



# Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

April 2020

## Re: Siska & Cooks Ferry Communities Operations during COVID-19 Pandemic

**ATTENTION Effective Immediately as of March 24<sup>th</sup>, 2020**

### Health care services provided by HHSS under the COVID-19 Pandemic

**Nursing Home Visits:** Injection medication administration, medication reminder, wound care, personal care and wellness checks will continue. The nurse will also be available to address any questions or concerns about COVID-19.

**Home Care Aids visits** will be put on hold. "Wellness check" phone calls will be provided to clients instead.

**Foot Care with Suzanne:** Will continue until further notice

**Mental Health Counselling:** No in person appointments, telephone appointments are available

**Nurse Practitioner and Mammogram April 20<sup>th</sup> event:** Postponed

**Healthy Food Bags:** Cancelled until further notice

**Shopping Days:** Cancelled until further notice

**Restorative Massage:** Cancelled until further notice

**Reflexology:** Cancelled until further notice

**Events:** Cancelled until further notice

**Children Oral Health Initiative (COHI):** Cancelled until further notice

**Cheques:** No pickup. Cheques will be mailed

**Medication:** Please call our offices to further discuss

Have Questions? Please call our offices:

Siska office 250-455-6601 or Cooks Ferry office 250-458-2212

Follow us on Facebook and Instagram for further updates

Stay informed Visit the First Nations Health Authority Website

[www.fnha.ca/about/news-news-and-events/news/informaton-on-novel-coronavirus](http://www.fnha.ca/about/news-news-and-events/news/informaton-on-novel-coronavirus)

**STAY HOME, PRACTICE SOCIAL DISTANCING**

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

**Cooks Ferry Office**

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

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: [nadine.methot@hssbc.ca](mailto:nadine.methot@hssbc.ca)

**Siska Office**

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: [corynn.revely@hssbc.ca](mailto:corynn.revely@hssbc.ca)

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

<b>Articles</b>	<b>Page</b>
Index and HHSS Value & Mission Statement	2-3
Medical Transportation— Covid-19 New Policies	4-5
Urgent Covid-19 Information	6-7
Nursing Programs offered in our communities and Social Isolation if several people live together	8-9
Covid-19 Self Isolation Information	10-11
Covid –19 Harm Reduction and Overdose	12-13
Mental Wellness and Ricardo Pickering Information—Covid-19 and Anxiety	14-15
Cancelled Reflexology and Massage, Footcare dates, Medication pick up info and Composting	16-17
Art with Meriel and a Healthy Mouth	18-19
Irritable Bowel Syndrome and Austim April Month Awareness	20-21
Know Your Status Event Cancelled and Information on Pap Tests	22-23
Wood Ticks, yes they are baaaack!	24-25
Recipes	26-30
HHSS Directory	31
Who let the dogs out? HHSS Community Notice	31

# 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"*





# Temporary Medical Transportation Changes in Response to COVID-19

## Medical Transportation for Routine Appointments

All medical transportation for routine appointments is currently unavailable. Routine appointments include, but are not limited to, regular dentist appointments, eye exams, non-urgent specialist appointments, or diagnostic tests.

## Medical Transportation for Urgent Appointments

Medical transportation is only available for urgent appointments that cannot be postponed. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.

All medical transportation for urgent appointments must be submitted as a Benefit Exception request to Health Benefits.

Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

If the Benefit Exception request is approved, medical transportation will be arranged.

If clients **have not** been told to self-isolate, their medical transportation will be arranged by their local patient travel clerk.

If clients **have** been told to self-isolate, their medical transportation will be arranged by Health Benefits. Special travel arrangements will make sure the client stays isolated.

## Clients Who Have Been Told to Self-Isolate

Health Benefits is following the provincial criteria for self-isolation set by the [BC Centre for Disease Control](#). Clients should follow self-isolation directions given to them by:

- a government official;
- 8-1-1;
- their local public health office; or
- their primary care provider.

Clients can complete a self-assessment set by the BC CDC at <https://covid19.thrive.health/>.

**If a client has severe symptoms such as difficulty breathing, chest pain, or losing consciousness they should call 9-1-1.**

## Clients Who Have Been Told They Need to Be Tested for COVID-19

If clients have been told by 8-1-1 that they need to be tested for COVID-19, and they need help traveling to the testing location, they should call the BC ambulance non-emergency line at **604-872-5151**.

## Clients with At-Risk Household Members

Clients who have been told to self-isolate should follow the BC CDC recommendations for how to self-isolate when living with other people:

Stay and sleep in a room with good airflow that is away from others.

Use a separate bathroom, if possible.

Wear a face mask (surgical/procedure mask) if you are in the same room as anyone.

Avoid face to face contact.

Friends or family can drop off food outside your room or home.

