



Heskwen'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

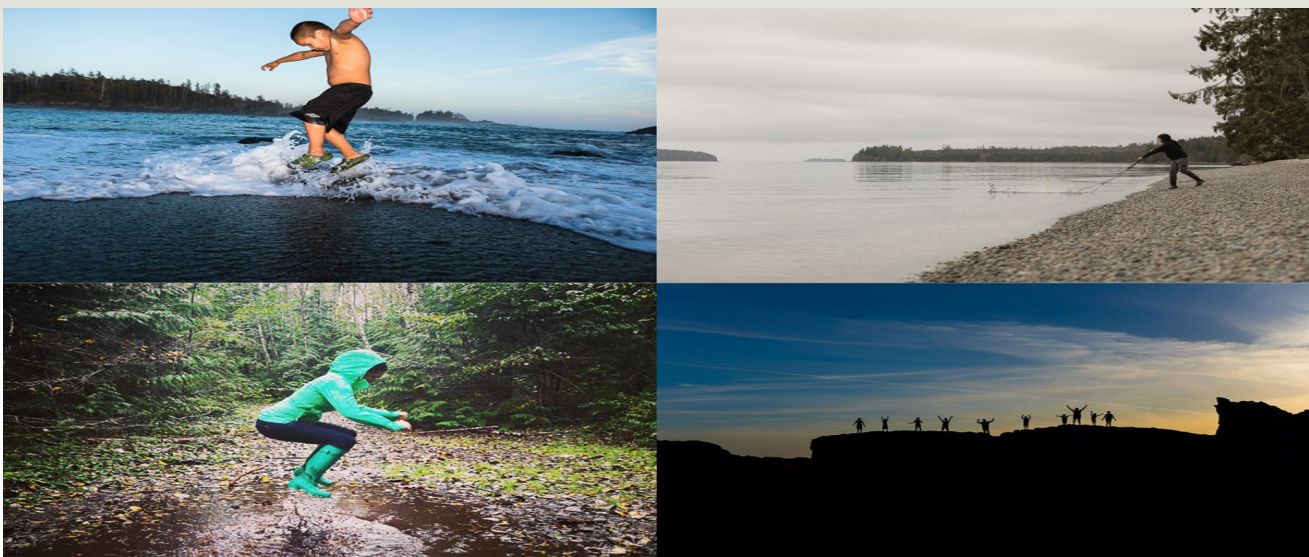
"Take Care Of Yourself"

Health & Wellness Newsletter

September 2020

Starting September 1, let's get active for 30 minutes for 30 days!

A message from the FNHA Wellness Team, Office of the Chief Medical Officer



If you're an Indigenous person living in BC, you're invited to Join the popular 30x30 Active Challenge for the month of September! Do you know there were 2912 people registered! For this wellness challenge, all you need to do is commit to 30 minutes of activity for the 30 days of September. This is a great opportunity for you to get together with your online community and/or your "bubble" to get active for 30 minutes daily and share about it. You can encourage and be encouraged by your friends, family, community, and online community – making getting into an exercise habit a little more fun! Share photos of your activities and posts using the hashtags we provided: #FNHAWellness, #30x30ActiveChallengeFNHA, and #BeActiveFNHA. This year, FNHA hopes to have even more people join the challenge and share their experiences with us!

Watch for helpful tips and information, as well as provide opportunities to enter a draw for a prize. Watch FNHA social media accounts for more information. Have fun, be fit!

Wear your Orange T-shirt on Wednesday September 30, 2020

Orange Shirt Day is a day when we honour the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools. Tag us in your pictures!



HESK W'EN'SCUTXE HEALTH SERVICES SOCIETY

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

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

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

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A LETTER FROM THE MANAGER

Heskw'en'scutxe Health Services Society

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Its September already! Back to school for many families! A busy month of harvesting and storing food. All during a Pandemic!

Our new reality of keeping a physical distance of six feet or wearing masks can be difficult but we must continue to protect ourselves and communities. To prepare for the anticipated second wave, have you considered setting up online banking? This will reduce the amount of time and trips away from home. If the rate of transmission gets bad, we should be prepared for more restricted travel or more risks to adventuring out to public places. Online banking is easy to set up and enables you to pay your bills online, send e-transfers, and look at your account balance and activity anytime you want from your laptop, tablet, or smart phone from the comfort of your home. If there are barriers to technology for your household, please reach out to HHSS for some suggestions. Always remember to NEVER share your passwords with anyone. Another care package with pandemic supplies will be in preparation this month for an October delivery with our monthly food bags. If your household has not received a fall or winter food bag in the past, please contact either office to be added to our list.

HHSS has been working on Panorama's privacy and security policy manual and will be receiving training and signing the privacy, confidentiality, and security agreement to be certified. With certification Nurse Scarleth will be able to enter vaccination and immunization records with the Provincial online medical record system.

We are also beginning the process for Accreditation Certification. For the Health unit to be accredited Policies and documented operational

procedures must be created and approved. This will provide standards for staff to follow for better health care service. These standards will create transparency to our clients and guide staff to ensure safe, secure, and confidential, Health Standard services.

I would like to thank all the community members who have provided gifts to the HHSS staff. I would also like to remind everyone that acceptance of gifts by the HHSS individual staff members is not permitted under our human resources policy manual. The purpose of the policy is to limit preferential treatment, or the perception of biased service. This policy will be reviewed to ensure it reflects the intended message and that cultural traditions are included. We are also aware how rude it is culturally to deny a gift so we would like to propose that if you are offering a gift of appreciation to a staff member that they will accept the gift on behalf of all staff and share your generosity. Kuxwchem! We really appreciate your kindness and message of appreciation! I would also note that HHSS will provide the same care regardless of gifts given from your gardens because we value the opportunity to provide service to you all!

Please give the office a call, email, or write a letter if you have any questions or you are unsure about whether we will provide a desired service, or if you have any questions about services we are currently providing.

If you would like to make any suggestions or requests for services, we are here to listen and assist in finding solutions.

