



# Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

July 2020

Hentle,

Summer is here! Unfortunately, COVID19 is still here as well. Although we are entering Phase 3 of the BC Government Plan, we must remain vigilant to prevent any spread of the disease. Look out to our Facebook and Instagram accounts for all relevant information about Covid-19.



**If you have any cold or flu symptoms please continue to assume that it may be COVID19 and self isolate** to protect your family, friends, and community. If your symptoms have lasted at least 24 hours you can now call your primary care provider to arrange to be tested for COVID-19.

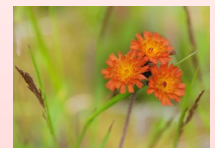
Or you can still call 811 to get advice. If you have any trouble breathing or your symptoms worsen please call 911. The more people who get tested, the safer everyone else around them are and the safer our community will be.

***There is no shame in getting tested or having COVID19.***

We need to support each other by getting tested as it is a sign of caring for each other. The earlier we can confirm a positive test result the better the chances of stopping the spread of the virus through contact tracing.

I would encourage everyone to keep track of where you have traveled and the people you have been in contact with. The Communicable Disease Control Agency would require this information if testing positive and to conduct the contact tracing. Contact tracing is when the CDC calls everyone who has been in contact with the Covid positive person to request that they also self isolate to stop the spread of the virus.

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 and staying 6 feet apart when around others. Please give our offices a call if you have any questions or concerns.

Take Care,  
Tina Draney, Acting Health 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](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>

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# HESK W'EN'S CUTXE HEALTH SERVICES SOCIETY



## What does B.C Phase 3 mean to First Nation communities? More openings, ongoing caution.....

The province is entering the third phase of its restart plan, Premier John Horgan said Wednesday, which means hotels, resorts, parks, and entertainment venues such as movie theatres will all be able to reopen. However, Premier Horgan emphasized the need to move ahead cautiously.

"This is not a return to normal. We need to remember we are not leaving COVID-19 behind."

The premier and public health officials say pandemic precautions remain key: frequent handwashing, physical distancing and – when that is not possible – wearing a mask, and staying home if sick or showing any signs of illness.

"The curve has flattened but it has not flat-lined," said FNHA acting Chief Medical Officer Dr. Shannon McDonald, emphasizing that cautionary measures must continue. "We must continue to do this for the sake of the most vulnerable among us, especially our Elders, our language speakers and our Knowledge Holders."

Dr. McDonald made her comments Friday at a joint news conference with Provincial Health Officer Dr. Bonnie Henry, who called on people to respect the communities they plan to visit during what she called "this unique summer." Many communities are concerned about receiving tourists, including some First Nations communities.

"Communities need to do what's right for them at the pace that's right for them," said Dr. Henry.

"Some communities will choose not to welcome guests," said Dr. McDonald. "They are self-determining and they can make those choices." <https://www.fnha.ca/about/news-and-events/news/phase-three-means-more-reopening-ongoing-caution>

## Canada Day Office Closure Wednesday July 1<sup>st</sup>, 2020

The offices will be closed on Canada day and will re-open normal business hours, Thursday July 2<sup>nd</sup>, 2020 from



## Heskw'en'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.

## FUNDING FOR MEDICATION PICK UP



The First Nations Health Authority is supporting communities to coordinate medication delivery and pickup for all community members.

Clients whose communities are not coordinating medication delivery or pickup may be eligible for temporary mileage coverage to pick up their medications.

Clients should contact their Patient Travel clerk to request mileage coverage for medication pickups.

Clients without a Patient Travel clerk can contact Health Benefits at **1.855.550.5454** to request mileage coverage.

**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!***

Hello, Cooks Ferry/Siska Community members, during Coronavirus 19 outbreak since March 2020, I have been learning to use up some of the foods that I had deep in our cupboards, over the last few months I have been assisting our nurse Scarleth, gathering items she needs, putting away supplies, sanitizing and shopping trips for our clients. Helping our clients, planted our vegetables/flowers in our container garden at Heskwen'scutxe Health Service Society Cooks Ferry. Help my co-workers do a variety of tasks.

We have a contest happening, "Make your Cooks Ferry/Siska yard Beautiful" for "best garden", OR "flower bed", going till August 17, 21 HHSS staff will be judging that week. Thank you to all that are participating, we have a few people signed up from both our communities. I would like to see more from Cook's Ferry too!

On a personal note, I have enjoyed playing in the dirt and planted a garden this year, my tomatoes, strawberries green peppers, acorn, zucchini, spaghetti squash, romaine lettuce, herbs, roses, blueberries are growing good, I'm glad I still have a green thumb.

Re-planted some of my Romaine lettuce from the grocery stores and they are growing good.

Cesar salad anybody?

Do you have any gardening tips to share? I have used cardboard in my garden to help keep the weeds down, so far its working.

#### ZOOM MEETINGS, NEW WAY TO COMMUNICATE

I attend Zoom meetings with Citxw Nlaka'pamux Assembly, (CNA) Hummingbird ladies' group, Every Thursday night, its nice to see other ladies from all over Nlaka'pamux Territory, learning how to use Zoom.

The first time I used Zoom, I couldn't hear the other ladies, my daughter helped me over the phone, that was a fast learning that night, I miss our social events and actually seeing each other and being at different communities, with the "Social Distancing"

**As the Community Health Representative, I would like to know how you would like to spend time together. How can we have events without meeting in person? What would you like me to organize so we can still gather "virtually" and bond over cultural stuff. I am thinking of the children too. Call, message or email me as I would love to hear your thoughts.**

Humet,

Annette Albert—CHR 250 458.2212 ext 106 Annette.albert@hssbc.ca





**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*

1<sup>st</sup> \$150 cash

2<sup>nd</sup>, \$75 Canadian Tire Gift Card

3<sup>rd</sup> \$50 Mystery Gift Basket

For Each Community of Siska and Cooks Ferry Band



## FREE VITAMINS AS SEEN ON THESE PICTURES.

Please call Corynn or Nadine to request your bottles ( Maximum of 1 of each per household). They will expire in September or January. Still good to take!



## 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.

## Over-the-Counter Drugs for Pain and Fever Temporarily available from Pharmacists Without a Prescription

To encourage physical distancing and reduce the number of non-emergency doctor's visits, some over-the-counter drugs for pain and fever have been temporarily added to the Plan W pharmacist-initiated treatment list.