If self-isolating clients have household members who have weak immune systems, chronic medical conditions, or are especially vulnerable seniors, the at-risk household member can request MT benefits to stay elsewhere.

All medical transportation for at-risk household member(s) must be submitted as a Benefit Exception request to Health Benefits.

Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

## Clients with a Positive COVID-19 Diagnosis

If a client has been diagnosed with COVID-19 and been told to recover at home, their household members can request MT benefits to stay elsewhere.

All medical transportation for the client's household member(s) must be submitted as a Benefit Exception request to Health Benefits.

Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

Heskw'en'scutxe Health Services Society will maintain medical transportation for clients that are not showing signs of sickness for urgent appointments that cannot be postponed. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.



# Urgent Notice Re: COVID-19

Do Your Part to Help

We as members must all do our part to stop the world pandemic from entering our communities.

We must all follow these strict guidelines.

## Physical Distancing and Self-Isolating

There are many ways to protect each other and our communities:

- **Stay Home**
- Only leave your home to purchase necessities.
- Send 1 person to get necessities (even if you all feel well).  
Stay home when you are sick for 14 days (even if you think you don't have COVID19)  
Self-isolate within your home. If family living in the home keep a 2 meter or 6-foot distance.
- Do not allow visitors into your home including friends and family that don't live with you.
- Stay 2 meters or 6 feet away from each other.
- Wash and sanitize your hands often.
- Do not touch your face.
- Use tissue and immediately discard and wash or sanitize hands.
- Cough into your elbow or sleeve.
- Wash surfaces with hot soapy water, then use a mix of 1-part Bleach to 9 parts Water to disinfect surfaces or use disinfecting wipes.
- Use directed amount of bleach in dish water when hand washing dishes.
- Do not share towels, utensils, cups.
- Clean commonly touched surfaces often. Handles, phones, doorknobs, remote controls.  
Use virtual options to connect with others: Email, Facetime, Facebook, Messenger, Instagram or Call!

As a reminder, please **do not flush** down the toilet flushable wipes, disinfectant wipes, paper towel or any feminine hygiene products. These products cause havoc on septic and sewage systems.

Let's all take care of each other by staying away from each other until this pandemic is over.

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



World Health Organization

#Coronavirus #COVID19

9 March 2020

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



World Health Organization

#Coronavirus #COVID19

9 March 2020

**PROGRAMS OFFERED IN BOTH OUR COMMUNITIES  
WE HAVE 2 NURSING PROGRAMS**

**COMMUNITY HEALTH NURSING PROGRAM**

- \* 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 and heart disease screening)
- \* Harm reduction (e.g. distribution of condoms, injection and inhalation supplies, and naloxone kits).

**WHAT IS HOME & COMMUNITY CARE NURSING PROGRAM?**

- \* Nursing care (e.g. chronic disease management; medication administration; wound, ostomy, and catheter care; post-hospital care; palliative care; etc.)
- \* Personal care (e.g. bathing, toileting, foot care and meal preparation)
- \* Referral for medical equipment (e.g. walker, shower chair, bedside rail, etc.)
- \* Referral for occupational therapy, physiotherapy, dietician, and diabetes educator services.







## Tips for residents of apartments and other multi-unit buildings

### IF YOU ARE SELF ISOLATING AFTER RETURNING FROM TRAVEL OR A POSSIBLE EXPOSURE:

- ➊ Stay inside in your own unit as much as possible
- ➋ Wash your hands before and after leaving your unit
- ➌ Limit your time in common spaces
- ➍ Use common amenities like laundry only when other neighbours are not present in the room
- ➎ Clean surfaces in common areas using regular household cleaners
- ➏ For more information about self isolation, visit BC Centre for Disease Control's website at: [bccdc.ca/covid19](https://bccdc.ca/covid19)

### IF YOU ARE SELF ISOLATING BECAUSE YOU DO HAVE SYMPTOMS OR HAVE TESTED POSITIVE:

- ➊ Stay in your unit and do not access common spaces
- ➋ Ask for support from friends, family and neighbours to deliver needed items
- ➌ For more information on how to isolate at home when you have COVID-19: [bccdc.ca/covid19](https://bccdc.ca/covid19)

### IF YOU ARE SELF ISOLATING AS A PREVENTATIVE MEASURE BUT HAVE NOT TRAVELED OR SUSPECT EXPOSURE:

- ➊ Wash your hands frequently
- ➋ Limit time in common areas
- ➌ Keep in touch with friends and family with technology: call, text, email or meet virtually to support each other

### IF YOU ARE HEALTHY AND HAVE NO UNDERLYING HEALTH CONDITIONS:

- ➊ Check in with neighbours over the phone or knock and speak through the door to see if you can help deliver food, medication or assist in other ways, connect with local organizations to volunteer (keeping a safe distance from neighbours and others)
- ➋ Help keep common areas and frequently used spaces clean if you can (eg. elevator buttons, stairway rails, door handles)

