



# Heskw'en'scutxe Health Services Society

*Dedicated to serving Cook's Ferry and Siska Communities*

*"Take Care Of Yourself"*

Health & Wellness Newsletter

October 2020

## Flu and COVID-19

Does a flu vaccine increase your risk of getting COVID-19?

There is no evidence that getting a flu vaccine increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

You may have heard about a [study](#) published in January 2020 that reported an association between flu vaccination and risk of four commonly circulating seasonal coronaviruses, but not the one that causes COVID-19. This report was later found to be incorrect.

The results from that initial study led researchers in Canada to look at their data to see if they could find similar results in their population. The results from Canada's [study](#) showed that flu vaccination did not increase risk for these seasonal coronaviruses. The Canadian findings highlighted the protective benefits of flu vaccination.

The Canadian researchers also identified a flaw in the methods of the first study, noting that it violated the part of study design that compares vaccination rates among patients with and without flu ([test negative design](#)). This flaw led to the incorrect association between flu vaccination and seasonal coronavirus risk. When these researchers re-examined data from the first study using correct methods, they found that flu vaccination did not increase risk for infection with other respiratory viruses, including seasonal coronaviruses.



**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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# HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



## VALUE STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods.

Heskw'en'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's

## MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Heskw'en'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

**Our offices will be closed on Monday October 12, 2020 in honor of Thanksgiving. Remember to follow Covid-19 guidelines and maintain social distancing over the long weekend. Be Safe everyone!**

*Thanksgiving Blessings*



## 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!***

## A Letter From the Manager

Hentle,

Fall is here! In preparation for the cold and flu season HHSS has started ordering our Personal Protective Equipment (PPE) supplies from First Nation Health Authority. Nurse Scarleth has taken her immunization training and has ordered her immunization supplies so we can host a vaccination day this month or early November. I encourage all membership to receive a flu shot this year. If you have any fears about any immunizations, please do not google the internet as there are many conspiracy theories going around to scare people. Please reach out to your Nurse Scarleth so she can provide you education and information on immunizations and vaccines. Vaccines are safe and have helped eradicate many contagious communicable diseases. Of course, we all have a right of choice, but HHSS encourages you to choose immunizing and vaccinating to prevent yourself from having regular flu symptoms during the COVID19 pandemic and to help stop the spread of viruses and communicable diseases.

October has two holidays that we normally celebrate, Thanksgiving and Halloween. This year we will have to consider safer ways to celebrate. Please continue to follow Dr. Bonnie Henry's advice to social distance or wear a mask, keep our "bubbles" small, wash or sanitize hands and surfaces often, do not touch your face, and do not share food or drinks, utensils, or towels. Conduct a virtual family Thanksgiving and Halloween this year to keep your families safe.

Is your family ready for a "second wave" of COVID19? If someone in your home gets sick do you know what to do? How will your household manage if someone must self isolate? How will you travel for testing purposes while keeping others safe? How will you share a bathroom if someone has symptoms and others in the home do not have symptoms? How will meals be prepared? I encourage everyone to go to the First Nation Health Authority (FNHA) and the Communicable Disease Center (CDC) websites for ways to be prepared and how to keep everyone else in the home safe from the virus. If you start to have any symptoms, please self isolate and if symptoms continue for 24 hours please call 811 for direction on getting tested. Other people in the home must also self monitor for symptoms. Please call HHSS if you require any advice or help.

To encourage people to follow the "rules" HHSS will provide shopping services for basic needs while people are self isolating. Give us a call to access our service. As always please provide as much notice as possible so staff and vehicles can be scheduled.

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.

Take Care of each other,

Tina Draney  
Acting Health Manager

250-458-2212

[Tina.draney@hhssbc.ca](mailto:Tina.draney@hhssbc.ca)

PO Box 188

Spences Bridge, BC. V0K 2L0

# 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@hssbc.ca](mailto:tina.draney@hssbc.ca)

# 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	



## 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.

[Meskw'en'seutxe Health Services Society \(MHSS\) 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 MHSS 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 MHSS 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 MHSS 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](http://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](http://www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx).
3. Call BCCDC's COVID-19 Negative Results line (1-833-707-2792).

