



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

April 2021

TRADITIONAL PLANTS AND HARVESTING



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

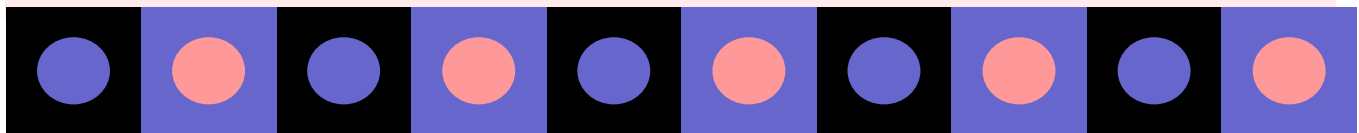
Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



**The Heskwen'scutxe offices will be closed:
Friday April 2, 2021 for Good Friday
And
Monday April 5, 2021 for Easter Monday**



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



Resource Numbers

Emergency Assistance

Ambulance/Fire/Police.....911
 RCMP.....250-455-2225
 RCMP Spences Bridge....250-458-2233 (local non emergencies)
 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)

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

Han Knast Tsitxw Transition house
 250-455-2284
 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

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

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

Hope For Wellness Hotline: 1-855-242-3310

Helpline offers 24 hour immediate mental health counseling and crisis intervention to all indigenous peoples across



Kuu –us Crisis Line at 1800-588-8717

Toll free Aboriginal provincial crisis line 24 hours

Indian Residential School Survivors 1-604-985-4464 or toll free 1800-721-0066

Tsow-Tun Le Lum Society: 250-268-2463

24 hour support line supporting those struggling with addiction sub-



Nlaka’pamux Mental Health Services

Wanda Dexel

Mental Health and Addictions Clinician

Wanda 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



Nlha’7kapmx Child and Family Services

987 George Road, Lytton, BC , V0K 1Z0

Phone: 250- 455-2118

Fax: 250-455-2117

Email: info@n7xservices.com



Hentle!

Today is March 12th and the start of Spring Break for students! Dr. Bonnie Henry has loosened the Covid restrictions so we can now meet outside with up to 10 people from our bubble. Please continue to follow all Public Health Orders even when gathering with our bubbles outside. There are new variants of the virus that we must continue to contain from spreading.

April 2 is Good Friday and the start of the Easter Long weekend. Please be safe while outside gathering with your bubble of 10.

April 22 is Earth Day! Lets celebrate by getting out on the land with our bubbles. What traditional foods can we gather? Stinging nettle? I recommend following the Tuckkwiowhum Village Facebook page as they share great information!

HHSS is waiting for notification on when we will be receiving the Moderna vaccine for our second dose clinics. As soon as we are notified, we will be calling all members who received the first dose at our vaccine clinics to book your second appointment.

If you could not attend our clinics or changed your minds for receiving the first dose since the clinics that we held, there will be opportunities to get the first dose vaccine at the Interior Health Regional Clinics or a FNHA clinic. Again, HHSS is waiting for information to share on where and when these clinics will be. As soon as we know we will advertise. You can also check the government of BC website for information or Interior Health or the First Nation Health Authority. We have officially launched our website. I encourage you to participate in the scavenger hunt, it will have you know what services we offer inside out and there are nice prizes to be won too! We hope you enjoy your Fire Safety tools and encourage you to read the booklet. We can never be prepared enough in case of an emergency!

Thank you to all community members who were vaccinated! You are doing your part to keep our communities safe! Please contact HHSS for any support or information.

Stay Strong, Be Calm, Be Kind, Be Safe

Tina Draney / Acting Health Manager



COVID-19 VACCINE UPDATES

March 17, 2021

Re: COVID-19 VACCINATIONS 2nd DOSE

To all community members living in Cooks Ferry and Siska



HHSS still does not know when the 2nd dose vaccine will be allocated to us. Dr. Bonnie Henry our BC Provincial Health Officer has approved a delay up to 120 days for the second dose.

HHSS was anticipating hosting our second clinics the first and second week of March but we did not receive the vaccine due to the new Provincial inoculation plan. I anticipate that we will not be notified until the very last minute before receiving the vaccine as this was our experience with the first dose. As soon as we know when the vaccine will be delivered to us, we will start calling all community members who received their first dose to set up appointments for their second dose.

If you did not receive your first dose and would like to be vaccinated please contact our offices. Nlaka'pamux Health Services Society is advocating for more vaccine to capture people who were not able to be vaccinated at the first clinics. When HHSS knows more information regarding this we will advertise the information as to where and when the clinics will be held. If you will require transportation HHSS will support with this. We just ask that you phone us to set up a ride as soon as you know your vaccine appointment time and location so we can make staffing arrangements.

I want to thank everyone for being patient through this vaccine roll out. Please remember that even with the vaccine we must still continue to follow all PHO's.

If you have any questions, please give us a call.

Siska office 250-455-6601. Cooks Ferry office 250-458-2212. We are here for you.

Heskw'en'scutxe Health Services Society

WEBSITE LAUNCH!

We are pleased to introduce you to HHSS new website: hssbc.ca

To ensure that everyone gets familiar with the site, we have put together a Scavenger Website Hunt with prizes to win!

- This contest is open to all members living in the communities.
- The Newsletter can be accessed on the website. Let us know if you prefer a paper copy going forward.
- Fill your **Covid-19 Wellness Check Form** online!
- For all medical travels, shopping days and in person appointments with HHSS employees, clients will be requested to fill the **Covid-19 Wellness Check Form**

Go to <https://hssbc.ca/covid-19/> and fill out the questionnaire and submit.