### EVERYONE HAS A PART TO PLAY IN KEEPING OUR COMMUNITIES SAFE AND HEALTHY:

- ➊ Wash your hands with warm water and soap frequently
- ➋ Don't touch your face with unwashed hands
- ➌ Keep about 2 meters of distance between yourself and others
- ➍ If you feel sick, cough or sneeze into your elbow sleeve, dispose tissues properly
- ➎ Stay home if you feel sick
- ➏ Keep in touch with friends and family with technology: call, text, email or meet virtually to support each other





# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Self-Isolation is a must!

## Do's and don'ts of self-isolation

For those who do not have COVID-19 or respiratory symptoms

March 23, 2020

If you have possibly come into contact with an infected person or have recently travelled, you may be asked to self-isolate. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.

- 
- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>✔ Do stay home for 14 days<ul style="list-style-type: none"><li>▪ Work from home</li><li>▪ Use food delivery services or online shopping</li></ul></li><li>✔ Do protect others<ul style="list-style-type: none"><li>▪ Wash your hands frequently (hand hygiene)</li><li>▪ Cough into your sleeve (respiratory etiquette)</li><li>▪ Keep 2 metres away from others (social distancing)</li><li>▪ Greet with a wave instead of a handshake, a kiss or a hug</li></ul></li><li>✔ Do get creative to prevent boredom in kids<ul style="list-style-type: none"><li>▪ Get creative by drawing, painting or running back yard obstacle courses and games</li></ul></li><li>✔ Do monitor your symptoms<ul style="list-style-type: none"><li>▪ If you develop cough or fever and symptoms worsen, call and report to 811</li><li>▪ If you are having trouble breathing, call 911</li><li>▪ If you are directed to an assessment centre or the Emergency Department, wear a surgical/procedure mask</li><li>▪ If travelling by ambulance, notify the dispatcher that you may have COVID-19</li></ul></li></ul> | <ul style="list-style-type: none"><li>✔ Do keep in contact with friends<ul style="list-style-type: none"><li>▪ Use technology, such as video calls, to keep in touch with friends and family</li><li>▪ Host virtual meetings, hangouts, family dinners or playdates for your kids</li></ul></li><li>✔ Do continue to exercise<ul style="list-style-type: none"><li>▪ Exercise at home</li><li>▪ Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others</li></ul></li><li>✔ Do clean all high-touch surfaces<ul style="list-style-type: none"><li>▪ High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 30 parts water (e.g. mix 10ml bleach with 300ml water), and allow the surface to remain wet for 1 minute</li><li>▪ If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 60% alcohol that remains wet for 1 minute</li></ul></li></ul> |
| <ul style="list-style-type: none"><li>✘ Do not go to school, work or other public areas<ul style="list-style-type: none"><li>▪ (e.g. malls, fitness centre, place of worship)</li></ul></li><li>✘ Do not have visitors<ul style="list-style-type: none"><li>▪ Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres</li></ul></li></ul>   | <ul style="list-style-type: none"><li>✘ Do not use public transportation</li><li>✘ Do not share personal items with others<ul style="list-style-type: none"><li>▪ Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers)</li></ul></li></ul>   |
- 

If you develop symptoms of COVID-19, continue to self-isolate for 10 days after onset of symptoms. If your condition worsens, contact your family doctor or call 811.

---

## Frequently asked questions

### **What is the point of self-isolation?**

This is one way every Canadian can help slow the spread of this virus in their community and protect their friends, family, and health care workers.

### **Why should I isolate myself for 14 days if I don't have symptoms?**

You can be sick and not know it yet. It is important to stay at home because you can develop symptoms at any time.

### **Can I go to work?**

No. You could put your co-workers at risk. Many employers have made arrangements for working from home.

### **Can I use taxis/public transit/ride share?**

No. You cannot ensure sure that you are 2 metres from other people. Using taxis, public transit, and ride shares puts the public at risk.

### **Can I go for a walk outside?**

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. You should wash your hands before you leave your house and when you return.

### **Can I go to the pharmacy to pick up my medication?**

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

### **Can I get the mail and newspaper?**

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick-up and deliver to you.

### **Can I go through a drive-through for coffee/food?**

No. There is a risk of infecting other community members, including food service workers. Use delivery services or ask someone to deliver coffee or food to you.

### **Can I prepare for self-isolation by grocery shopping when I return from abroad?**

No. If you are on self-isolation, this applies immediately. Use grocery delivery services or ask a friend to deliver them to you. If you must buy groceries yourself, order online/by phone for pick-up. Ensure proper handwashing and wear a mask.

