



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

June 2020

Hentle,
Summer is on its way! We must remain on our path to keep our communities safe by continuing to be extra vigilant with following the physical distancing of 6 feet, hand washing, surface sanitizing, not touching our faces and keeping our social circles small. Dr. Bonny Henry is anticipating a "second" wave of COVID19 transmissions. We must work together to keep each other safe, our Elders safe and our membership virus free.

The Government is now phasing in a "new reality" for living and working in BC. Businesses must provide back to work safety plans that must be posted for transparency. HHSS will be posting our safety plans for our operations, as well as client responsibility safety plans.

HHSS offices will continue to be locked to the public until further notice, so please call the Siska or Cooks Ferry offices with any questions or requests for support. HHSS is still providing essential services. HHSS is hoping to be resuming more services in June while continuing to follow the physical distancing and sanitizing requirements that the Government has in place for everyone's health and safety.



The Government is now recommending more people to get tested and HHSS is working towards becoming a testing center. There are many safety protocols to be in place before COVID19 swab testing can be conducted and we are working on meeting those standards. Nurse Scarleth has registered for training to do the testing herself.

If you have any cold or flu symptoms that have lasted at least 24 hours you can now call your primary care provider to arrange to be tested for COVID-19. If you have any trouble breathing or your symptoms worsen please call 911.

The more people who get tested the safer everyone else around them are and the safer our community will be. There is no shame in getting COVID19. We need to support each other by getting tested as it is a sign of caring for each other.

Keep your spirits strong! During these uncertain times it is important to take care of ourselves emotionally, spiritually, mentally, and physically.

Kukchem, for your keeping up your efforts to stay home, only going out for essentials, washing your hands lots, not touching your face, washing high touch surface areas, and self isolating with any cold or flu symptoms.

Take Care, Tina Draney, Acting Manager

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

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

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.

On Sunday June 21, 2020

National Indigenous & Father's Day

The offices will be closed on Friday June 19, 2020 in celebration of Indigenous Day.

We will re-open normal business hours, on Monday June 22, 2020 from 8:30 a.m. to 4:30 p.m.

A graphic with the text "HAPPY FATHER'S DAY!" in a blue, bubbly, outlined font. The word "HAPPY" is on the top line, "FATHER'S" is on the middle line, and "DAY!" is on the bottom line. The background is white with a blue border.

COVID-19: How to prevent catching and spreading it.

COVID-19 is an illness caused by a new type of virus. It can cause infections in the respiratory system, which effects breathing. The sickness can be mild but, for some people, it can be very serious and some people can die from it. Even if you don't get very sick, the people you care about might. It is important to protect yourself and others.

How to prevent Catching The Virus



Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Avoid gathering with other people - keep 2 metres (about 6 feet or the length of a very tall person) apart.



Avoid sharing, drugs alcohol, cigarettes with others. If you must do so, use mouthpieces and separate containers.

Symptoms/signs of COVID-19



Fever , feeling hot, sweaty or chills.



Cough: Cover your coughs with a tissue and throw out the tissue in the trash. If you don't have a tissue, cough into your elbow.



Shortness of breath/ hard to breathe.



If you feel sick : Stay away from others so they don't get sick. If you have a mask - put it on. Call your doctor or health-care worker if you have one. If you live in a shelter or supportive housing, tell staff. If you have access to the internet, take the screening quiz at <https://bc.thrive.health/>.



First Nations Health Authority
Health through wellness

COVID-19 Guide to Medical Transportation Benefits for Self-Isolation

The Health Benefits Isolation Support team is available to support your self-isolation travel needs seven days a week from 8:30 a.m. to 4:30 p.m. Call **1-888-305-1505**.

At any time, if you have severe symptoms such as difficulty breathing, chest pain, or are losing consciousness, call 9-1-1.

If you find yourself with self-isolation needs or concerns due to COVID-19, the First Nations Health Authority (FNHA) can support you. The FNHA is following the provincial criteria for self-isolation set by the BC Centre for Disease Control.

Individuals may be eligible for isolation support if they are unable to obtain their own accommodations and:

- are returning to Canada from international travel including the United States;
- are confirmed as having COVID-19 or have been in contact with a confirmed case of COVID-19;
- are returning to community from a high-risk location or environment including work camps/care facilities/communities experiencing an outbreak;
- belong to vulnerable population groups identified below that would have difficulties self-isolating due to issues around transportation, food delivery, medical requirements, or where COVID-19 is present in the community;
- have symptoms of COVID-19 but no confirmed testing; or
- have a positive COVID-19 test and live more than 2 hours from a hospital.

Vulnerable population groups include:

- Elders (60+);
- those with pre-existing chronic conditions (such as cancer, HIV/AIDS, diabetes, asthma, renal disease, heart disease);
- individuals with compromised immune systems due to disease and/or due to treatment (treatment of cancer or organ transplantation, with their associated increasing range of chronic illnesses and inflammatory conditions);
- young children (under 5 years of age) and infants; and
- pregnant women

The FNHA Health Benefits Isolation Support team can help you with accommodation, travel and meals if you need to self-isolate. If you think you are eligible, or have any self-isolation transportation questions, please call **1-888-305-1505**.

For general information about COVID-19, please visit www.fnha.ca



Heskwen'scutxe Health Services

- * Open from Monday to Friday from 8:30 A.M. to 4:30 P.M.
- * For any emergencies outside of office hours, please call your family for support or dial 811 to talk to a nurse or 911 .
- * The Society receives funding from the First Nation Health Authority.
- * Funding and programming is reserved for community members living on reserve and to support self-sufficiency.
- * During this time of Pandemic, our services have been reduced due to observing social distancing.
- * We are continuing offering home care community nursing along with our Health Care aids, Community Health representative support.
- * Thank you for letting us help you the best way we can in this unprecedented time.

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

COMMUNITY HEALTH NURSING PROGRAM

- * Communicable disease control (e.g. Pandemic Emergency Operations Center (EOC), 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.



Nurse Scarleth would be happy to hear from you!



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



The 6 steps to Doff (take off) Personal protective equipment (PPE)

Remember to perform hand hygiene between each and every step when doffing

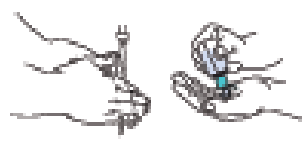


1 Gloves



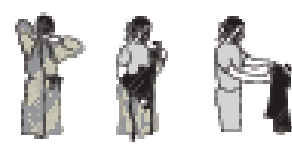
Remember, the outside of gloves are contaminated. Grasp palm area of one gloved hand and peel off first glove. Slide fingers of hand under other glove at wrist and peel off. Discard in regular waste.

2 Perform Hand hygiene



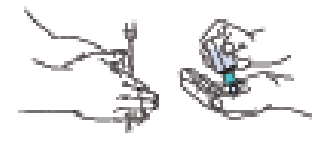
Clean all surfaces of hands and wrists

3 Gown



Untie ties, pull gown away from neck and shoulders, touching ONLY the inside of the gown. Turn gown inside out and roll into a bundle. Discard in regular garbage.

4 Perform Hand hygiene



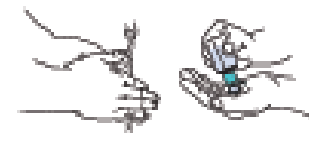
Clean all surfaces of hands and wrists

5 Goggles or face shield



Do NOT touch the front of them. Discard in regular garbage or put in receptacle for reprocessing.

