurting their friends and family. Developing anger management skills can strengthen the bonds between loved ones by controlling hurtful outbursts and fostering healthier communication.

Develop Better Self-Understanding

Anger management therapy allows individuals the opportunity to learn more about themselves, the cause of their anger, and their triggers. The way we think, process emotions, and interact with others often stems from past experiences. An anger management therapist can provide some insight into past experiences and trauma that may be the root of anger, anxiety, and fear. Once those connections are recognized, the individual can work to resolve their past experiences and move forward.

Foster Better Judgement

Anger often leads to poor decisions and impulsiveness. Anger management therapy can help individuals build the skills necessary to manage their anger and other emotions. This will allow them to have more control over their actions and decisions.

Build Communication Skills

Individuals struggling with anger tend to have under-developed communication skills, and lack the ability to communicate clearly, calmly, and assertively. In result, they convey their feelings aggressively and experience frustration when others are not receptive to their attempts to communicate. An anger management therapist can help the individual develop stronger communication skills, so they can express themselves in a healthier way.

Reduce Stress

Greater stress management is a direct by-product of anger management therapy, as individuals often experience less frustration when they learn how to communicate in a better way. In turn, this makes it easier to calmly deal with situations that would've previously resulted in angry, stressful outbursts.

MENTAL WELLNESS SUPPORT

Heskw'en'scutxe Health Services Society

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

Mental Wellness Outreach Clinician

ANNOUNCEMENT:

We would like to announce that Ricardo Pickering will no longer be working with the community as of March 12, 2020. Ricardo is already committed to other communities and wishes to reduce his work load. We would like to thank Ricardo for counselling our members and wish him the very best of health.



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



For up to the minute updates
from Heskwen'scutxe Health
Services Society on Instagram

[@heskwenscutxe](https://www.instagram.com/heskwenscutxe)

Time to file your income taxes for 2019.

Local libraries offer a free service to fill simple low income taxes for individuals and families. Some benefits can only be received by filling your taxes.



Healthy Food Bags

More and more of the community have 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.

Our apologies for not delivering eggs in the February bags. We regret any inconvenience.



**Next Delivery:
March 19, 2020**

Reflexology with Heidi McCall



Siska : March 4 & 18

Cook's Ferry: March 3 & 17



Therapeutic Massage with Kathryn Young



Cook's Ferry : March 26

Siska: March 24

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.



Distracted driving

Even if you're not using your cellphone, you may still be distracted. Any diversion of your attention away from the safe operation of your vehicle, like chatting with passengers, eating or drinking, or adjusting radio or vehicle settings, can contribute to distracted and inattentive driving. We all play a part in making our roads safe – when you're behind the wheel, focus on the road.

If you're looking at your phone, you can't see the road

Checking your phone at a red light may seem harmless, but the truth is using an electronic device behind the wheel is a dangerous distraction. Even when stopped, it affects your situational awareness. You're five times more likely to crash if you're using your hand-held phone.

Take a break from your phone #EyesFwdBC

Resisting the temptation of e-mails, texts, calls, posts and cat videos can be hard but it can be done similar to being at the movies, at customs, during takeoff or landing. Think of all the times that you don't feel like taking a break from your phone but do!

The cost of distracted driving

If you're caught distracted driving, you'll be ticketed and receive a fine of \$368. Every ticket for distracted driving also adds four driver penalty points to your driving record. If you have four or more points at the end of a 12-month period, you pay a [driver penalty point \(DPP\) premium](#). These premiums start at \$252 and increase for every point you accumulate. You may also have to pay a [driver risk premium](#). With increased enforcement in communities throughout B.C., multiple infractions can now put a serious dent in your wallet.

Tips for safe cellphone use

No call, text or email is so important it's worth risking your life or the lives of others. Let calls go to voicemail and ignore your text messages while driving.

Turn it off and put it out of sight or turn on airplane mode to avoid the temptation to check your phone.

Assign a designated texter. Ask your passengers to make or receive calls and texts for you.