### **Should I cancel my haircut/pedicure/spa treatment?**

Yes. These are examples of non-essential appointments. You would be exposing your service providers and the public to unnecessary risk.

### **Can I have visitors?**

No. Use technology, such as video calls, to keep in touch with friends and family.

### **Can I have playdates for my kids or playdates in my home?**

No. If your children are in self-isolation, they need to avoid contact with others. Consider novel ways to keep in touch like virtual meetings, hangouts, family dinners or playdates for your kids.

### **Can children play outdoors together? Can my child have a sleepover with children who have also been isolated?**

No. Children need to keep 2 metres away from other people.

## COVID-19: Harm Reduction and Overdose Response

**We recognize that many of the public health messages being shared on COVID-19 are hard to practice when people are living outside, in a tent, in an SRO, or in a shelter. People who use drugs are already doing incredible work to keep communities safe and reduce the spread of infection. We need creative solutions to slow down the spread of COVID-19 and protect people who are elderly and/or have underlying health conditions.**

### Risk of overdose

- COVID-19 is a virus that can cause a respiratory infection and other health problems
- Fentanyl and other opioids can slow your breathing rate, so COVID-19 can increase the risk of overdose death when using opioids
- Practice safer drug use
- Do not share supplies, such as cigarettes, joints, pipes, and other supplies. If you have to share, wipe pipes with alcohol wipes or use new mouthpieces.
- Reduce close contact (e.g. shaking hands, hugging, kissing) and ensure condom use
- Wash your hands or use wipes before preparing, handling or using your drugs
- Clean surfaces with soap and water, alcohol wipes, bleach **or** hydrogen peroxide before preparing drugs if possible
- Carry naloxone and have an overdose plan. Please use breathing masks available in the THN kits if responding to an overdose.

### Accessing testing

- For most up to date information on testing please see [BCCDC](#) or use the [self-assessment tool](#)

### Buddy up

- Buddy up when you are using. COVID-19 is passed by droplets. Stay 2m (6.5 ft) from your buddy to avoid passing the virus. Using with a buddy is safer than using alone.
- Find your “buddies” who can bring you food, harm reduction supplies, medicine, and substances so that you can stay well. You can also be a buddy to those who may need extra support. Check in on your buddies regularly. **If you are quarantined or in isolation**
- See if your buddy can pick up supplies including naloxone from a harm reduction site
- Try to have the substances you need to stay well. Know that carrying large amounts may put you at risk by the police and other people looking to score.
- Try to have the medications you need (such as OAT), re-fills may be available directly through your pharmacist or by phone without having to see your physician

- Consider alternatives to your drug of choice and prepare for potential supply disruptions
- Continue to use OPS and SCS
- Continue to access OPS, SCS and supportive housing OPS sites
- If you have symptoms, wear a mask if available. Otherwise, cough or sneeze into your elbow or use tissues. Throw tissues away immediately and wash your hands thoroughly. Notify staff if you've tested positive for COVID-19 or if you have symptoms (fever, cough, difficulty breathing).
- Regular cleaning that already takes place at these sites will help reduce the spread of infection

## Cleaning

- If you share a washroom with others, clean and disinfect high-touch surfaces, such as knobs, taps, and flushers with soap and water, bleach, hydrogen peroxide **or** alcohol-based wipes (at least 60%) after every use.
- Do not mix different types of cleaning solutions.
- If you cannot wash your hands with soap or use hand sanitizer, try to access alcohol-based hand wipes

## COVID-19 PRECAUTIONS

**Sharing marijuana joints, needles, paraphernalia, and drinks can spread COVID-19**

**Social activities must be re-evaluated during this unprecedented time.**

**The message is “Stay at Home”, “Stay 2 meters apart”, “No Social Gathering”, “Wash your Hands”.**



Be Innovative, use technology while your all in your own homes. Everyone have there own products.

**If you need smoking or injection supplies please speak to  
Nurse Scarleth.**

**Don't share viruses**

**[www.covid-19.bccdc.ca](http://www.covid-19.bccdc.ca)**

**check out the self assessment test**

**Non medical information about COVID-19 call 1-888-268-4319**

## MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

### Heskw'en'scutxe Health Services Society

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

**Mental Wellness Outreach Clinician**

#### **ANNOUNCEMENT:**

Ricardo will be seeing clients on Thursdays from 9:00 am to 1:00 pm.

Please call the office to book an appointment. He will be returning on April 2 and will be doing phone counselling until the Pandemic is over.