*Contact MHSS 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**

**Testing is done by appointment only,**

**to book an appointment please contact your local**

**Health Centre/Hospital:**

Location	Booking	Dates/Times	Address	Phone Number (leave message)
Lytton FNHA nurses	by appt only	M-F 1:00pm-2:00pm	1535 St. Georges Rd	250-455-2715
Lillooet FNHA nurses	by appt only	M-F	296 Main St. Lillooet	250-256-7017
St. Bartholomew's Hospital—in ER	by appt only	M, W, F 11:00-12:00pm	575A Main St. Lytton	250-455-2221
Lytton First Nation Lisa Colwell	by appt only	M, T, W 8:30—2:00pm	To be booked	250-256-8182
Ashcroft Hospital & Community Health Centre	by appt only	M, W, F 1:00 -2:00pm	700 Hwy 97C	250-453-1905
Nicola Valley Hospital and Health Centre	by appt only	M, W, F 12:45pm-2:15pm	3451 Voght St. Merritt	250-378-3407
Lower Nicola Health Irene Howe Rainbow Acoby	by appt only	T & Th 9:30am—1:30pm	To be booked	250-378-4089
Scw'exmx Community Health—Rose Dionne	by appt only	M-F 9am—1pm	Tailgate test at home/ Drive-in 2090 Coutlee Ave	250-378-9745
Nlaka'pamux Health Terri Stockwell	by appt only	To be booked	To be booked	250-315-7120



## COVID-19

# How to self-isolate in shared housing

If you have COVID-19 or have been exposed to it, you need to stay in isolation, away from other people. Your doctor will tell you for how long. During this time, it's important to take steps to avoid spreading the virus to others.

This can be tricky if you live with someone else. Ideally, you would use a separate bedroom and a separate bathroom. But that's not an option if you live in a small or crowded place with only one bathroom.

Still, there are things you can do to help protect those you live with. Here are some ideas.

### ✔ Stay in one room as much as you can.

- If there's a bedroom, it's best if you use it. Don't share a bed with anyone. Healthy people should sleep in another room.
- If there isn't a bedroom you can use, try to stay in a room that's close to the bathroom. This will reduce how often you pass through common areas, like the kitchen.
- If you can, ask one person in your household to bring you things you need and leave them outside your area.

### ✔ Clean and disinfect high-touch items in your area every day.

These include doorknobs, light switches, counters, and remote controls.

### ✔ Keep your distance from others.

- Don't spend any more time in common areas than you have to.
- When you have to be in common areas, try to stay 6 feet away from other people.
- Avoid contact with pets if at all possible.
- Ask visitors to stay away. But keep in touch with friends and family by phone or computer.

### ✔ Wash your hands well and often.

- Use soap and water. Scrub your hands together for at least 20 seconds. Rinse and dry well.
- Wash your hands after you use the toilet, before you eat, and after you cough, sneeze, or blow your nose.

- ✔ **Don't share personal household items.** This includes bedding, towels, dishes, cups, and eating utensils. If anyone touches items you've used, they need to wash their hands well after handling them.
- ✔ **Take extra care in the bathroom.**
  - Wash your hands well after you use the toilet.
  - Use a separate towel and washcloth.
  - Before you leave the bathroom, disinfect anything you touched, like toilet and sink handles, doorknobs, and light or fan switches. Use a household disinfectant spray or wipes. Or use a homemade bleach solution. (Follow the directions on the label).
- ✔ **Be careful in the kitchen.** If you need to get something, wait until no one else is in the kitchen.
  - Wash your hands well before you touch anything.
  - Take your food or drink back to your room.
  - Before you leave the kitchen, disinfect anything you touched. This may include counters, drawers, refrigerator and microwave handles, and the sink.
- ✔ **Cover your coughs and sneezes.** Cough or sneeze into your elbow or into a tissue. Throw tissues in the trash right away. Then wash your hands.
- ✔ **Avoid touching your nose, mouth, and eyes.** This helps keep germs out of your body.
- ✔ **Let fresh air in.** If weather permits, open some windows. Or use an air-conditioner if you have one. If your room has a door, keep it closed but open a window.
- ✔ **Limit contact if you're sick.**
  - Have only one person provide care. If possible, other people need to stay away from you or not enter your room.
  - Wear a cloth face cover when the caregiver is in your room or whenever you're around other people. Or if the cloth makes it hard for you to breathe, the caregiver should wear a face cover.
  - Each time you use the bathroom, disinfect it before anyone else uses it. If you're too ill to do it, the caregiver can do it. But they need to wear a cloth face cover. It's best if they wait as long as they can after you've been in the bathroom.