1-2 hours before we pick you up for travel or see you in our offices:

No access to the online form?

We will call you and fill out the **Covid-19 Wellness Check Form** on your behalf.

HOW TO ACCESS THE COVID-19 ONLINE FORM?

The image displays four sequential screenshots from a mobile phone browser, illustrating the steps to access the COVID-19 online form:

- Screenshot 1:** Shows the website's home page at hssbc.ca. A menu icon (three horizontal lines) is visible in the top right corner.
- Screenshot 2:** Shows the website's navigation menu. The 'Covid-19' option is highlighted with a green arrow.
- Screenshot 3:** Shows the 'Covid-19 Information' page. A yellow button labeled 'Covid 19 Wellness Check Form' is highlighted with a green arrow.
- Screenshot 4:** Shows the 'Covid-19 Wellness Check Form' with various questions and a 'Submit' button highlighted with a green arrow.

Heskw'en'scutxe Health Services Society

WEBSITE SCAVENGER CONTEST!!!!

Fill this form out to be entered into a draw! (See the prizes featured in this newsletter and on the HHSS Facebook page.)

Send answers to: admin@hhssbc.ca or hand your form in to Corynn/ Nadine.

VISIT HHSSBC.CA

ALL ANSWERS ARE FOUND WITHIN THE WEBSITE

1. Name the waterfall featured on the "*Home Page*". Hint : It is located in Spences Bridge: _____
2. Fill out the "*Covid-19 Wellness Check Form*". In the "*Any other symptoms not listed box*" write *Scavenger Hunt* and press sent.
3. Name one of the 8 "*Other Services*" offered by HHSS. _____
4. Name one of the forms you can download in the "*Resources Section*".

5. How many community members live in both communities? _____
6. Name the photographer who took the website pictures in the summer of 2020. _____
7. How many 2017 newsletters have been posted online ? _____
8. Name one of the 4 Board of Directors Members. _____
9. What do you need to provide to access the "*Members Login*"

10. Name one of the four "*Outside Community Services*" you can access without having a doctors referral. _____
11. Name one of the services provided by the nurse in the "*Maternal Child Health*" Menu. _____
12. Name a featured event in the "*Events Monthly Calendar*".

13. Name one of the three services /programs available in the "*Electronic Health Record System*". _____
14. Name the first link in the "*Helpful Links*" section _____

NAME: _____ Cooks Ferry _____ Siska _____

DEADLINE TO SUBMIT YOUR ANSWERS: APRIL 15, 2021

Heskw'en'scutxe Health Services Society WEBSITE SCAVENGER CONTEST PRIZES TO WIN!!!

Tanning Kit (\$85 value)



TENT KIT AND SOLAR LIGHTS



HAND PAMPERING FOR THE GARDENER



DO IT YOURSELF PROJECT: BEESWAX KITCHEN WRAP KIT & GLASS CONTAINERS TO START USING YOUR WRAPS



Heskw'en'scutxe Health Services Society

WEBSITE SCAVENGER CONTEST

DEADLINE TO SUBMIT APRIL 15

SPA KIT



SPRING CLEANING KIT



COPPER COOKING & EXERCISING KIT

BURN WHILE COOKING!



CLASSIC POT & OVEN MIT









CUTTLERY & BIG MUG SET

USE IT WHILE CAMPING



TRANSPORTATION and CARE OPTIONS FOR FIRST NATIONS MEMBERS WHO ARE COVID-19 POSITIVE and LIVE ON-RESERVE

IF YOU ARE EXPERIENCING THESE SYMPTOMS follow the arrows										
MILD & STABLE SYMPTOMS	MODERATE	SEVERE SYMPTOMS								
										
<p>You may have a fever, cough, sore throat and/or diarrhea.</p> <p>Your breathing is fine.</p> <p>You are alert and oriented; you know who you are and who others are.</p>	<p>You are starting to feel worse; your symptoms are not going away and your breathing may be uncomfortable. Do not wait until symptoms get severe.</p>	<p>If you are feeling like you can't get enough air into your lungs:</p> <p>If you are struggling hard to breath or if you become unconscious someone will:</p>								
	<p>Call 811 or your local health center or Community Liaison 250-458-2212</p>	<p>CALL 911</p>								
										