### **Nlaka'pamux Mental Health Services**

**Elizabeth Perdok-Wabose BSc. M.Ed. CPMCC**

**Mental Health and Addictions Clinician**

Elizabeth comes to both offices by appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 108 Mobile: 250 378.7596

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



### **Nlaka'pamux Mental Health Services**

**Wanda Dixel**

**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: [dixel.w.e@nlxfn.com](mailto:dixel.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](mailto:abbott.v@nlxfn.com)



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

On March 5th and 6th, 2020, I had the pleasure of facilitating with my colleague Angela Davis an Anger Management Workshop in Cook's Ferry. Both communities were in large numbers and we were able to complete the 2-day session and share some insightful techniques as stated in the book on how to deal with anger issues. I encourage you in this social-isolation time or opportunity to go within and be introspective and review the tools we have learned together.

I will be continuing counselling sessions as of April 2 via telephone until the COVID-19 pandemic is under control. Please call the offices to book an appointment. Stay Strong and Happy Spring!

## 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

## Reflexology with Heidi McCall



**Siska : ~~April 8 & 22~~**

**Cook's Ferry: ~~April 7 & 21~~**

**CANCELLED UNTIL FURTHER NOTICE**

## Therapeutic Massage with Kathryn Young



**Cook's Ferry : ~~April 30~~**

**Siska: ~~April 28~~**

**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.



## Nursing Foot Care with LPN Suzanne Marsel

NEW SCHEDULE EVERY 6 WEEKS IN BOTH COMMUNITIES

Siska : April 17  
Cook's Ferry: April 28



We managed to deliver food bags in March to all our clients although supplies were limited because of the COVID-19 Pandemic. Great Team work HHSS! Kukchem

**Healthy Food Bags  
Program cancelled  
until further notice!**

## Medication Pick up in Lytton

We will continue picking up clients medications on Wednesdays. If you are not already on our list, please call Chris at the Pharmacy as he needs your confirmation that we can pick up your medication.

We will deliver your medication during this special time.



**ATTENTION:** The compost program at Cook's Ferry Band is suspended until further notice for the safety of community members.

**Art Days with Meriel**



**Some of the prizes for the Anger Management Workshop Participants**



**Unless you have been tested for COVID-19 you don't know!**

The only way that they test for COVID-19 is  
By having a nose and throat swab  
(not blood work!)  
DON'T self diagnose!

Don't worry about what other people think!

**Keep us all safe and self isolate with any kind of cold or flu symptoms!**



# 5 Steps to a Healthy Mouth

Oral Health Good for Life



## 1. Keep your mouth clean

Brush twice a day using a soft-bristle toothbrush and fluoride toothpaste.

Wait at least 20–30 minutes after eating before brushing your teeth.

Floss every day. After flossing, roll it up in a tiny ball and put it in the garbage. Never flush floss down the toilet.

Look for oral care products bearing the Canadian Dental Association (CDA) Seal.

## 2. Check your mouth regularly

Look for signs of gum disease:

Red, shiny, puffy, sore or sensitive gums

Bleeding when you brush or floss

Bad breath that won't go away

Look for signs of oral cancer:

Bleeding or open sores that don't heal

White or red patches

Numbness or tingling

Small lumps and thickening on the sides or bottom of your tongue, the floor or roof of your mouth, the inside of your cheeks, or on your gums



## 3. Choose a variety of healthy foods and drinks each day

Eat a well-balanced diet. Good nutrition helps build strong teeth and gums.

Limit foods and beverages containing sugar, sodium, carbohydrates or saturated fats.

Make water your drink of choice.

Limit drinking alcohol.

Munch on mouth-healthy snacks like cheeses, nuts, vegetables, and non-acidic fruits.

## 4. See your dentist regularly

Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

Don't wait for a toothache or a dental emergency to look for a dentist. Ask for

recommendations from friends, family, neighbours, or co-workers. If you're moving, ask if your current dentist can refer you to a dentist in your new area.

Check out these tips for finding a dentist.

## 5. Don't smoke or chew tobacco



Tobacco use remains the leading cause of preventable death and disease in Canada.

Smoking tobacco can affect the appearance and health of your mouth and gums. Smokeless tobacco ("snuff", "spit" or chewing tobacco), is held in the mouth between the teeth and cheek.

By giving up tobacco, you can dramatically reduce your chance of developing a range of health conditions.

Talk to your dentist about how tobacco is affecting your oral and overall health. Check out these quit supports and tips for living smoke, tobacco and vape free.

# FAST FACTS: ABOUT IBS



IBS is a chronic functional bowel disorder characterized by symptoms of abdominal pain and altered bowel habits (constipation and diarrhea), in the absence of structural or biochemical abnormalities that are detectable with the current routine diagnostic tools.

IBS is the most common condition diagnosed by gastroenterologists and is one of the most frequently seen conditions by PCPs.



IBS affects both men and women of all ages. It is thought only a fraction of individuals with symptoms of IBS seek medical attention. Most individuals will initially consult PCPs for their symptoms, and the factors that drive this consultation are symptom severity, especially pain, and concerns that symptoms might indicate an underlying severe disease, such as cancer.