# BE PREPARED WITH A HEALTHY PRODUCE BAG AND COVID-19 ESSENTIAL SUPPLIES

## BE PREPARED (COVID-19)

### PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

#### Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
  - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
  - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
  - Have backup childcare in case you or your usual care provider become ill.
  - If you care for dependents, have a backup caregiver in place.
  - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
  - Shop and use public transit during off-peak hours
  - Exercise outdoors instead of in an indoor fitness club

### COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

### STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



### SHOPPING LIST

#### FOOD

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

#### HYGIENE

- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

#### HEALTH CARE

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

#### CLEANING

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products

The Healthy Food Bag program will start again from October to March 2021.

Watch out for extra supplies in your October bag as we are adding a Covid-19 delivery of essential supplies, mostly cleaning items. Watch out for the delivery date to be announced later this month.

On the left is the list of basic supplies we recommend you have in your home for the fall and winter season.

Bring this list when you go out shopping.



### FOR MORE INFORMATION ON COVID-19

1-833-784-4397

@canada.ca/coronavirus



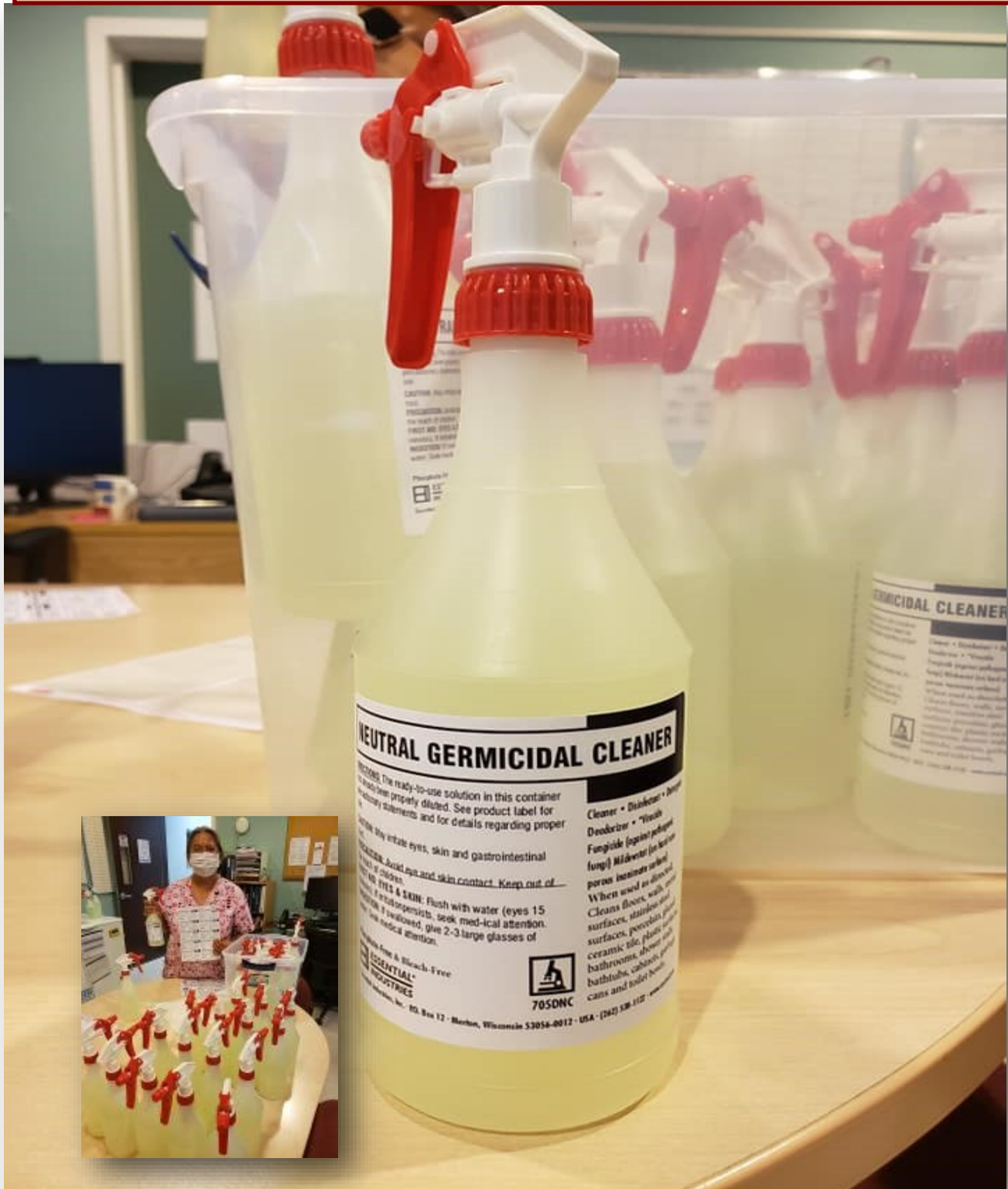
Public Health  
Agence de la Santé  
du Canada

Agence de la santé  
publique du Canada



# Is it time to refill your Neutral Germicidal Cleaner Spray Bottle?

Call our offices or knock at the door during business hours and we will happily refill at no charge.