<p>Contact: 811 for testing and Contact your local health center HHSS 250-458-2212 to ask about the following options and decide which one would be best for you if you wish to self-isolate:</p>	<p>The nurse will assess you and decide to call 911 or refer you to an Interior Health Community Cohort Center (CCC) in:</p> <ul style="list-style-type: none"> • Kamloops • Vernon • Penticton • Trail <p>The nurse or designate will reach out to the CCC to help you and a companion get to the CCC and to also return home.</p>	<p>If you are at a rural clinic or hospital site, THEY will arrange for one of the following transports based on your symptoms:</p> <ul style="list-style-type: none"> • BC Ambulance Ground or Air Basic Life Support Crew with local medical escort (Registered Nurse, Nurse Practitioner, Doctor) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • BC Ground Ambulance with Advanced Care Paramedic • BC Ground Ambulance with High Acuity Response Team (HART) (hospital to hospital) • BC Air Ambulance (if available) <p>You will be transported to an Intensive Care Hospital:</p> <table border="1"> <thead> <tr> <th>Location</th> <th>Aboriginal Patient Navigator Contact</th> </tr> </thead> <tbody> <tr> <td>Kamloops, Royal Inland H</td> <td>250-319-5420 or 250-318-0697</td> </tr> <tr> <td>Vernon Jubilee H.</td> <td>250-558-1200 Ext 4130 or 250-309-9436</td> </tr> <tr> <td>Kelowna General H.</td> <td>250-862-4021 or 250-801-0466</td> </tr> </tbody> </table> <p>IH will make arrangements for your return home.</p>	Location	Aboriginal Patient Navigator Contact	Kamloops, Royal Inland H	250-319-5420 or 250-318-0697	Vernon Jubilee H.	250-558-1200 Ext 4130 or 250-309-9436	Kelowna General H.	250-862-4021 or 250-801-0466
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<p>Option 1: Self-isolate at home for 14 days. With HHSS support</p> <p>Option 2: Self-isolate at a local self-isolation facility for 14 days: such as a nearby motel or hotel or resort or cabin or trailer.</p> <p>OPTION 3: Self-isolate at an IH Community Cohort Centre (CCC) for 14 days - referral is needed by a nurse or health professional (see green section).</p>										

IN THE Cooks Ferry and Siska Communities



Heskwen'scutxe Health Services Society

Cooks Ferry & Siska Indian Bands

1-866-458-2212
1-844-255-6601



First Nations Health Authority
Health through wellness

COVID-19 Vaccination Clinic Update

PROVINCIAL CLINICS

- 1) Clinics start March 15
- 2) Register for appointments:
March 8 on - Indigenous* people age 65+
March 31 on - Indigenous people age 60+
- 3) Locations will be confirmed when booked. Some will be for Indigenous clients only
- 4) Clinics will continue as needed, gradually opening to younger populations. By July, everyone who wants a vaccine will have had their first dose
- 5) Best for urban and away-from-home Indigenous people (i.e., living off reserve)
- 6) Organized by regional health authorities with planning support from FNHA regional teams.

FNHA COMMUNITY-BASED CLINICS

- 1) Ongoing (started Dec. 31, 2020)
- 2) First Nations Communities and Health Centres will notify community members. Some may require appointments
Everyone living in community age 18+
- 3) Held in community facilities (e.g., on reserve)
- 4) All first-dose clinics will be held or scheduled by March 31
- 5) Intended for First Nations people living in community (i.e., on reserve). Nation members should not travel to attend these clinics.
- 6) Organized by the FNHA in partnership with First Nations communities

**First Nations, Metis, Inuit. Self-identification, no proof required.*



PROVINCIAL VACCINE REGISTRATION CONTACT INFORMATION BY HEALTH AUTHORITY

Fraser Health Authority

1-855-755-2455

www.fraserhealth.ca/vaccine

Interior Health Authority

1-877-740-7747

www.interiorhealth.ca

Northern Health Authority

1-844-255-7555

www.northernhealth.ca

Vancouver Coastal Health Authority

1-877-587-5767

www.vch.ca

Vancouver Island Health Authority

1-833-348-4787

www.islandhealth.ca/covid19vaccine

The centres will be open from 7 a.m. to 7 p.m. every day, with reduced hours on statutory holidays.

NEW INFORMATION ON SECOND DOSE TIMING

Under the Phase 2 COVID-19 vaccination plan announced March 1, second doses – also called booster shots – will be extended until 16 weeks after the first. This decision is based on research in BC and elsewhere that shows the Pfizer and Moderna vaccines give a very high level of protection after the first dose – about 90 per cent effectiveness three weeks after vaccination. The research also shows that recipients can safely wait for a booster shot without losing benefit.

FOR MORE INFORMATION ABOUT COVID-19 VACCINES

See [What You Need to Know About COVID-19 Vaccines](#) on the FNHA website:

www.FNHA.ca/coronavirus

or

[The BC Centre for Disease Control:](#)

www.bccdc.ca

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



First Nations Health Authority
Health through wellness

Have COVID-19 Symptoms? Call 8-1-1



Don't call 9-1-1 unless it's an emergency.

If you think you may have symptoms of COVID-19, call 8-1-1.

8-1-1 is the provincial phone line for medical information and advice, including all COVID-19 questions. Call 8-1-1 free of charge to talk to trained nurses and get the info you need on the coronavirus and COVID-19.

Remember: 9-1-1 should only be used in an emergency! 9-1-1 operators do not have COVID-19 information. Calling 9-1-1 can put others at risk by delaying other emergency response efforts.

For non-medical questions about COVID-19, like questions about travel restrictions, call 1-888-COVID19 (1-888-268-4319). This info line is open from 7:30 AM to 8 PM. Do not call this line if you are sick. 8-1-1 is the best phone line if you think you have COVID-19.

To self-assess your symptoms, please visit the BC Centre For Disease Control's COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health



For the latest information on COVID-19, go to www.fnha.ca/coronavirus

Heskw'en'scutxe Health Services Society

Invitation to

Siska and Cooks Ferry Community members:

To Visit the Nicola Valley Aquatic Centre

2040 Mamette Ave. Merritt, BC

*Pool Passes available to both on and off reserve
registered band members.*

Call Nadine to be added to the list.