6 Perform Hand hygiene



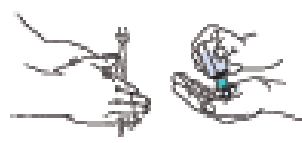
Clean all surfaces of hands and wrists

7 Surgical/procedure mask



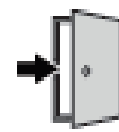
Grasp ties or elastics at back and remove WITHOUT touching the front. Discard in regular garbage.

8 Perform Hand hygiene



Clean all surfaces of hands and wrists

9 Exit Room



AFTER cleaning all surfaces of hands, exit room

STOP

If at any time during this process you become concerned that you may have contaminated your hands, STOP and do hand hygiene an additional time.



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



Questionnaire that will be asked by HHSS Staff every time a member has an appointment. We will call you two hours before, checking in on your wellbeing.



The most important things to remember while the restrictions are being lifted by the government:

1. Wash your hands lots and thoroughly
2. Stay 6 ft apart when out
3. Don't touch your face
4. Stay home with any symptoms (aches, fever, cough, sore throat, sniffles, sneezing)

Clients will be asked to wear a mask

ALL of the questions in Step B must be answered "No" to allow entry

STEP B: Screening questions for EVERYONE – Illness; Travel; Close Contacts				YES	NO
Do you have ANY of the following symptoms					
Symptom	Yes	No	Symptom	Yes	No
Fever, chills			Nausea and/or vomiting		
New or worsening cough			Loss of appetite		
Stuffy or runny nose			Loss of smell		
Sore throat or painful swallowing			Diarrhea		
Difficult breathing			Muscle aches		
Pneumonia or shortness of breath			Fatigue or headache		
• Have you traveled outside of Canada, including the United States, within the last 14 days?					
• Have you had close contact with a confirmed or probable case of COVID-19; e.g. lives with someone who works in a setting where CoVID-19 has been declared?					
• Have you been in close contact with someone who has COVID-19 symptoms within the last 14 days? (Cough, sneezing, runny nose, fever, sore throat, difficulty breathing, or episodes of vomiting and/or diarrhea).					
• Have you been told to self-isolate in accordance with Public Health directives?					

2.2.6 Infection Control Protocol Health and Safety Protocols

The Society will assist in the prevention and control of infections and contagious diseases in the client's home, and in the workplace, through the appropriate training and supervision of staff.

The infection control protocol protects the employees, volunteers, and clients of the Society by ensuring a safe and healthy working environment.

In response to "pandemic" situation the Society will comply with the *Heskw'en'scutxe Health Services Pandemic Plan*. (See *Health Services Manager*).

Infection control training includes the following:

1. **Prevention of infection** - Reasonable precautions must be taken to ensure that infection is not spread between the staff, clients, and volunteers. Hands must be washed before and after direct contact with others. Sanitizing of surfaces regularly. Following the Center for Disease Control Center, First Nations Health Authority, Provincial Health Officer and Regional Health Authorities recommendations during a communicable disease outbreak or emergency.

2. **Universal Precautions – Airborne pathogens:** transmission through air.

Respiratory Droplets: transmission through large droplets produced when a person coughs or sneezes. The droplets can enter through the eyes, nose, or mouth of another person if they are in close contact. The virus can also be transmitted by touching something with the virus on it and then touching eyes, nose, or mouth.

Precautions: Self Risk Assessment, Wash or Sanitize hands, don't touch face, wear appropriate Personal Protective Equipment (PPE), restricting mass gatherings, physical distancing, self-isolating when symptomatic, quarantine upon arrival in country, contact tracing.

All human blood and body secretions are treated as if they are infectious for blood borne pathogens. This includes wearing gloves and protective clothing when touching blood, body fluids, mucous membranes, or non-intact skin.

3. **Reporting infection** - Staff report any possible need for infection control measures to the Health Services Manager. The Manager ensures that the appropriate hygiene measures are taken by the staff and informs the Nurse. The Nurse communicates to the client information regarding infection control by telephone or by home visit. The Nurse or delegate documents action taken for infection control in the client's file.
4. **Disclosure of infectious status** - Information about a person's infectious status will only be disclosed when other staff, clients or volunteers will be at risk. This information can only be shared with the informed consent of the individual involved. If the person refuses to give informed consent, (See [2.1.6 Exchange of Information & Confidentiality Limitations policy](#)) and his or her infectious status puts others at serious risk (as determined by a doctor), he or she will face suspension from work or receipt of services until the risk of infection has been reduced.

Approved: _____



Date: _____

May 25, 2020

Reviewed: _____

Date: _____

HHSS Policy Manual - Health & Safety - Cooks Ferry

HHSS Office during a Communicable Disease Emergency

Following the British Columbia Phased Start-up announcement, during the COVID- 19 pandemic, businesses are required to have safety procedures in place to comply with the Provincial Health and Safety Orders before commencing business services. For the safety of the employees, services providers, clients and community members, the following procedural steps will be followed by staff, clients, contractors, and guests

1. No Client Drop Ins at this time. Please Call the office to ensure safe physical distancing practices can be managed
2. Before staff can book an appointment for any service, such as massage, reflexology, or footcare, clients must have a prescreening to ensure they do not have any symptoms. If the client does not have symptoms an appointment can be booked. If a client has symptoms recommendation to self-isolate will be provided, and if symptoms have been present for 24 hours, testing for COVID 19 will be recommended.
3. On the day of the appointment staff will call again to make sure there are still no symptoms present in the client/community member.
4. On arrival, the receptionist will be behind a plexiglass barrier and will request that the client use the hand sanitizer provided.
5. Client will be asked to wait in the waiting room until notified to by the service provider to enter their booked appointment.
6. Each service provider is required by their licensing bodies to follow industry regulations as well as the Provincial Health Authority Orders and recommendations and the back to work start up plans. Service providers will be wearing masks. Clients can choose to wear a non surgical mask or not
7. Upon completion of the appointment the client will leave the building without reentering the reception area. Hand sanitizer will be available. There will be a no touch garbage can available if required.
8. On days where service is provided to the community members procedures 2-7 will be strictly adhered to
9. At the end of a day of service, all garbage cans will be emptied and removed from the building. The garbage will be double bagged. The Facility will be cleaned, and sanitized daily and high touch surface areas will be sanitized at least twice per day.
10. All HHSS staff must wear a mask when not behind the safety of plexiglass and cannot maintain a 6 foot physical distance from people
11. Donning and Doffing masks will be done in accordance to Nursing Standard Guidelines
12. Staff have been provided training to safely Donn and Doff a mask
13. Instructions on proper mask wearing will be posted at the entrances of the buildings and in the reception areas

The most important things to remember while the restrictions are being lifted by the government

Wash your hands lots and thoroughly

Stay 6 ft apart when out

Don't touch your face

Stay home with any symptoms (aches, fever, cough, sore throat, sniffles, sneezing)

2.2.10 Health & Safety - Siska HHSS Office during a Communicable

Following the British Columbia Phased Start-up announcement, during the COVID- 19 pandemic, businesses are required to have safety procedures in place to comply with the Provincial Health and Safety Orders before commencing business services. For the safety of the employees, services providers, clients and community members, the following procedural steps will be followed by staff, client's contractors, and guests.

