



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

December 2020

PHO order on province-wide restrictions: By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

The order is in effect from November 19, 2020 at midnight to December 7, 2020 at midnight.

Events and social gatherings: All in-person events and community-based gatherings as defined in the [PHO order – Gatherings and Events \(PDF\)](#) are suspended, with the exception of [weddings, funerals, baptisms, support group meetings and business meetings](#). For example:

- Galas
- Musical or theatre performances
- Seasonal activities, including indoor and outdoor holiday events
- Silent auctions
- Movie viewings in cinemas

Social gatherings: No social gatherings of **any size** at your residence with anyone other than your household or core bubble. For example:

- Do not invite friends or extended family to your household
- Do not host gathering outdoors
- Do not gather in your backyard
- Do not have playdates for children

Core bubble: For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling. For example:

- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

Co-parenting and supporting isolated family members: For those who parent from separate households or rely on a family member or close friends for support with things like picking up children after school or delivering essential items like mail, medication or groceries, these activities can continue.

People who live alone: For people who live alone, a core bubble is a maximum of two people you see regularly. You must not host gatherings.

University students: Welcoming your child home from university is okay. This is not a social gathering.

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

Cooks Ferry Office

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

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: nadine.methot@hssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hssbc.ca

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

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



VALUE STATEMENT


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

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

MISSION STATEMENT

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

Our offices will be closed from December 24 to January 3, 2021



The Heskw'en'scutxe Health Services Society is funded by First Nation Health Authority and we support people to maintain their independence and self sufficiency.

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?

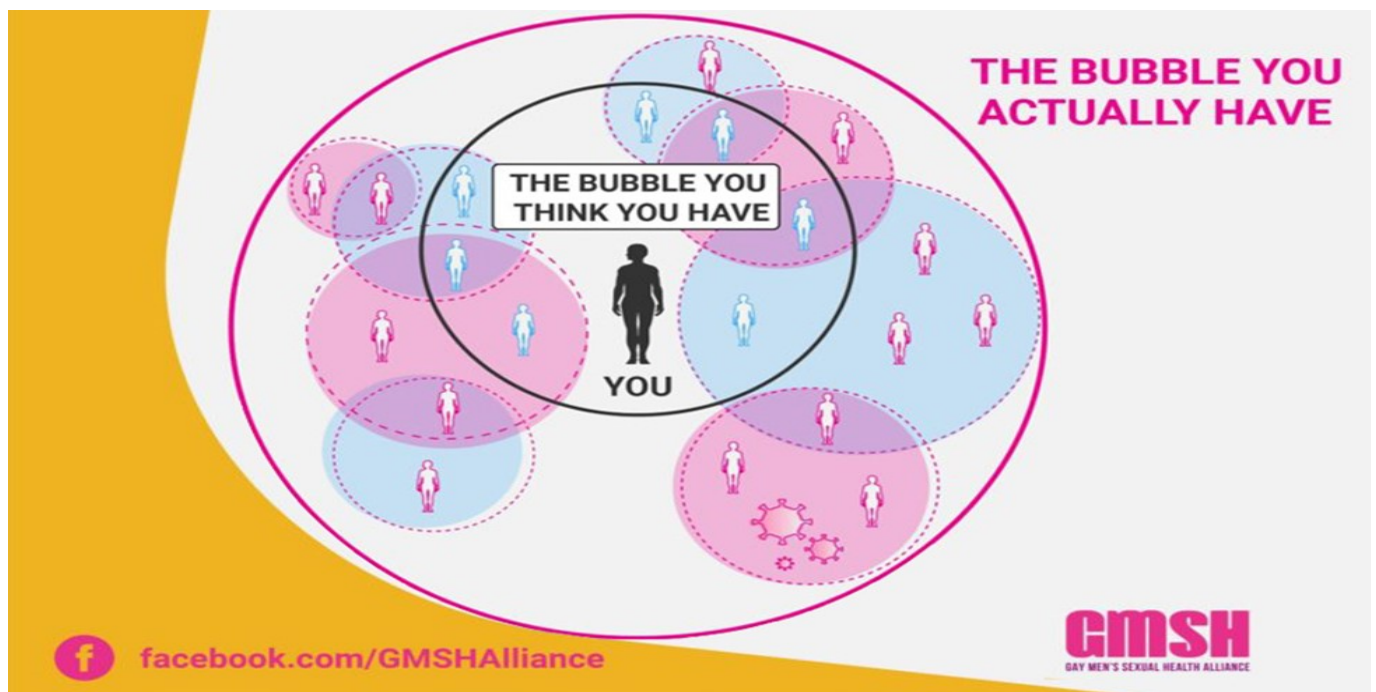
- * Nursing care (e.g. chronic disease management; medication administration; wound, ostomy, and catheter care; post-hospital care; palliative care; etc.)
- * Personal care (e.g. bathing, toileting, foot care and meal preparation)
- * Referral for medical equipment (e.g. walker, shower chair, bedside 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!

Hentle,

I cannot believe that December 2020 is here! What a crazy year we have all endured. Our Christmas celebrations will be very different this year. Dr. Bonnie Henry is recommending we spend the holiday season only with our household bubble.

A “[bubble](#)” is an unofficial term used to describe the cluster of people with whom you feel comfortable spending time during the pandemic. The idea is that you can extend your home “bubble” to select people, so you can have more in-person social interactions beyond your household, while still potentially limiting the risk of Covid-19 transmission. It doesn’t mean that you go out and resume contact with everyone you know, but rather you commit to only hanging out with certain individuals. **People from outside of your home who you consider within your bubble must keep a distance, wash often and wear masks to reduce the risk of virus transmission.**



In truth, **bubbles are still risky**, because when you interact with more people, you increase your odds of acquiring Covid-19. Staying home and limiting your face to face contact with people is still the best way to avoid Covid-19 spread. The risk is not just isolated to you, because if you get infected you are in part, innocently or inadvertently, propagating the dynamic process of a pandemic. While bubbles work in the short term, all it takes is a few people to start spreading this disease within a community, and then it rapidly spreads through families.

Even if it is your best friend, you should not get together with people who haven't been following proper protocol or taking Covid-19 seriously. If you see someone posting on social media that they are going to parties or other large group gatherings, or not wearing a mask when they're out of the home, don't bubble with them.

The current Provincial Health Order for the Interior Health Region and the Province (as of November 23-December 7, 2020) is to keep to your own household, essential travel only, and many restrictions for businesses and event organizers. No outdoor gatherings are permitted. Masks are now mandatory in all public and shared spaces.

People are also still required to wear masks and maintain physical distancing and cleaning and sanitizing protocols. No gatherings or household visitors are allowed.

Public Health Orders (PHO) can be enforced by police or other compliance and enforcement officials. People who don't follow the orders could be fined. Fines of \$2000 may be issued to hosts who do not follow the PHO or \$200 may



be issued to people who refuse to leave any gathering or wear masks at the direction of enforcement officers. Please refer to the Province of British Columbia for up to date Public Health Orders at gov.bc.ca/covid19.