Tina Draney



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 modified 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 Nadine Methot, Patient Travel clerk @250.458.2212 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.
- * Requires a Care Plan conducted by the Nurse

Nurse Scarleth would be happy to hear from you!



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

REQUIRED INFO: Health purpose, date of birth, status number, and confirmation of attendance.

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 Authority
Health through wellness

CLIENT RESPONSIBILITY

Clients who access medical transportation through the FNHA Health Benefits program, either at the community level or Health Benefits Operations are responsible to:

- Give at least 5 days notice. Upon receipt of notice, transportation arrangements can be made. **Note:** Clients who do not provide sufficient notice may be required to reschedule their appointment or pay for the travel and get reimbursed
- Attend their medical appointment as scheduled. Clients who do not attend medical appointments may be required to pay back any benefits they have received and/or pay for their travel costs on subsequent medical travel
- Get a signed confirmation of attendance from the health professional and return it to the Transportation Coordinator after the medical appointment.
- Give notification when cancelling an appointment prior to the date of the appointment; including 24 hours notice to cancel any hotel arrangements
- Retain and submit all necessary receipts required
- Not damage property or abuse accommodation arrangements, such as excessive noise
- Not become verbally abusive or threatening to the patient transportation clerk or coordinator

Clients may be required to pay for their own travel arrangements and submit a client reimbursement form with the appropriate documentation or may have charges deducted off their next travel arrangements, in such cases as:

- a) Client is verbally or physically abusive;
- b) Client fails to provide the required medical documentation (referral or confirmation of attendance) or receipts
- c) Client is no longer accepted in commercial establishments or on commercial transportation because of inappropriate behavior
- d) Client does not make it to their scheduled appointment
- e) When FNHA or a First Nation organization is charged for damages; billed for keys; or no shows.

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	

Privacy Rights, Commitments & Obligations

Health Centre will collect, use and share personal information to:

- Identify and contact clients about health care.
- Provide ongoing care.
- Support ongoing care by health care partners.
- Help, plan, monitor and improve services.
- Understand client access for benefits and services.

Employees are obligated to:

- Core values regarding the privacy of client personal information.
- Know and follow Health Centre privacy and security policies and procedures.
- Completing *Privacy & Security Awareness Training* annually.
- Signing the *Confidentiality and Acceptable Use Agreement* annually.

Clients have the right to:

- Ensure the personal information held at the Health Centre is protected and accurate.
- Understand how and why personal information has been used.
- Know how personal information is stored.
- Know the names and organizations of which personal information has been shared.
- To raise privacy complaints regarding the handling or misuse of personal information.

Employees are committed to:

- Empowering clients to know their rights regarding the protection of personal information.
- Recognize the importance of sharing information but does so in a way that protects client confidentiality.
- Ensure any collection of information or reporting does not identify an individual.

Understanding Consent

- The Health Centre uses the *implied client consent model* therefore information will be shared within client's *circle of care*.
- *Expressed consent* will be obtained if collecting, using, and disclosing personal information outside of the *circle of care*.

Privacy Officer is committed to:

- Answering inquiries regarding access of personal information.
- Following relevant B.C. privacy law, policy and procedures to ensure health information is well protected.
- Facilitating formal investigations on any privacy issues raised.

**Please contact the Privacy Officer
to make a request or raise a privacy concern:**

(FNHSO) Heskw'en'scutxe Health Services Society
Tina Draney, Privacy Officer
250.458.2212 ext. 103 tina.draney@hhsbc.ca

Are you experiencing cold, influenza or COVID-like symptoms?



Currently, it is recommended that anyone with cold, influenza or COVID-like symptoms get tested for COVID-19. If symptoms appear, **self-isolate** and **contact** a COVID-19 testing site.

[Heskw'en'scutxe Health Services Society \(HHSS\) is here to support you!](#)

COVID-19 Testing Sites

COVID-19 testing sites are available in Ashcroft (250-453-1905), Merritt (250-378-3407), and Kamloops (250-314-2256). Testing is by appointment only (unless you present to the emergency department). *Contact HHSS if you require assistance with scheduling an appointment at a COVID-19 testing site.*

Transportation to COVID-19 Testing Sites

If you cannot get to a COVID-19 testing site on your own, call the BC Ambulance non-emergency line (604-872-5151). It is not recommended that you ask someone who is not part of your household to transport you. *Contact HHSS if you require assistance with calling the BC Ambulance non-emergency line.*

Self-Isolation

You will need to continue to self-isolate while you wait for your COVID-19 test results. During self-isolation, do not leave your home, stay and sleep in a separate room away from other household members as much as possible, use a separate bathroom if you have one, wash your hands often (use a towel to dry your hands that no one else shares), avoid sharing household items, and frequently clean and disinfect high-touch surfaces. If you are in a room with other household members, keep a distance of at least two metres and wear a mask that covers your nose and mouth. *Contact HHSS if you require assistance with picking up medication or shopping for household essentials.*

COVID-19 Test Results

There are many ways that you may be able to access your COVID-19 test results.

1. Sign up to get a negative result by text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results.
2. Check online on My Health Portal at www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx.
3. Call BCCDC's COVID-19 Negative Results line (1-833-707-2792).

Contact HHSS Nurse Scarleth if you require assistance with accessing your COVID-19 test results.

If you test positive for COVID-19 please self-isolate until the following criteria are met:

- At least 10 days have passed since the start of your symptoms, AND**
- Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND**
- You are feeling better (e.g., improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).**
- If public health provides you with different advice, follow their instructions.**

If you test negative for COVID-19 and

- Your symptoms worsen, contact your health care provider or call 8-1-1.**
- You have symptoms of illness, continue to isolate until your symptoms resolve.**
- You are a contact of COVID-19 case, continue to self-isolate for 14 days from your last contact.**
- You are a traveller returning to Canada, you must continue to isolate for 14 days from arrival back in B.C.**

Cold, influenza or COVID-like symptoms:

- **Fever**
- **Chills**
- **Cough**
- **Sneezing**
- **Runny nose**
- **Sore throat**
- **Loss of smell and taste**
- **Shortness of breath**
- **Chest pain**
- **Headache**
- **Aches, muscle pain**
- **Fatigue**
- **Vomiting**
- **Diarrhea**
- **Swollen toes**



Interior Health COVID-19 Testing & Assessment Centres nearest Interior Nations

Testing is now available for everyone who needs it. If symptoms appear, self-isolate and call your health care provider or 8-1-1 for guidance. You can use this easy self-assessment tool from the BC provincial government <https://bc.thrive.health/> to help determine whether you or a loved one need further assessment or testing for COVID-19.