Pull over to make or receive a call when it's safe to do so. For longer journeys, look for [signs at highway rest areas](#), some of which now provide free Wi-Fi.

Use the 'Do Not Disturb While Driving' feature on iOS devices, 'In-Traffic Reply' on Samsung phones, or download a similar app to help you avoid using your phone while driving.

Learn the rules of the road Don't use your cellphone at a red light. The law applies whenever you're in control of the vehicle, whether stopped at a red light or in bumper-to-bumper traffic.

Keep your hands off. Hands-free means a Bluetooth, wired headset or speakerphone that can be operated with one touch or voice commands. Make sure to secure the cellphone to the vehicle or attach it on your body before driving. **If you have a Learner's (L) or Novice (N) licence,** you aren't allowed to use any electronic device behind the wheel, for any purpose, even in hands-free mode.

Your liver is your body's high-performance engine

Some car owners sink their time, money and effort into caring for their high-performance vehicle. Others care only the bare minimum, ignoring the oil leaks, the spreading rust or the concerning noises, just hoping that it will always start up in the morning.

Your liver is your body's engine, and the reality is that when your liver stops and breaks down, your body does too.

Your liver requires high-quality fuel, regular maintenance, hazard protection and some loving care. Filling up your liver with the wrong stuff and leaving it idle for too long can cause liver diseases like non-alcoholic fatty liver disease ([NAFLD](#)) to develop.

NAFLD is a liver disease which starts with fat accumulation in the liver without excessive alcohol consumption. Despite it affecting over 7 million people in Canada, close to 90% of Canadians report having little to no knowledge of the disease ever before. Unfortunately, if left untreated, NAFLD may progress to more advanced disease, such as non-alcoholic steatohepatitis ([NASH](#)). The good news is that NAFLD can often be prevented or even reversed if it is detected before permanent liver damage has occurred.

Stats: 1 in 4 Canadians may be affected by liver disease.

The obesity crisis is taking its toll on the liver with potentially deadly consequences. Research shows that 1 in 4 Canadians may be affected by liver disease due primarily to the rapidly rising prevalence of [non-alcoholic fatty liver disease](#) linked to obesity, lack of physical activity and poor eating habits. This progressive disease is predicted to overtake hepatitis C as the leading cause of liver transplants.

An Ipsos survey conducted by the Canadian Liver Foundation revealed that;

- Nearly two-thirds of Canadians consider themselves as 'overweight.
- Just 34% of Canadians state they have 'very healthy' eating habits.

62% of Canadians do not exercise enough to meet Canada's recommended guidelines for physical activity on a regular basis.

Taking a look under the hood

[Your liver](#), the largest internal organ in the body, is



the abdomen, immediately under the diaphragm. It is divided into lobes; a large right lobe and a smaller left lobe that tapers to a tip.

Your liver works hard 24 hours a day, providing your body with energy, fighting off infections and toxins, helping clot the blood, and regulating hormones. If you thought that was enough, consider that this complex and vital organ performs over 500 functions.

Every day your liver...

- **Regulates** your supply of body fuel by producing, storing and supplying quick energy (glucose) to keep your mind alert and your body active.
- **Adjusts** your body's cholesterol levels by producing, excreting and converting cholesterol into other essential substances.
- **Produces** bile to eliminate toxic substances from your body and assist with your digestion.
- **Controls** your body's supply of essential vitamins and minerals as well as iron and copper.
- **Cleanses** your blood by metabolizing alcohol, drugs and other chemicals.
- **Neutralizes** and destroys poisonous substances.
- **Manufactures** many of your essential body proteins which allow for your body to transport substances in your blood, the clot your blood and resist infections.
- **Regulates** the balance of hormones including sex, thyroid, cortisone and other hormones.
- **Performs** hundreds of other functions that your body simply cannot live without.

When your engine stalls...