This year we must get creative in how we can celebrate Christmas safely. We could write letters or phone family members, make hand made gifts and cards, teach (remotely via phone or internet) Elders how to navigate the online world or host the family Christmas zoom meetings. Our mental health is important to take care of during this time and getting outside on the land, exercising, and eating healthy is important to maintain good spirits and health.

HHSS has reduced our services to ensure the safety of employees, clients, and service providers. We are still open by appointment only. Staff are working from home as much as possible. If you require medical travel, medication pick up, nursing services please call our offices. HHSS will also support homes that are self isolating by purchasing groceries and delivering so please reach out to us if you need this support. If you require any information on self isolating safely within a crowded home we can help.

Heskw'en'scutxe is here for you if you have any questions or require support with COVID19 or any other health needs please call us!

Be Calm, Be Kind, Be Safe

Take Care of each other, Humel

Tina Draney
Acting Health Manager

250-458-2212

Tina.draney@hhssbc.ca

PO Box 188

Spences Bridge, BC. V0K 2L0

Resource Numbers



Emergency Assistance

Ambulance/Fire/Police.....911
RCMP.....250-455-2225
Children's Hotline.....310-1234
Kid's Helpline.....1-800-668-6868
Interior Crisis Line Network 1-888-353-2273
(depression, poverty, abuse, homelessness,
suicide)

VictimLINK – 24 hr Help & Information Line
1-800-563-0808

Y Women's Emergency Shelter
250-374-6162

Youth Against Violence Line
1-800-680-4264

Distress Centres & Services

Air or Marine Emergency 1-800-567-5111
Airport/Coastal Watch programs
1-888-855-6655

Alcohol & Drug Referral 1-800-663-1441

Child Find BC
1-888-689-3463

Earthquake, Flood, Dangerous Goods Spills,
Tsunami
1-800-663-3456

Provincial Emergency Program Information
250-371-5240

For Reporting Environmental Violation &
Dangerous Wildlife/Human Conflicts
1-877-952-7277

Forest Fire Reporting Only
1-800-663-5555

Gas Leaks & Odours (Fortis BC Inc.)
1-800-663-9911

Missing Children Society of BC
1-800-661-6160

Power Outages & Emergencies
1-888-769-3766/*49376

Problem Gambling Help Line – 24hrs
1-888-795-6111

Quit Now! Smoker's Helpline
1-877-455-2233

Suicide Distress Line
1-800-784-2433

Hospitals

Ashcroft
700 Ash-Cache Creek Hwy, Ashcroft
250-453-2211

Blue River Health Centre
858 Main Street, Blue River
250-673-8311

Dr. Helmcken Memorial Hospital
640 Park Dr., Clearwater
250-674-2244

Nicola Valley Health Care Centre
3451 Voght Street, Merritt
250-378-2242

Royal Inland Hospital
311 Columbia Street, Kamloops
250-374-5111

St. Bartholomews Health Centre
575 A Main Street, Lytton
250-455-2221

Lytton Medical Clinic
250-455-2202

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.

First Nations Health Authority
Interior Region Mental Health and Wellness
Maintaining a Holistic Approach to Wellness
Our Health and Wellness



Our priority is and has been to support and prepare our Nations to maintain health of the communities. Given the current situation at this time, people may be feeling the impact on our Mental Well-being. Highly stressful situation(s) may be affecting your emotional, spiritual, physical and mental sense of balance. Below are some tips to support your Mental Wellness through difficult times which can support a holistic Indigenous approach.

MENTAL

Moments of mental focus on relaxation will help you get in touch with yourself, decompress and appreciate your life's blessings, and beautiful things around you.

Making the most of periods of silence to get in touch with yourself to; check in on how you are feeling, evaluating your wellness levels through reflection, to guide some positive strength based thoughts, will help you regain inner peace.

Give priority to activities that help you make peace with your thoughts and emotions, like meditating, writing in a journal, drawing or painting, or being connected to Nature.

By going for a walk or just sitting outside, while keep appropriate social distancing. Research show that walking in nature can decrease symptoms of depression and reduce physical tension and mental stress. Being in touch with nature is conducive to mindfulness. This practice of focusing on the present moment is key.

Lastly rediscover your inner child's way of seeing the world. Take delight in a scene, a bird singing, feeling the warmth of the sun, or the smell that Nature holds.

SPIRITUAL

Spirituality can help you through difficult times in your life by providing a sense of belonging and a greater connection with others and with your inner self.

Receiving and giving love and support can help you develop a genuine compassion for yourself and others, which is a key element for spiritual growth.

Look to your cultural practices to center yourself and reconnect to your inner spirit with creator for strength and balance. Utilize medicine(s), which will support cleansing your space from negative feelings/energy a great example of this for example smudging or boiling cedar.

EMOTIONAL

Emotions need to be expressed: find the time and place to experience them. Find a safe place to let your feelings out.

You can talk to others about your emotions and seek professional help, if needed. Offer prayer to creator, call an Elder or other traditional support to help you, or keep a personal journal. Try express yourself using the arts by writing, playing an instrument, painting or acting.

It is a known fact that laughter increases the level of health-enhancing hormones which in turn increase the stress reduction hormones like cortisol, adrenaline and dopamine. Sharing a moment of laughter is good medicine.

PHYSICAL

EXERCISE: Research has shown that physical activities improves your physical health and overall well-being. It reduces stress, strengthens the heart and lungs, increases energy levels and helps you maintain overall wellness.

Other activities which can be beneficial to all quadrants of Wellness: Traditional Arts and Crafts, Coloring, or Reading

NUTRITION: Eating a healthy diet and using the traditional foods and/or medicines provides your body with the nourishment to continue maintaining Mental, Emotional, Spiritual and Physical wellness.

Processing and preparing traditional foods and medicines can also provide some distraction from the circumstances causing stress or fears.

SLEEP: Quality sleep is essential to mental and physical health. Sleep is as important as air and food. It rejuvenates our brain and body which releases tension. We heal as we rest. Lack of sleep can lead to emotional, psychological and physiological problems, such as depression, anxiety and heart problems. Traditional cleansing practices, and offering prayer before bedtime can help with a better nights rest.