Mr. Pickering is working as an independent consultant. He will no longer be available on Thursdays morning for our community. However, you are welcome to call him and discuss your needs and he will organize a schedule with you based on his availabilities.

We would like to thank Mr. Pickering for offering his services to our community and wish him the very best and are glad that he can still work with clients that wish to connect with him.



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

Mental Wellness Outreach Clinician

rpickering@statimchealth.net

T: (250) 256-7530 • C: (250) 842-8552

Lillooet Tribal Council

Attn: St'at'imc Outreach Health Services

PO Box: 1420 • Lillooet, BC V0K 1V0

Dear Community Members serviced by HHSS:

I am a clinical counsellor, supervisor, and EMDR therapist, who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton and surrounding rural areas. I never stop looking for creative psychological solutions to my diverse client predicaments. When I am not sure about something, I research for solutions until I find alternative solutions to present to my First Nation clients for their consideration. That includes traditional forms of healing and spirituality, as well as clinical counselling. Influenced by the needs of my clients, I have grown interested in the following areas of practice: General counselling services (Anxiety, Grief, Depression); EMDR (Eye Movement Desensitization Reprocessing); 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). **I will be able to attend to your needs immediately only if I have times available. Otherwise, your request might go on a waiting list for some time, until I get to see you.**



**First Nations Health Authority**  
**Interior Region Mental Health and Wellness:**  
**Quick Reference Support Lines**



**Mental Health and Crisis Support Lines**

**Hope for Wellness Helpline: 1-855-242-3310**  
Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Indian Residential School Survivors Society**  
**1-604-985-4464/toll-free: 1-800-721-0066**

**KUU-US Crisis Line Society at 1-800-588-8717**  
Toll Free Aboriginal provincial crisis line operates 24 hour

**Tsow-Tun Le Lum Society: 1-250-268-2463**  
24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and /or residential school survivors

**Addictions and Substance Misuse Supports**

**Kids Help Line – 1-800-668-6868**  
**Adults Help Line – 1-800-663-1441**  
**Health Link BC 811**  
**MHSU Interior Health 1-888-353-2283**

**Domestic Violence or Abuse**

**If you are in immediate danger call 911**

**Domestic Violence Help Line at 1-800-563-0808**  
(free, confidential, 24/7, service in multiple languages)

**VictimLinkBC at 1-800-563-0808** toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

**KUU-US Crisis Line Society at 1-800-588-8717**  
Toll Free Aboriginal provincial crisis line operates 24 hour

**Hope for Wellness Helpline: 1-855-242-3310** Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Support for Children and Youth**

**Kids Help Phone: 1-800-668-6868**

**Helpline for Children in BC: 310-1234**

**KUU-US Crisis Line Society Child and Youth Crisis 1-250-723-2040 or toll free 1-800-588-8717** crisis line operates 24 hour

**For online resources for Mental Health:**

**First Nation Health Authority Mental Health and Substance Use:**  
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

**Canadian Mental Health Association**  
<https://cmha.ca/>

**First Nation Health Authority /novel coronavirus (COVID-19)**  
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

**If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.**

**MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION**

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

**Mental Wellness Outreach Clinician**

Cell: (250) 842-8552

**ANNOUNCEMENT:**

Please call him directly to book an appointment. He will be doing phone counselling until the Pandemic is over.



**Nlaka'pamux Mental Health Services**

**Elizabeth Perdock-Waboose 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)



**Nlaka'pamux Mental Health Services**

**Wanda Dixel**

**Mental Health and Addictions Clinician**

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

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

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



**Nlaka'pamux Mental Health Services**

**Vincent Abbott, Drug & Alcohol Counsellor**

Vincent is in CF every Wednesday (see calendar insert)

Please call him directly to book your appointment or drop in for a visit.

Office: 250 378.9772 Mobile: 778 254.0055

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



## Check in on your mental health

There are many schools of thought on mental health. So, at the Canadian Mental Health Association, we waded into everything from western psychology to Indigenous knowledge, and here is what we found: when we look at various descriptions of mental health, the overlaps are striking.