The liver is a resilient, maintenance-free organ, which is why it so often gets ignored—until something goes wrong. Because of its wide range of responsibilities, the liver often comes under attack by progressive diseases like obesity, viruses, toxic substances (including alcohol) and contaminants.

Just like a worn-out engine, symptoms of liver disease can seem minor and easy to ignore. The liver is such a strong organ that it will continue working even when two-thirds of it has been damaged by scarring ([cirrhosis](#)).

The good news is that some liver diseases can often be prevented or even reversed if detected before permanent liver damage has occurred. You and your family can make lifestyle changes to prevent [NAFLD](#).

Encouraging your family to take walks together or parking a little further from the grocery store entrance are great places to start. Eating foods that are low in saturated (animal) fats, as well as plenty of fresh fruit and vegetables and limiting consumption of sugary foods and drinks are all long-term goals that can make a tremendous impact on your liver health.

CHECK YOUR ENGINE

Are You At Risk Of Non-Alcoholic Fatty Liver Disease (NAFLD)?

Your liver is your body's engine. It needs to be well maintained in order to keep your body running smoothly. When your engine begins to break down due to poor maintenance habits, your body does too!

It is estimated that 20% of Canadians have non-alcoholic fatty liver disease (NAFLD). NAFLD often has no symptoms and may be living silently in your body until it reaches an advanced stage (Non-Alcoholic Steatohepatitis NASH), where cirrhosis, liver cancer and liver failure can be developed.

Take this short quiz to find out if you are at risk.

- YES NO Is your Body Mass Index (BMI) >25 or >22 if you are Asian?
Don't know your BMI? [Visit this website](#) to calculate it.
- YES NO Is your waist circumference the following?
>88 cm (women), or >80cm (Asian women), >102 cm (men), or >94cm (Asian men),
- YES NO Do you spend most of your day sitting?
- YES NO Do you exercise less than 150 minutes (2.5 hrs.) per week?
- YES NO Do you have insulin resistance or diabetes?
- YES NO Has your doctor told you that you have metabolic syndrome (high cholesterol, high triglycerides, or high blood pressure)?
- YES NO Does your daily diet include a lot of fatty and/or sugary food/drinks?

If you answered "YES" to one or more of the questions above, visit liver.ca/CheckYourEngine to learn more about NAFLD and for tips to improve your lifestyle and reduce your risk of liver disease.

LIVER CLEANSING FOODS



pəʂke? Ladies

March 8, 2020

Cook's Ferry Gym

12pm-2pm

International Women's Day is powered by the collective efforts of all. Please join us for lunch to celebrate International Women's Day.

Lunch at 12:30pm

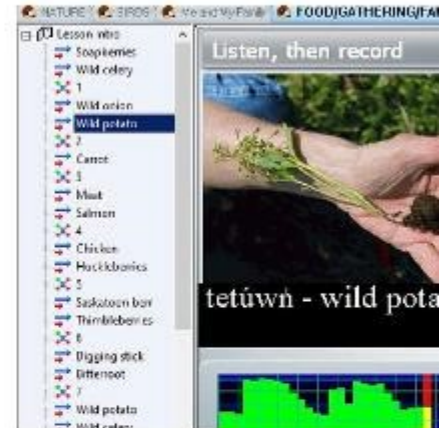
Ribbon skirts and hand drums encouraged.

PRE-REGISTRATION REQUIRED

For more information please contact the CNA at
250-378-1864 or reception@cna-trust.ca

THIS IS A DRUG & ALCOHOL FREE EVENT

Learn nte?kəpmxcin from home
Download the CAN 8 Virtual Lab!



OR ACCESS LANGUAGE COMPUTERS AT:

- Ashcroft Band Health Centre
- Boston Bar Band Office
- Cook's Ferry Band Office
- Kamloops Aboriginal Friendship Society
- Shackan Band Office

COMING SOON TO:

- CNA Office
- Conayt Friendship Centre
- Nicomen SKEesht Health Office
- Nooaitch Literacy Centre
- Siska Band Hall or Office
- Scw'exmx Board Room (Elders Group)

For Further Information Contact
Lena Nicholson, nte?kəpmxcin Program Developer
Phone: 250-378-1864
Email: lnicholson@cna-trust.ca



“Psychology Works” Fact Sheet: Alcoholism

What is alcohol use disorder?