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

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



Opioid Agonist Treatment (OAT)

CLINICS & PROVIDERS

Within the Interior Health Region

Community	Centre	Address	Contact # to arrange appointment	Clinic Type
Ashcroft	Ashcroft Hospital and Community Centre	700 Ash-Cache Creek Hwy Ashcroft, BC V0K 1A0	250.256.1345	IH
Castlegar	10 th Street Clinic	707 10 th St. Castlegar, BC V1N 2H7	250.304.1284	IH
Chase	Chase MHSU	825 Thompson Ave. Chase, BC V0E 1M0	250.679.1390	IH
Cranbrook	East Kootenay Addictions Services (EKAS)	202-1617 Baker St. Cranbrook, BC V1C 1B4	877.489.4344	IH
Cranbrook	Cranbrook MHSU Clinic	20 - 23 rd Ave. South Cranbrook, BC V1C 5V1	250.417.7056	IH
Creston	Creston MHSU	243 - 16 Ave. North Creston, BC V0B 1G0	250.428.8734	IH
Elk Valley <i>Serves Sparwood, Fernie, Elkford</i>	Sparwood MHSU	570 Pine Ave. Sparwood, BC V0B 2G0	250.425.2064 Ext. 68170	IH
Enderby	Enderby Community Health Centre	707 - 3rd Ave. Enderby, BC V0E 1V0	250.838.2450 Ext. 38348	IH
Golden	Golden Medical Clinic	826 9 Ave. South Golden, BC V0A 1H0	250.344.2211	Private
Grand Forks	Boundary MHSU	7441 2 nd Street Grand Forks, BC V0H 1H0	250.442.0330	IH
Invermere	Invermere MHSU	850 - 10th Ave. Invermere, BC V1A 1K0	250.342.2363	IH
Kamloops <i>Also serves Clearwater</i>	Kamloops Rapid Access Addictions Clinic	103 - 220 3rd Ave. Kamloops, BC V2C 3M3	250.374.2345	Private
Kamloops	Interior Chemical Dependency Clinic (ICDC)	239 Lansdowne St. Kamloops, BC V2C 1X8	778.471.6488	Private
Kamloops	Dr. Hancke DeKock	694 Seymour St. Kamloops, BC V2C 2H2	778.471.3574	Private
Kelowna	Kelowna MHSU Clinic	505 Doyle Ave. Kelowna, BC V1Y 0C5	250.801.2589	IH
Kelowna	Foundry	100 - 1815 Kirschner Rd. Kelowna, BC V1Y 6G3	250.420.2803	IH
Lillooet	Lillooet MHSU	951 Murray St. Lillooet, BC V0K 1V0	250.256.1345	IH
Lytton	St. Bartholomew's Health Centre	575A Main Street Lytton, BC V0K 1Z0	250.256.1345	IH
Merritt	Nicola Valley Hospital / Health Centre	3451 Voght St. Merritt, BC V1K 1C6	250.378.3401	IH
Nelson <i>Also serves New Denver, Kaslo</i>	Nelson MHSU	333 Victoria St. Nelson, BC V1L 4K3	250.505.7271	IH

Community	Centre	Address	Contact # to arrange appointment	Clinic Type
Nelson	Rise BC Wellness Centre	203 - 518 Lake Street Nelson, BC V1L 4C6 Email: office@risebc.com	Text: 250.590.9391	Private
Oliver	Nk'Mip First Nation Resource Health Centre	1165SenPokChin Blvd. Oliver, BC V0H 1T8	250.498.6935	Private
Penticton	Martin Street Outreach Centre	437 Martin St. Penticton, BC V2A 5L1	250.770.3696	IH
Penticton <i>Also serves Princeton, Keremeos</i>	Ponderosa Primary Care Centre – Dr. Lloyd Westby	101-2504 Skaha Lake Rd. Penticton, BC V2A 6G1	236.422.3557	Private
Revelstoke	Queen Victoria Hospital	1200 Newlands Rd. Revelstoke, BC V0E 2X0	250.814.2241	IH
Princeton	Cascade Medical Centre	98 Ridgewood Dr. Princeton, BC VOX 1W0	250.295.4482	Private / IH
Revelstoke	Dr. Lora Cruise Medical Centre	222 1 St East Revelstoke, BC V0E 2S0	250.837.7997	Private
Salmon Arm <i>Also serves Sicamous, Sorrento</i>	Salmon Arm MHSU	431 Hudson Ave. NE - 2 nd Floor Salmon Arm, BC V1E 4N7	250.833.4103	IH
Trail	Trail MHSU	Suite 3 - 1500 Columbia Ave. Trail, BC V1R 1J9	250.364.6262	IH
Vernon	Vernon Methadone Clinic	103 - 3310 32 Ave. Vernon, BC V1T 2M6	778.475.5810	Private
Vernon	Vernon Downtown Mental Health & Substance Use Centre	3306A 32nd Avenue Vernon, BC V1T 2M6	250.503.3737	IH
West Kelowna	Westside Medical Associates	1135 Stevens Rd. West Kelowna, BC V1Z 2S8	250.768.6920	Private
West Kelowna	Westbank First Nations Community Services	1900 Quail Lane Westbank, BC V4T2H3	250.768.0227	Private
Williams Lake	Corner Stone Chemical Dependency Clinic	4 South Ave. Williams Lake, BC V2C 1J8	250.398.7745	Private
100 Mile House	100 Mile House MHSU	555 Cedar Ave. South 100 Mile House, BC VOK 2E0	250.395.7676	IH

Are you experiencing Cold, Flu or COVID-like symptoms?



**To stop the spread of COVID19
Get tested for COVID-19 if symptoms appear**

Self-isolate and Contact a COVID-19 Testing Site or Heskw'en'scutxe Health Services

Contact COVID-19 Testing Sites

Testing is by appointment only

Telephone 1-877-740-7747 for Interior Health locations and service

Online <https://interiorhealthcovid.secureform.ca/index.php> (very easy and recommended)

Locations for testing: Ashcroft, Lytton, Lillooet, Merritt, and Kamloops

Call Heskw'en'scutxe if you require assistance or encounter any difficulties

Or Nlaka'pamux Health Services Nurses can also support our communities with testing in community

Call 1-250-378-9772 for Nlaka'pamux Health office

After hours NLX emergency testing call 1-250-457-0954

Or call 811

Please contact HHSS 250-458-2212 if you require assistance!

Transportation to COVID-19 Testing Sites

**Do not ask someone who is not part of your household to transport you
Wear Masks and keep as much distance as possible**

If you can't get to a COVID-19 testing site on your own call Heskw'en'scutxe Health Services for support 250-458-2212 or

call Nlaka'pamux Health Services Society 250-378-9772 for at home testing

Self-Isolation

During self-isolation, do not leave your home

- **Self-isolate as soon as you have COVID-19 symptoms and book a test**
- **You will need to continue to self-isolate while you wait for your COVID-19 test results**
- **Stay and sleep in a separate room away from other household members as much as possible**
- **If you are in a room with other household members, keep a distance of at least two metres**
- **Wear a mask that covers your nose and mouth**
- **Use a separate bathroom if you have one (do not share towels, or toothbrushes)**
- **Avoid sharing household items such as utensils, and cups**
- **Frequently clean and disinfect high-touch surfaces such as toilet handles, taps, handles, phones, and door knobs**

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 (after booking your covid19 test appointment) 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 all 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**
- **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 a 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 states**
- **Shortness of breath**
- **Headache**
- **Aches, muscle pain**
- **Fatigue**
- **Vomiting**
- **Diarrhea**
- **Chest pain**
- **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

Vaccinations and Protecting Our Elders During Flu Season

In my role as Home and Community Care Nurse, most of my clients are elders, who for the most part struggle with many health concerns. Due to these health concerns, many of these elders have weakened immune systems. The flu vaccine offers the best protection for those who have healthy immune systems.

All vaccines work by helping your body's immunize system fight viruses and bacteria. The weaker your immune system, the less effective a vaccine is at helping your body fight these bugs. For elders with weak immune systems, the flu vaccine is not fully effective, and hence they are still at risk of getting sick with the flu.