Transportation not included



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

Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213



PAYMENT DATES

Pension Plan

March 30, 2021

April 29, 2021

May 28, 2021

June 29, 2021

July 29, 2021

August 30, 2021

September 29, 2021

October 28, 2021

November 29, 2021

December 23, 2021

Child Allowance

- March 19, 2021
- April 20, 2021
- May 20, 2021
- June 18, 2021
- July 20, 2021
- August 20, 2021
- September 20, 2021
- October 20, 2021
- November 19, 2021
- December 13, 2021

Old Age Security

March 29, 2021

- April 28, 2021
- May 27, 2021
- June 28, 2021
- July 28, 2021
- August 27, 2021
- September 28, 2021
- October 27, 2021
- November 26, 2021
- December 22, 2021

Good and Services Tax (GST)

- April 1, 2021
- July 5, 2021
- October 5, 2021



ENJOY THE OUTDOORS, WITHOUT A TICK

Lyme disease is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves.

Follow these tips when heading outside:



01

PREVENT

- Wear light coloured long-sleeved shirts and pants.
- Tuck your shirt into your pants, and pull your socks over your pant legs.
- Wear closed-toe shoes.
- Use bug spray with DEET or Icaridin (always follow label directions).
- You can also wear permethrin-treated clothing, now available in Canada (always follow label directions).



02

CHECK

- Shower or bathe as soon as possible after being outdoors.
- Do a daily full body tick check on yourself, your children, your pets and your gear.
- Put your clothes in a dryer on high heat for at least 10 minutes.

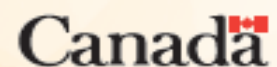


03

TAKE ACTION

- Use clean fine-point tweezers to immediately remove attached ticks by slowly pulling them straight out. Try not to twist or squeeze the tick.
- Wash the bite area with soap and water or alcohol-based sanitizer.
- Keep the tick in a closed container and bring it with you if you go see your health care provider.
- Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick.

For more information, visit
Canada.ca/LymeDisease



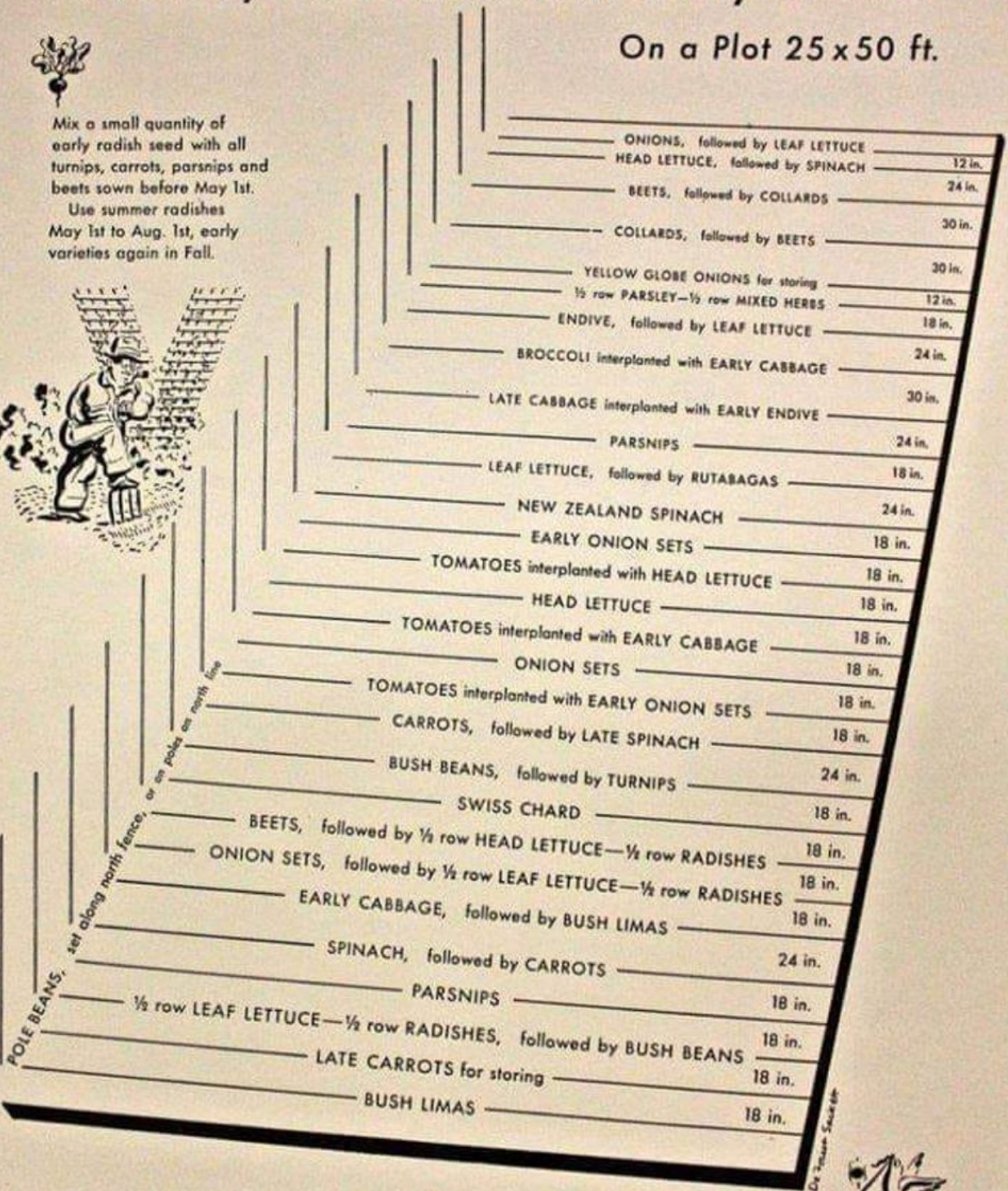
A Victory Garden for a Family of Five

On a Plot 25 x 50 ft.