1. No Client Drop Ins at this time. Please Call the office to ensure safe physical distancing practices can be managed
2. Before staff can book an appointment for any service, such as massage, reflexology, or footcare, clients must have a prescreening to ensure they do not have any symptoms. If the client does not have symptoms an appointment can be booked. If a client has symptoms recommendation to self-isolate will be provided, and if symptoms have been present for 24 hours, testing for COVID 19 will be recommended.
3. On the day of the appointment staff will call again to make sure there are still no symptoms present in the client/ community member.
4. On arrival, the client will use the hand sanitizer provided.
5. Client will be asked to wait in the waiting room until notified to by the service provider to enter their booked appointment. The receptionist will be behind a plexiglass barrier.
6. After the client has entered their appointment, receptionist will apply gloves and carefully wipe down outer door, handles, and railings.
7. Each service provider is required by their licensing bodies to follow industry regulations as well as the Provincial Health Authority Orders and recommendations and the back to work start up plans.
8. Upon completion of the appointment the client will leave the building through the back door to avoid clients passing each other. Hand sanitizer will be available. There will be a no touch garbage can available if required.
9. Handles will be wiped upon the clients exit of the building.
10. On days where service is provided to the community members procedures 2-9 will be strictly adhered to
11. At the end of a day of service, all garbage cans will be emptied and removed from the building. The garbage will be double bagged. The Facility will be cleaned, and sanitized daily and high touch surface areas will be sanitized at least twice per day.
12. All HHSS staff must wear a mask when not behind the safety of plexiglass and cannot maintain a 6 foot physical distance from people
13. Wearing non surgical masks will be up to the individual client
14. Donning and Doffing masks will be done in accordance to Nursing Standard Guidelines
15. Staff have been provided training to safely Donn and Doff a mask
16. Instructions on proper mask wearing will be posted at the entrances of the buildings and in the reception areas

The most important things to remember while the restrictions are being lifted by the government

Wash your hands lots and thoroughly

Stay 6 ft apart when out

Don't touch your face

Stay home with any symptoms (aches, fever, cough, sore throat, sniffles, sneezing)

2.2.11 Health & Safety - HHSS Client Transportation during a CDE

Following the British Columbia Phased Start-up announcement, during the COVID- 19 pandemic, businesses are required to have safety procedures in place to comply with the Provincial Health and Safety Orders before commencing business services. For the safety of the employees, services providers, clients and community members, the following procedural steps should be followed by staff, clients, contractors, and guests

1. No Drop Ins at this time. Please Call the office to ensure safe physical distancing practices can be managed
2. Before staff can book an appointment for any service, such as medical transportation, or grocery trips, clients must have a prescreening to ensure they do not have any symptoms. If the client does not have symptoms an appointment can be booked. If a client has symptoms recommendation to self-isolate will be provided, and if symptoms have been present for 24 hours, testing for COVID 19 will be recommended.
3. Staff will call on the day of the appointment to make sure there are still no symptoms present in the client/community member to eliminate as much transmission risk as possible.
4. Staff will pick up the client at client's homes. Only people from one household are permitted in the vehicle. Clients will be asked to hand sanitize before entering car or van. Two HHSS vehicles are equipped with plexiglass barriers for transporting clients.
5. Drivers will request that the client use the hand sanitizer provided.
6. Upon completion of the appointment, clients will be dropped off at home, and the client will exit the vehicle and sanitize hands. Hand sanitizer will be provided. There will be a garbage bag for disposal of any garbage provided in the vehicle.
7. Staff will wipe and sanitize all inside surfaces upon the clients exit of the vehicle.
8. At the end of a day of service, all garbage bags will be emptied and removed from the vehicles. The garbage will be double bagged. The vehicles will be cleaned, and sanitized daily and between every client.
9. Daily cleaning of the vehicle consists of:
10. Using Hospital grade disinfectant wipes to kill any viruses before the start of the day, after every client, and at the end of the day
11. Weekly cleaning of the vehicle consists of: Using a 5gal bucket of hot soapy water scrubbing all surfaces inside the vehicle
12. Using a 5 gal bucket of hot bleach water with a concentrate of 1 part bleach to 9 parts water, Wipe all surfaces of inside vehicle using the cleaning procedures for disinfecting (fold cloth strategically to only use once and wipe only one way so contamination is not spread)
13. Use Hospital grade disinfectant wipes to kill any viruses
14. The keys will also be disinfected
15. Use all appropriate PPE as per the safety assessment- goggles (to protect from splashing bucket water and cloth), Gloves (rubber), face mask, waterproof coverall
16. All HHSS staff must wear a mask when not behind the safety of plexiglass or cannot maintain a 6 ft physical distance from people
17. Donning and Doffing masks will be done in accordance to Nursing Standard Guidelines
18. Staff have been provided training to safely Donn and Doff a mask
19. Instructions on proper mask wearing will be posted at the entrances of the buildings and in the reception areas. A copy will be left in all vehicles

The most important things to remember while the restrictions are being lifted by the government

Wash your hands lots and thoroughly

Stay 6 ft apart when out

Don't touch your face

Stay home with any symptoms (aches, fever, cough, sore throat, sniffles, sneezing)

2.2.12 Health & Safety - HHSS Vehicle Cleaning during a CDE

Following the British Columbia Phased Start-up announcement, during the COVID- 19 pandemic, businesses are required to have safety procedures in place to comply with the Provincial Health and Safety Orders before commencing business services. For the safety of the employees, services providers, clients and community members, the following procedural steps should be followed by staff, clients, contractors, and guests

1. Staff will call on the day of the appointment to make sure there are still no symptoms present in the client/community member to eliminate as much transmission risk to the vehicles as possible.
2. Staff will pick up the client. Only people from one household are permitted in the vehicle. Clients will be asked to hand sanitize before entering car or van. Two HHSS vehicles are equipped with plexiglass barriers for transporting clients.
3. Drivers will request that the client use the hand sanitizer provided.
4. Upon completion of the appointment the client will exit the vehicle and sanitize hands. Hand sanitizer will be provided. There will be a garbage bag for disposal of any garbage provided in the vehicle.
5. Staff will wipe and sanitize all inside surfaces upon the clients exit of the vehicle.
6. At the end of a day of service, all garbage bags will be emptied and removed from the vehicles. The garbage will be double bagged. The vehicles will be cleaned, and sanitized daily and between every client.
7. Daily cleaning of the vehicle consists of:
8. Using Hospital grade disinfectant wipes to kill any viruses before the start of the day, after every client, and at the end of the day
9. Weekly cleaning of the vehicle consists of: Using a 5gal bucket of hot soapy water scrubbing all surfaces inside the vehicle
10. Using a 5 gal bucket of hot bleach water with a concentrate of 1 part bleach to 9 parts water, Wipe all surfaces of inside vehicle using the cleaning procedures for disinfecting (fold cloth strategically to only use once and wipe only one way so contamination is not spread)
11. Use Hospital grade disinfectant wipes to kill any viruses
12. The keys will also be disinfected
13. Use all appropriate PPE as per the safety assessment- goggles (to protect from splashing bucket water and cloth), Gloves (rubber), face mask, waterproof coverall
14. All HHSS staff must wear a mask when not behind the safety of plexiglass or cannot maintain a 6 ft physical distance from people
15. Donning and Doffing masks will be done in accordance to Nursing Standard Guidelines
16. Staff have been provided training to safely Donn and Doff a mask
17. Instructions on proper mask wearing will be posted at the entrances of the buildings and in the reception areas. A copy will be left in all vehicles

The most important things to remember while the restrictions are being lifted by the government

Wash your hands lots and thoroughly

Stay 6 ft apart when out

Don't touch your face

Stay home with any symptoms (aches, fever, cough, sore throat, sniffles, sneezing)

We are currently closed to the public waiting for installation of plexiglass in our reception areas. We look forward opening soon!