*A small supply of acetaminophen, ibuprofen, naproxen and acetylsalicylic acid products can now be dispensed by a pharmacist without a doctor's prescription.*



# First Nations Health Benefits (Plan W)

## Over-the-counter Medications Appropriate for Pharmacist-Initiated Treatment

Condition	Therapeutic Class	Examples of Accepted Products
Acne		Benzoyl Peroxide gel, lotion, wash
Allergic Conjunctivitis	Mast Cell Stabilizers	Sodium Cromoglycate
	Ocular Lubricants	
Allergic Rhinitis	Oral Antihistamines	loratadine, diphenhydramine
	Intranasal Mast Cell Stabilizer	
Bacterial Conjunctivitis and Otitis Externa	Topical Antibiotics	Gramicidin-Polymyxin B, Bacitracin-Polymyxin B
Childhood Nutrition	Multivitamin Tablets and Oral Liquid (for patients up to 6 years of age) Vitamin D Drops and Liquid	
Constipation	Stimulant Laxatives	Bisacodyl, Sennosides
	Purgative	Citric Acid-Magnesium Oxide- Sodium Picosulfate
	Osmotic Agents	Glycerin, Lactulose, Sodium Phosphate, PEG 3350
	Lavage	Macrogol-Potassium Chloride-Sodium Bicarbonate-Sodium Chloride-Sodium Sulfate
	Lubricants	Mineral Oil
	Bulk-forming Agents	Psyllium
Diabetes Mellitus	Skin Wipes	
	Insulin Pump Supplies	Infusion Set, Tubing, Cartridge
	Blood Glucose Testing Supplies	Lancets, Test Strips
	Insulin Supplies	Pen needles, syringes, and syringes and needles
Emergency Contraception		Levonorgestrel (1.5mg dose)
Fungal Infections of the skin and mucosa, including vaginal candidiasis	Topical Antifungals for Vaginal Candidiasis	Clotrimazole, Miconazole
	Oral Antifungals	Fluconazole (150mg dose) (Special Authority required)
	Topical Antifungals for Skin Infections	Miconazole, Nystatin, Tolnaftate
Lice	Pediculicides (Shampoo, Solution, Rinse)	Permethrin, Piperonyl Butoxide-Pyrethrins, Isopropyl Myristate, Dimethicone
Prenatal Multivitamins and Folic Acid Supplements	Multivitamin Tablets	
	Folic Acid Tablet 1mg tablets	

**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**

Ricardo will be seeing clients on Thursdays from 9:00 am to 1:00 pm. Ricardo will be providing phone counselling for now.

Please call the office to book an appointment.

**Nlaka'pamux Mental Health Services**



**Elizabeth Perdok-Wabose BHSc. M.Ed. CPCCC**

**Mental Health and Addictions Clinician**

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

Office: 250 378.9772 ext 108 Mobile: 250 378.7596

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



**Wanda Dexel**

**Mental Health and Addictions Clinician**

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

**Vincent Abbott, Drug & Alcohol Counsellor**

Office: 250 378.9772

Mobile: 778 254.0055

Email: [abbott.v@nlxfn.com](mailto:abbott.v@nlxfn.com)

**Grant Lewis, Mental Health & Addictions Counselling**

Office: 250.378.9772

Mobile: 778.254.2406

Email: [louis.g@nlxfn.com](mailto:louis.g@nlxfn.com)



## **Nlaka'pamux Health Services Society** **Mental Health & Addictions Services** Adult & Child and Youth

The Mental Health Department serves twelve Nlaka'pamux communities and continues to do so during the COVID-19 pandemic.

If you or your family member would benefit from a Mental Health counsellor or support and resources during this time, NHSS is offer services for any NLX Community member both on and off reserve.

Referral can be completed over the phone.

### Child or youth ages 4-19

Stacey Hebner at 250-378-7986 or email [hebner.s@nlxfn.com](mailto:hebner.s@nlxfn.com)  
Monday-Friday 8:30am-4:30pm (a referral will be done)

### Age 19+

Elizabeth Perdok- Waboose at 250-378-7631 or email [perdok-waboose.e@nlxfn.com](mailto:perdok-waboose.e@nlxfn.com)  
Monday-Friday 8:30am-4:30pm (a referral will be done)




Should you need assistance and/ or support outside of our support service hours please contact one of these 24-hour Mental Health Services.







- **KUU-US:** The KUU-US Crisis Line Society operates a 24-hour provincial Aboriginal crisis line for:  
Adults/Elders (250) 723-4050  
Child/Youth (250) 723-2040  
Toll Free 1-800-588-8717 <https://www.kuu-uscrisisline.ca/>
- **Hope for Wellness Helpline:** The Hope for Wellness Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.  
Toll Free 1-855-242-3310  
Chat line: <https://chat.fn-i-hopeforwellness.ca>
- **Indian Residential School Survivors Society:** We are a provincial organization with a 20-Year history of providing services to Indian Residential School Survivors.  
1-604-985-4465  
1-800-721-0066  
<http://www.irsss.ca>
- **Tsow-Tun Le Lum Society:** We provide programs that address the issues of addictions and substance abuse, and support survivors of trauma and residential schools  
1-250-268-2463  
FB TLL RSW Support email: [rswcoor@Tsowtunlelum.org](mailto:rswcoor@Tsowtunlelum.org)




**If it is an emergency, please call 911**



The following table contains a list of free resources that you can use to learn, support and self-manage mild to moderate mental health concerns. Information regarding the programs is taken directly from their websites and is in their words, wherever possible.