COVID-19 is tested using a "standard swab" – a long Q-tip that scrapes cells from the very back of the nose or throat. These swabs are sent to a laboratory for testing. Click on the links below for a list of collection centres (i.e., testing site locations) in BC to find one near you. You can also call 8-1-1, your family doctor or your community health nurse to find the nearest collection centre.

- [Collection centre finder](#) (for mobile and desktop)
- [Collection centre finder](#) (for Internet Explorer)

If you need to be tested for COVID-19 and you cannot get to the testing location on your own, please call the BC Ambulance non-emergency line at 604-872-5151

How to book an appointment for a COVID-19 test: Individuals seeking a test should call their primary care provider (family physician or nurse practitioner) or the closest Interior Health community testing and assessment centre. The list of Interior Health centres nearest Interior Nations is listed below.

How to access your test results:

COVID-19 test results are generally available in 1-3 days from the time you were tested. It is important to know that Interior Health will follow up directly with individuals whose test results are positive, but anyone who is tested for COVID-19 in IH can check their results using one of the following options below:

- Call your primary care provider (family physician or nurse practitioner) for your results.
- Check your results online on Interior Health's [My Health Portal](#). Please note that you will need to register.
- Call the BCCDC COVID-19 Negative Results line (1-833-707-2792), which is open from 8:30 a.m. to 4:30 p.m., seven days a week.

Should I be tested?

Anyone with cold, influenza or COVID-like symptoms can be assessed and get a COVID-19 test. If you are **not experiencing symptoms**, a COVID-19 test is not effective or recommended.

Testing is specifically recommended for some groups, including:

Anyone with new respiratory or gastrointestinal symptoms should be tested if they are:

Last updated July 13, 2020

- Residents or staff of long-term care facilities.
- Hospitalized, or likely to be hospitalized including pregnant individuals in their third trimester, patients on hemodialysis, or cancer patients receiving radiation or chemotherapy.
- Part of an investigation of a cluster or outbreak.

People who develop a new fever or respiratory symptoms or shortness of breath should be tested if they are:

- Health care workers.
- Residents of remote, isolated or Indigenous communities.
- People living and working in communal settings such as work-camps, correctional facilities, shelters, group homes, assisted living and seniors' residences.
- People who are homeless or have unstable housing.
- Essential service providers (e.g. first responders).
- Returning travellers identified at a point of entry to Canada.

If you have had a COVID-19 test, please refer to the [How to self-isolate after a COVID-19 test](#) handout.

Where can I get tested in the Interior Region?

As information is updated frequently, it is recommended that individuals are reviewing the public webpage here [Interior Health Testing Information](#) for the most current and up to date information.

Interior Health has COVID-19 testing and assessment centres in 100 Mile House, Ashcroft, Salmon Arm, Sparwood, Williams Lake, Nelson, Trail, Cranbrook, Creston, Vernon, Kelowna, Kamloops, Penticton, Revelstoke, Merritt, Sparwood, Grand Forks, Golden, Enderby, and Lillooet. Interior Health is actively working to make COVID-19 screening opportunities available in additional communities.

Testing at these centres is **by appointment**. Please call the nearest collection centre to determine testing times available. The locations nearest Interior Nations are listed below:

Location	Facility	Address	Phone
Ktunaxa			
Cranbrook	Rocky Mountain Lodge	20 23rd Ave. S	250-417-9252
Creston	Creston Valley Hospital	312 15 Ave. N	250-254-2055
Golden	Golden & District Hospital	835 9th Ave. S	250-344-5271
Sparwood	Sparwood Health Centre	570 Pine Ave.	250-425-3777
Trail	Kiro Wellness Center	1500 Columbia Ave	250-304-5210
Grand Forks	Boundary District Hospital	7649 22nd St	250-443-2120
Nelson	Kootenay Lake Hospital	3 View St.	250-551-7500
Syilx			
Kelowna	Urgent Primary Care	11471 Harvey Ave	250-469-6985
Penticton	McLaren Park Arena	1350 King St.	250-770-3434
Vernon	Urgent Primary Care	101 - 3105 28th Ave	250-541-1097
Grand Forks	Boundary District Hospital	7649 22nd St	250-443-2120
Trail	Kiro Wellness Center	1500 Columbia Ave	250-304-5210