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. He will be providing phone counselling until the Pandemic is over. [Please call the office to book an appointment.](#)



Nlaka'pamux Mental Health Services

Elizabeth Perdok-Wabose BHSc. 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



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



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

Abuse and Neglect of seniors Is it a Crime?

Information for seniors



This is one of a series of information sheets for seniors. The others are:

- ▲ *Reporting Crimes to the Police and What Happens When You Make A Report*
- ▲ *Reporting Abuse and Neglect Under Part 3 Adult Guardianship Act*
- ▲ *Abuse and Neglect of Seniors and the Criminal Justice System*
- ▲ *Where to Get Legal Help*
- ▲ *Giving Other People Authority to Help You Manage Your Affairs*

WHEN IS ABUSE AND NEGLECT OF SENIORS A CRIME?

When they see it, most people can recognize financial, physical and emotional abuse. And, there are times that neighbours and family members worry that seniors who rely on others for care are being neglected. In situations like these, many of us are uncertain about when to ask the police to help keep seniors safe.

Abuse and neglect of seniors has been called the "hidden crime" because it so often happens behind closed doors and no one knows about it. But, this raises some questions. There are things that people do that are very wrong, like humiliating another person, but that is not a crime is it? And how serious would something like neglect have to be before someone should call the police? Is there a crime called "elder abuse?"

In Canada, the *Criminal Code* says what can be considered a crime. Police officers and Crown counsel

use this law to look at each situation and make a decision about whether or not a crime is taking place. There is no crime called "senior abuse" or "elder abuse" but many of the behaviours that we call "abuse" are crimes that can occur against people of any age.

Following are some questions that are often asked and examples of when behaviours that are called abuse or neglect also become a crime.

> physical abuse

QUESTION: *Is it a crime when my son pushes me around and does not treat me respectfully?*

Physical abuse is when someone deliberately uses force or threatens to use force. It includes any act of violence, whether or not it causes physical injury. Some examples include pushing, hitting or slapping, forcing someone to remain in bed or a chair, withholding medication or misusing medication.



Abuse and Neglect of seniors Is it a Crime?

Physical abuse could include the following crimes under the *Criminal Code*:

- ▲ assault;
- ▲ sexual assault;
- ▲ assault causing bodily harm; and
- ▲ forcible confinement.

> neglect

QUESTION: *My daughter complains that I am a burden to her, and she is fed up with taking care of me. Sometimes she leaves me alone for the entire day and I have nothing to eat. I cannot get to the bathroom on my own. I feel so bad and am ashamed that I make so much work for her. Is neglecting someone a crime?*

The law says that your daughter has a duty to look after your most basic needs if you have come to depend upon her and cannot look after yourself. If your daughter puts your health or life at risk, even if she does not do this on purpose, it would be considered neglect.

Questions that would be asked to find out if your health or life is in danger are:

- ▲ Are you living in very dirty or unhealthy conditions?
- ▲ Is there enough food and heat?
- ▲ Are you receiving the medical care you need?

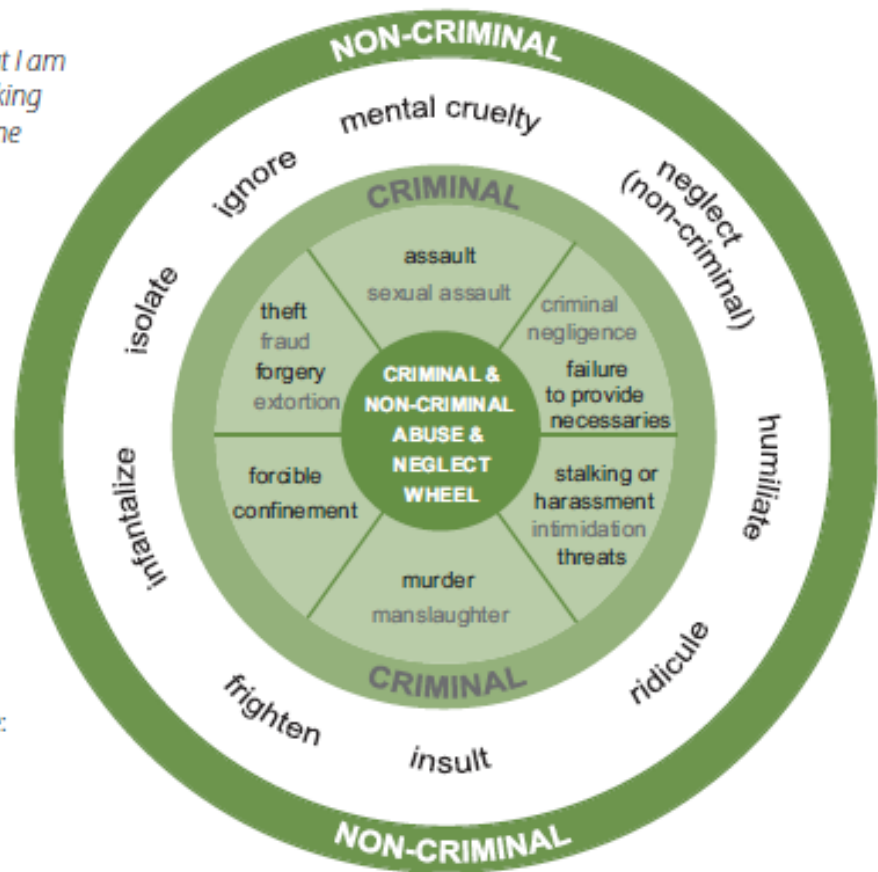
Two forms of neglect under the *Criminal Code* are:

- ▲ Breach of duty to provide necessities.
- ▲ Criminal negligence causing bodily harm or death.

> emotional abuse

QUESTION: *Is my daughter being emotionally abusive when she says that I am a burden and threatens to put me in an institution?*

Any behaviour of your daughter that takes away your dignity and self-worth is emotional abuse.



Common examples of emotional abuse of seniors are:

- ▲ isolating or ignoring an older adult;
- ▲ treating a senior as if he or she was not a person or equal to other people;



Abuse and Neglect of seniors Is it a Crime?

- ▲ threatening to remove benefits, services or medication; and
- ▲ threatening to send the person to an institution.

Many forms of verbal or emotional abuse may be crimes under the *Criminal Code*. Some of these crimes are:

- ▲ Criminal harassment which is repeated unwanted conduct that makes a person fear for their safety.
- ▲ Making threats to cause death or bodily harm to a person or to damage someone's property or injure their animal or bird.
- ▲ Harassing telephone calls.
- ▲ Intimidation or causing someone to be afraid.