We found that, while feeling well means different things to different people, some things might actually apply to all of us: in order to thrive, we all need a good sense of self, and we all need purpose, contribution, hope, resilience and belonging.

We've condensed that knowledge into an informal list that you can use to check your own mental health.

Read each statement, and consider whether you "Agree" or "Disagree" with it.

It's not a scientific tool, or a way to diagnose yourself. It's just one way to check in with yourself about your mental health, and maybe guide you on how to support and improve it.

### Your sense of self

- I feel confident about my own opinions, even if they're different from what other people think or believe.
- I think people respect me, but I can disagree with others and still feel ok about myself.
- I feel that I am the expert on my own life.
- I consider myself to be a good person.
- I deserve to feel well.

### Your purpose and sense of meaning

- I feel like I'm reaching my potential.
- I feel I am growing as a person.
- I challenge myself and my thoughts about the world
- I have a sense of purpose and meaning in my life.

- It is a better world with me in it.
- I am good at things that matter to me.
- I get something out of the things I do.

### **Belonging**

- I get along with others, and I feel good about my personal relationships and social interactions.
- I feel like I am part of something bigger than myself.
- I feel like I belong.
- I have people in my life to support me.

### **Contribution**

- What I do matters a lot to others
- I feel useful and productive
- I make the world a better place in my own way
- I am making a difference

### **Hope and enjoyment**

- I am optimistic about my future.
- I feel good about myself
- I like and accept myself.
- I usually expect good things will happen.
- I enjoy life.

### **Resilience**

- Things are hard sometimes, but I think I deal pretty well.
- I know I can't control everything, but I take action where I can.
- If you knock me down, I get back up again.

Are you looking for services or supports in your own community? Visit [cmha.ca/find-your-cmha](https://cmha.ca/find-your-cmha) to find your local CMHA.

If you are in a crisis or need immediate assistance, visit [www.crisisservicescanada.ca](https://www.crisisservicescanada.ca) or call directly at:

Canada: 1-833-456-4566

Quebec: 1-866-APPELLE (277-3553)



“Have your Eyes Examined”

‘Healthy Eyes provide you a better life’

“Hundreds of frames to choose from”



October

**6, 7 & 8**

**2020.**

Please contact our LFN Tl'kemstin Health Centre to book your appointments to see the eye doctor. I can be reached at

**250 455 2115 or 250 256 8219**

**“Doctors of Optometry are visiting our Community”**

**At the Lytton Memorial Hall on Main Street.**

## Good vision is about making good choices.



Your best choice is to see your doctor of optometry for a routine [eye exam](#) to ensure good vision and eye health. Early diagnosis and treatment are keys to preventing vision loss. Don't assume that red eyes, pain or unusual visual symptoms will go away on their own. You can never be sure: some eye diseases only show symptoms when the condition is advanced and difficult, or even impossible, to treat.

It's about making smart decisions at home. Everything from sitting at a distance equivalent to at least five times the width of your TV screen; to eating the right foods to help deter the onset of certain eye conditions; to taking a 20 second break from your computer screen every 20 minutes and focusing your eyes on something at least 20 feet away; to wearing proper protective eyewear when undertaking most major indoor or outdoor work; to the simple habit of having your child wear sunglasses when stepping outside when the sun is shining – because kids are more at risk for eye damage from ultraviolet radiation.

Good vision and eye health means making smart choices at work, too. At the office, being farsighted or nearsighted, or having astigmatism can all make computer use less comfortable. Depending on your condition, your eyes could be exerting extra focusing effort or be forced to work harder to maintain a clear image on the screen. We provide expert eye health and leading prescription safety eyewear to industries as diverse as forestry and IT, offering comprehensive eye examinations, professional consultation and individually tailored programs to help employees work safely and effectively. Through comprehensive eye health services, such as visual field assessments and vision training, your optometrist can detect, manage and treat conditions such as job-related eyestrain, age-related vision change and disease.

Talk to your doctor of optometry to ensure you are making the right choices.

## Healthy Snacks for Healthy Eyes



Just as we drink water to stay hydrated or fill up on fruits and veggies to maintain our health, it's also important to nurture our eyes with food.

Keep your eyes in tip top shape with these great go-to snack ideas that are packed with nutritious foods for your eyes.

- Eat your leafy greens – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!
- Fruits and veggies – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.
- Hummus – Enjoy some hummus with you veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.
- Visit the docks – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.
- Think Orange – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.
- Use leftover turkey – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against [cataracts](#).