Mix a small quantity of early radish seed with all turnips, carrots, parsnips and beets sown before May 1st.

Use summer radishes May 1st to Aug. 1st, early varieties again in Fall.



ISSUED BY ILLINOIS STATE COUNCIL OF DEFENSE,
GOVERNOR DWIGHT H. GREEN, Chairman



NATIVE GARDENING TIPS



Icons designed by Freepik from Flaticon

SPECIES TO PLANT

NATURE CONSERVANCY | CANADA 

FOR



To attract bees to your garden, try planting:

- black-eyed Susan (*Rudbeckia hirta*)
- Canada goldenrod (*Solidago canadensis*)

Create a paradise for butterflies by planting:

- swamp milkweed (*Asclepias incarnata*)
- wild bergamot (*Monarda fistulosa*)

FOR



FOR



For ground cover in shady areas, plant:

- foam flower (*Tiarella cordifolia*)
- wild woodland strawberry (*Fragaria vesca*)

Have a pond in your backyard? Try planting:

- pussy willow (*Salix discolor*)
- winterberry holly (*Ilex verticillata*)

FOR



Indigenous Peoples' Medicine in Canada

Since the beginning of time Indigenous peoples in Canada have been using plants and other natural materials as medicine. Plant medicines are used more often than those derived from animals. In all, Indigenous peoples have found over 400 different species of plants (as well as lichens, fungi and algae) with medicinal uses. Medicine traditions — the plants used, the sickness treated, protocols for harvesting and usage, and modes of preparation — are similar for First Nation peoples across the country. In many communities, there are recognized traditional medicine teachers, and their teachings often reflect spiritual aspects of healing as well as physical outcomes. In many cases, the therapeutic properties of Indigenous medicines are due to particular parts of the plants and their effects on the body, but in other instances, their use is little understood by western medical doctors. Within Indigenous communities, specific methods of harvesting and preparation of medicines are considered intellectual property of particular individuals or families.

History of Indigenous Medicine

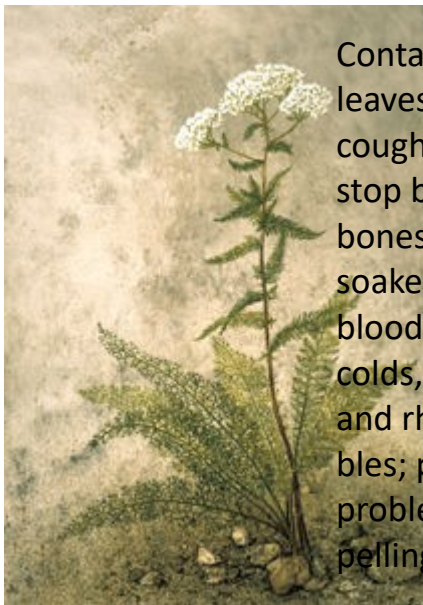
The use of medicinal plants has been a part of people's healing traditions worldwide, probably from humans' earliest beginnings. Among Indigenous peoples in Canada, the origin of some medicinal applications is chronicled in stories, such as in the [Siksika \(Blackfoot\)](#) narrative of how a



woman named Last Calf, who had tuberculosis, gave food to a beaver, who in turn gifted her with a vision of a cure for her ailment. She was told to boil the pitch of the lodgepole [pine](#) (*Pinus contorta*) in water and drink the infusion, while singing a special song. After following these instructions, Last Calf was cured.

New diseases were also introduced by the Europeans. [Smallpox](#), measles, [tuberculosis](#), and some venereal diseases were not originally known or widespread in Canada, but soon after European contact, spread in epidemic proportions among the Indigenous populations. Existing medicines were applied to treat these new ailments, and in some cases new medicines were developed. For example, sweetflag (*Acorus americanus*), already an important medicinal plant of the [boreal forest region](#) and eastern Canada, was used to treat smallpox. Barstem lomatium (*Lomatium nudicaule*), called *q'əxmín* in a number of West Coast languages, was used to treat tuberculosis, and came to be known as “Indian consumption plant.” Diabetes has become prevalent among Indigenous populations, and traditional medicines, such as the inner bark of devil’s-club (*Oplopanax horridus*, a shrub in the ginseng family, Araliaceae), have been adapted to treat this new disease.

hillea millefolium
SISka
([yarrow](#))



Contains aromatic compounds including menthol and thujone; leaves, roots and flowers all used; leaves chewed for colds and coughs; leaves or roots used as a poultice for sores, cuts (said to stop bleeding), abscesses, burns, boils, skin rashes, and broken bones; also for bronchitis and coughs; leaves or whole plants soaked in water to make a shampoo; tea of the leaves drunk as a blood purifier, for diarrhoea, stomach cramps, vomiting, nausea, colds, coughs, sore throat, headache, toothache, fever, convulsions, and rheumatism; used as diuretic, blood purifier, and for liver troubles; plants used in childbirth, lactation and for gynaecological problems; also for insect bites and as a smudge or solution, for repelling insects and as a scent and air freshener.