We can protect our elders by making sure those around them have received the flu vaccine. If you receive the flu vaccine, you are less like to get sick with flu and then subsequently infecting an elder. Also, although the flu vaccine does not protect against Covid-19, if you are sick with the flu, you are at an increased risk of having severe symptoms from Covid-19 if infected.

Caring for our elders is my passion. Please help me in caring for our elders by receiving the flu vaccine. Schedule a clinic appointment or, if you prefer, I can go to your home to vaccinate you and your loved ones.

Kindest Regards,

Scarleth, Home and Community Care Nurse/Community Health Nurse



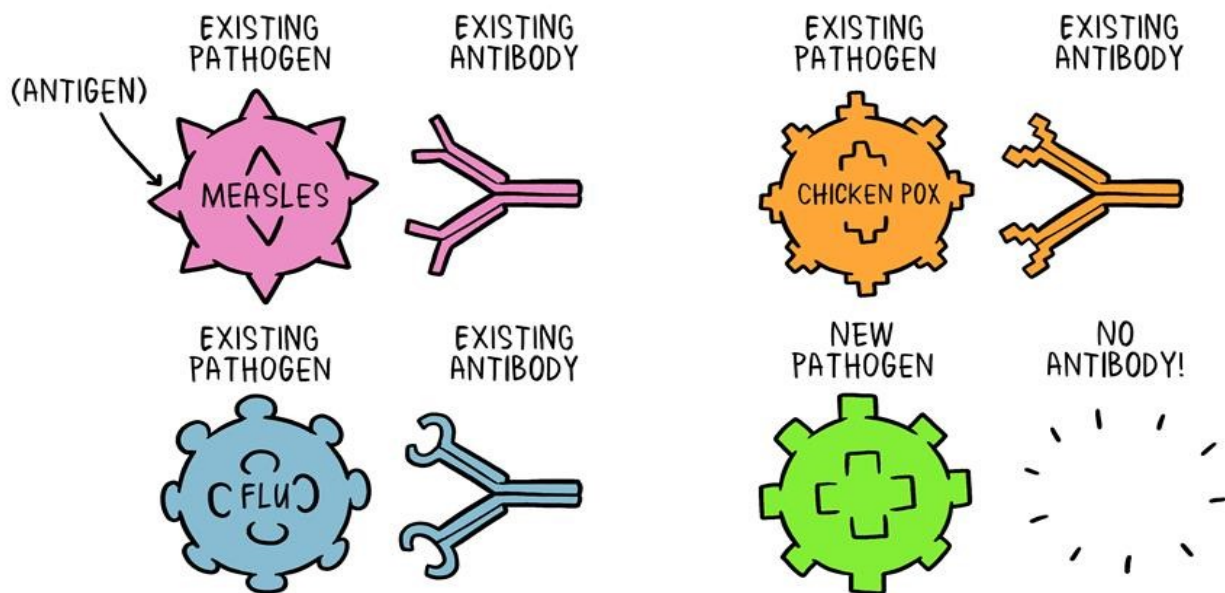
Vaccines: Germs are all around us, both in our environment and in our bodies. When a person is susceptible and they encounter a harmful organism, it can lead to disease and death.

The body has many ways of defending itself against **pathogens** (disease-causing organisms). Skin, mucus, and cilia (microscopic hairs that move debris away from the lungs) all work as physical barriers to prevent pathogens from entering the body in the first place.

When a pathogen does infect the body, our body's defences, called the immune system, are triggered and the pathogen is attacked and destroyed or overcome.

The body's natural response

A pathogen is a bacterium, virus, parasite, or fungus that can cause disease within the body. Each pathogen is made up of several subparts, usually unique to that specific pathogen and the disease it causes. The subpart of a pathogen that causes the formation of antibodies is called an antigen. The antibodies produced in response to the pathogen's antigen are an important part of the immune system. You can consider antibodies as the soldiers in your body's defense system. Each antibody, or soldier, in our system is trained to recognize one specific antigen. We have thousands of different antibodies in our bodies. When the human body is exposed to an antigen for the first



When a new pathogen or disease enters our body, it introduces a new antigen. For every new antigen, our body needs to build a specific antibody that can grab onto the antigen and defeat the pathogen.

time, it takes time for the immune system to respond and produce antibodies specific to that antigen.

In the meantime, the person is susceptible to becoming ill.

Once the antigen-specific antibodies are produced, they work with the rest of the immune system to destroy the pathogen and stop the disease. Antibodies to one pathogen generally don't protect against another pathogen except when two pathogens are very similar to each other, like cousins. Once the body produces antibodies in its primary response to an antigen, it also creates antibody-producing memory cells, which remain alive even after the pathogen is defeated by the antibodies. If the body is exposed to the same pathogen more than once, the antibody response is much faster and more effective than the first time around because the memory cells are at the ready to pump out antibodies against that antigen.

This means that if the person is exposed to the dangerous pathogen in the future, their immune system will be able to respond immediately, protecting against disease.

How vaccines help

Vaccines contain weakened or inactive parts of a particular organism (antigen) that triggers an immune response within the body. Newer vaccines contain the blueprint for producing antigens rather than the antigen itself. Regardless of whether the vaccine is made up of the antigen itself or the blueprint so that the body will produce the antigen, this weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.

VACCINE

NEW ANTIBODY



A VACCINE is a tiny weakened non-dangerous fragment of the organism and includes parts of the antigen. It's enough that our body can learn to build the specific antibody. Then if the body encounters the real antigen later, as part of the real organism, it already knows how to defeat it.

Some vaccines require multiple doses, given weeks or months apart. This is sometimes needed to allow for the production of long-lived antibodies and development of memory cells. In this way, the body is trained to fight the specific disease-causing organism, building up memory of the pathogen so as to rapidly fight it if and when exposed in the future.

Herd immunity

When someone is vaccinated, they are very likely to be protected against the targeted disease. But not everyone can be vaccinated. People with underlying health conditions that weaken their immune systems (such as cancer or HIV) or who have severe allergies to some vaccine components may not be able to get vaccinated with certain vaccines. These people can still be protected if they live in and amongst others who are vaccinated. When a lot of people in a community are vaccinated the pathogen has a hard time circulating because most of the people it encounters are immune. So the more that others are vaccinated, the less likely people who are unable to be protected by vaccines are at risk of even being exposed to the harmful pathogens.

This is called herd immunity.

This is especially important for those people who not only can't be vaccinated but may be more susceptible to the diseases we vaccinate against. No single vaccine provides 100% protection, and herd immunity does not provide full protection to those who cannot safely be vaccinated. But with herd



A vaccine protects an individual...

immunity, these people will have substantial protection, thanks to those around them being vaccinated.



When a community is vaccinated, everyone is protected, even those who can't be vaccinated due to underlying health conditions.

Vaccinating not only protects yourself, but also protects those in the community who are unable to be vaccinated. If you can, get vaccinated.