> financial abuse

QUESTION: *My grandson has been taking money from me. Every time he comes to visit me at my home, some money goes missing. I suspect that it might be him. I really love him and do not know how to address this problem. I do not want to cause any problems between us since we have always been very close. I might even give money to him if he asked. Is he committing a crime? Is he stealing from me?*

Financial abuse is using another person's money or property in a dishonest manner. Examples of financial abuse can be theft of personal possessions, theft of money, theft of credit cards, or using someone else's money or property for yourself if you have a power of attorney or some other authority to manage their affairs. Other examples can include:

- ▲ **fraud** — deceiving another person into giving away their money or assets.
- ▲ **extortion** — threatening someone to make them give you their money or assets.

The *Criminal Code* offences that may be applied to

deal with some of the financial abuse of older adults are:

- ▲ theft;
- ▲ extortion;
- ▲ fraud;
- ▲ criminal breach of trust;
- ▲ forgery; and
- ▲ misuse of power of attorney.

You said that you and your grandson have always been very close. It is best not to ignore abusive behaviour, as it almost always gets worse. Telephone **VictimLINK at 1-800-563-0808** to explore some solutions and learn about community services that can help.

To learn more about the law and your rights, telephone **BC CEAS at 604-437-1940** if you live in the Lower Mainland or toll free from the rest of the province at 1-866-437-1940.



THIS INFORMATION SHEET WAS DEVELOPED WITH FINANCIAL ASSISTANCE FROM A COMMUNITY OF SURREY HEALTH GRANT, FRASER HEALTH AUTHORITY.

PROGRAMMING NEWS

- A) Healthy Food Bag Deliveries will resume in the fall;
- B) Stay tuned for the monthly Shopping Days new rules during Covid-19;
- C) Reflexology and Massage Therapy will be soon be resuming;
- D) Watch for announcements on our Facebook and Instagram pages
- E) Coming Soon: Heskwen'scutxe Health Services Society WEBSITE!

HHSS Medical Travel Forms Disclaimer

Please note that HHSS Medical Travel Forms handed with missing information may take more time to be processed.

Thank you for making sure you have filled all the information requested to ensure a prompt payment.

Our receptionists will notify you with a phone call if any information is missing. Forms will be handed to Finance once all the requested information is listed.

Cheques are normally delivered on Fridays.

Thank you for your understanding.



Medication Pick up in Lytton

We will continue picking up medications on Wednesdays. If you are not already on our list, please call Chris at the Pharmacy as he needs your consent that the Society can gather your prescription.



Medication will be delivered during these special times.



**Cooks Ferry/ Siska Yard
Beautiful
Best Garden
or Flower Bed
“Contest rules”**

To enter Please, Contact HHSS at Siska 1.455.6601 Cooks Ferry 1.250.458.2212

- 1. Take a picture of your yard, or the area where we will be judging. August 17-21, 2020 take another picture of your beautiful garden or flower bed**
- 2. Or a HHSS staff can come take a picture of the yard or area to be in the contest.**
- 3. Include your home address, only one submission per household will be accepted.**

There will be prizes for

1st \$150 cash

2nd, \$75 Canadian Tire Gift Card

3rd \$50 Mystery Gift Basket

For Each Community of Siska and Cooks Ferry Band



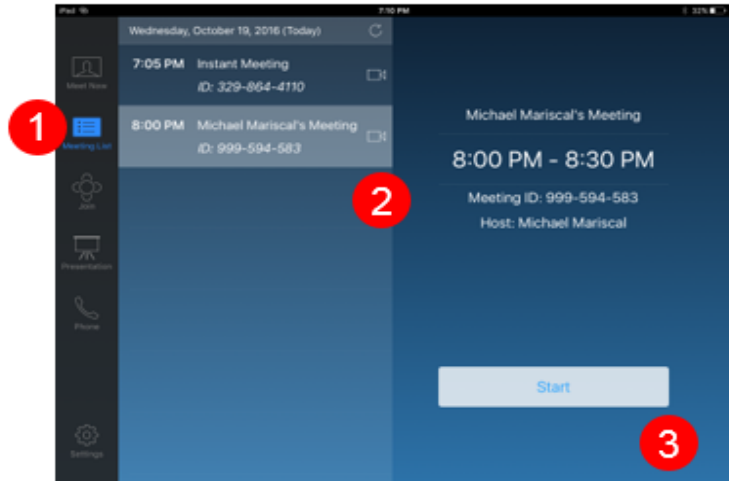
Start, Join & Meet Now

Start a Scheduled Meeting

Tap the **MEETING LIST** icon on the menu bar

Tap your **SCHEDULED TOPIC** on the meeting list

Tap **START** to start the meeting

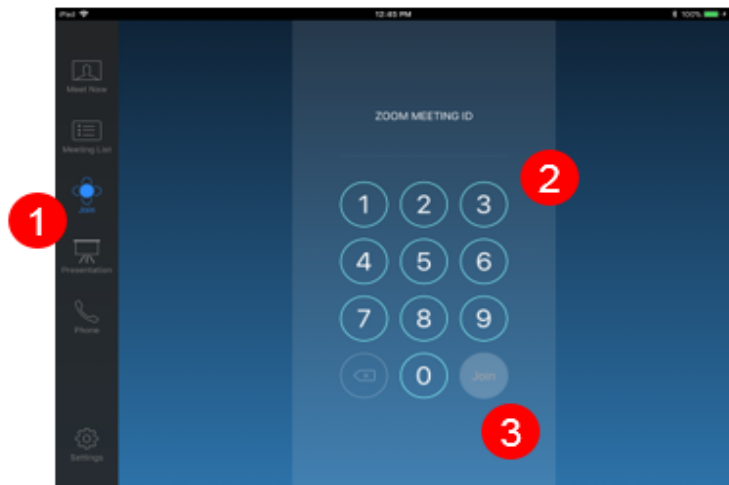


Join a Meeting

Tap the **JOIN** icon on the menu bar

Enter the **MEETING ID** on the number pad

Tap **JOIN** to join the meeting

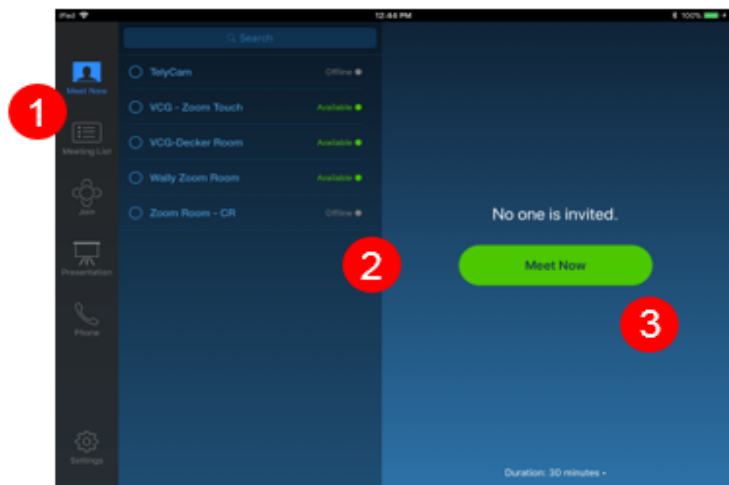


Meet Now

Tap the **MEET NOW** icon on the menu bar

Select **ROOMS, CONTACTS,** and **H.323/SIP** endpoints to invite to the meeting

Tap the green **MEET NOW** button to start your instant meeting



zoomrooms



Meeting Controls

Mute / Unmute the room microphone

Start / Stop the room video

Share content from your laptop or mobile device

Access room settings (requires lock code)