Last updated July 13, 2020

Location	Facility	Address	Phone
Nlaka'pamux			
Merritt	Nicola Valley Hospital	3451 Voght St.	250-378-3407
Kamloops	Urgent Primary Care	102-311 Columbia St	250-314-2256
Ashcroft	Ashcroft Hospital	700 Ash-Cache Creek Hwy	250-453-1905
Ulkatcho			
Williams Lake	Caribou Memorial Hospital	517 N. 6th Ave	250-302-5006
100 Mile House	South Cariboo Health	555D Cedar Ave	250-395-7637
Ktunaxa			
Cranbrook	Rocky Mountain Lodge	20 23rd Ave. S	250-417-9252
Golden	Golden & District Hospital	835 9th Ave. S	250-344-5271
Sparwood	Sparwood Health Centre	570 Pine Ave.	250-425-3777
Trail	Kiro Wellness Center	1500 Columbia Ave	250-304-5210
Grand Forks	Boundary District Hospital	7649 22nd St	250-443-2120
Nelson	Kootenay Lake Hospital	3 View St.	250-551-7500
St'at'imc			
Lillooet	Lillooet Hospital	951 Murray St.	250-256-1381
Kamloops	Urgent Primary Care	102-311 Columbia St	250-314-2256
Tsilhqot'in			
Williams Lake	Caribou Memorial Hospital	517 N. 6th Ave	250-302-5006
100 Mile House	South Cariboo Health	555D Cedar Ave	250-395-7637
Secwépemc			
100 Mile House	South Cariboo Health	555D Cedar Ave	250-395-7637
Williams Lake	Caribou Memorial Hospital	517 N. 6th Ave	250-302-5006
Ashcroft	Ashcroft Hospital	700 Ash-Cache Creek Hwy	250-453-1905
Kamloops	Urgent Primary Care	102-311 Columbia St	250-314-2256
Salmon Arm	Salmon Arm Public Health	851 - 16th St. N	250-833-4100
Enderby	Enderby Health Centre	707-3rd Avenue	250-838-2450
Vernon	Urgent Primary Care	101 - 3105 28th Ave	250-541-1097
Golden	Golden & District Hospital	835 9th Ave. S	250-344-5271
Cranbrook	Rocky Mountain Lodge	20 23rd Ave. S	250-417-9252

For specific information on COVID-19:

The following websites are updated regularly and are the best source for current information:

- [Interior Health COVID-19 web page](#)
- [BCCDC COVID-19 web page](#)
- <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

For information specific to Aboriginal partners, find it [here](#).

I HAVE A COMPLAINT ABOUT THE CARE PROVIDED BY A BC HEALTH AUTHORITY

WHAT CAN I EXPECT WHEN MY COMPLAINT IS REVIEWED BY A HEALTH AUTHORITY PATIENT CARE QUALITY OFFICE?

You can expect your complaint to be dealt with promptly and fairly. The Patient Care Quality Office will:

- formally register your complaint
- work with you to identify a reasonable resolution to your concern
- respond to your complaint
- provide an explanation about any decisions and actions taken as a result of your complaint

In order to proceed with a review of your concerns, the following information is needed, whenever possible:

- your full name
- the name and birth date for the person who received care
- the location/facility where care was provided
- the date(s) that the care was provided
- your contact information (phone number, email address, mailing address)

When submitting a complaint it is helpful to include appropriate background information so that the Patient Care Quality Officers may follow up promptly and effectively.

WHAT IF I AM NOT SATISFIED WITH THE RESULT?

If you are not satisfied with the resolution you have received from the Patient Care Quality Office you may request a review from the Patient Care Quality Review Boards. The Review Boards provide an independent review process regarding care quality complaints originating in BC health authorities.

WHAT SUPPORT DOES THE FIRST NATIONS HEALTH AUTHORITY PROVIDE TO CLIENTS DURING THE PROCESS?

The FNHA Quality Care and Safety Liaison will assist the complainant in navigating their complaint through the Health Authority's Patient Care Quality processes. At a minimum the FNHA Quality Care and Safety Liaison will connect the complainant with the appropriate Patient Care Quality Office. In some cases, the FNHA Quality Care and Safety Liaison will provide additional support to the client through the completion of the review process. Information shared between the FNHA Quality Care and Safety Liaison and the Patient Care Quality Office may only be done with the written consent of the client whose health information is being accessed.

Unhappy with the care you received at an Interior Health or Fraser Health service site?

You can make a complaint with the Interior Health Patient Care Quality Office, the First Nations Health Authority Quality Care and Safety Office, or both.

Speak to any Heskwen'scutxe Health Services Society staff member if you require assistance with making a complaint.

Interior Health Patient Care Quality Office

1-877-442-2001

patient.concerns@interiorhealth.ca

First Nations Health Authority Quality Care and Safety Office

1-844-935-1044

quality@fnha.ca



WINNERS OF THE GARDENING CONTEST!

Siska:

1. Linda Peters
2. Tammy Pierre
3. Betsy Munro



Cook's Ferry:

1. Bernice Anderson
2. Jolene Peters
3. Norma Collins



Congratulations to all our winners and runner ups. Everyone has a beautiful garden and it was not easy to narrow it down to six winners. This contest was so popular that we will do another one next year. Let us know what prizes you would like to receive for next year and happy gardening to all!

Preventing Suicide

What is suicide?

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with the intent to end their life, but they do not die as a result of their actions.¹

Suicide is associated with several risk and protective factors, is connected to other forms of injury and violence, and causes serious health and economic consequences. For example, suicide risk is higher among people who have experienced violence, including child abuse, bullying, or sexual violence. Other characteristics associated with suicide include a history of suicide attempts and lack of problem-solving skills. Protective factors like connectedness and easy access to health care buffer individuals from suicidal thoughts and behavior.²

By using a public health approach that addresses risk and protective factors for multiple types of violence, suicide and other forms of violence can be prevented.²

How big is the problem?

Suicide is a large and growing public health problem. Suicide is the 10th leading cause of death in the United States.³ It was responsible for nearly 45,000 deaths in 2016, with approximately one death every 12 minutes.³ Many more people think about or attempt suicide and survive. In 2016, 9.8 million American adults seriously thought about suicide, 2.8 million made a plan, and 1.3 million attempted suicide.⁴

Suicide affects all ages. Suicide is a problem throughout the life span. It is the second leading cause of death for people 10 to 34 years of age, the fourth leading cause among people 35 to 54 years of age, and the eighth leading cause among people 55 to 64 years of age.³

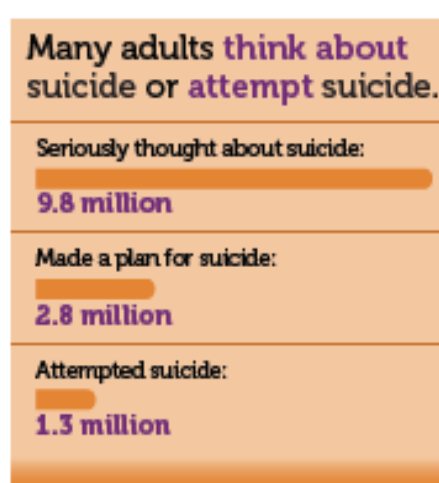
Some groups have higher rates of suicide than others. Suicide rates vary by race/ethnicity, age, and other population characteristics, with the highest rates across the life span occurring among non-Hispanic American Indian/Alaska Native and non-Hispanic White populations.⁵ Other Americans disproportionately impacted by suicide include Veterans and other military personnel and workers in certain occupational groups. Sexual minority youth bear a large burden as well, and experience increased suicidal ideation and behavior compared to their non-sexual minority peers.³



If you or someone you know is in crisis, please contact the

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
www.suicidepreventionlifeline.org



What are the consequences?