Most of us drink alcohol. A large survey showed that about 78% of Canadians drank alcohol in the previous year, 21% exceeded low-risk consumption guidelines and about 6% drank heavily at least once a month (five or more drinks per occasion for men and 4 or more drinks per occasion for women).

Many people who misuse alcohol have occasional problems in their lives because of alcohol such as social/family, health, legal, or financial difficulties. Some people experience so many problems because of their drinking that they can be considered to have an Alcohol Use Disorder.

Alcohol use disorder occurs when there are ongoing negative consequences from drinking. For people with alcohol use disorder their drinking commonly results in significant distress and problems functioning in their daily life. Alcohol use disorder ranges from mild to severe, but anyone who is experiencing problems from their alcohol use should seek help to avoid the problem escalating.

In a recent survey of Canadians, approximately 18 % of the population met the criteria for some level of alcohol use disorder with the prevalence being higher for men than for women.

What are the symptoms of alcohol use disorder?

The number of symptoms a person meets is used to determine the severity of the disorder. Those who experience 6 or more of the symptoms below are considered to have a severe alcohol use disorder. However, a person who is experiencing any of these symptoms may benefit from professional help.

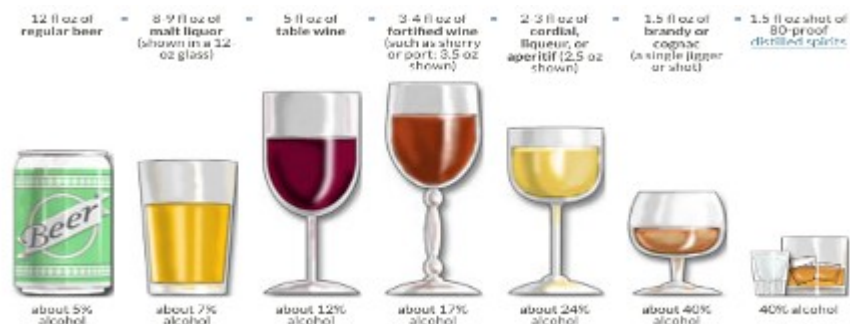
- Alcohol is often taken in larger amounts or over a longer period of time than was intended.
- There is a persistent desire or unsuccessful efforts to cut down or control alcohol use.
- Craving, or a strong desire or urge to use alcohol.
- Recurrent alcohol use resulting in a failure to fulfill major role obligations at work, school, or home.
- A great deal of time is spent in activities necessary to obtain alcohol, use alcohol, or recover from its effects.
- Continued alcohol use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol.
- Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
- Recurrent alcohol use in situations in which it is physically hazardous.
- Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol.
- Tolerance, as defined by either of the following: a) A need for markedly increased amounts of

alcohol to achieve intoxication or desired effect, or b) A markedly diminished effect with

continued use of the same amount of alcohol.

- Withdrawal, as manifested by either of the following: a) The characteristic withdrawal syndrome

for alcohol b) Alcohol (or a closely related substance, such as a benzodiazepine) is taken to relieve or avoid withdrawal symptoms.



Is alcoholism a disease?

Some experts believe alcohol use disorder is a medical disease that cannot be cured, just like diabetes.

This is known as the medical model. They believe that people with alcohol use disorder have no control over their alcohol use and that their disease can only be managed by avoiding alcohol altogether.

Other experts argue that alcohol use disorder is a psychological disorder rather than a disease. They do not believe that alcoholism is an incurable disease. Experts from this perspective believe that people attempting to recover from alcohol disorders can choose to stop drinking altogether or can learn to drink moderately instead.

Who is at risk for developing alcohol use disorder?