Topic	Resource	Description
Anxiety	 <p><a href="http://www.anxietycanada.com">www.anxietycanada.com</a></p>	Resources and strategies to help you cope with anxiety, including being uncertain about the future, getting sick, feeling isolated, talking with young children, etc.
Anxiety/Depression	 <p><a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a></p> <p><b>BounceBack®</b> is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.</p>	<p>Two versions of the program available – for either adults or youth, with three formats to choose from. Click on adult or youth for the following programs:</p> <p><b>BounceBack® Today Video</b> Get instant access to a free video series that introduces the CBT-based materials used in the Coaching and Online program. Use this access code to register: <b>bbtodaybc</b> <a href="https://www.bouncebackvideo.ca/">https://www.bouncebackvideo.ca/</a></p> <p><b>BounceBack® Online</b> Free instant access to nine self-paced online modules that use cognitive behaviour therapy (CBT) to help improve your coping skills. <a href="https://online.bouncebackonline.ca/">https://online.bouncebackonline.ca/</a></p> <p><b>BounceBack® Coaching</b> With a practitioner, school counsellor or self-referral, work on CBT-based materials with a trained coach for free. Self-refer through the website. Visit: <a href="https://bouncebackbc.ca/register/">https://bouncebackbc.ca/register/</a></p>
Depression Youth	 <p><a href="http://dwdonline.ca">dwdonline.ca</a></p>	<p>No sign up required</p> <p>For teens who are coping with depressed mood.</p>

Topic	Resource	Description
<b>Family Support/Mental Wellness/Substance Use</b>	 <p>heretohelp Mental health and substance use information you can trust</p> <p><a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a></p>	<p>Find the information you need to manage mental health and substance use problems, and learn how you can support a loved one. The website features self-screening tests, stories, self-guided workbooks and resources.</p> <p>Mindfulness resources: <a href="https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness">https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness</a></p>
<b>Mental Wellness Family Support Adult/Children/Youth</b>	 <p>Canadian Mental Health Association Association canadienne pour la santé mentale</p> <p><a href="http://www.cmha.ca/document-category/mental-health">www.cmha.ca/document-category/mental-health</a></p>	<p>Looking for mental wellness tips or interested in more information about a specific area like Anxiety, Depression, Eating Disorders, Loneliness or Care for the Caregiver. Check out the brochures for more information.</p> <p>Confident Parents: Thriving Kids program- Behaviour and Anxiety program available for families with referral. Referral form <a href="https://welcome.cmhacptk.ca/ref/">https://welcome.cmhacptk.ca/ref/</a></p>
<b>Mental Wellness/Substance Use</b>	 <p><a href="http://www.camh.ca/en/health-info">www.camh.ca/en/health-info</a></p>	<p>Centre for Addiction and Mental Health (CAMH) has a vast catalogue of verified, research-informed mental illness material.</p>
<b>Family Support/Mental Wellness/Substance Use</b>	 <p>kelty mental health resource centre</p> <p><a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a></p>	<p>Mental health and substance use information, and peers support for children, youth and families. Information on Mental Health, Healthy Living, Challenges and Disorders, Substance Use, Medications, and Resource Library.</p> <p>Mindfulness resources: <a href="https://keltymentalhealth.ca/mindfulness">https://keltymentalhealth.ca/mindfulness</a></p>
<b>Mental Wellness</b>	 <p>Crisis Centre™ Here to listen. Here to help.</p> <p><a href="http://www.crisiscentre.bc.ca/mindfulness">www.crisiscentre.bc.ca/mindfulness</a></p>	<p>Coping using mindfulness. Learning simple techniques can grow your awareness of what's going on and what you can do to create more ease in your life.</p>
<b>Physical Wellness</b>	 <p>Self-Management British Columbia</p> <p><a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a></p>	<p>Adults with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These evidence-based programs provide information, teach practical skills and give people the confidence to manage their health condition(s).</p> <ol style="list-style-type: none"> <li>1. Community group self-management programs Check website for community group near you.</li> </ol>

Topic	Resource	Description
		<p><a href="https://www.selfmanagementbc.ca/default.aspx?lang=1&amp;seo=home">https://www.selfmanagementbc.ca/default.aspx?lang=1&amp;seo=home</a></p> <p>2. One-to-one telephone support.</p> <p><a href="https://www.selfmanagementbc.ca/healthcoachprogram">https://www.selfmanagementbc.ca/healthcoachprogram</a></p>
Physical Wellness	 <p><a href="http://www.healthlinkbc.ca/services-and-resources/about-8-1-1">www.healthlinkbc.ca/services-and-resources/about-8-1-1</a></p>	<p><b>8-1-1</b> is a free-of-charge provincial health information and advice phone line. Translation services are available in more than 130 languages. You can speak with a health service navigator, who can help you find health information and also connect you with a Registered Nurse, Dietician, Exercise Professional and Pharmacist.</p> <p>Call <b>811</b> to speak to a <b>Registered Dietician</b>. They offer telephone, email and web-based nutrition information, education and counselling. Questions about food and nutrition? Email a Dietician at <a href="https://www.healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian">https://www.healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian</a></p> <p>Visit <a href="https://www.healthlinkbc.ca/healthy-eating">https://www.healthlinkbc.ca/healthy-eating</a> to learn about healthy eating.</p>
Mental Wellness Youth	 <p><a href="http://www.mindyourmind.ca/tools/mood-mindyourmind">www.mindyourmind.ca/tools/mood-mindyourmind</a></p>	<p>Resource for youth who are looking for relevant information on mental health and creative stress management.</p>
Mental Wellness Youth	 <p><a href="http://www.foundrybc.ca/virtual">www.foundrybc.ca/virtual</a></p>	<p>Foundry is offering free and confidential virtual drop-in counselling sessions by voice, video and chat to young people ages 12-24 and their caregivers. No referral or assessment required.</p> <p>Call 1-833-FØUNDRY (that's FØUNDRY with a zero! or 1-833-308-6379) to book an appointment.</p>

Please contact Dana Vollrath ([dana.vollrath@interiorhealth.ca](mailto:dana.vollrath@interiorhealth.ca)) to report any updates, additions or comments regarding the list.

If you would like additional support with managing your mental wellness, please contact your local Interior Health program at the link below for a list of services.  
<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Documents/MHSU%20Centres.pdf>

Other Free Support Lines:

- Emergency Crisis Line: 1-888-353-2273
- Suicide Prevention: 1-800-SUICIDE (784-2433)
- KUU-US (Aboriginal) Crisis Line: 1-800-588-8717
- Kid's Help Phone: 1-800-668-6868
- Métis Crisis Line: 1-833-MÉTISBC (638-4722)

*We acknowledge we live, work and play on traditional, ancestral, and unceded First Nations Territory. We acknowledge the Métis Nation and their contribution to Aboriginal ways of being and knowing in Canada.*

# STEPHEN AKINKUNMI, MD



## ASHCROFT MEDICAL CLINIC

**TEL: 250-453-9353**

**WE ARE ACCEPTING PATIENTS!!!**

We would like to introduce Dr. Stephen Akinkunmi as the newest member to our Ashcroft Team. He brings with him a wealth of over 15 years experience practising in Nigeria and Ontario, supplemented by specialized training in Women's Health.