The prevalence of IBS globally is 11%, however, it is thought that IBS remains underdiagnosed.

Symptom-based criteria of IBS were first developed in 1989 by an international working group who met in Rome (the Rome criteria). These criteria have been updated in the Rome II, III, and most recently, in 2016, the Rome IV criteria for IBS. However, awareness of the criteria by PCPs is limited and the criteria are often perceived as too complex to use in clinical practice.

According to the Rome IV diagnostic criteria, IBS is characterised by recurrent abdominal pain for, on average, at least one day per week in the past three months, associated with two or more of the following:

- symptoms related to defecation
- symptoms associated with a change in stool frequency
- symptoms associated with a change in stool form or appearance, based on the Bristol Stool Form Scale (BSFS)



Subtypes of IBS are recognised by the Rome IV criteria based on the person's reported predominant bowel habit, when not on medications, as follows:

- IBS-C: with predominant constipation (Bristol types 1 and 2)
- IBS-D: with predominant diarrhea (Bristol types 6 and 7)
- IBS-M: with both constipation and diarrhea (Bristol types 1 and 6)



The symptoms most frequently reported for IBS-D are: abdominal pain and discomfort, abdominal bloating, distension, urgency, and diarrhea.



The symptoms most frequently reported for IBS-C are: abdominal pain, bloating, and constipation.



The underlying cause of IBS is still unclear and, as there are no diagnostic disease markers for IBS, guidelines recommend PCPs make a positive diagnosis using criteria that are based on the person's symptoms.

PCP= Primary Care Physician.

IBS Global Impact Report 2016: Uncovering the true burden of irritable bowel syndrome (IBS) on people's lives. Available at: <https://www.bodguit.org/wp-content/uploads/IBS-Global-Impact-Report.pdf>.



On April 2, wear something Blue to show your love for people with autism. Let's show kindness **together**.



Together, we are increasing understanding and acceptance of people with autism

### What is autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviours, speech and nonverbal communication. We now know that there is not one autism but many subtypes, and each person with autism can have unique strengths and challenges. A combination of genetic and environmental factors influence the development of autism, and autism often is accompanied by medical issues such as GI disorders, seizures and sleep disturbances.

### Did You Know



AUTISM SPEAKS CANADA ENGAGED **16.3 M PEOPLE** IN 172 COUNTRIES to Increase Understanding and Acceptance During April, World Autism Month



AUTISM SPEAKS CANADA'S Family Service Community Grants has funded over **\$5.5 M** to **280+ ORGANIZATIONS**



AUTISM SPEAKS CANADA FUNDED research has identified more than **100 GENES** related to autism



AUTISM SPEAKS CANADA PARTNERED TO DELIVER OVER **6,900** Sensory Friendly Events

April is World Autism Month! Read Noah's story and more at [AutismSpeaks.ca/WAM](http://AutismSpeaks.ca/WAM)

To learn more visit [AutismSpeaks.ca](http://AutismSpeaks.ca)

**"KNOW YOUR STATUS" EVENT!**

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

163 Loop Rd. Siska Heskwen'scutxe Health office

Spring

**CANCELLED**

Ladies  
... seeing you!  
... tests.  
*Know your status!*  
Including door prizes, snacks and beverages!





## Pap Test

**A Pap test is a procedure that removes a small sample of cells from the cervix. It is done to look for changes to the cells in the cervix.**

---

**A Pap test is mainly used to:**

---

- **screen for and help diagnose precancerous conditions of the cervix and cervical cancer**
  - **help diagnose precancerous conditions of the vagina and vaginal cancer**
  - **diagnose infection and inflammation in the lower female reproductive tract**
  - **follow up after an abnormal Pap test or to monitor precancerous conditions**
  - **check for abnormal cell changes or to see if cancer comes back (recurs) after treatment**
- 

**To prepare for a Pap test:**

---

- **Don't have sexual intercourse for at least 24 hours before your Pap test.**
- **Don't use vaginal douches, vaginal medicines, vaginal sprays or powders, or contraceptive creams for at least 24 hours before your Pap test.**
- **Don't have a Pap test if you are being treated for a cervical or vaginal infection. Wait at least 2 weeks after treatment has ended before having a Pap test.**
- **Empty your bladder before the Pap test.**

## Take note, tick season is upon us

The Interior Health Authority is warning outdoor enthusiasts that tick season has started

The Interior Health Authority warns that it's that dreaded time of year again, it's time to talk ticks. As the weather starts to warm up and the spring flowers bloom, people across the Interior Health region are spending more time outside which can result in an uptick in tick bites.

Ticks are small bugs, about the size of a sesame seed, which feed on the blood of humans and animals –and, sometimes, transmit diseases.