# HALLOWEEN PHOTO CONTEST



BEST DECORATIONS

BEST COSTUME



## HOW TO ENTER:

1. Decorate house or put on cool Halloween costume or both.
2. Take picture
3. Send us your picture, by dropping off at one of our office in Siska or Cook's Ferry; messaging Hhss Nadine or Corynn Hhss on FB; or emailing [admin@hhssbc.ca](mailto:admin@hhssbc.ca)
4. Deadline to submit is November 2, 2020.
5. Winners will be announced on FB November 5, 2020

## PRIZES:

FIRST PRIZE: \$50 GIFT CARD

SECOND PRIZE: \$25 GIFT CARD

THIRD PRIZE: SURPRIZE





## Ways to keep your trick-or-treating session safe:

- **Establish ground rules.** The homeowner should give the candy out and not let all the kids dig in the candy bucket. And while it's hard to ask kids not to run around the street, you should ask them to stay as far away from people outside of your household, to continue to do social distancing even outside."
- **Don't share props, toys or bowls.** Keep the swords, wands and tiaras from being passed around if you can. Ask each of your children to hold onto their own candy bags.
- **Bring hand sanitizer, and practice not touching your face.** It's always good to take a break, do a check in and give kids some hand sanitizer to clean their hands between multiple homes. This is also an opportunity to give kids a break from wearing a mask if they need it, in a safe spot away from others where they can remove their mask with clean hands.
- **The CDC is urging people to avoid** some of the most beloved traditions of the spooky season, including trick-or-treating and indoor costume parties, due to the **"high risk"** they pose for spreading the virus.
- It's also labelled haunted houses, hayrides with strangers, fall festivals outside your community, drinking and "trunk or treating" as **higher-risk** activities during the pandemic. (Trunk-or-treating involves handing out candy from the trunk of a car).
- **The CDC recommended several lower-risk activities** for celebrating the holiday with people in your immediate household, including carving pumpkins, watching movies and holding candy scavenger hunts.
- **The agency also described some activities that are moderately risky**, such as attending an outdoor costume party in a mask, conducting one-way trick-or-treating and visiting haunted forests while maintaining more than two metres of space from others.