Change display view:

Speaker: switches between active speakers

Gallery: shows all attendees in grid

Control camera settings, presets or switch camera (if multiple cameras available)

View / Manage meeting participants

Leave meeting or end meeting if host

Invite by contact, email, phone or room system

Start / Stop recording

Volume adjustment control



Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
 - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- * Do NOT use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

000001

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



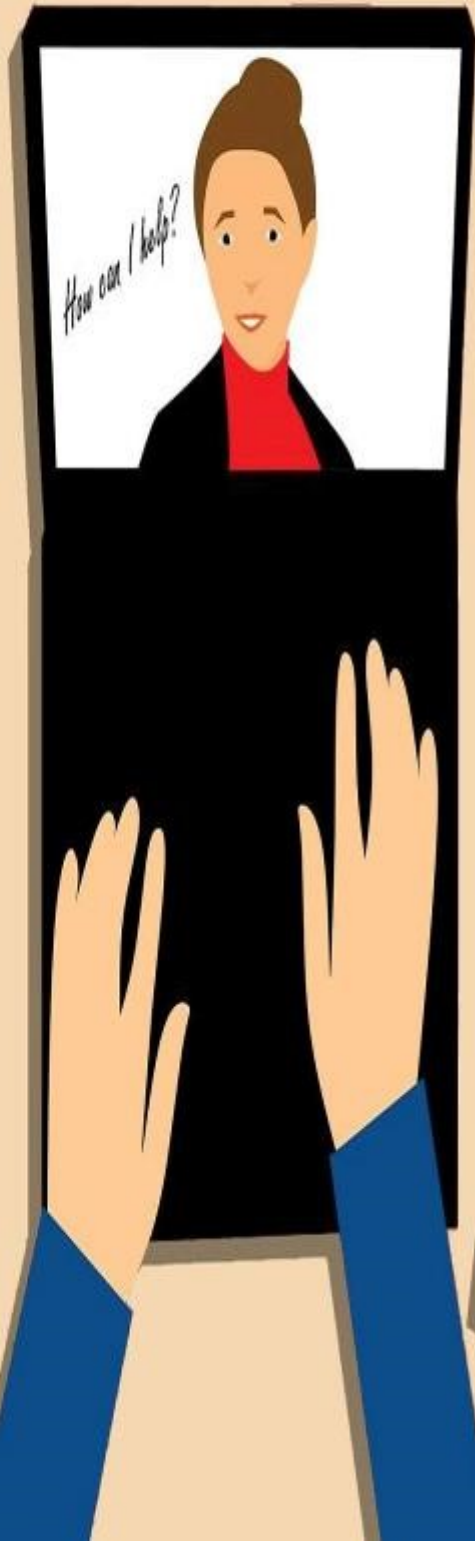
For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

All First Nations Citizens in BC

Parent Coordination
Centre of BC



VIRTUAL DOCTOR OF THE DAY



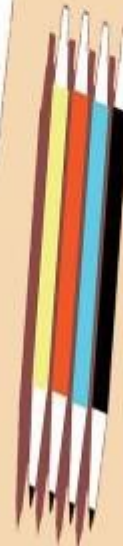
Need to see a doctor?

Book your virtual appointment

1 855 344 3800

7 days a week

8:30am-4:30pm



***You will need:**

- laptop
- tablet
- or smartphone
- internet connection

telephone-only is also available



First Nations Health Authority
Health through wellness



First Nations Health Authority
Health through wellness

Do you need to see a doctor?

Introducing the First Nations Virtual Doctor of the Day



The First Nations Health Authority (FNHA) has launched a new program to enable more First Nations people to access primary health care closer to home – or in this case – actually in the home!

The First Nations Virtual Doctor of the Day program is for First Nations people and their family members who do not have access to a doctor or who may have lost access due to the COVID-19 crisis.

About the doctors

Each doctor who participates in the First Nations Virtual Doctor of the Day program is evaluated by an adjudication committee in partnership with the Rural Coordination Centre of BC. Doctors need to apply and be accepted into the program. Priority is given to doctors of Indigenous ancestry and doctors with positive working relationships with First Nations people and their families. All participating doctors are trained to follow the principles and practices of cultural safety and humility.

How to set up an appointment

If you do not have a doctor or nurse practitioner or you cannot connect with your usual care provider, call 1.855.344.3800 to book an appointment with the First Nations Virtual Doctor of the Day.

A Medical Office Assistant will connect you to a doctor using the Zoom video conferencing app. It is best if doctors can see patients using video conferencing. However, if a person has no internet access, or does not have safe access to a computer or mobile phone, the program can arrange for a phone appointment.

The free service is available seven days a week from 8:30 a.m. - 4:30 p.m.

To allow those in greatest need to access the service, the FNHA encourages clients with existing primary care providers to continue to connect with those providers.

To learn more about the program before making an appointment, visit fnha.ca/virtualdoctor

Southwestern Steak and Peppers

This juicy spice-crusted steak gets finished with a dynamite sauce made with an unusual ingredient — coffee, which adds depth and richness to the dish. Slice the steak very thinly across the grain to ensure the most tender results.

SERVINGS: 4 | **TOTAL TIME:** 30 min

Ingredients

1/2 tablespoon cumin, ground
1/2 teaspoon coriander, ground
1/2 teaspoon chili powder
1/4 teaspoon salt
3/4 teaspoon pepper, black, coarsely ground
1 pound beef, boneless top sirloin steak trimmed of fat
3 cloves garlic, peeled, 1 halved and 2 minced
3 teaspoons oil, canola divided (or olive oil)
2 medium peppers, red, bell thinly sliced
1 medium onion, white halved lengthwise and thinly sliced
1 teaspoon sugar, brown
1/2 cups coffee, brewed or prepared instant coffee
1/4 cup vinegar, balsamic
4 cups watercress



Instructions

1. Mix cumin, coriander, chili powder, salt, and 3/4 teaspoon pepper in a small bowl. Rub steak with the cut garlic. Rub the spice mix all over the steak.
2. Heat 2 teaspoons oil in a large heavy skillet, preferably cast iron, over medium-high heat. Add the steak and cook to desired doneness, 4 to 6 minutes per side for medium-rare. Transfer to a cutting board and let rest.
3. Add remaining 1 teaspoon oil to the skillet. Add bell peppers and onion; cook, stirring often, until softened, about 4 minutes. Add minced garlic and brown sugar; cook, stirring often, for 1 minute. Add coffee, vinegar, and any accumulated meat juices; cook for 3 minutes to intensify flavor. Season with pepper.
4. To serve, mound 1 cup watercress on each plate. Top with the sautéed peppers and onion. Slice the steak thinly across the grain and arrange on the vegetables. Pour the sauce from the pan over the steak. Serve immediately.

Nutrition Details (per serving) Calories 226, Fat 12g, Cholesterol 60mg, Sodium 216mg, Saturated Fat 3g, Protein 26g, Fiber 3g, Carbohydrates 12g

Grilled Rosemary-Salmon Skewers

If you can find (or grow) them, use sturdy rosemary branches, stripped of leaves, as skewers for these Italian salmon kebabs; they'll add a subtle, smoky flavor that hints of pine. Oil your grill well to prevent sticking, don't move the kebabs around unnecessarily and keep a close eye on the fire to avoid flare-ups.