If a person has a biological parent with alcohol use disorder, that person is at increased risk. Children may also learn patterns of heavy drinking from their parents.

Those in cultures or social groups where heavy drinking is accepted (e.g., those working in bars) are at increased risk. Also people's attitudes and beliefs are important (e.g., believing alcohol has lots of positive effects). However, it is still very difficult to predict precisely who will develop alcohol use disorder.

What psychological approaches are used to treat alcohol use disorder?

The best known treatment for alcohol use disorder is Alcoholics Anonymous (AA). The AA approach is consistent with the medical model and includes a strong spiritual component. Abstinence (no drinking at all) is the treatment goal. Research has shown AA is effective for those who stick with it. One of its strengths is peer support and encouragement. However, AA has high dropout rates.

Two common psychological treatments have similar effectiveness to AA.

Cognitive Behavioural Therapy (CBT) helps a client change his/her drinking as well as their risky attitudes

and beliefs. The goal of CBT can be either no drinking or moderate/controlled drinking (i.e., harmreduction).

CBT helps the client identify his/her own unique high-risk situations for heavy drinking. Then,

they develop plans and skills that are alternatives to heavy drinking in these situations.

CBT also increases the client's confidence about his/her ability to resist heavy drinking. Because alcohol

abuse/dependence has high rates of return to heavy drinking, CBT often includes relapse-prevention.

Motivational Interviewing (MI) is another effective psychological treatment. MI is based on the fact that

people with alcohol problems are at different stages of readiness to change their drinking.

Some are completely ready and simply need help to change. Others are thinking of changing but are not quite ready. Still others are not even considering changing or deny they have a problem.

MI helps clients move to a stage where they are more ready to change their alcohol use. For example, the therapist might encourage the client to really examine the pros and cons of continuing versus changing their current drinking patterns.

Severely dependent clients may be treated in a detoxification program in the initial stages to provide medical supervision of withdrawal from alcohol. Detoxification can precede treatments such as CBT, MI and AA.

There are also medications that may help people quit drinking. However, they only work while people

take them, and they can cause side effects. Thus, MI and CBT are seen by some as safer, or as producing longer-lasting benefits than medications. Sometimes psychological interventions are used with medications to maximize benefits. For people who have problems with their alcohol use they should consult with their doctor to find out what the best treatment approach is for them.



FOOD SKILLS FOR FAMILIES



During the week of February 03-07, 2020, I attended a Food skills course with my new friends at the Garratt Wellness Centre kitchen, in Richmond BC. A Food Skills Master trainer taught us how to teach healthy cooking in our own communities. We were led on a cooking journey that encourages the preparation of easy meals, that are lower in sodium, sugars, and saturated fat. Our creations are flavourful and include vegetables, fruits and whole grains. We also learned to shop and cook on a budget. Food Skills for Families is a fun hands-on program that taught us how to cook nutritious and delicious meals in a relaxed, supportive, group environment.

We had fun at the Garratt Wellness Centre kitchen, in Richmond BC. This is a great program for anyone to take, “Food skills for Families.” Bring back the knowledge to your families. I will be hosting a “Food Skills for Families” program in the upcoming months

Annette Albert.



LENTIL VEGETABLE SOUP

Serves 6 | Serving size: 2 cups

Prep Time: 25 min

Cook Time: 25 min

Information is per 2 cups serving:

230	3.5g	0g	0g	610mg	39g	10g	11g	12g
CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	SODIUM	CARBS	FIBRE	SUGAR	PROTEIN

INGREDIENTS

- 1 tbsp canola oil
- 1 medium onion, diced
- 2 stalks of celery, diced
- 2 medium carrots, diced
- 4 cloves of garlic, minced
- 3 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 1 large orange sweet potato, peeled and cut into small cubes (2 cups)
- 1 can (796 mL) no-salt added diced tomatoes
- 1 cup dried red lentils
- 3 cups green curly kale, ribs removed and chopped
- 4 cups (or 900 mL box) sodium-reduced chicken or vegetable broth
- 2 cups water
- ½ tsp salt
- ½ tsp pepper