[Yarrow](#))

Artemisia species
(Sagebrush,
wormwood, sage-
wort)



Wormwood
(*Artemisia cam-*
pestris)

These aromatic shrubs or herbaceous perennials are widely used, as infusions or inhalants, to treat colds, coughs, and respiratory ailments. They are also prepared as washes or poultices for wounds, skin irritations and infections, blisters, sprains, sores and swellings, or as a bathing solution for rheumatism, arthritis and muscular aches and pains. Several species are also burned on ceremonial occasions as protective smudges or incenses. Some of the key species used include field wormwood (*A. campestris*), “caribou leaves” (*A. tilesii*), northern wormwood (*A. frigida*), wild tarragon (*A. dracunculus*), white sagebrush (*A. ludoviciana*), and big sagebrush (*A. tridentata*).

There are over 20 species of *Artemisia* native to different regions of Canada, and many of them are used medicinally. They contain a range of aromatic compounds that give them their distinctive fragrance; some are considered too strong to be taken internally.

Spring Harvesting Poster #2		
English	Nłeʔkepmxcin	Phonetics
spring beauty (wild potato)	tetúwn̓	tah-too-wn
Botanle Valley	pténi	p-tenni
dig roots	kmam	k-mem

Prunus species
([cherries](#))



[Choke Cherry](#)
([Prunus virginiana](#))

Cherry bark, leaves, unripe fruits and pits contain cyanide-producing glycosides, and can be harmful if taken in excess. Nevertheless, cherry bark, as an infusion, is well known to Canada's Indigenous peoples as a remedy for coughs, bronchitis, and colds, and has also been used to treat heart trouble, blood poisoning, infections, tuberculosis and smallpox. It is also used as a general tonic.

There are several species of cherry native to Canada, the most common being choke cherry (*P. virginiana*) and pin cherry (*P. pensylvanica*); both are used medicinally.

Juniperus species
([junipers](#))



[Juniper \(Juniperus communis\)](#)

Junipers are widely known as sources of flavouring and incense in many parts of the world. The round, berry-like seed cones are particularly potent, but the boughs with or without these cones are strongly aromatic due to resins and volatile oils. (Note: the essential oils of junipers can be toxic and possibly carcinogenic.) Infusions or decoctions of juniper are taken to treat coughs, lung disease, tuberculosis, stomach pains, indigestion, vomiting and kidney troubles among other ailments. Juniper is also used as a bathing solution, inhalant or in sweatbathing to alleviate arthritic and rheumatic pains, chest pains, headaches, wounds, sprains and as a shampoo. Juniper is also burned as an incense for ceremonial protection, and is used as a cleansing wash to protect against illness or any evil influences.

There are five species of juniper native to Canada: two (*J. communis*, *J. horizontalis*) are shrubs with a wide range, including in the [boreal forest](#), and three (*J. maritima* on the west coast, *J. scopulorum* in the western interior and *J. virginiana*, in southeastern Canada) are small trees. Junipers are sometimes also called redcedar, not to be confused with trees of the genus *Thuja*.

Oplopanax horridus (devil's-club)



Devil's-Club
(*Oplopanax horridus*)

For many Indigenous peoples of Western Canada, this is one of the most important medicines, although it is very prickly and difficult to harvest. It is a panacea and general tonic, and used to treat many diverse ailments. Traditionally used in solution to treat rheumatism, arthritis, ulcers, stomach and digestive tract ailments, colds, coughs, influenza, bronchitis and tuberculosis, it is also applied externally as a poultice or wash for boils, wounds, broken bones, burns, and infections. It has been used in recent times to treat diabetes and cancer. Devil's-club is also recognized as a strongly spiritual plant and is used to bring luck and protection against any negative influences.

In some places devil's-club has become quite rare and there are concerns around its commercialization. The green inner bark of the stems and roots is the most common part used.

DISCLAIMER

More and more, healthcare providers are recognizing the importance of inclusion of First Nations knowledge in healthcare. Many healthcare setting now have guidelines and policies to incorporate traditional medicines and health practices into clients' care plans.

Talk to your healthcare team if you are thinking about using or are using traditional medicine or healing practices.

Let your traditional healer know about your medical diagnosis and any medical treatments you are having (e.g. chemotherapy, radiation, hemodialysis, etc.) or medicine you are taking.

Some traditional medicines may affect how well treatments such as chemotherapy and radiation therapy work.

Some traditional medicines may also interact with medicines or with over-the-counter drugs, which could be dangerous to your health.

If you're dehydrated, going to a sweat ceremony may be risky.

For more information, speak to the Community Health Nurse or, if in hospital, the Aboriginal Patient Navigator.

Wild Asparagus



Asparagus officinalis, you should know, is precisely the same plant you buy in the store. It is not, strictly speaking, wild. It is feral. Like fennel in California, it has escaped from cultivation in the 400 years since Europeans brought it to the New World. Now asparagus **lives in every province in Canada**. So you'd think it would be all over the place, and indeed in a few places it is.

But you still need to actually find the young, tender spears in early spring, when they emerge from a scraggly root crown that can live in excess of 50 years. When in early spring? As early as February in, as late as June. Every region has its indicator. Here it's when the wild mustard blooms. In other places it's when lilacs blossom.