SERVINGS: 4 | **TOTAL TIME:** 26 min

Ingredients

2 teaspoons rosemary, fresh minced

2 teaspoons extra-virgin olive oil

2 cloves garlic minced

1 teaspoon lemon zest freshly grated

1 teaspoon lemon juice

1/2 teaspoon salt, Kosher

1/4 teaspoon pepper, black ground

1 pound fish, salmon fillet center-cut, skinned, cut into 1-inch cubes

1 pint tomatoes, cherry

Instructions

1. Preheat grill to medium-high.

2. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt, and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.

3. Oil the grill rack. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

Nutrition Details (per serving)

Calories 246, Fat 15g, Cholesterol 67mg, Sodium 211mg, Saturated Fat 3g, Protein 23g, Fiber 1g, Carbohydrates 4g



Ways to Eat Better at Your Summer Cookouts



These smart swaps will help you slash sugar, cut calories, and preserve deliciousness.

Beverages aside, a traditional summer cookout spread features a lot of barbecue foods that are surprisingly high in sugar and calories. Classic BBQ sides, condiments, and even buns can come packed with the stuff, says Jim White, R.D.N, an exercise physiologist and owner of Jim White Fitness & Nutrition Studios. The same is often

true of store-bought spice rubs and dressings.

What’s the problem with sugar, specifically? If you’re referring to the type in whole fruits, vegetables, and dairy, there is none. But the added sugars found in many processed and packaged foods have been linked to everything from heart disease and obesity to liver damage. And that's a problem, considering that the average American consumes roughly 82 grams of sugar a day— more than double the 39 gram limit recommended by the Heart Association.

If you’re a fan of barbecue foods (and who isn’t), here are some foods you should watch out for this summer, as well as some healthy alternatives.

Hot dog and hamburger buns

“Believe it or not, traditional buns can be loaded with sugar,” White says. While “loaded” is a relative term, especially on a scale that includes soft drinks, a single bun can pack up to 7 grams of sugar, which is well over a teaspoon.





Swap out with: Food For Life Buns Hot Dog Ezekiel Organic, 16 Ounce (Pack of 6) I recommends opting for whole-grain or sprouted-grain buns, as opposed to plain old white-bread rolls (and maybe these healthy hot dogs to put inside). Food for Life Baking Company's Ezekiel 4:9 Whole Grain Burger Buns have 0 grams of sugar.

Ketchup

It may look relatively innocuous, but a single tablespoon of Heinz tomato ketchup contains 4 grams of sugar — much of it from high fructose corn syrup.



Swap out with:

Heinz Reduced Sugar Tomato Ketchup 13 oz. Squeeze Bottle

Whole tomato slices are the healthiest alternative. But if you're not willing to go without ketchup, Heinz makes a "reduced sugar" variety that boasts just one gram of sugar per tablespoon-sized serving. Duffy says mustard is also a great sugar-free option — assuming you don't opt for honey mustard, which tends to include lots of sugar.



Barbecue sauce

The amount of sugar in barbecue varies a ton from sauce to sauce, but thick, tomato-based sauces are likely to be higher in sugar than thinner, vinegar-based ones.

6 Swap out with: Bone Doctors Carolina Bold

Look for low-sugar brands, like Carolina Bold from Bone Doctors' Barbecue Sauce, which includes just 1 gram of sugar per 2-tablespoon serving.

Baked beans

You know why these taste so good? Ketchup. And BBQ sauce. And sometimes even a little brown sugar or corn syrup thrown in for good measure. Beans are fiber-rich and gut-filling, but if you're going to serve them beside a meal, try them in a salad instead.



Salad dressing

Some popular salad dressings — including, perhaps surprisingly, many ranch-style dressings — are quite low in sugar. But White says many salad dressings in the supermarket contain heaps of sugar — especially low-fat or “light” dressings, which often substitute sugar for fat.

Fortunately, a simple blend of olive oil, vinegar, lemon, salt, and black pepper makes for a delicious dressing.

Potato salad

It probably won't come as a surprise to learn that many pre-made, store-bought potato salads are high in sugar. But even if you're enjoying homemade potato salad, you have to watch out for the relish. Depending on the brand you buy, relish can contain up to 4 grams of sugar per 1-tablespoon serving.

To cut down on your sugar intake without skimping on your favorite side dish, White advocates a DIY approach. Skip the store-bought potato salads and make your own instead. (Also, skip the relish.)





Spice rub

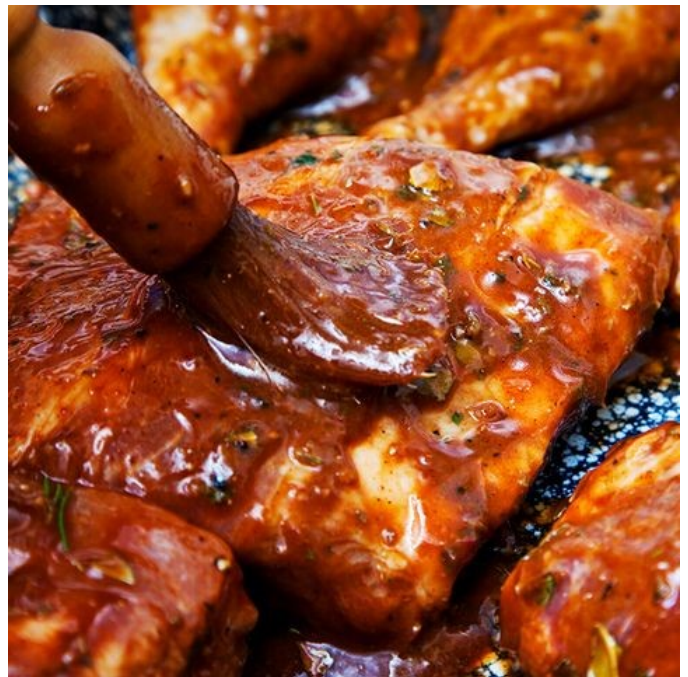
While the amount of sugar varies from product to product, many spice rubs “are loaded with salt, sugar and preservatives,” Duffy says.

Swap out with: homemade no sugar rub

Try experimenting with mixtures of dried garlic and rosemary mixed with pepper and low amounts of salt. (If you're grilling chicken, consider making a homemade spice rub.)

Marinades

Meat marinades can pack a ton of sugar—4 grams or more per serving, in some cases. That's why it is better to use vinegar-based marinades infused with fresh or dried herbs like rosemary. Not only are they low in sugar, but “vinegar-based marinades help reduce the amount of carcinogens that form during high-heat cooking. Adding herbs like rosemary may boost the protection from carcinogens.



Commercial margarita mix

Yeah, this stuff is basically all sugar. Four ounces may have only 100 calories, but you'll knock back 25 grams of sugar. Swap it for...

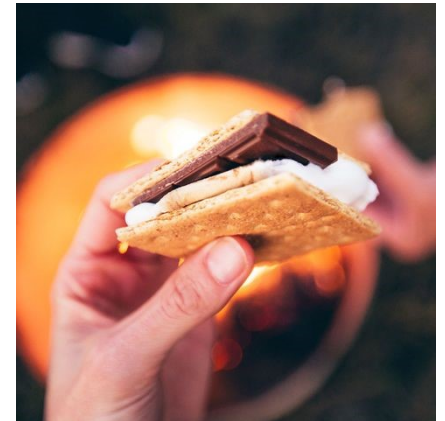


Swap out with: **Fresh-squeezed citrus juice and seltzer**

It's summer. It's hot. You don't want a sugar crash weighing you down mid-cookout. So freshen up your cocktails the simple way.