He enjoys the uniqueness of rural practice and is excited to join our community with his wife, a certified clinical laboratory technologist, and his two children. Call for an appointment!!!

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# Self Care During COVID-19

*With lots of changes happening around us, it's important to keep in mind the ways that we can take care of ourselves. These times may be tough, but so are we! We can get through this together.*

In stressful times, it is important to stay in some form of routine to help you get through the day. Try writing out your daily routine and even create a weekly one to help build on that structure.

[Sleep is vital to your overall mental and physical health](#), so make sure you are getting enough! Having a consistent sleep schedule can be helpful for this. When possible, aim to be in bed around the same time each night and out of bed around the same time each morning.

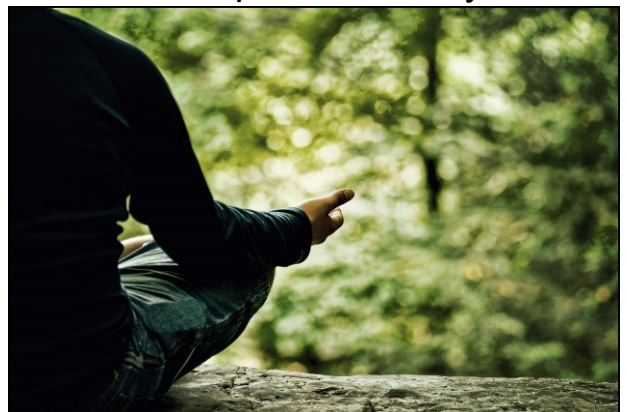
Do you have a wind-down routine to help you get ready for sleep? Are there ways you can make your bedroom more inviting to you? For instance, trying to go to sleep in a messy room can prevent us from having the ultimate sleep experience.

Do you have a morning routine to start the day on a positive note? Ideas: a yoga or mindfulness exercise, relaxing with a cup of tea/coffee before getting ready, or writing your thoughts and intentions for the day in a journal to help clear your mind and motivate you.

Try not to keep your worries and fears bottled up. Talk about them to people you trust, or reach out to your local mental health helpline. The Mental Health Commission of Canada created a great list of crisis lines and other mental health supports that you can use.

Social/physical distancing is so important in order to lessen the spread of COVID-19. You may feel fine, but could still be carrying the virus and could spread it to others. Following the recommendations and protocols for your area will help all of this end sooner!

These times can feel lonely, but that doesn't mean you're alone. Try making a list of safe people you can reach out to. It can also help to schedule in social time to keep you from becoming too isolated e.g. schedule a video chat with a friend or loved one and stick to it.





Once you've validated your tough feelings, try challenging them with a new spin, e.g., taking a break from being social in person might help you find creative ways to stay in contact with others. You might even find you're reaching out to friends you don't often speak to!

Anticipate that others around us might be struggling and stressed out with the current situation. Try your best to be patient and supportive — and remember to [show yourself love](#), too! You can get through these tough times together (even when physically apart).

Is someone you're living with being negative or moody and making it difficult to be around? Try some positive self-talk and self-soothing to avoid reacting harshly. Remember to also practice healthy boundaries to give yourself breaks from the negativity.

The news can feel like 24/7 information overload about COVID-19. Even having it on in the background can be stressful for our brains. Give yourself a few days away from it if you want! If you're still craving news, try sources like [Tank's Good News](#) for uplifting content.

On the days that you are wanting to stay informed with the news, set limits to how much you watch/read/listen to it. For example, set a 30 minute timer when you're accessing your news media of choice and try to limit yourself to a maximum of two news sessions a day.

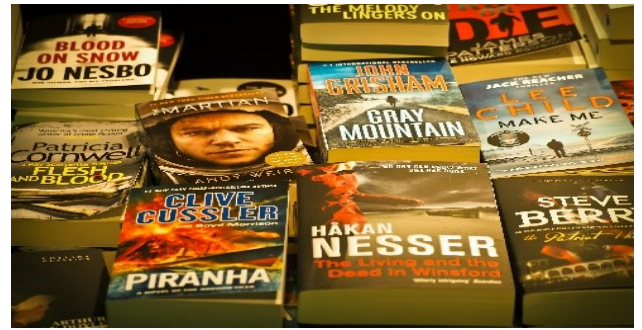
If you're feeling overwhelmed by everything going on, try to stop what you're doing and focus on your breathing. Download an app like [aware](#) for free guided breathing exercises. Taking this time away from worrying and negative feelings will help you slow down and re-centre.

Is your living space a zen spot to be? Set out a time to clear an area in your home where your mind can be more at ease. Do you have twinkle lights, candles, pillows and a rug to sit on? Some of these things can make a very cozy place for you to relax your mind.



Boredom can happen when you are at home more than you're used to. Make a list of activities you can engage in and even give them time limits so that it will help you commit to the activity. For example, an hour of colouring, a 15 minute mindfulness activity, a 20 minute walk, etc.

Are there books in your home that you never got around to reading? Gather the books and/or magazines that you haven't paid much attention to and put them in one spot — see how many of them you can check off the list in the next little while.



Try to set aside time to do nothing! Yes, we all have lots of things to get done, but we can also carve out time to do nothing and allow ourselves to be okay with that. If it helps, rather than seeing it as "nothing", think of it as time to recharge.

If you are tired of staying in your home, maybe it's time to venture outside? Find a new area to explore nearby where you can still keep a safe distance from other people. Breathe deeply while you walk and take in as much as you can of these new surroundings.



Make a list of old shows or movies you once enjoyed. See which ones you can find to rewatch and see if you still like them. Reflect on what it was you liked about each one and see if there are different reasons now. It can be fun to revisit the past through TV and film.

Make or find a playlist with some of your favourite songs that inspire you to move and, as Meredith Grey would say, "Dance it out!"

Make a group chat with friends to send funny memes or uplifting quotes throughout the day. There are lots of fun group chat ideas — you can compile lists of each other's recommendations for movies, books, tv shows, workouts, etc.