Throughout history, humans have successfully developed vaccines for a number of life-threatening diseases, including meningitis, tetanus, measles and polio.

In the early 1900s, polio was a worldwide disease, paralysing hundreds of thousands of people every year. By 1950, two effective vaccines against the disease had been developed. But vaccination in some parts of the world was still not common enough to stop the spread of polio, particularly in Africa. In the 1980s, a united worldwide effort to eradicate polio from the planet began. Over many years and several decades, polio vaccination, using routine immunization visits and mass vaccination campaigns, has taken place in all continents. Millions of people, mostly children, have been vaccinated and in August 2020, the African continent was certified polio free, joining all other parts of the world except Pakistan and Afghanistan, where polio has not yet been eradicated.

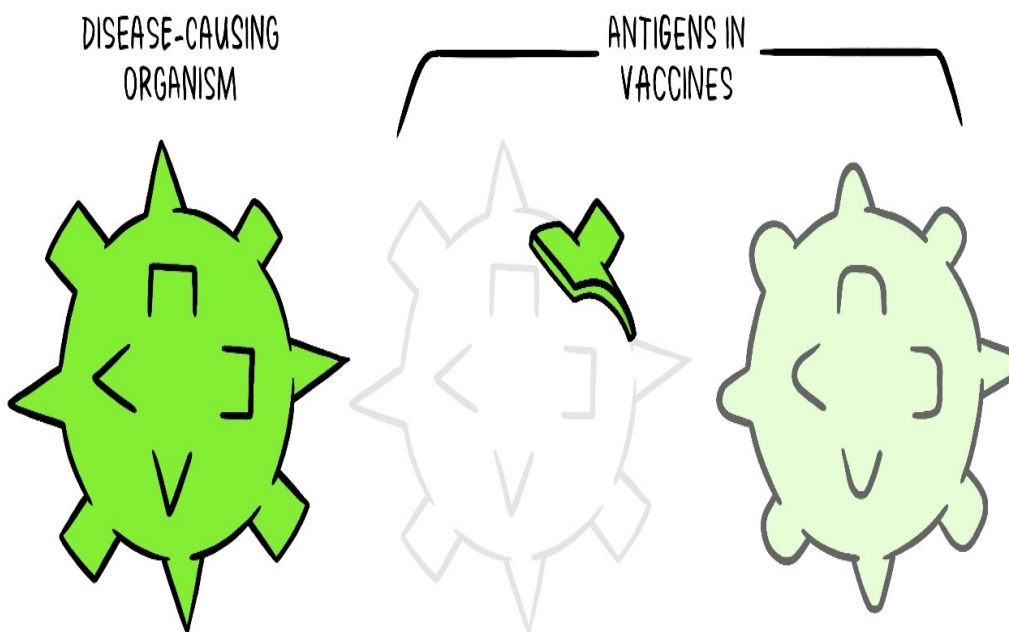
What are the ingredients in a vaccine?

Vaccines contain tiny fragments of the disease-causing organism or the blueprints for making the tiny fragments. They also contain other ingredients to keep the vaccine safe and effective. These latter ingredients are included in most vaccines and have been used for decades in billions of doses of vaccine.

Each vaccine component serves a specific purpose, and each ingredient is tested in the manufacturing process. All ingredients are tested for safety.

Antigen

All vaccines contain an active component (the antigen) which generates an immune response, or the blueprint for making the active component. The antigen may be a small part of the disease-causing organism, like a protein or sugar, or it may be the whole organism in a weakened or inactive form.



Preservatives

Preservatives prevent the vaccine from becoming contaminated once the vial has been opened. The most commonly used preservative is 2-phenoxyethanol. It has been used for many years in a number of vaccines. It is used in a range of baby care products and is safe for use in vaccines.

The key ingredient in a vaccine is the antigen. It's either a tiny part of the disease-causing organism, or a weakened, non-dangerous version, so your body can learn the specific way to fight it without getting sick.

Stabilizers

Stabilizers prevent chemical reactions from occurring within the vaccine and keep the vaccine components from sticking to the vaccine vial.

Stabilizers can be sugars (lactose, sucrose), amino acids (glycine), gelatin, and proteins (recombinant human albumin, derived from yeast).

Surfactants

Surfactants keep all the ingredients in the vaccine blended together. They prevent settling and clumping of elements that are in the liquid form of the vaccine. They are also often used in foods like ice cream.

Residuals

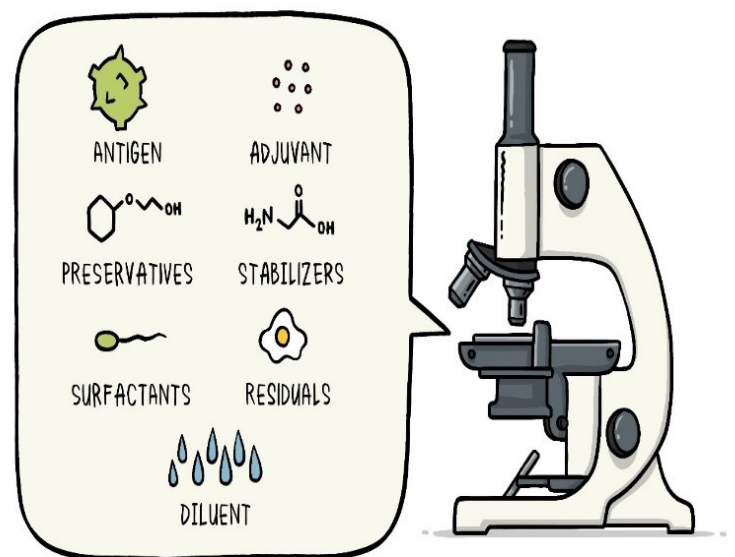
Residuals are tiny amounts of substances used during manufacturing or production of vaccines that are not active ingredients in the completed vaccine. Substances will vary depending on the manufacturing process used and may include egg proteins, yeast, or antibiotics. Residual traces of these substances which may be present in a vaccine are in such small quantities that they need to be measured as parts per million or parts per billion.

Diluent

A diluent is a liquid used to dilute a vaccine to the correct concentration immediately prior to use. The most commonly used diluent is sterile water.

Adjuvant

Some vaccines also contain adjuvants. An adjuvant improves the immune response to the vaccine, sometimes by keeping the vaccine at the injection site for a little longer or by stimulating local immune cells.



The adjuvant may be a tiny amount of aluminium salts (like aluminium phosphate, aluminium hydroxide, or potassium aluminium sulphate). Aluminium has been shown not to cause any long-term health problems, and humans ingest aluminium regularly through eating and drinking.

How are vaccines developed?

Most vaccines have been in use for decades, with millions of people receiving them safely every year. As with all medicines, every vaccine must go through extensive and rigorous testing to ensure it is safe before it can be introduced in a country's vaccine programme.

Each vaccine under development must first undergo screenings and evaluations to determine which antigen should be used to invoke an immune response. This preclinical phase is done without testing on humans. An experimental vaccine is first tested in animals to evaluate its safety and potential to prevent disease.

If the vaccine triggers an immune response, it is then tested in human clinical trials in three phases.