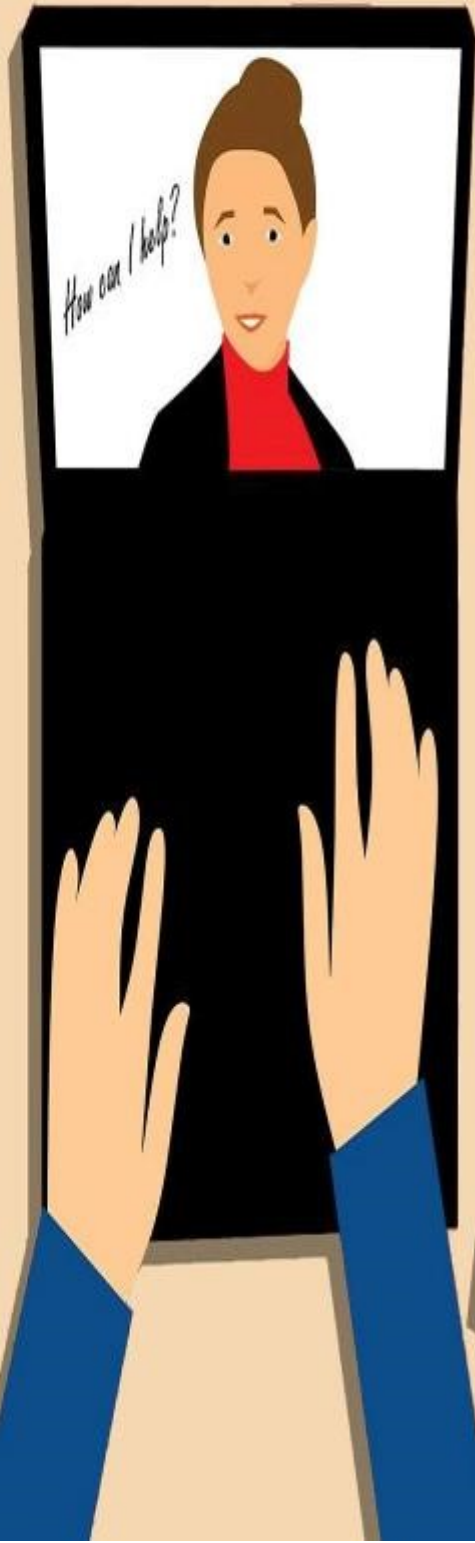


All First Nations Citizens in BC

Parent Coordination  
Centre of BC



## VIRTUAL DOCTOR OF THE DAY



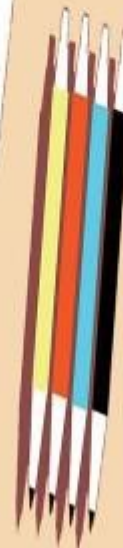
*Need to see a doctor?*

Book your virtual appointment

1 855 344 3800

7 days a week

8:30am-4:30pm



**\*You will need:**

- laptop
- tablet
- or smartphone
- internet connection

telephone-only is also available



First Nations Health Authority  
Health through wellness



First Nations Health Authority  
Health through wellness

# Do you need to see a doctor?

## Introducing the First Nations Virtual Doctor of the Day



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

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

### About the doctors

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

### How to set up an appointment

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

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

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

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

To learn more about the program before making an appointment, visit [fnha.ca/virtualdoctor](https://fnha.ca/virtualdoctor)

**Breast cancer prevention starts with healthy habits — such as limiting alcohol and staying active. Understand how to reduce your breast cancer risk.**

[By Mayo Clinic Staff](#)

If you're concerned about developing breast cancer, you might be wondering if there are steps you can take to help prevent breast cancer. Some risk factors, such as family history, can't be changed. However, there are lifestyle changes you can make to lower your risk.

### **What can I do to reduce my risk of breast cancer?**

Research shows that lifestyle changes can decrease the risk of breast cancer, even in women at high risk. To lower your risk:

- **Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than one drink a day, as even small amounts increase risk.
- **Don't smoke.** Evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women.
- **Control your weight.** Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
- **Be physically active.** Physical activity can help you maintain a healthy weight, which helps prevent breast cancer. Most healthy adults should aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
- **Breast-feed.** Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.
- **Limit dose and duration of hormone therapy.** Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options. You might be able to manage your symptoms with nonhormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you're taking hormones.
- **Avoid exposure to radiation and environmental pollution.** Medical-imaging methods, such as computerized tomography, use high doses of radiation. While more studies are needed, some research suggests a link between breast cancer and cumulative exposure to radiation over your lifetime. Reduce your exposure by having such tests only when absolutely necessary.



# Breast Cancer in Men

Men have breast tissue just like women, but their breasts are less developed. Breast cancer in men is similar to the disease in women, but there are some differences. For the most part, breast cancer in men is treated like breast cancer in women who have reached menopause (when the ovaries stop making estrogen).

Less than 1% of all breast cancers occur in men. Researchers estimate that 230 new cases of breast cancer in men will be diagnosed in Canada in 2019 and that 55 men will die from the disease.

## Types of tumours

A cancerous tumour of the breast can spread (metastasize) to other parts of the body. Cancerous tumours are also called malignant tumours.

Almost all the breast cancers found in men are ductal carcinoma. This type of cancer starts in gland cells in the lining of a duct. Doctors will classify these tumours as non-invasive or invasive. Non-invasive means that the cancer cells have not spread beyond the duct where they started. Invasive means that the cancer cells have started to grow through the wall of the duct and into the surrounding tissue.

Most ductal carcinomas in men are invasive. After they grow through the duct, the cancer cells can continue to grow and cause a lump or thickening in the breast. The breast cancer cells can also spread to lymph nodes and other parts of the body.

Other types of breast cancer can also develop in men, but they are rare. These types of breast cancer are treated the same way in men as they are in women.

## Risk factors

A risk factor is something that increases the risk of developing cancer. It could be a behaviour, substance or condition. Most cancers are the result of many risk factors. But sometimes breast cancer develops in men who do not have any of the risk factors described below.

The risk of a man developing breast cancer increases with age. Most men diagnosed with the disease are over the age of 60.

### Known risk factors

There is convincing evidence that the following factors increase a man's risk for breast cancer.

**A family history of breast cancer** increases the risk of breast cancer in men. The greater the number of close relatives (men or women) who have breast cancer, the greater a man's risk for developing the disease.

**BRCA gene mutations** are changes to the breast cancer genes. Only a very small number of breast cancers in men are caused by an inherited [gene mutation](#). BRCA2 mutations increase the risk of breast cancer in men more than they increase the risk in women. Mutations in the BRCA1 gene also increase the risk of breast cancer in men, but not as much as the BRCA2 gene mutation. Men who carry these



## Breast Cancer in Men

gene mutations may pass them on to their children. Children of men with breast cancer have a higher risk of developing breast cancer.