Self care is important in times that you're feeling disconnected or out of sorts, because it helps you relax and focus on doing something kind for yourself. How about making a DIY face mask? They can be for anyone, and there are a ton of different recipes to try online!



If you're wondering what the future will hold and it's feeling overwhelming, take a moment to do a mindfulness exercise. Sometimes the best thing we can do for our minds and bodies is bring ourselves back to the present. It's a great time to sit down and think about the "to do list" you've been avoiding. Getting things out of our minds and onto paper can be

satisfying on its own! Start by focussing on smaller tasks — if it helps, even give yourself a checkmark for getting out of bed!

If you're looking for some new ways to fill your time that feel stimulating for your brain, there are lots of free online learning opportunities like webinars, tutorials, and courses! Check out websites like [Coursera](#) or [edX](#). If it's safe to do so, and you're able to keep at least six feet away from others, getting even ten minutes of fresh air each day can make a big impact on our health — mentally and physically! Set an alarm or reminder on your phone to make sure you're not missing out on your daily fresh air.

It can be hard to see the good when times are so tough. Trying to identify even small things we're [grateful](#) for each day can have a surprising impact on our mood and outlook. Did you see the sun today? Find a funny meme? Hear a new song you really liked? Write it down!

Grab some boxes and bags and start spring cleaning. Decluttering can be good for your mental (and physical) health and can benefit others if you're able to find a local charity to donate some of your things to. Win-win!

Cooking your food from scratch is a satisfying activity. Find new recipes in the recipe books you have lying around or on [Pinterest](#)! Ask around what others are doing for meals and make extra for leftovers.

You might be doing okay during this time of social distancing, but are your friends? Take time out of your day to check in with the people you care about to reassure them that they are not alone.



## Benefits Payment dates:

If you receive federal benefits, including some provincial/territorial benefits, you will receive payment on these dates. If you set up direct deposit, payments will be deposited in your account on these dates.

Canada Pension Plan Includes the Canada Pension Plan (CPP) retirement pension and disability, children's and survivor benefits

- January 29, 2020
- February 26, 2020
- March 27, 2020
- April 28, 2020
- May 27, 2020
- June 26, 2020
- **July 29, 2020**
- August 27, 2020
- September 28, 2020
- October 28, 2020
- November 26, 2020
- December 22, 2020

### Canada child benefit (CCB)

- January 20, 2020
- February 20, 2020
- March 20, 2020
- April 20, 2020
- May 20, 2020
- June 19, 2020
- **July 20, 2020**
- August 20, 2020
- September 18, 2020
- October 20, 2020
- November 20, 2020
- December 11, 2020

### Canada workers benefit (CWB) – Advanced payments

- January 3, 2020
- April 3, 2020
- **July 3, 2020**
- October 5, 2020
- January 5, 2021

### Goods and services tax / harmonized sales tax (GST/HST) credit

- January 3, 2020
- April 3, 2020
- **July 3, 2020**
- October 5, 2020
- January 5, 2021

## Old Age Security

Includes Old Age Security pension, Guaranteed Income Supplement, Allowance and Allowance for the Survivor.

- **July 29, 2020**
- August 27, 2020
- September 28, 2020
- October 28, 2020
- November 26, 2020
- December 22, 2020

## Heskw'en'scutxe Health Services Society PROGRAMMING NEWS UPDATE



A) **Healthy Food Bag Deliveries** will resume in the fall;

B) **Monthly Shopping Days during the Pandemic;** We can take 1 family per car. Annette, Clarissa and Ashley can take you in separate cars. Please call our offices to book your monthly shopping day. We will only bring people that do not have transportation available. Don't wish to go shopping, you can shop for groceries online and we can pick up for you. You must pay in advance and use online a debit or credit card.



C) **Do you have expired or unused medication in your home that you wish to get rid of?**

Please return your unused /expired medication to our offices. Nurse Scarleth can discard them for you at the London Drugs in Kamloops, and or you can too. During the Pandemic, Stein Valley Pharmacy will not be taking any returned medication. Thank you!

D) **Watch for daily announcements on our Facebook and Instagram pages for all the latest updates.**

E) **Coming Soon: Heskw'en'scutxe Health Services Society**

Yes we are in the process of hiring a web developer and hope to launch the new website in the fall! Feel free to call Nadine or Corynn to share your ideas! We will have a section to download our forms, services, events calendar, minutes and more!



# What is the difference between hepatitis B and C?

Hepatitis is a virus that causes liver inflammation. Different strains of hepatitis exist, including hepatitis A, B, C, and D.

The most common types of hepatitis are A, B, and C. Hepatitis A is usually a short-term infection while hepatitis B and C can cause long-term, or chronic, infections.

A person can have both hepatitis B and hepatitis C at the same time. This article will examine the difference between these two viruses, the treatment options available, and the outlook for people who have an infection.

## Hepatitis B vs. hepatitis C

\_\_Hepatitis is a viral infection that affects the liver.

Hepatitis B and hepatitis C are both viral infections that attack the liver, and they have similar symptoms.

The most significant difference between hepatitis B and hepatitis C is that people may get hepatitis B from contact with the bodily fluids of a person who has the infection. Hepatitis C usually only spreads through blood-to-blood



contact. Neither hepatitis B nor C spreads through coughing, breast milk, sharing food with, or hugging a person who has the infection. Many people who have hepatitis do not become aware of it until the infection has advanced. Read on for more information about hepatitis B and hepatitis C.

## Hepatitis B

Exposure to the hepatitis B virus can cause an acute infection within the first 6 months. This short-term illness causes flu-like symptoms. Although it is

possible to acquire hepatitis B through contact with infected blood, transmission often occurs through bodily fluids.

Hepatitis B transmission may occur through sex, and a woman can pass the infection to a baby during childbirth. Some people may clear the virus from their system, but others will develop chronic hepatitis B. The [Centers for Disease Control and Prevention \(CDC\)](#) report that the younger a person is when they contract a hepatitis B infection, the more likely it is that they will have a chronic infection.

For instance, an estimated [90 percent](#) of infants with the virus will develop a chronic infection. Additional key facts about the hepatitis B virus from the CDC include:

- An estimated 850,000 people in the United States have hepatitis B, but the real figure may be closer to 2.2 million.
- Around 257 million people around the world have hepatitis B.
- There are approximately 21,000 new infections in the U.S. each year.
- Transmission often occurs as a result of childbirth, unprotected sex with a person who has the virus, sharing needles or medical equipment that involves blood (such as glucose monitors), or sharing personal items, such as razors or toothbrushes.