Ticks are prevalent throughout the B.C. Interior and are typically found in tall grass and wooded areas.

With that in mind, Interior Health has provided some information on ticks, as well as audio pieces from Leah Feist, Interior Health Communicable Disease Specialist.

### Tick species and symptoms

*Signs of many tick-borne infections can be quite similar and include fever, headache, muscle pain, and rash.*

**Wood Ticks (*Dermacentor andersoni*)**, the species most commonly found through the Interior Health region, do not carry the Lyme disease bacteria – they can carry other diseases such as Rocky Mountain spotted fever, however.

***Ixodes ticks (Ixodes pacificus or Ixodes angustus)*** are the species that transmit Lyme disease. They are more common throughout coastal B.C. but may be present in some Interior Health areas.

While less than one per cent of *Ixodes* in B.C. carry Lyme disease, it is important to recognize the symptoms.

*In addition to a fever, headache and muscle pain, people infected with Lyme disease will often develop a rash that looks like a “bull’s eye” target which expands from the site of the tick bite.*

Lastly, some ticks have toxins that can cause temporary muscle weakness and paralysis if left attached for several days. Once the tick is removed, symptoms fade.

### What to do

It is important to remove ticks found on people and pets.

To do so, wear gloves and use needle nose tweezers to gently grasp the tick close to the skin. Pull the tick straight out without squeezing it. After it is removed, clean the area with soap and water. If the tick is alive (live ticks can be tested for Lyme disease), you can save it in a sealed container with a cotton ball soaked in water. Record the date of the bite on the container. If you have concerns or need assistance removing a tick, please contact your doctor or visit a walk-in medical clinic.



Although most tick bites are harmless, it is important to watch for signs of illness and **see a doctor as soon as possible if you notice a bull's eye rash or other symptoms.** If you saved the tick, bring it with you to your medical appointment.



Fortunately, a number of precautions can be taken to prevent tick bites and tick-related illnesses. For example, you should:

- Walk on cleared trails when in tall grass or wooded areas.
- Cover up by wearing a hat, long sleeves, and pants.
- Wear light-coloured clothing to help spot ticks easily.
- Tuck pant legs into socks or boots.
- Apply insect repellent containing DEET on uncovered skin.
- Check clothing and scalp (covered or not) when leaving an area where ticks may live – ask someone to help check hard to reach areas.
- Have a shower after returning from areas where ticks may live.
- Regularly check household pets for ticks.

To help keep ticks away from your home and yard, you can:

- Keep your lawn short and remove any fallen leaves and weeds.
- Keep a buffer area such as wood-chip or gravel border between your lawn and wooded areas or stone walls.
- Any play equipment or play zones should be kept away from wooded areas.
- Trim tree branches to allow more sunlight in your yard.
- Keep and maintain trails on your property.
- Keep wood piles and bird feeders away from the house

For more information visit these sites:  
[Ticks and Lyme Disease](#) – Interior Health  
[Tick Bites and Disease](#) – HealthLink BC  
[Tick Talk](#) – BC Centre for Disease Control

## Irish Soda Bread

### What You Will Need

- Large Mixing Bowl
- Pastry Cutter or Two Knives
- Wooden Spoon
- Cast-Iron Skillet
- Serrated Knife
- Cooling Rack

Yield: makes one loaf

### Ingredients

- 4 cups flour
- 2 tbsp. sugar
- 1 tsp. salt
- 1 tsp. baking soda
- 4 tbsp. butter
- 1 cup raisins
- 1 egg, lightly beaten
- 1 1/2-2 cups buttermilk



### Instructions

Preheat oven to 425°. Sift together the flour, sugar, salt, and baking soda into a large mixing bowl.

Using a pastry cutter or two knives, work butter into flour mixture until it resembles coarse meal, then stir in raisins.

Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. Transfer dough to a lightly floured surface and shape into a round loaf.

Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet. Using a serrated knife, score top of dough about 1/2" deep in an "X" shape. Transfer to oven and bake until bread is golden and bottom sounds hollow when tapped with a knife, about 40 minutes. Transfer bread to a rack to let cool briefly. Serve bread warm, at room temperature, or sliced and toasted.

# Whole Wheat No-Knead Skillet Bread

Serves: 1 loaf

## Ingredients

- 4 cups whole wheat flour
- 1 1/2 teaspoons kosher salt
- 2 1/4 teaspoons granulated active dry yeast
- 2 cups warm water
- olive oil
- 1 tablespoons rolled oats
- few pinches of coarse salt



## Instructions

In a large bowl, whisk together the flour, salt and yeast. Pour the warm water over the top and using a sturdy wooden spoon, mix until combined. The dough will be shaggy and sticky, this is fine.