Phase 1

The vaccine is given to a small number of volunteers to assess its safety, confirm it generates an immune response, and determine the right dosage. Generally, in this phase vaccines are tested in young, healthy adult volunteers.

Phase 2

The vaccine is then given to several hundred volunteers to further assess its safety and ability to generate an immune response. Participants in this phase have the same characteristics (such as age, sex) as the people for whom the vaccine is intended. There are usually multiple trials in this phase to evaluate various age groups and different formulations of the vaccine. A group that did not get the vaccine is usually included in phase as a comparator group to determine whether the changes in the vaccinated group are attributed to the vaccine or have happened by chance.

Phase 3

The vaccine is next given to thousands of volunteers – and compared to a similar group of people who didn't get the vaccine, but received a comparator product – to determine if the vaccine is effective against the disease it is designed to protect against and to study its safety in a much larger group of people. Most of the time phase three trials are conducted across multiple countries and multiple sites within a country to assure the findings of the vaccine performance apply to many different populations.

During phase two and phase three trials, the volunteers and the scientists conducting the study are shielded from knowing which volunteers had received the vaccine being tested or the comparator product. This is called “blinding” and is necessary to assure that neither the volunteers nor the scientists are influenced in their assessment of safety or effectiveness by knowing who got which product. After the trial is over and all the results are finalized, the volunteers and the trial scientists are informed who received the vaccine and who received the comparator.

When the results of all these clinical trials are available, a series of steps is required, including reviews of efficacy and safety for regulatory and public health policy approvals. Officials in each country closely review the study data and decide whether to authorize the vaccine for use. A vaccine must be proven to be safe and effective across a broad population before it will be approved and introduced into a national immunization programme. The bar for vaccine safety and efficacy is extremely high, recognizing that vaccines are given to people who are otherwise healthy and specifically free from the illness.

Further monitoring takes place in an ongoing way after the vaccine is introduced. There are systems to monitor the safety and effectiveness of all vaccines. This enables scientists to keep track of vaccine impact and safety even as they are used in a large number of people, over a long-time frame. These data are used to adjust the policies for vaccine use to optimize their impact, and they also allow the vaccine to be safely tracked throughout its use.

Once a vaccine is in use, it must be continuously monitored to make sure it continues to be safe.

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



FOR MORE INFORMATION ON CORONAVIRUS:

☎ 1-833-784-4397

@ canada.ca/coronavirus

✉ phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

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

Mental Wellness Outreach Clinician

Cell: (250) 842-8552

ANNOUNCEMENT:

Ricardo Pickering is no longer employed by our Society but will work with anyone in need. Please call him directly to discuss and book an appointment.



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



Nlaka'pamux

Mental Health Services

Wanda Dexel

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: dexel.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



Ambulance Services/Billing:

Have you received invoices for ambulance service? First Nations Health Benefits (FNHB) ambulance assessors can answer any questions you have. They are very helpful and really encouraged reaching out if we have any questions.

Call First Nation Health Benefits Ambulance Assessor office at 604.693.6946

Only emergency ambulance trips are eligible for insurance coverage

These are eligible ambulance trips:

- emergency from community to a higher care facility
- medical clinic to a hospital (lower level care facility to a higher care facility)
- lower level acute care to higher level acute care
- emergency health services rendered in place, no hospital (anywhere)
- hospital to extended care facility
- nursing home to hospital

Not covered:

- ambulance from hospital to palliative or hospice facility
- Motor Vehicle Accident's -- in this case the bill goes to the member, but then they need to submit invoice to ICBC
- if client had an accident at work, then the bill might go to the client or the to the employer and then that would get submitted to WCB by client or employer
- ambulance from hospital to a medical clinic
- higher level care to a lower level care
- nursing home to nursing home
- transport to and from the morgue
- from hospital to home is a gray area (would be rejected unless the client can provide a medical note from the doctor justifying why the BC Ambulance was required for transport). Eg: client requires a stretcher and other resources have been exhausted such as handi-dart. In this case the bill goes to FNHB and gets rejected. Then goes back to BC Ambulance who will re-send it to the client. At this point the client can submit the bill along with a doctor's note to the FNHB exceptions and appeals for ambulance dept.
- another gray area is if someone is palliating in kamloops but wants to be closer to home to palliate. EG: transport from RIH to Lytton hospital for palliative would require a doctors note, see above process.

There are some exceptions internally:

- ride for people over 70 is usually always approved
- these could change

If you receive a bill and are not sure if you should pay it, then you can fax that bill to FNHB 1.888.299.9222 for advice. HHSS can help with the faxing. Write Attention BC Ambulance Assessor on the fax.

OR you can take a picture/scan with your phone and email to hb.elibility@fnha.ca (may not be as secure, depending on their antivirus software)

Or you can send a copy by mail to BC Ambulance Assessor suite 540 757 West Hastings Street Vancouver BC V6C 1A1

Or you can give the invoice number over the phone (this may take a little while longer)

Anyone can call Donny at FNHB anytime (patients, nurses, health directors) if they have questions. Donny deals with any ambulance service in Canada. So if someone gets an ambulance bill outside of the province, they can also call Donny.

For COVID-19 related transport, there are things that need to be figured out still.

- transport to a covid test is not eligible and ambulance would likely not be available for this ride
- transport to isolation (in-community band option or fnha isolation hotel) is not covered
- transport to and from a Community Cohort Centre (CCC) is covered but must be requested through the CCC coordinator
- transportation home from covid designated hospital after covid illness is covered
- transport to a community hospital for covid patients who need interventions temporarily is covered but then the ride home would not be.

FNHB is working hard on these gaps in transport but for now this is what we have confirmed with FNHB. Hope that helps!

Note: Thank you for the information Stephanie!





At Heskw'en'scutxe Health Services Society we will pick up your sharps containers for safe disposal.

If you need a container picked up call one of our offices to arrange.

Cook's Ferry: 250-458-2212

Siska: 250-455-6601



Non Violent Communication Workshop



On November 3 and 4, Heskwen'scutxe Health Services Society took a two day non-violent communication training with facilitator Leslie Williamson. The Society budgets staff development days and all full time employees were asked to attend.

The objective of the meeting was to learn practical communication and conflict resolution skills amongst employees and clients.

Several scenarios and discussions were held around how to effectively handle difficult conversations, improve individual and team productivity, give and receive meaningful feedback, find mutual satisfying resolutions to conflict and how to turn anger into cooperation and trust.

These subjects are never easy to handle but they can apply in everyone life both professional and personally. Create harmony and peace at work and home is the basis to happiness.

4 Components of Nonviolent Communication

- Observe without judging. ...
- Express feelings. ...
- Express and clarify your needs. ...
- Express specific requests based on your feelings and needs.

Appreciate people for who they are



Walk in their shoes / understand them



EMPATHY
Be Kind
Never Right

Understand their feelings. Separate facts from emotions



Communicate with understanding use questions



In order to thrive, to fulfill and to realize ourselves, we all have basic needs and feelings that may occur when are needs are met or not.