Suicide, by definition, is fatal. Suicide also affects the health of others and the community. When people die by suicide, their family and friends often experience shock, anger, guilt, and depression. The economic toll of suicide on society is immense as well. Suicides and suicide attempts cost the nation approximately \$70 billion per year in lifetime medical and work-loss costs alone.³

People who attempt suicide and survive may experience serious injuries, such as broken bones or organ failure. These injuries can have long-term effects on their health. People who survive suicide attempts can also have depression and other mental health problems.⁶

In addition to the number of people who are injured or die, many other people are impacted by knowing someone who dies or by personally experiencing suicidal thoughts.⁶ Additionally, being a survivor or someone with lived experience increases one's risk of suicide.

How can we prevent suicide?

CDC developed a technical package that provides information on the best available evidence for suicide prevention. The technical package can be used to inform a comprehensive, multi-level and multi-sectoral approach within communities and states. It includes strategies to prevent suicide in the first place, by decreasing suicide risk factors and increasing protective factors. Strategies range from a focus on the whole population regardless of risk to strategies designed to support people at highest risk. Importantly, this technical package extends typical prevention strategies to approaches that go beyond individual behavior change to better address factors impacting communities and populations more broadly.

Strengthen economic supports



- Strengthen household financial security
- Housing stabilization policies

Strengthen access and delivery of suicide care



- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change

Create protective environments



- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use

Promote connectedness



- Peer norm programs
- Community engagement activities

Teach coping and problem-solving skills



- Social-emotional learning programs
- Parenting skill and family relationship programs

Identify and support people at risk



- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts

Lessen harms and prevent future risk



- Postvention
- Safe reporting and messaging about suicide

Preventing Suicide: A Technical Package of Policy, Programs, and Practices

A **technical package** is a collection of strategies based on the best available evidence to prevent or reduce public health problems. The **strategy** lays out the direction and actions to prevent suicide. The **approaches** include the specific ways to advance the strategy through programs, policies and practices. The **evidence** to support each of the approaches to preventing suicide and associated risk factors is also included.



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6. Chapman AL, Dixon-Gordon KL. (2007) Emotional antecedents and consequences of deliberate self-harm and suicide attempts. *Suicide & Life-Threatening Behavior*; 37(5):543-552.



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@nlxfin.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@nlxfin.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.irscc.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 RHSW Support email: rhwcoor@Tsowtunlelum.org

If it is an emergency, please call 911

Mental Wellness Outreach Clinician

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

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

My name is Ricardo Pickering and I am proud to have been recently appointed Clinical Counsellor for Hesk'w'en'scutxe Health Services.

I am a master clinical counsellor, supervisor, and EMDR therapist, who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton and surrounding rural areas. During the last eight years, I worked as school counsellor in several rural schools (K-12 grades); as Mental Health Counsellor for the Gitksan Health Society, offering local support to three other First Nations' communities in the Thompson-Okanagan area of BC. I also have a private practice office in Ashcroft. Before that, I worked for over 20 years as a mediator consultant. Methodologically: I currently use an integrated Adlerian, Solutions Focussed (SFBT), and Narrative (NT) approach which—leveraged with my EMDR practice, which appears effective to many of my clients.

I am always looking for new and creative solutions for my clients and research for alternatives including traditional forms of healing and spirituality. Influenced by the needs of my clients, I have grown interested in the following areas of practice: School Support (currently working as part-time LSS counsellor); EMDR (Eye Movement Desensitization

Reprocessing); Children, Youth, and Families; Individual Counselling Psychology (Adlerian, SFBT, NT, EMDR); Itinerant Counselling Services (Debriefings, Crises, Individual, and Group Counselling); and Trauma Informed Practice (TIP), specializing in the rehabilitation of victims of trauma. I am a Registered Psychotherapist in the College of Registered Psychotherapists of Ontario (CRPO) and a Canadian Certified Counsellor at the Canadian Counselling and Psychotherapy Association (CCPA, Ottawa).

To book an appointment with Ricardo Pickering for both Siska and Cooks Ferry members, please call the Hesk^w'en'scutxe Health Services offices. You do not need a referral.

Powerful Home Remedies for Acne

Acne is one of the most common skin conditions in the world, affecting an estimated 85% of people at some point in their lives. Conventional acne treatments can be expensive and often have undesirable side effects like dryness, redness and irritation. This has prompted many people to look into how to cure acne naturally at home. The internet is filled with suggestions, but do natural treatments actually work? This article explores home remedies for acne that are backed by science.

What causes acne? Acne starts when the pores in your skin get clogged with oil and dead skin cells. Each pore is connected to a sebaceous gland, which produces an oily substance called sebum. Extra sebum can plug up pores, causing the growth of a bacteria known as *Propionibacterium acnes*, or *P. acnes*. Your white blood cells attack *P. acnes*, leading to skin inflammation and acne. Some cases of acne are more severe than others, but common symptoms include whiteheads, blackheads and [pimples](#). Many factors contribute to the development of acne, including genetics, diet, stress, hormone changes and infections.