Lightly cover the bowl with a piece of plastic wrap and a kitchen towel. Keep the bowl in a draft-free spot for one hour.

Using some olive oil, lightly grease the bottom of a 10 to 12 inch cast iron skillet.

Sprinkle some extra flour over the top of the dough and with floured hands work the dough out of the bowl and dump it straight into the prepared skillet. Give the skillet a shake to distribute the dough or use a wooden spoon to shape it into a round.

Cover the dough with a kitchen towel and allow it to rise once more for just 30 minutes.

Meanwhile, preheat your oven to 400 degrees.

Brush the top of the dough with about 2 teaspoons of olive oil, score and sprinkle the rolled oats and the coarse salt over the top.

Bake for 35 to 40 minutes until a crusty deep golden brown.

## Slow-Cooker Bread

This is the easiest homemade bread you'll ever make.

### YIELDS:

6 - 8

### PREP TIME:

0 HOURS 15 MINS

### TOTAL TIME:

2 HOURS 15 MINS

### INGREDIENTS

- 1 envelope active dry yeast
- 1 tbsp. sugar
- 1 1/2 c. luke-warm water
- 3 1/2 c. all-purpose flour
- 2 tbsp. extra-virgin olive oil
- 1 tsp. kosher salt



### DIRECTIONS

Line a slow cooker with parchment paper. In a large bowl, combine yeast and sugar. Add water and stir until combined. Add flour, olive oil and salt and stir until combined and a shaggy dough begins to form. On a lightly floured surface, knead dough until it becomes smooth and soft, about 5 minutes. Roll dough into a ball, then place in slow cooker. Cook on high until golden on the bottom and cooked through, about 2 hours. (The internal temperature should be about 200° but bread won't be golden on top.) Carefully remove bread from slow cooker.

To crisp up the crust, transfer bread to a baking sheet and broil until golden, 2 to 3 minutes. Let cool for at least 20 minutes. Slice and serve warm or at room temperature.

# Ham and Split Pea Soup Recipe

Prep 20 Cook 1 h 30 m Ready In 1 h 50 m

"With the slightly sweet, somewhat salty, and subtly smoky flavor of the ham, this hearty soup is the ideal fall or winter soup -- a great one for lunches, or as a starter for dinner."

## Ingredients

2 tablespoons butter  
1/2 onion, diced  
2 ribs celery, diced  
3 cloves garlic, sliced  
1 pound ham, diced

1 bay leaf  
1 pound dried split peas  
1 quart chicken stock  
2 1/2 cups water  
salt and ground black pepper to taste



## Directions

1. Place the butter in a large soup pot over medium-low heat. Stir in onion, celery, and sliced garlic. Cook slowly until the onions are translucent but not brown, 5 to 8 minutes.
2. Mix in ham, bay leaf, and split peas. Pour in chicken stock and water. Stir to combine, and simmer slowly until the peas are tender and the soup is thick, about 1 hour and 15 minutes. Stir occasionally. Season with salt and black pepper to serve.

## Garlic Turkey-Broccoli Stir-Fry

### Prep Time

6 Mins

### Cook Time

8 Mins

### Yield

4 servings (serving size: 1 1/2 cups)

If you can't find turkey tenderloin use your leftovers from Turkey Dinner!



### Ingredients

- 2 teaspoons sesame oil, divided
- 1 (1-pound) turkey tenderloin, cut into thin strips
- 1 cup fat-free, less-sodium chicken broth
- 4 garlic cloves, minced
- 1 1/2 tablespoons cornstarch
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 red bell pepper, cut into thin strips
- 2 cups fresh broccoli florets
- 1 (8-ounce) can sliced water chestnuts, drained
- 2 tablespoons low-sodium soy sauce

### How to Make It

#### Step 1

Place a large nonstick skillet over medium-high heat until hot. Add 1 teaspoon sesame oil to pan, and tilt to coat evenly. Add turkey, and stir-fry 5 minutes or until turkey is no longer pink in center. Remove turkey, and set aside.

#### Step 2

Combine broth and next 4 ingredients in a small bowl; stir until cornstarch dissolves. Set aside.

#### Step 3

Add remaining 1 teaspoon oil to pan; add pepper strips and broccoli; stir-fry 1 minute. Add water chestnuts, and stir-fry 30 seconds. Increase heat to high. Stir broth mixture, and add to pan with soy sauce, turkey, and any accumulated juices. Bring to a boil; cook 1 to 2 minutes or until slightly thickened.

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

Please do not leave your

# DOGS LOOSE



## ON HHSS DELIVERY DAYS

We would like to ask owners of dogs to please either have your dogs put away or make arrangements for alternate drop off or pick up location on Heskwen'scutxe delivery days. We will post reminders the day before on Facebook and Instagram. Thank you in advance.