When you are ready to start, look for saline or alkaline soil. Moisture is important. Asparagus doesn't want its feet wet, but wants to be close enough to get the benefit. This can be anywhere in the East and South, but in the arid West, you will need to focus on marsh edges, irrigation ditches and near cattle ponds or sloughs and streams.

Asparagus will only live in full sun, or close to it. You can find it near small trees and even in briar patches, but never in a forest or even an open wood. Here they like to hang out with hemlock, wild mustard, curly dock and tules (And ticks. Keep a watchful eye for the evil critters).

If you see salicornia (pickleweed, saltwort, etc), you are too salty. Step back a few feet. Look around ditches, hedgerows, farm field edges and especially fence lines.

OK, so you are in a likely spot. What to look for?

You'll know an asparagus spear when you see it, so that's not a problem. But finding them can be the devil. Your best bet is to look for old plants from the previous year. Asparagus is an herbaceous perennial, meaning the growth above ground dies back every year. As a flourishing plant, asparagus is tall, up to 6 feet tall, and ferny, like fennel or dill.

There are male and female plants, and the female plants will eventually sport pretty red berries all over the ferny foliage. Alas, the berries are toxic, so don't eat them.

When the plant dies back in late fall, it turns a lovely canary yellow — a color most other dying plants don't have, so this is a way to spot them in fall. If you do, mark the spot on a GPS or make a mental note so you can return in early spring. Winters in even mild areas like mine will often knock that old growth over, so you will need to look for what appears to be a dead ferny plant on the ground. It helps to know that the foliage all stems from the central stalk, which was the asparagus spear. If you are still unsure, look at the base of the dead plant: It should have scars identical to the triangular leaf scars on every asparagus stalk.

Asparagus is a nutrient-packed vegetable. It is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your blood sugar.

It Can Help Fight Cancer.

It is packed with antioxidants. This may help slow the aging process and reduce inflammation.

It is a brain booster. Another anti-aging property of this delicious spring veggie is that it may help our brains fight cognitive decline.

It contains high levels of the amino acid asparagine, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases.

Things to harvest in the spring...



Bitter root Lkwep'n (lh-koopin) is harvested using a digging stick -qalex (kah-lach) in the spring time. Usually these are gathered before they flower, the outer rough skin is removed, and the orange-red heart is taken from the center of the root to prevent the entire root from becoming too bitter. The heart can be left at the site if cleaning your roots on location, as it is the embryo for the next year's growth. The root can be dried and stored for winter use. It is high in iron. Traditionally a pudding was made from the boiled roots, with Saskatoon berries and fish eggs.

Also remember to leave at least 10% to seed so there will be some next year!

Guilt-Free Asparagus Soup

- **PREP 15mins**
- **COOK 1hr**
- **TOTAL 1hr 15mins**

This simple asparagus soup is delicious, vegetarian, and minimizes waste. Instead of using stock to make the soup, we make a quick asparagus broth using the asparagus and leek trimmings. The broth is delicate and fragrant and is the perfect way to make use of trimmings instead of throwing them away.

YOU WILL NEED

ASPARAGUS BROTH

- Trimmed stems from 2 pounds asparagus, roughly chopped
- Green tops of 1 large leek, rinsed of sand and grit
- 1 medium carrot, chopped
- 1 garlic clove, halved
- 1 bay leaf
- Salt to taste
- 1/4 teaspoon fresh ground pepper
- 9 cups water



ASPARAGUS SOUP

- 2 tablespoons extra-virgin olive oil
- 1 leek, white and light green parts only, rinsed of sand and grit and sliced
- 1 garlic clove, minced
- 2 medium russet potatoes, peeled and diced (about 1 pound)
- Salt to taste
- 6 to 7 cups asparagus broth (from recipe above)
- 2 pounds asparagus, woody ends trimmed and used for broth
- 3 cups baby spinach
- Half of a lemon, cut into wedges
- Fresh ground black pepper
- Fresh shaved or grated parmesan cheese for garnish, optional



Guilt-Free Asparagus Soup



DIRECTIONS

- **MAKE BROTH**

In a large soup pot or Dutch oven, combine all of the ingredients for the broth and bring to a boil. Reduce the heat, cover and simmer for 25 minutes. Season to taste with salt bit by bit until you begin to taste the ingredients in the broth, but before it tastes salty. Strain.

- **MAKE SOUP**

Heat the olive oil in a large, heavy soup pot or Dutch oven over medium heat. Add sliced leek as well as 1/4 teaspoon of salt and cook, stirring often, until the leek has softened and smells sweet, about 5 minutes.

Stir in the garlic and cook for one more minute. Toss in the potatoes and pour in about 6 cups of the asparagus broth (save the remaining broth for thinning the soup later). Bring to a boil, reduce the heat to a simmer, and then cover and simmer until the potatoes fall apart when pierced with a fork, about 20 minutes.

Meanwhile, cut tips from 12 asparagus spears 1 1/2 inches from the top. Reserve these for a garnish when serving. Roughly chop the rest of the asparagus. When the potatoes are ready, stir in the chopped asparagus (not the reserved tips) and simmer until tender, but still bright green.

Remove from the heat and stir in spinach until wilted, but still bright, about a minute.