## Hepatitis C

Hepatitis C can also cause an acute infection. According to the [National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#), an estimated 75 to 85 percent of people with acute hepatitis C will also develop chronic hepatitis C.

However, about [50 percent](#) of people with hepatitis C do not know that they have it.

Additional key facts about the hepatitis C virus from the [CDC](#) include: An estimated 3.5 million people in the U.S. live with hepatitis C. About 75 percent of those with hepatitis C were born between 1945 and 1965.

- About 41,000 new infections occur in the U.S. each year.
- Transmission occurs due to exposure to infected blood, which can occur through sharing needles, poor infection control, or childbirth.

People who received a blood transfusion or organ transplant before 1992 could also have contracted the infection during this procedure. After 1992, doctors began screening blood for hepatitis C before giving people blood transfusions.

## **Symptoms and long-term effects**

—Fever and fatigue are potential symptoms of hepatitis B and C.

Hepatitis B and C can cause similar symptoms in both the acute and chronic infection stages.



Hepatitis B symptoms in the acute phase usually occur within 6 months of the initial virus exposure.

These symptoms can include:

- dark yellow urine
- fatigue
- fever
- joint pain
- nausea
- pale or gray stools
- vomiting
- yellowing of the skin or eyes, called jaundice

Some very young children with hepatitis B do not experience symptoms.



About 15 to 25 percent of people with hepatitis B get chronic liver disease, which can include liver damage, cirrhosis, and liver cancer.

Acute hepatitis C can cause the same symptoms as acute hepatitis B infections. However, hepatitis C is more likely than hepatitis B to become a chronic condition.

Of those with chronic hepatitis C, the CDC estimate that 5 to 20 percent will develop cirrhosis, which is liver scarring. They also state that 1 to 5 percent of people with hepatitis C will die from cirrhosis or liver cancer.

Many people may not recognize that they have hepatitis B or C until they receive screening for other blood disorders.

Others may have symptoms that indicate liver problems, such as fluid retention, pale stools, or bleeding problems.

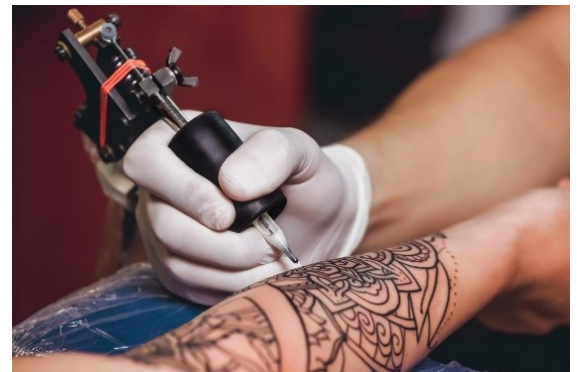
## Treatment

There is currently no cure for hepatitis B, but a doctor will monitor the symptoms of a person who has the infection and recommend practices that can promote liver health.

Possible recommendations include:

- abstaining from drinking alcohol as it can damage the liver
- avoiding medications that the liver filters, which include nutritional and herbal supplements

Additional hepatitis B treatments depend on an individual's specific symptoms and any complications that occur. Since 2013, doctors have been able to prescribe medications that can treat hepatitis C in most people. These antiviral medications include ledipasvir/sofosbuvir (Harvoni) and daclatasvir (Daklinza).



A doctor will prescribe different medications depending on the genotype, or variation, of hepatitis C that a person has. It is usually necessary to take these drugs for 12 to 24 weeks.

## **Prevention**

—Tattoo parlors must maintain good hygiene to prevent hepatitis transmission. A vaccine exists for hepatitis B. The vaccine stimulates the body to make antibodies, or immune cells, that can fight the hepatitis B infection. People at risk of exposure to hepatitis B, infants, and people with an HIV infection should get the hepatitis B vaccine. Many schools and public health initiatives routinely offer the hepatitis B vaccine to children.

There is no vaccine available for hepatitis C. However, certain lifestyle practices can help prevent the transmission of both viruses, including:

- refraining from sharing needles
- practicing safe sex, especially if a person has more than one sexual partner
- training healthcare workers at risk of exposure on needle safety
- ensuring that tattoo parlors use thorough cleaning and safety practices
- avoiding sharing personal care items, such as toothbrushes or razors

## **Summary**

Both hepatitis B and C infections can cause short- and long-term effects. However, hepatitis C is more likely to turn into a chronic condition than hepatitis B. A person can transmit hepatitis B through bodily fluids, while the transmission of hepatitis C usually only occurs through blood-to-blood contact.

A person can reduce their risk of hepatitis B transmission by getting the hepatitis B vaccine. Doctors can often treat chronic hepatitis C.

If a person has risk factors for either form of hepatitis, such as sharing needles, a history of unprotected sex, or a blood transfusion before 1992, they should speak to a doctor about testing.

Between January 1<sup>st</sup> and  
June 14<sup>th</sup> 2020

BRITISH COLUMBIA  
FNHA STATISTICS

# COVID-19 Testing

## Release data:

- 5,434 First Nations people in BC were tested for COVID-19
- 86 First Nations individuals in BC tested positive for COVID-19 during this time frame, 42 of them lived on or near a reserve
- There were three First Nations deaths
- 19 First Nations people were hospitalized
- Of those who fell ill, 81 have now recovered
  - No patients remain in hospital

**Heskw'en'scutxe Health Services Society**



# Canned Peaches without Sugar

No sugar needed to make these delicious canned peaches.

Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins



Course: Dessert    Cuisine: American    Keyword: canning  
Servings: 10 quarts    Calories: 37kcal    Author: Karrie

★★★★★  
5 from 1 vote

## Ingredients

### Supplies:

- Jars, Lids, and Rings
- Canner Tongs, Canning jar holder, Canning Pot
- Cutting Board, Paring knife
- Large bowl, Colander
- Ice
- measuring cups & teaspoons

### Ingredients:

- Peaches - use freestone peaches - they make canning easy! The pits come right out. I used Elberta peaches this year.
- 10 tbsp Lemon Juice
- 1/3 cup Honey
- 7 cups water

## Instructions

1. Once you are ready to begin, get your stations ready. First step is to sterilize your jars and lids.
2. I ran my jars through the sterilize option on my dishwasher. If you don't have a dishwasher just clean them with hot soapy water as best you can. You want your jars to be really clean to avoid any bacteria that might get in.
3. Also add your lids and rings to a pot and simmer until ready to use.
4. Peel your peaches either using the water bath method or with a peeler. I used the water bath method which is this. Get a pot of boiling water going. Have a bowl of ice water ready for cooling. Gently add in a few peaches, and then leave for 30 seconds in the boiling water. Quickly remove to the ice water to cool for one minute.
5. Then if the peaches are ripe the skins should just peel off super easily.
6. Then take your peaches, slice it in half and remove the pits.
7. I removed the little bit of red next to the pit...and sliced my peaches into 1/4 inch slices.
8. Then add them to the jar. I always stuff as many peaches as I can get in there until I get to the threads of the jar top.
9. To the jars: Add first one teaspoon of lemon juice to preserve color.

10. Then in a separate bowl you take 7 cups of warm water and mix in 1/3 cup of honey. I love this picture. It's artsy-fartsy.
11. Pour the honey water combo into your jars leaving about 1/2 inch of headroom. I would also jiggle the jar to release any pockets of air.
12. Next add the lids and rings to the top of the jars. You can use a fork to get the lids out of the simmering water or one of those cool canning magnets. Don't screw on the rings too tight. Place the jars into your canner and make sure there is 1 inch of water above the tops of the jars. Once the water is boiling boil your jars for 15-20 minutes. The canning manuals will tell you to cook them for 20-25 minutes but I choose to do it for 15 minutes.
13. After the time is up remove the jars on a towel to cool. Make sure to not have the jars touch each other. And do not touch them or mess with them as this can mess up the processing as well. The lids will "pop" as they cool. I love hearing that sound...
14. If for some reason once they are all cool you have a jar that didn't pop, that means it didn't seal right. So you can go ahead and eat right away or save in your refrigerator for up to a week or two.

## Nutrition

Calories: 37kcal | Carbohydrates: 10g | Sodium: 9mg | Potassium: 21mg | Sugar: 9g | Vitamin C: 5.8mg  
| Calcium: 5mg | Iron: 0.1mg

## Can fruit be canned without sugar?

While it is safe to **can fruit without** added **sugar**, the quality of the product may be compromised. **Sugar** helps **fruits** keep their bright color and firm texture. It is not needed to prevent spoilage. When **canning without sugar**, use high quality **fruit**.

All or part of the **sugar** can be replaced by other sweeteners, such as fruit juices, honey, cane and maple syrup. Maple syrup can **be used** to replace up to 1/4 of the **sugar** in a recipe, but it will effect the natural flavor and color of the fruit.

## Liquids used to can fruit

Fruits may be canned in water, juice or a sweet syrup. The sweet syrup doesn't preserve the fruit but helps the fruit maintain its shape, color and flavor. Commercial unsweetened apple juice, pineapple juice or white grape juice make good canning liquids. These may be used directly or diluted with water.

# BBQ Chipotle Chicken Burrito Bowls

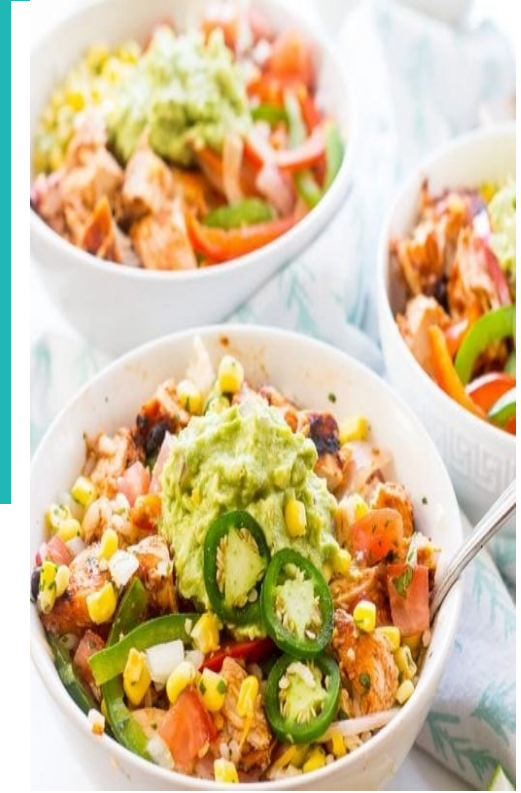
Course: Entrees

Prep Time: 25 minutes

Cook Time: 25 minutes

Total Time: 50 minutes

Servings: 4 bowls



## Ingredients

- 2 cups Rice
- 3 bell peppers sliced, any colour
- 1 medium-sized red onion sliced
- 1-2 jalapeño peppers sliced

## Chipotle Chicken

- 3 chicken breasts
- 2 tbsp adobo sauce
- 1 tbsp finely diced chipotle peppers
- 2 tsp paprika
- 2 cloves garlic minced
- 2 tsp lime juice
- 1 tsp salt
- 1/2 tsp pepper

## **Pico de gallo**

- 2-3 plum tomatoes chopped
- 1/3 cup chopped fresh cilantro
- 1 tbsp lime juice
- 1 small yellow onion diced
- 1/2 tsp salt

## **Corn salsa**

- 1 cup corn kernels
- 2 tsp lime juice
- 1/4 cup chopped fresh cilantro
- 1 tsp salt

## **Guacamole**

- 2 avocados
- 2 tsp lime juice more if you want
- 3/4 tsp herbamare or salt
- 1 small red onion diced
- 1/4 tsp black pepper

## **Instructions**

1. Preheat oven or BBQ to 425 F (I highly recommend BBQ). Toss chicken with seasonings and let marinate for 15 min.
2. Meanwhile, cook rice according to package directions and prepare vegetables, make salsas and guacamole.
3. Throw the chicken on the BBQ for about 20-25 min, flipping once halfway through.
4. Meanwhile, stir fry bell peppers and red onion.
5. Add all desired ingredients to each bowl once everything has finished cooking and enjoy!