S'mores

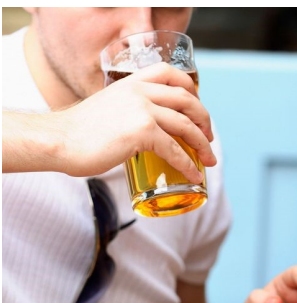
It's tradition to burn some marshmallows over the fire and add a square of sugar in chocolate form and then smush all that between two squares of sugar in cracker form, yes. But there are more delicious traditions to start and enjoy as your cookout winds down. Traditions such as...



Swap out with: **Grilled fruit.**

First off, grilling fruit is waaaaay less involved than sloppy S'mores. Just peel and split a banana and toss it on the grill grates. Or halve and pit a peach. Or toss on some pineapple rings. The heat will caramelize the natural sugars in the fruit, resulting in a sweet treat without the guilt—or melted chocolate mess.

Double IPAs



Beer brewers are not required by law to list the caloric content of their products. The dirty secret behind many craft beers is that just one bottle or can may contain upwards of 200 calories. One general rule: The higher the alcohol by volume (listed as "ABV" on the beer), the higher the caloric content. So, double IPAs, which tend to contain more than 6.5% ABV, will usually have more

calories than beers with less ABV. Change out the double IPA for...

Swap out with: Session IPAs These beers have that hoppy flavor you love from IPAs, but dial back the booze. You'll drink fewer calories, but still have a beer you can enjoy with grilled foods.



An Exercise Program for You: 5 Tips for People With Cancer

Sami Mansfield

September 26, 2018


· Sami Mansfield

Sami Mansfield is founder of [Cancer Wellness for Life](#), an organization that develops oncology exercise resources for individuals, hospitals, and corporations. She's also Director of Oncology Wellness for the Sarah Cannon Cancer Institute at HCA Midwest Health and has been an oncology exercise specialist since 2003. Follow Sami on Twitter [@bewellwithsami](#).

The role exercise plays in cancer care is becoming increasingly important. Exercise is known to be safe and helpful for cancer survivors during and after treatment, and oncologists and their teams continue to recommend it for their patients.

Oncology [rehabilitation](#) programs are growing and are now considered to be part of standard cancer care.

Recent research studies point to many specific benefits of exercise. Some show it significantly improves cancer-related [fatigue](#) compared to medications and that it can help improve survival for some advanced cancers, including metastatic colorectal cancer. Research also shows the long-term benefits of increased exercise and a healthy lifestyle after cancer to reduce other diseases, as well as the benefits of higher intensity exercise.

[These tips can help make it easier to create—and stick to—a personalized exercise routine that's right for your life.](#) 

Remember to talk to your doctor before starting an exercise routine, so you can develop a plan that works best for you.

#1. Learn about the physical activity recommendations.



For adults it is recommended that 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week. The guidelines also recommend 2 days of full-body strength training.

- **150 minutes** breaks down to 22 minutes per day, 7 days per week. Or you can do 30 minutes of exercise 5 times per week. Moderate-intensity exercise should leave you breathing heavily but able to carry on a conversation in short sentences.

- **75 minutes** breaks down to 15 minutes per day, 5 days per week. Vigorous-intensity exercise is when you can answer a question during exercise, but only in a word or two.
- **Full-body strength training**, also called resistance training, is resistance-based exercise that creates muscle overload to stimulate new muscle to grow. You can do it with small weights, resistance bands, exercise machines, or the weight of your own body, such as with pushups. Other forms of resistance training, such as water exercises or certain types of yoga, can be helpful if you have joint pain.

#2. Use a variety of exercises.

There are different types of exercise. An effective exercise plan will include a variety of types of exercise to have the best benefit for the whole body.

- **Aerobic training.** Activities like walking and running are great aerobic exercise. But activities of daily living (ADLs), such as laundry, bathing, dressing, or cooking, may be your starting point. When you're too tired to complete ADLs, adding extra aerobic exercise can make you more fatigued because the same muscles are being used.
- **Resistance training.** Although resistance training is one of the most important types of exercises during and after cancer treatment, it's not done enough. Movements such as standing up from a chair or toilet, climbing stairs, and carrying grocery bags all require muscle. Resistance exercise, which can help reduce fatigue and improve body function, will make these tasks easier. It's also important to building bone density.

Tip: A common start to resistance training is to complete 5 to 10 sit-to-stands from a chair several times per day. Another way is to grab 1-pound soup cans or hand weights and complete 10 repetitions of arm curls and shoulder presses each day.

- **Core training.** Core training is the basis of movement. The muscles around the middle of your body, from just under the ribs to a few inches below where your hip bends, are your core. These muscles are used in every single movement your body makes, even rolling over in bed.



Tip: To strengthen your core, sit in a hard-backed chair with your chest tall and shoulder blades pulled back. Then, try to tighten your abdominal muscles and sit in this position for as long as possible. Be careful not to hold your breath. Start with 2 to 3 minutes. Work up to maintaining this posture when you drive a car or walk across the room.



#3. Train for *your* life by using functional fitness.

Think about the movements that you need to accomplish in your life and train for them. For example, if you need to bring laundry from one level of your home to the next, start by moving an empty laundry basket or small pile of towels multiple times to activate the needed muscles. If you find it difficult to carry groceries, train with a sack

that has just a few small canned goods. Set the sack onto the floor, then pick it up and onto your kitchen counter. Try this type of exercise planning for any movement that makes sense for your life.

#4. Remember to refuel your tank.

Hydration and food, especially protein, is key to recovery after exercise and resistance training. Exercise also has a powerful role in improving the quality of sleep, which also aids recovery. If your body cannot recover properly from new physical exertion, it can be harder to stick with your exercise program.

#5. Find an accountability partner.

Another way to make your exercise program consistent is to tell someone close to you what your exercise plan is. Then, empower that person to encourage you by asking you about it regularly, or even join you. Share your goals and ask them what theirs are.



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Tina Draney Acting

Health Manager
Finance
tina.draney@hssbc.ca
Ext:103

Corynn Reveley

Siska Receptionist
Ext: 201

Nadine Methot

Cook's Ferry Health Adminis-
trative Assistant / Medical
Transportation Clerk
Ext: 101

Annette Albert

Community Health
Representative
COHI
Healthy Food Bags
annette.albert@hssbc.ca

Scarleth Zwez-Ruiz

Home & Community Care
Nurse / Community Health
Nurse
scarleth.zweiz-ruiz@hssbc.ca
Ext: 101

Clarissa Frederick

Community Home Care Aid
clarissa.frederick@hssbc.ca
Ext 303

Ashley Loring Earl

Community Home Care Aid
ashley.loring-earl@hssbc.ca
Ext: 302

**Meriel Barber/ Danielle
Munro**

Transportation Support

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

163 Loop Road

Siska, BC

V0K 1Z0

Phone

(250)455-6601

Fax

(250) 455-6608

Client Toll Free

1-844-255-6601

Email

corynn.revely@hssbc.ca



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