1. **Apply apple cider vinegar** is made by fermenting apple cider, or the unfiltered juice from pressed apples. Like other vinegars, it is known for its ability to fight many types of bacteria and viruses. Apple cider vinegar contains several organic acids that have been shown to kill *P. acnes*. In particular, succinic acid has been shown to suppress inflammation caused by *P. acnes*, which may prevent scarring. Also, lactic acid has been shown to improve the appearance of acne scars. What's more, apple cider vinegar may help dry up the excess oil that causes acne in the first place.

2. How to use it

3. Mix 1 part apple cider vinegar and 3 parts water (use more water for sensitive skin).
4. After cleansing, gently apply the mixture to the skin using a cotton ball.
5. Let sit for 5–20 seconds, rinse with water and pat dry.
6. Repeat this process 1–2 times per day, as needed.



It is important to note that applying apple cider vinegar to your skin can cause burns and irritation, so it should always be used in small amounts and diluted with water. The organic acids in apple cider vinegar may help kill acne-causing bacteria and reduce the appearance of scars. Applying it to the skin may cause burns or irritation, so it should be used carefully.

Take a Zinc Supplement

Zinc is an essential nutrient that's important for cell growth, hormone production, metabolism and immune function. It is also one of the most studied natural treatments for acne. Research shows that people with acne tend to have lower levels of zinc in their blood than those with clear skin. Several studies have shown that taking zinc orally helps reduce acne. Pumpkin seeds contain lots of zinc too! Taking too much zinc may cause adverse effects, including stomach pain and gut irritation. It is also important to note that applying zinc to the skin has not been shown to be effective. This may be because zinc is not effectively absorbed through the skin.



Make a Honey and Cinnamon Mask

Both [honey](#) and [cinnamon](#) are excellent sources of antioxidants. Studies have found applying antioxidants to the skin is more effective at reducing acne than benzoyl peroxide and retinoids. These are two common acne medications for the skin that have antibacterial properties. The antioxidants studied were vitamin B3, linoleic (omega-6) fatty acid and sodium ascorbyl phosphate (SAP), which is a vitamin C derivative. These specific antioxidants are not found in honey or cinnamon, but there is a possibility that other antioxidants may have a similar effect. Honey and cinnamon also have the ability to fight bacteria and reduce inflammation, which are two factors that trigger acne. While the anti-inflammatory, antioxidant and antibacterial properties of honey and cinnamon may benefit acne-prone skin, no studies exist on their ability to treat acne.



How to Make a Honey and Cinnamon Mask

1. Mix 2 tablespoons honey and 1 teaspoon cinnamon together to form a paste.
2. After cleansing, apply the mask to your face and leave it on for 10–15 minutes.
3. Rinse the mask off completely and pat your face dry.

Eat fish! Fish has Omega 3's and 6 that are very good to help with inflammation of the skin.



First aid protocols for an unresponsive person during COVID-19

Providing first aid during the COVID-19 pandemic can raise questions around safety and transmission. Outlined below are the first aid protocols that should be followed when attending to an unresponsive person.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.

Compression-Only CPR



The Canadian Red Cross recognizes that compression-only CPR is an acceptable alternative for those who are unwilling, unable, untrained, or are no longer able to perform full CPR. In some cases, compression-only CPR is the preferred method for members of the public who witness an adult suddenly collapse. The issue has recently emerged based on research published in the journal *Circulation* and based on scientific evidence released from members of the International Liaison Committee on Resuscitation (ILCOR).

First aid protocols for an unresponsive person during COVID-19

Chest compressions pump the heart, circulating oxygen already in the person's body. This makes compression-only CPR suitable for an adult who suddenly collapses. Compression-only CPR should not be used when the oxygen in the person's body has likely been used up, such as with a drowning incident or when a respiratory emergency may have caused the cardiac arrest.

When an infant or child's heart stops, it's usually because of a respiratory emergency, such as choking or asthma, which use up their body's oxygen, therefore they would require full CPR, including rescue breaths.

"Compression-only CPR is giving continuous chest compressions of approximately 100 compressions per minute, without giving rescue breaths," says Rick Caissie, National Director, First Aid, Swimming & Water Safety.

The most important thing for Canadians to know right now is that the CPR they've been trained to perform is not "wrong." All Canadian Red Cross CPR courses will continue to teach full CPR. Early CPR remains one of the most critical factors in surviving cardiac arrest. The basic steps remain the same:

Get help – call 911 to activate your local emergency medical system.

Start CPR to keep the blood flowing.

CPR is easy to learn and saves lives. Full CPR (cycles of chest compressions and rescue breaths) is still important to learn. It is critical to know what to do during an emergency. Red Cross first aid and CPR training can give people the skills and the confidence to act in an emergency.



THE HISTORY OF THE TERRY FOX FOUNDATION



July 28, 1958 – Terrance Stanley Fox is born in Winnipeg, Manitoba.

March 9, 1977 – Terry discovers he has a malignant tumor in his right leg; the leg is amputated 15 centimeters (six inches) above the knee. The night before his amputation he reads about an amputee runner and dreams of running.

February 1979 – Terry begins training for his Marathon of Hope, a cross-Canada run to raise money for cancer research and awareness. During his training he runs over 5,000 kilometers (3,107 miles).

October 15, 1979 – Terry writes to the Canadian Cancer Society to support his run: “I’m not a dreamer, and I’m not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to.”

April 12, 1980 – St John’s, Newfoundland: Terry dips his artificial leg into the Atlantic Ocean and begins his odyssey. He runs an average of 42 kilometers a day (26 miles) through six provinces.

September 1, 1980 – After 143 days and 5,373 kilometers (3,339 miles) Terry stopped running outside of Thunder Bay, Ontario; his primary cancer had spread to his lungs. Before returning to BC for treatment Terry said, “I’m gonna do my very best. I’ll fight. I promise I won’t give up.”

September 2, 1980 – Isadore Sharp, Chairman and CEO of Four Seasons Hotels and Resorts, telegrams the Fox family with a commitment to organize a fundraising run that would be held every year in Terry’s name. He writes, “You started it. We will not rest until your dream to find a cure for cancer is realized.”