DIRECTIONS

- Pick over lentils for small rocks or twigs and rinse thoroughly using a mesh strainer. Set aside.
- Over medium heat, add oil to a large stockpot. Add onion, celery and carrots. Cook for 5 minutes until soft.
- Add garlic, cumin, curry powder and dried thyme. Cook for another minute, until fragrant.
- Add tomatoes (with juice), lentils, sweet potatoes, kale, broth, water, salt and pepper. Mix well.
- Cover and bring to a boil, then reduce heat to low and partially cover. Simmer for 15-20 minutes, until lentils are tender and vegetables are cooked.

Make it a Meal

Serve this soup with a dollop of plain yogurt and a piece of whole wheat bread or a side salad.



Stretch Your Budget

Dried lentils are less expensive than canned lentils and they don't need to be soaked like beans.



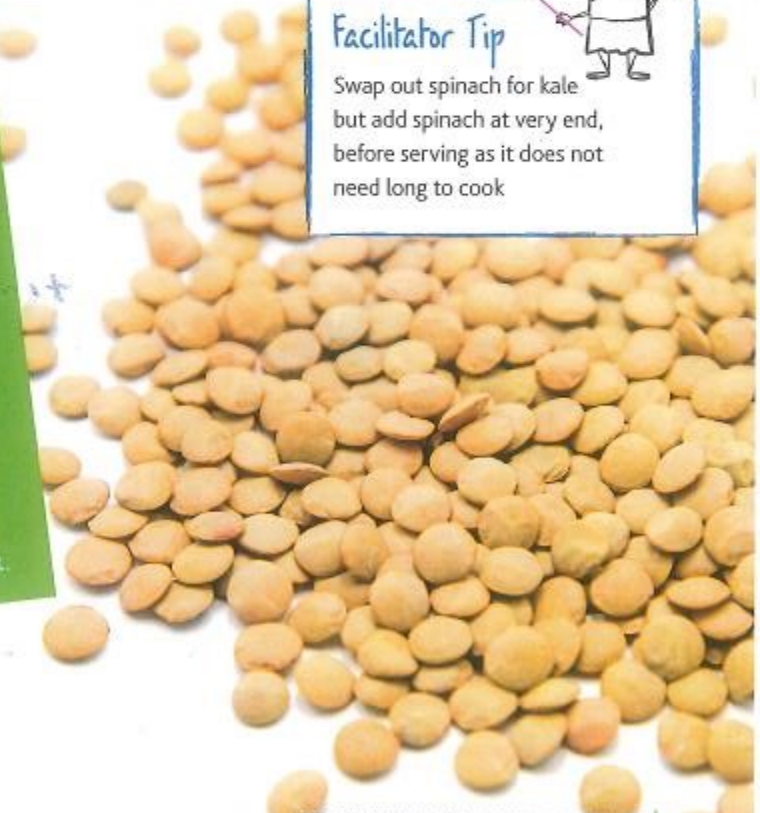
Facilitator Tip

Swap out spinach for kale but add spinach at very end, before serving as it does not need long to cook



Nutrition Tip

- Lentils are powerful little bundles of fibre and protein making this soup a satisfying choice that will keep you fuller for longer.
- Using reduced-sodium or no-salt-added broth is a good way to control the sodium in your diet.
- Season soups using herbs and spices before adding salt.