Feelings



≡Feelings Associated with Met Needs≡

AFFECTIONATE

compassionate
fond
loving
openhearted
tender
warm

ENGAGED

absorbed
curious
engrossed
enchanted
enthralled
entranced
fascinated
interested
intrigued
involved
open
spellbound
stimulated

EXCITED

amazed
ardent
aroused
dazzled
energetic
enlivened
enthusiastic
exuberant
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

enthralled
radiant
electrified
euphoric
overjoyed
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HAPPY

amused
blissful
cheerful
delighted
ecstatic
elated
giddy
glad
jolly
joyful
jubilant
merry
overjoyed
pleased
rapturous
ticked

HOPEFUL

confident
expectant
jazzed
lighthearted
sanguine
up
upbeat

INSPIRED

amazed
eager
enthused
motivated
moved
psyched
stimulated
stirred
wonder

PEACEFUL

calm
comfortable
centered
content
equanimity
fulfilled
mellow
open
quiet
relaxed
relieved
satisfied
serene
tranquil

REFRESHED

recharged
rejuvenated
renewed
rested
restored
revived



⊗Feelings Associated with Unmet Needs⊗

ANGER

aggravated
angry
animosity
annoyed
contempt
disgruntled
enraged
exasperated
furious
hate
hostile
incensed
irate
irritated
irked
livid
miffed
nettled
outraged
peevd
resentful

AVERSION

abhorrence
appalled
bothered
displeased
disgust
dislike
enmity
horrified
loathing
repulsion
revulsion

CONFUSION

ambivalent
baffled
bewildered
conflicted
dazed
discombobulated
disoriented
mixed
mystified
perplexed
puzzled
torn

DISCONNECTION

apathetic
bored
closed
detached
distant
indifferent
listless
numb
withdrawn

DISQUIET

agitated
alarmed
concerned
distraught
disconcerted
dismayed
disturbed
frustrated
perturbed

DISQUIET(continued)

rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSMENT

ashamed
chagrined
discomfited
flustered
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
listless
pooped
sleepy
tired
weary
wiped out
worn out

FEAR

afraid
anxious
apprehensive
dread
fearful
foreboding
frightened
guarded
insecure
leery
mistrustful
panicked
petrified
scared
shaky
terrified
trepidation
wary
worried

PAIN

aching
agony
anguished
devastated
grief
heartbroken
hungry
hurting
lonely
miserable
regretful
remorseful

SADNESS

depressed
dejected
despairing
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
miserable
unhappy
wistful

TENSION

anxious
closed
distressed
edgy
fidgety
frazzled
frustrated
jittery
nervous
overwhelmed
restless
stressed out

YEARNING

longing
nostalgic
pining

Needs and Values

Things We All Want in Our Lives

AUTONOMY

choice
dignity
freedom
independence
self-expression
space
spontaneity

CONNECTION

acceptance
affection
appreciation
authenticity
belonging
care
closeness
communication
communion
community
companionship
compassion
consideration
empathy
friendship
inclusion
inspiration
integrity
intimacy
love
mutuality
nurturing
partnership
presence
respect/self-respect
security
self-acceptance
self-care

CONNECTION(continued)

self-connection
self-expression
shared reality
stability
support
to know and be known
to see and be seen
trust
understanding
warmth

MEANING

awareness
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficiency
effectiveness
growth
integration
integrity
learning
mourning
movement
participation
perspective
presence
progress
purpose
self-expression
stimulation
understanding

PEACE

acceptance
balance
beauty
communion
ease
equanimity
faith
harmony
hope
order
peace-of-mind
space

PHYSICAL WELL-BEING

air
care
comfort
food
movement/exercise
rest/sleep
safety (physical)
self-care
sexual expression
shelter
touch
water

PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation



COVID-19



**THE SOCIETY CAN PURCHASE
BASIC GROCERIES FOR MEMBERS
LIVING ON COOK'S FERRY AND
SISKA RESERVES WHO ARE
100% SELF-ISOLATING; THAT
IS NOT LEAVING & NOT ALLOWING
RELATIVES IN THEIR HOME.**

**PLEASE CALL THE
OFFICES FOR
ADDITIONAL
INFORMATION.**

**COOK'S FERRY 250.458.2212
SISKA 250.455.6601**

health services

Key facts



- HIV continues to be a major global public health issue, having claimed almost 33 million lives so far. However, with increasing access to effective HIV prevention, diagnosis, treatment and care, including for opportunistic infections, HIV infection has become a manageable chronic health condition, enabling people living with HIV to lead long and healthy lives.
- There were an estimated 38.0 million people living with HIV at the end of 2019.
- As a result of concerted international efforts to respond to HIV, coverage of services has been steadily increasing. In 2019, 68% of adults and 53% of children living with HIV globally were receiving lifelong antiretroviral therapy (ART).
- A great majority (85%) of pregnant and breastfeeding women living with HIV also received ART, which not only protects their health, but also ensures prevention of HIV transmission to their newborns.
- However, not everyone is able to access HIV testing, treatment and care. Notably, the 2018 Super-Fast-Track targets for reducing new paediatric HIV infections to 40 000 was not achieved. Global targets for 2020 are at risk of being missed unless rapid action is taken.
- Due to gaps in HIV services, 690 000 people died from HIV-related causes in 2019 and 1.7 million people were newly infected.
- Key population groups and their sexual partners accounted for over 60% of all new HIV infections globally among the age group 15-49 years (an estimated 62%) in 2019. In eastern European and central Asia, Asia and the Pacific, western and central Europe and north America and Middle East and north Africa, these groups accounted for over 95% of new HIV infections in each of these regions.
- WHO defines key populations as people in populations who are at increased HIV risk in all countries and regions. Key populations include: men who have sex with men; people who inject drugs; people in prisons and other closed settings; sex workers and their clients; and transgender people.
- In addition, given their life circumstances, a range of other populations may be particularly vulnerable, and at increased risk of HIV infection, such as adolescent girls and young women in southern and eastern Africa and indigenous peoples in some communities.

- Increased HIV vulnerability is often associated with legal and social factors, which increases exposure to risk situations and creates barriers to accessing effective, quality and affordable HIV prevention, testing and treatment services.
- Over two thirds of all people living with HIV live in the WHO African Region (25.7 million). While HIV is prevalent among the general population in this region, an increasing number of new infections occur among key population groups.
- HIV can be diagnosed through rapid diagnostic tests that can provide same-day results. HIV self-tests are increasingly available and provide an effective and acceptable alternative way to increase access to people who are not reached for HIV testing through facility-based services. Rapid test and self-tests have greatly facilitated diagnosis and linkage with treatment and care.
- There is no cure for HIV infection. However, effective antiretroviral drugs (ARVs) can control the virus and help prevent onward transmission to other people.
- At the end of 2019, an estimated 81% of people living with HIV knew their status. 67% were receiving antiretroviral therapy (ART) and 59% had achieved suppression of the HIV virus with no risk of infecting others.
- At the end of 2019, 25.4 million people were accessing antiretroviral therapy.
- Between 2000 and 2019, new HIV infections fell by 39% and HIV-related deaths fell by 51%, with 15.3 million lives saved due to ART. This achievement was the result of great efforts by national HIV programmes supported by civil society and international development partners.