September 9, 1980 – The CTV network organizes a star-studded telethon, lasting five hours and raising \$10 million.

February 1, 1981 – Terry’s hope of raising \$1 from every Canadian to fight cancer is realized. The national population reaches 24.1 million; the Terry Fox Marathon of Hope fund totals \$24.17 million.

June 28, 1981 – After treatment with chemotherapy and interferon, Terry Fox dies at Royal Columbian Hospital, New Westminster, British Columbia – one month short of his twenty-third birthday.

September 13, 1981 – The first Terry Fox Run is held at more than 760 sites in Canada and around the world. The event attracts 300,000 participants and raises \$3.5 million.

April 20, 1982 – The Marathon of Hope fund now totals \$27.8 million and is allocated to cancer research projects in the Terry Fox New Initiative Programs of the National Cancer Institute of Canada.

THE HISTORY OF THE TERRY FOX FOUNDATION

May 26, 1988 – The Terry Fox Run becomes a Trust, independent of the Canadian Cancer Society. The organization becomes known as The Terry Fox Foundation.

1992 – The first International Terry Fox Runs are held around the world. Participating countries were: Australia, Belgium, China, Czech Republic, England, Germany, Hungary, India, Japan, Jordan, Kuwait, Malaysia, Mexico, Netherlands, Norway, Philippines, Poland, Romania, Russia, Saudi Arabia, USA, Zimbabwe

August 28, 1998 – The Terry Fox Foundation announced a new infusion of \$36 million in funds for Canadian cancer research. The new program, called The Terry Fox New Frontiers Initiative, represents a departure from any existing research programs and will target increased innovation and risk.

April 12 to September 2005 – The 25th Anniversary of Terry’s Marathon of Hope brought about several remarkable events and fundraisers. The Canadian Mint launched the Terry Fox \$1 coin, Canadian author Douglas Coupland released the book “Terry”, Maxine Trottier published the children’s book “A Story of Hope” (joining books by Leslie Scrivener and Eric Walters) and CTV produced the motion picture “Terry”. Over 14,000 Canadians walked the Confederation Bridge between PEI and New Brunswick as part of a unique Terry Fox Run. More than 3 million students and educators took part in the first National School Run Day. More than \$45 million, a record amount, was raised in 2005.

October 29, 2007 – The Terry Fox Research Institute is launched, combining the clinical knowledge of cancer physicians with advanced laboratory expertise of scientific researchers, overcoming barriers of discipline and geography.

April 1, 2015 – “*Running to the Heart of Canada*” exhibit opens at the Canadian Museum of History. The exhibit will travel across Canada through 2017.

April, 2020 – The Foundation announces that over \$800 million has been raised to support cancer research in Terry’s name.

The Terry Fox Foundation is excited to announce that Canadians will continue to support cancer research through Virtual Runs from coast to coast to coast this September. Terry once said, “Anything is possible if you try.” Today, 40 years later, we will have to innovate as well – we can’t think of anything that Terry would appreciate more. Celebrate the 40th anniversary of Terry’s Marathon of Hope on Sunday September 20th, 2020 <https://terryfox.org/run/>

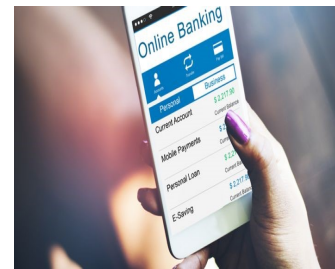
BENEFITS OF ONLINE BANKING

WHAT IS ONLINE BANKING?

Online Banking enables you to carry your online transactions via the internet through the website/ mobile app associated with your financial institution which holds your bank account.

Why should I have an online account?

- No need to plan your day according to bank hours
- No more waiting in queue
- Access to your account 24 hours a day
- Pay your bills on line
- Deposit your cheques on line
- Sign up to receive your pension, GST, Family allowance on line and more
- Shop online in the comfort of your home (groceries, medication , clothing).



COVID-19 MAY HIT AGAIN IN THE FALL, BE PREPARED!

Because of the pandemic, it was hard for many people to have access to money and or pay their bills because the banks closed for some time. By having access to online banking you will be worry-free as you do not have to go to the bank in person to do your usual transactions.

HOW DO I SIGN UP?

- Ask a trusted person to help you sign up online or go to your bank institution
- You must have an internet connection (secure)
- You must have a cell phone or computer

Benefits of Online Banking



Transfer money electronically, instead of writing checks



Open checking, savings, and other accounts online



Typically considered safer than traditional banking



Transfer funds easily




Speedy loan application process



Deposit checks using a mobile device



 the balance

Visiting your bank or calling will always remain a way to keep in contact or ask questions about your finances.

The day will come when all transactions will be paperless. Be prepared, sign up now!

6 Ways to Check Your Bank Balance

Check online



Download a mobile app



Call your bank



Visit an ATM




Set up alerts



Ask a teller



 the balance

Footcare with LPN Suzanne Marcel

Licensed Practical Nurse

Siska Friday August 28, 2020

Note: Siska

Cook's Ferry September 1, 2020

Note: Cook's Ferry

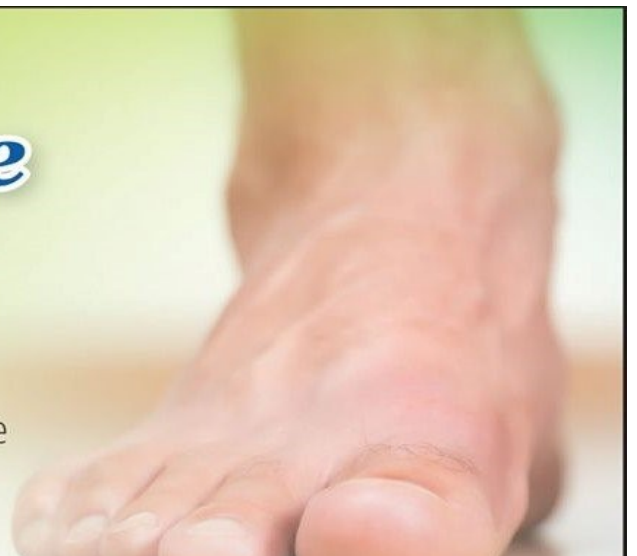
All existing clients will be contacted to book an appointment. Clients will be asked to wear masks and will be called the day before with a health-check questionnaire. Anyone with foot issues can be seen. Please call the office to book your first time appointment.