VEGGIE FRITTERS

Serves 6 | Serving size: 2 fritters

Prep Time: 15 min

Cook Time: 20 min

Information is per 2 fritters serving:

130	4.5g	1g	0g	330mg	16g	4g	3g	8g
CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	SODIUM	CARBS	FIBRE	SUGAR	PROTEIN

INGREDIENTS

- 1 zucchini, grated (2 cups)
- 1 carrot, grated (1 cup)
- 6 green onions, thinly sliced (1 ¼ cup)
- ½ cup lower fat cheddar cheese, grated
- ½ cup whole wheat flour
- 2 eggs
- ¼ tsp pepper
- Canola oil for frying

DIRECTIONS

- Wash vegetables before grating. Do not peel carrot or zucchini.
- Place the shredded zucchini in a colander and sprinkle it lightly with ½ tsp salt. Let the zucchini sit for 10 minutes.
- While zucchini sits, prepare other ingredients and place in a large mixing bowl.
- Zucchini will start to release water, use your hands to squeeze out as much liquid as possible.
- Add zucchini to other ingredients and mix well.
- Heat 2 large non-stick pans over medium heat. Add 1 teaspoon of canola oil to each pan.
- Scoop ¼ cup of the mixture onto the pan and lightly pat down to flatten. Repeat to fill both pans (-3 per pan).
- Cook for 4-5 minutes or until golden on the bottom then flip and cook for another 3-4 minutes.
- Place the cooked fritters onto a plate lined with paper towel.
- Continue cooking fritters until all batter is used up, adding a teaspoon of oil to the pan before each batch.

Facilitator Tip

Ensure that the pan is hot before putting batter in oil and ensure additional oil is added in-between each batch.

Recipe Tip

Keep these fritters ready-to-go in the freezer for a healthy snack or meal in minutes. To reheat, place fritters in the oven at 300°F for 10-15 minutes.

Stretch Your Budget

Don't throw away vegetables. This recipe is an easy way to use up the vegetables wilting in your crisper.

Try them baked!

Recipe Option

Baked Fritters

- Preheat oven to 425°F.
- Lightly oil a baking sheet or line with parchment paper.
- Scoop ¼ cup of mixture onto the baking sheet and flatten to ½" thickness.
- Brush tops with oil.
- Bake for 12 minutes, flip and bake for another 12 minutes.

Make it your own!

This recipe is great with a variety of vegetables.

- Try using these:
 - Spinach (finely chopped)
 - Onion (grated)
 - Kale (finely chopped)
 - Beets (grated)
 - Sweet potato (grated)
 - Spaghetti squash (cooked)
 - Butternut squash (grated)
 - Broccoli (chopped small and steamed)
 - Cauliflower (finely chopped and steamed)
 - Parsnips (grated)
- Try spicing it up with garlic powder, paprika, cumin, ground cinnamon, chili powder, thyme or oregano. *Rosemary?*

Batteries and cell phones can be recycled:

Drop off your batteries at these locations:

Heskw'en'scutxe Health Services Society

Libraries and Home Hardware's in Merritt and Ashcroft

Eco-Depot Refuse Stations in Lytton, Spences Bridge, Cache Creek, Kamloops



What can I recycle?

All consumer single use or rechargeable batteries weighing less than 5 kg each can be recycled. These include batteries used to power cordless tools, mobile and cordless phones, laptop computers, digital cameras, flashlights, watches and other products.

Why should I recycle?

Batteries contain a number of heavy metals and toxic chemicals. By recycling batteries, you divert waste from landfills, help reduce the risk of soil contamination and water pollution, and reduce the need for raw materials to manufacture new products.

What happens to it?



Batteries and cellphones are separated by type and then forwarded for recycling. The recycling facility processes the reusable metals from the batteries and prepares them for use in new products such as batteries, a variety of stainless steel products and cement additives.



Afterschool Art March 2020



During our **March Afterschool art** sessions we will focus on Story Writing and Illustration for stories. Traditional Storytelling has a long oral history. By telling stories we learn about who we are, who we come from and where we come from.

The best story tellers teach us important things, sometimes they make us laugh and they also inspire us and help us to remember what is important. By illustrating our stories we are learning about new ways of making marks that add color and detail to language.

During Spring Break if we have enough interest from parents and community members a special day just for story crafting and illustration will be put on the agenda. This workshop will be open to children and all community members. Please contact HHSS if you are interested. **Lunch** will be provided.