2.1 MILLION CHILDREN

worldwide are living with HIV. Most of these children were infected by their HIV-positive mothers during pregnancy, childbirth or breastfeeding.





First Nations Health Authority
Health through wellness

Do you need to see a doctor?

Introducing the First Nations Virtual Doctor of the Day



OR



OR



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

Coconut Curry Butternut Squash Soup

Very filling and even a little naughty, this butternut squash soup is a decadent appetizer. Butternut squash is hearty on its own, but the coconut milk makes the mixture truly rich. Serve with a warm baguette.

Prep:	Cook:	Additional:
15 mins	1 hr 33 mins	15 mins
Total:	Servings:	
2 hrs 3 mins	6	



Ingredients

- 1 butternut squash, halved and seeded
- 1 tablespoon butter, melted
- 1 teaspoon salt, divided
- ¾ teaspoon pumpkin pie spice, divided
- ¼ teaspoon cayenne pepper
- 1 tablespoon butter
- ½ cup chopped yellow onion
- 1 teaspoon yellow curry powder
- 1 (13 ounce) can coconut milk
- 2 ½ cups vegetable stock, or more if needed
- ¼ teaspoon freshly grated nutmeg
- ½ cup pepitas (pumpkin seeds)
- 1 pinch freshly grated nutmeg, or to taste

Directions

Step 1: Preheat oven to 425 degrees F (220 degrees C). **Step 2:** Place butternut squash in a baking dish, flesh side up. Brush 1 tablespoon melted butter over the flesh and top with 1/2 teaspoon salt, 1/2 teaspoon pumpkin pie spice, and cayenne pepper. **Step 3:** Roast in the preheated oven until tender, about 1 hour. Remove squash from oven and cool for 15 minutes. **Step 4:** Place a large stockpot over medium heat; add 1 tablespoon butter. Cook and stir onion in the melted butter for 2 minutes. Add curry powder; cook and stir for 1 minute. Stir in coconut milk; bring to a boil. **Step 5:** Scoop flesh from the butternut

squash and add to coconut milk mixture; mix in remaining 1/2 teaspoon salt, 1/4 teaspoon pumpkin pie spice, vegetable stock, and 1/4 teaspoon nutmeg. Bring to a boil, reduce heat to low, and simmer until soup is heated through.

Step 6: Blend soup using an immersion blender on low speed. Simmer until soup is smooth and thickened, about 20 minutes more. Add more vegetable stock for a thinner consistency and season with salt. **Step 7:** Ladle soup into bowls and top each with pepitas and a pinch of nutmeg.

Nutrition Facts

Per Serving: 315 calories; protein 6.5g 13% DV; carbohydrates 27.6g 9% DV; fat 22.8g 35% DV; cholesterol 10.2mg 3% DV; sodium 624.3mg 25% DV.

Pomegranate-Honey Glazed Chicken and Squash

Mix the hottest flavors of the season into this heart-healthy chicken dish.

YIELDS: **4** servings

TOTAL TIME: **0** hours **35** mins

Ingredients

1
medium acorn squash, about 1 1/2 pounds
1
bunch mint
Pinch cayenne pepper
4
6-ounce boneless, skinless chicken breasts
1/3 c.
pomegranate juice
1/4 c.
honey
1 tbsp.
balsamic vinegar
1/3 c.
crumbled feta cheese
1/3 c.
pomegranate seeds



Directions

1. Heat oven to 425°F. Remove the seeds from one medium acorn squash, and cut the squash into slices that are 3/4-inch thick. Finely chop 1 bunch mint; set aside.
2. On large baking sheet, toss squash slices with 1 tablespoon olive oil, 1/2 teaspoon kosher salt and a pinch cayenne. Roast until golden brown and tender, 20 to 25 minutes.
3. Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Season 4 6-ounce boneless, skinless chicken breasts with 1/2 teaspoon kosher salt

1. and 1/4 teaspoon black pepper. Add to skillet and cook until golden brown and cooked through, 6 to 8 minutes per side. Remove the chicken from pan and set aside.
2. Return the skillet to medium heat and add 1/3 cup pomegranate juice, and cook scraping up any brown bits for 1 minute. Add 1/4 cup honey and 1 tablespoon balsamic vinegar and cook until thick and syrupy, 3 to 5 minutes.
3. Brush the chicken with the glaze. Sprinkle squash with 1/3 cup each crumbled feta and pomegranate seeds and the chopped mint before serving.

Nutritional information (per serving): About 440 calories, 14 g fat (4 g saturated), 42 g protein, 680 g sodium, 38 g carbohydrates, 6 g fiber.

Bacon French Toast Bake

YIELDS:

10

PREP TIME:

0 hours 20 mins

TOTAL TIME:

1 hour 15 mins

Ingredients

1 loaf challah or brioche bread, cut into 1/2-in.-thick slices (about 1 lb.)

6 large eggs

2 c. half-and-half

2 c. grated Gruyere cheese (about 8 oz.)

1/4 c. plus 1 tbsp. maple syrup

1/2 tsp. ground cinnamon

4 slices bacon, chopped

Directions

Leave bread slices spread out on rack or platter at room temperature at least 2 hours or until slightly stale. Grease 3-quart baking dish.

Arrange bread in prepared baking dish, slightly overlapping. In large bowl, whisk eggs, half-and-half, Gruyere, 1/4 cup maple syrup, cinnamon, and 1/2 teaspoon each salt and pepper until combined. Pour all over bread in baking dish. With hands, press down on bread to submerge. Cover baking dish with plastic wrap. Refrigerate at least 4 hours or up to 1 day.

Preheat oven to 375 degrees F. Remove plastic. Sprinkle bacon all over top of bread mixture. Bake 45 to 50 minutes or until golden brown and set. Drizzle with remaining 1 tablespoon maple syrup before serving.

About 410 cal, 18 g protein, 33 g carbs, 23 g fat (10 g sat), 655 mg sodium.





Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



Cancelled in both communities until further notice

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.

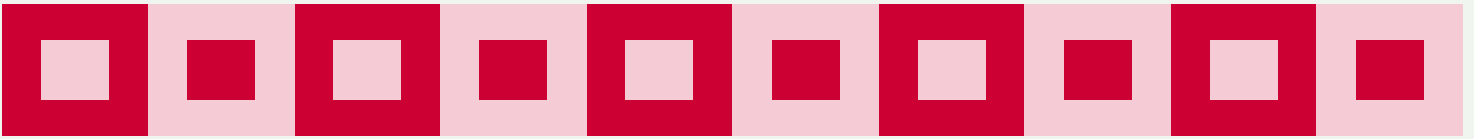
A personal **foot care nurse** completes the daily tasks that allow for the treatment and prevention of **foot health** issues related to diabetes and other diseases. They serve as a valuable resource for information that helps patients manage their health.



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)

Cancelled in both communities until further notice

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

Services cancelled in both communities until further notice. Thank you for understanding.

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.



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