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)

Cook's Ferry Tuesday September 29, 2020

Siska Wednesday September 30, 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

Cook's Ferry Tuesday September 1, 2020
Tuesday September 15, 2020

Siska Wednesday September 2, 2020
Wednesday September 16, 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.



Heskw'en'scutxe Health Services Society

A) **Healthy Food Bag Deliveries** will resume in October. You will also receive a Covid-19 Basic Supplies bag containing hand sanitizer, hand soap, facial tissues, toilet paper, garbage bags, dish soap and a hand made facemask. Watch for postings on Social Media for delivery dates.

B) **Monthly Shopping Days during the Pandemic** For those who use this service, please note that we can only take one family per car. Our medical drivers and home care aids 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 them up for you. You must pay in advance by using an online 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, 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) **Heskw'en'scutxe Health Services Society Website**

In this phase of developing the website, we asked community members if they would like to participate in having their pictures taken to upload to our new website. We may also use some of the pictures in newsletters and on our walls in our offices. Culture is an integral part of the Society and we would like to extend our gratitude to everyone who participated in this project. We will have a draw of gift cards later this month for all the ones who had their pictures taken.



HHSS BOARD	HHSS STAFF	HHSS Cook's Ferry	HHSS Siska
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Lorette Edzerza
 Chairman
 Director
 Cooks Ferry Band
 Appointed

Angela Phillips
 Director
 Siska Indian Band
 Appointed

Florine Walkem
 Director
 Cooks Ferry Band
 Appointed

Samantha Gush
 Director
 Siska Indian Band
 Appointed

Tina Draney Acting
 Health Manager
 Finance
tina.draney@hhssbc.ca
 Ext:103

Corynn Reveley
 Siska Receptionist
 Ext: 201

Nadine Methot
 Cook's Ferry Health Administrative Assistant / Medical Transportation Clerk
 Ext: 101

Annette Albert
 Community Health Representative
 COHI
 Healthy Food Bags
annette.albert@hhssbc.ca

Scarleth Zwez-Ruiz
 Home & Community Care Nurse / Community Health Nurse
scarleth.zwez-ruiz@hhssbc.ca
 Ext: 101

Clarissa Frederick
 Community Home Care Aid
clarissa.frederick@hhssbc.ca
 Ext 303

Ashley Loring Earl
 Community Home Care Aid
ashley.loring-earl@hhssbc.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@hhssbc.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@hhssbc.ca



Follow us!





Instagram

Sarah Billy learning bow and archery with Buzz Manuel, Arbor, Cook's Ferry



WELCOME DANIELLE MUNRO TO HHSS!

Please join us in welcoming Danielle Munro to our team as a full time employee!

Danielle has been working with HHSS as our “on call medical driver” and has now accepted our full-time position for Custodian-Vehicle Maintenance-Driver. She will be taking the first few days to read all the policies regarding clinical cleaning, Covid19 cleaning safety, Panorama confidentiality and receive training from Nurse Scarleth.

HHSS is excited to have Danielle full time on our team and wishes her the best in her new career!

September Traditional Youth Games in our Communities

We received funding from New Relationship Trust to host an event with the youth. The event had to be rescheduled as it was originally to take place in March prior the Pandemic. I-Spark facilitator Buzz Manuel had the youth learn several traditional games to Nlaka’pamux culture, including rock throwing (golf balls) at small wooden rabbits and grouse, learning to hunt. Spear throwing into a movable wheel, trying to catch a deer and archery. Several staff participated in the event ensuring Covid-19 policies were followed and everyone was safe. The weather was spectacular and participants also learned how to make smoothies (recipes were handed out along with frozen fruits and protein powder to take home), gift cards and custom made hoodies.



Heskw'en'scutxe Health Services Society

Invitation to
Siska and Cooks Ferry Community members:

Pool Passes available to registered band members and their families. You do not have to live in community to receive free passes. Call Nadine to be added to the list.

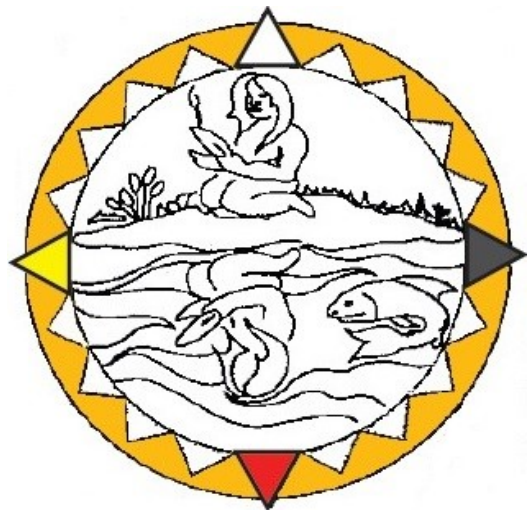
Open to the public even during the pandemic!

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

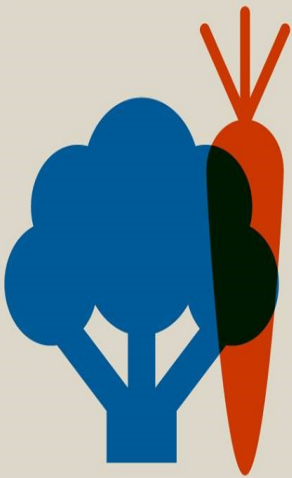
Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213



STAY HEALTHY TO BEAT COVID-19



**EAT A
HEALTHY DIET**



**AVOID
ALCOHOL**



**QUIT
TOBACCO**



**BE PHYSICALLY
ACTIVE**