March sessions

CF 2nd & 9th

SB 4th & 11th

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

Wednesday at Siska HHSS
office 3:30-5pm



Snacks are provided



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

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>Tina Draney Acting Health Manager Tina Draney Finance 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 Scarleth Zwez-Ruiz Home & Community Care Nurse</p>	<p>Fax (250) 458-2213 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 Ashley Loring Earl Community Home Care Aid</p>	<p>Email nadine.methot@hhssbc.ca</p>
<p>Samantha Gush Director Siska Indian Band Appointed</p>	<p>Regina Pierre Community Member Representative Siska Indian Band Appointed</p>	<p>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?

“A 2020 VISION ON ANGER WORKSHOP”

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

WHEN

March 5th & 6th, 2020

WHERE

Cook's Ferry ~ Gymnasium

3691 Deer Lane

Please call 250-458-2212 or 250-455-6601 to register

Maximum of 20 Participants ~ Must attend both days

Snacks and Lunch included

FEATURING • YOGA • ANGER MANAGEMENT STRATEGIES • THINKING TRAPS • ANGER AT WORK • ANGER AT HOME • ANGER FROM THE PAST • LIFE BEYOND ANGER • FINDING BALANCE AND MEANING•

PRESENTED BY RICARDO PICKERING

Counselling Psych, Mental Wellness Outreach Clinician

A 16-90 YEARS OF AGE EVENT

BENEFITING

Your very self

Your family

Your friends

Your partners,

Your co-workers

Our communities!



Other benefits included

Yoga & Art Based Therapy

Anger Management Textbook

Anger & Stress

Reduction Tools

Door Prizes

must attend both days to be eligible



Community Health Representative Annette Albert February Monthly Report

February 11, 2020

Funeral Protocols: We had a second meeting with Jen Brown, Cultural Coordinator with the NLX Nation. It was well attended by Siska and Cook's Ferry members. We reviewed several protocols and shared our insights. Jen will be developing a small booklet in the Spring. Many not living on reserve would love to have access to this knowledge and the booklet will be a keeper. We hope to have another session in March.

Family Genealogy: Jen is looking into hosting a family genealogy 2-day workshop in the future. Stay tune for information about the dates on our social media pages: Facebook and Instagram.



Feb 13, 2020

Healthy Heart Luncheon : Annette Albert- Introduced Brenda, Scarleth and Ricardo to both communities. Brenda Isaac talked about Oral Health Care, and gave away free toothbrushes, floss, to the community members. Scarleth Zwez-Ruiz, our nurse is back to Heskwen'scutxe Health Service Society and talked about Meditech. Members were recommended to join Meditech to facilitate care provided by the nurse. Ricardo Pickering - "Staying strong Connection Between Mental and Physical Health" made a great concise presentation on this important subject and encouraged members to partake in the Anger Management Workshop on March 5 and 6, 2020 in Cook's Ferry.

In total, we had 27 Siska and Cooks Ferry Band members show up to our Valentines Luncheon!



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PLACING OF HEADSTONE

For

Wynona (Noni) Yamelst

who passed away on August 25, 2019

All family and Friends are invited to join the family in placing her
Headstone at the Cook's Ferry Graveyard near the Green Church in

Spences Bridge, B.C.

Sunday March 15, 2020

11 AM



Please join family for Light Lunch and sharing of stories at the Chief
Whistemnitsa Centre after.

00 00 00 5555555555 00 00 00 00 5555555555 00 00 00 00 5555555555 00 00 00 00 5555555555 00 00 00 00

Call *David Walkem* (250)-319-7884
for more info

2-Days Traditional Games with FitNation Buzz Manuel



Siska & Cook's Ferry Kids
Ages 8 to 18

March 23 & 24, 2020
Chief Whitsemnitsa Complex
10:00 a.m. to 4:00 p.m.



Lots of traditional games:

Rock throw, Spear throw, Archery & Hoop jump
Breakfast, lunch, snacks & rides provided
Bring your enthusiasm and lots of energy!



R.S.V.P. by March 16
with Corynn or Nadine