# Footcare with LPN Suzanne Marcel

Licensed Practical Nurse

**Siska Friday July 3, 2020**

**Note: HOME VISITS**

**Cook's Ferry July 21, 2020**

**Note: Cook's Ferry Clinic**

All existing clients will be contacted to book an appointment. Clients will be asked to wear masks and will be called the day before with a health check questionnaire. Anyone with foot issues can be seen. Please call the office to book your first time appointment.

## The Role of a Personal **Foot Care Nurse**

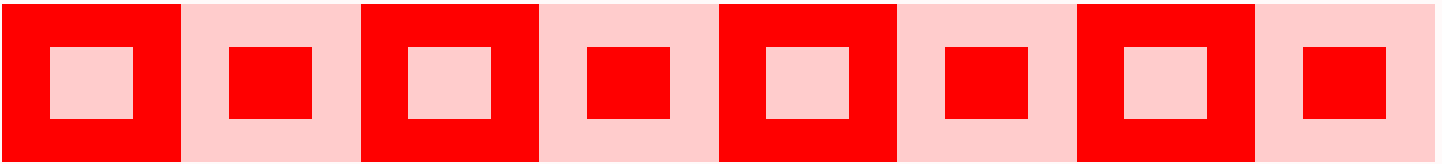
A personal **foot care nurse** completes the daily tasks that allow for the treatment and prevention of **foot health** issues related to diabetes and other diseases. They serve as a valuable resource for information that helps patients manage their own **health** for long-term wellness.

***Give your Feet  
the Proper Care  
they Deserve!***

- \* Diabetic Foot Care Assessment
- \* Corn and Callous Reduction
- \* Fungal and Thick Nails
- \* Therapeutic Foot Massage
- \* Cracked Heel Care
- \* Warts
- \* Ingrown Nails
- \* Therapeutic Foot Massage
- \* Waxing
- \* Foot Care for Athletes







## RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)

**Siska Tuesday July 7, 2020 and Wednesday July 29, 2020**

**Cook's Ferry Wednesday July 8, 2020 and Tuesday July 28, 2020**

We will contact you to book appointments. Please note that you will be required to wear a face mask and will not be permitted to use the buildings washrooms. You will be called the day before to answer a pre-screening health questionnaire.

## REFLEXOLOGY WITH HEIDI MCCALL Certified Advanced Reflexologist

**Siska Wednesday July 8, 2020 and Wednesday July 22, 2020**

**Cook's Ferry Tuesday July 7, 2020 and Tuesday July 21, 2020**

## MASSAGE THERAPY FOR MENTAL WELLNESS

Although researchers don't know exactly why **massage therapy** has such marked **benefits** for depression, anxiety and other **mental** disorders, it's believed that it reduces levels of the stress hormone cortisol in the body, lowers blood pressure and heart rate and increases serotonin and oxytocin levels.



HHSS BOARD	HHSS STAFF	HHSS Cook's Ferry	HHSS Siska
<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>Tina Draney Acting</b> Health Manager Finance <a href="mailto:tina.draney@hhssbc.ca">tina.draney@hhssbc.ca</a> Ext:103</p> <p><b>Corynn Reveley</b> Siska Receptionist Ext: 201</p> <p><b>Nadine Methot</b> Cook's Ferry Health Administrative Assistant / Medical Transportation Clerk Ext: 101</p> <p><b>Annette Albert</b> Community Health Representative COHI Healthy Food Bags <a href="mailto:annette.albert@hhssbc.ca">annette.albert@hhssbc.ca</a></p> <p><b>Scarleth Zwez-Ruiz</b> Home &amp; Community Care Nurse / Community Health Nurse <a href="mailto:scarleth.zwez-ruiz@hhssbc.ca">scarleth.zwez-ruiz@hhssbc.ca</a> Ext: 101</p> <p><b>Clarissa Frederick</b> Community Home Care Aid <a href="mailto:clarissa.frederick@hhssbc.ca">clarissa.frederick@hhssbc.ca</a> Ext 303</p> <p><b>Ashley Loring Earl</b> Community Home Care Aid <a href="mailto:ashley.loring-earl@hhssbc.ca">ashley.loring-earl@hhssbc.ca</a> Ext: 302</p> <p><b>Meriel Barber/ Danielle Munro</b> Transportation Support</p>	<p>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> <a href="mailto:nadine.methot@hhssbc.ca">nadine.methot@hhssbc.ca</a></p>	<p>163 Loop Road Siska, BC V0K 1Z0</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> <a href="mailto:corynn.revely@hhssbc.ca">corynn.revely@hhssbc.ca</a></p> <div data-bbox="901 1291 1534 2005">  <p>facebook</p> <p>Instagram</p> </div>

# B.C. App aims to prevent overdose deaths by automatically alerting 911. Easy to Use!

It's an app designed to save people from overdosing. The key is for a client to feel safe and secure using it. It's 100 per cent anonymous... It does not contact the RCMP, it's strictly for emergency responders' use. The free app serves as a digital check-in, requiring drug users to respond at certain time intervals in order to show they are OK.

1. Before using drugs, the user opens the app. Fifty seconds later an alarm sounds, requiring the user to hit a button.
2. If the user fails to hit the button, the alarm grows louder.
3. If 75 seconds pass with no user response, the app uses a text-to-voice call to alert 911 dispatchers to a potential overdose.
4. The app primarily runs off the same GPS information collected when someone contacts 911. However, users can input other information to be relayed to responders, such as their name or apartment number.



www.lifeguardDH.com

## User Guide | LifeguardApp



**Step 1**  
Enter your name, contact number, and the 4-Digit Verification Code that is sent to you via text message.



**Step 2**  
Read through the warning message, and tap the orange **Accept** button.



**Step 3**  
Select the drugs you will use and tap the orange **Start** button.



**Step 4**  
Confirm your address, and provide additional location details if necessary.



**Step 5**  
The timer starts running. If you need more time before the timer starts, tap the yellow **Pause** button.



**Step 6**  
When you're ready to resume using, tap the orange **Start** button.



**Step 7**  
To increase the length of the timer, tap the red **Snooze** button and select a time from the menu.



**Step 8**  
At 10 seconds remaining, an alarm will ring. When the timer ends, tap the **Stop** button to shut off the alarm.

# We are not open just yet!



**We will soon reopen with new  
safety measures to keep you and  
our staff safe.**

**Please hand sanitize and put  
a mask on before entering the  
building.**