**Klinefelter syndrome** is a very rare inherited, or genetic, disorder. Men with Klinefelter syndrome have lower than normal levels of androgens and higher than normal levels of estrogen in their bodies. These changes in hormone levels are linked with a higher risk of developing breast cancer.

**Exposure to radiation**, especially radiation to the chest, increases the risk of breast cancer in men.

**Cirrhosis** is when scar tissue replaces healthy tissue in the liver. This scarring means that the liver doesn't make enough of the proteins that normally carry hormones into the blood. This leads to high estrogen levels and low androgen levels in the body, which are linked with a greater risk of developing breast cancer.

### Possible risk factors

The following factors affect the levels of estrogen and androgen in the body, and changes in these hormones can increase a man's risk of developing breast cancer. Further study is needed to clarify the role that these factors play in breast cancer in men.

**Gynecomastia** is a condition where a man's breasts are enlarged. It is often linked with abnormal estrogen or androgen levels.

**Being obese** is known to increase the risk of breast cancer in women and may increase the risk of breast cancer in men. Fat cells in the body change androgens into estrogen, so men with more fat cells have higher levels of estrogen in their bodies.

**Drinking alcohol** affects the liver, which can affect the level of estrogen in the body. It increases the risk of breast cancer in women. It may also increase the risk in men.

**Estrogen treatment** for prostate cancer may increase the risk of breast cancer in men, but the risk is small compared to the benefit of the treatment. Some studies also reported that men who take estrogen as part of the process of transitioning to women may have a higher risk for breast cancer.

**Certain problems with the testicles** may increase the risk of breast cancer in men. These problems include an undescended testicle (called cryptorchidism) or having one or both testicles removed. Men who had mumps as an adult that caused an inflammation of the testicle may also have a higher risk for breast cancer.

Unknown risk factors



## Breast Cancer in Men

It isn't known whether or not the following factors are linked with breast cancer in men. It may be that researchers can't show a definite link or that studies have had different results. More research is needed to see if the following are risk factors for breast cancer in men:

- occupational exposures to very hot work environments (such as working in steel mills that have blast furnaces and rolling mills)
- occupational exposure to gas and exhaust fumes
- previous breast cancer
- exposure to cancer-causing substances in the environment
- smoking
- lack of physical activity

### Symptoms

It is important for men to know what is normal for their breasts and to report any changes to their doctor. The most common sign of breast cancer in men is a painless lump, usually near or under the nipple. Other signs and symptoms include:

- discharge or bleeding from the nipple
- crusting of the nipple
- a nipple that suddenly points inward, or becomes inverted
- pain or swelling of the breast
- a lump in the armpit (called the axilla)
- an open sore, or ulcer, on the skin of the breast that doesn't heal

Later signs and symptoms occur as the cancer grows larger or spreads to other parts of the body, including other organs. Late symptoms of breast cancer in men include:

- weight loss
- bone pain
- cough or shortness of breath
- jaundice





# Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



**Siska Friday, October 16, 2020**



**Note: Siska Clinic**

**Cook's Ferry October 13, 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.

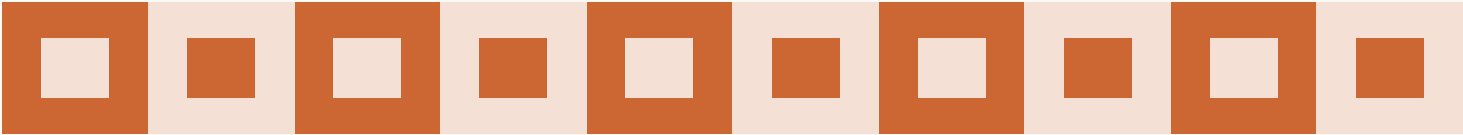
A personal **foot care nurse** completes the daily tasks that allow for the treatment and prevention of **foot health** issues related to diabetes and other diseases. They serve as a valuable resource for information that helps patients manage their health.



***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 Wednesday, October 28, 2020**

**Cook's Ferry Tuesday, October 27, 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, October 7, 2020 and Wednesday October 22, 2020**

**Cook's Ferry Tuesday, October 6, 2020 and Tuesday, October 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
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**Lorette Edzerza**  
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Cooks Ferry Band  
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**Angela Phillips**  
Director  
Siska Indian Band  
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**Florine Walkem**  
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**Samantha Gush**  
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**Danielle Munro / Meriel Barber**  
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