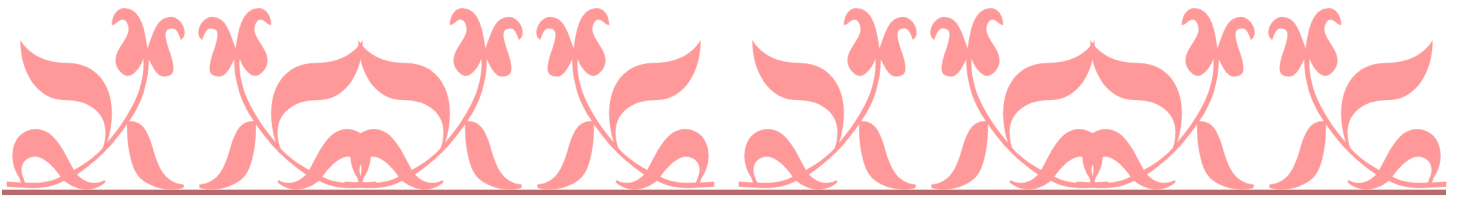
- **TO FINISH**

Blend the soup — it doesn't need to be ultra-smooth, some texture is nice. An immersion blender makes quick work of this or use a blender. If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. Remove the center insert of the lid and cover it with a kitchen towel while blending — this helps some of the steam release and prevents the lid from popping off (which can be a big, hot mess).

Return the blended soup to the pot and heat through. Taste and adjust with additional salt and pepper. If the soup seems too thick, thin out with more asparagus broth a 1/4 cup at a time.

Just before serving, toss the reserved asparagus tips into an inch or two of boiling salted water and cook until tender, but still bright green, about 3 minutes. Rinse with cold water to stop the cooking.

Ladle the soup into bowls and garnish with two asparagus tips and parmesan cheese. Serve with a lemon wedge for squeezing over the top.



Balsamic Potato and Asparagus Bake

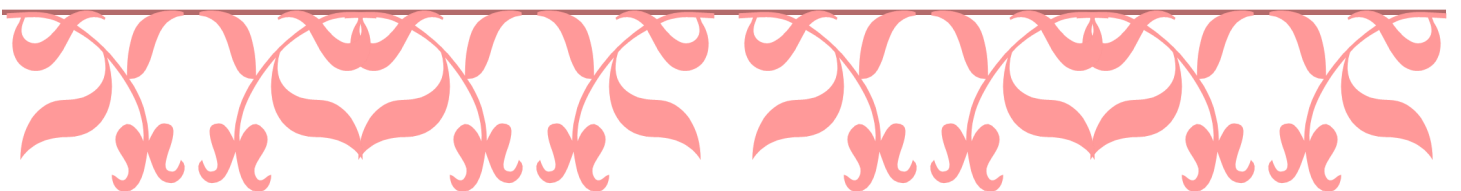
Ingredients

- 1 kg new potatoes (such as Jersey Royal or another small waxy variety), cut into quarters
- 250 g asparagus tips, cut into 2 inch pieces or halved
- 2 tbsp garlic-infused olive oil
- 4 tbsp balsamic vinegar
- A generous pinch of salt and pepper



Instructions

1. Preheat oven to 200C / 390F.
2. In a large roasting tin, add the olive oil, balsamic vinegar and salt. Add the potatoes and toss to coat fully before roasting for 20 minutes.
3. After 20 minutes, add the asparagus with a little extra olive oil, if needed. Toss to coat and cook for a further 15 minutes.
4. Season with extra balsamic vinegar, salt and pepper.
5. Serve and enjoy!



Baked Asparagus

Preparation time:
10 minutes

Ingredients

1 pound fresh asparagus

1 teaspoon olive oil

2 dashes salt

Zest of 1/2 a small lemon

Yield:

4 servings

Serving size:

1/4 of the recipe



Directions

Preheat oven broiler. Snap tough ends off asparagus, then rinse and drain asparagus well. Place asparagus in a zip-top bag and drizzle evenly with oil. Seal bag tightly and shake gently to coat asparagus with oil.

Place asparagus in a single layer in a 9" x 13" pan. Broil 5 inches from the heat source with the oven or broiler door cracked. After 2 minutes, pull the pan out and shake pan or use tongs to turn asparagus over. Return to the oven and broil 2–3 minutes more, or until crisp-tender. Watch closely and remove if asparagus begins to brown.

Sprinkle lightly with salt and lemon zest, then divide into 4 equal servings.



Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



Footcare in Cooks Ferry Tuesday, March 30, 2021
Footcare in Siska Friday, April 9, 2021

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)

COOKS FERRY

Tuesday April 13 2021



SISKA

Thursday April 15 2021



**Medication Pick-up is every Wednesday.
Remember to have your prescriptions refilled.**



FNHA covers baby aspirin and polysporin prescriptions. Make sure to get a prescription. If you had to pay for these items, please call Corynn or Nadine who will help you with filling out a form to FNHA to be reimbursed.

Shopping day Siska April 1, 2021

Shopping Day Cooks Ferry April 28, 2021



HHSS BOARD	HHSS STAFF	Cook's Ferry	Siska
<p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> <p>Angela Phillips Director Siska Indian Band Appointed</p> <p>Florine Walkem Director Cooks Ferry Band Appointed</p> <p>Samantha Gush Director Siska Indian Band Appointed</p>	<p>Tina Draney Acting Acting Health Manager Finance tina.draney@hhssbc.ca Ext:103</p> <p>Corynn Reveley Siska Receptionist Ext: 201</p> <p>Nadine Methot Cook's Ferry Health Administrative Assistant / Medical Transportation Clerk Ext: 101</p> <p>Scarleth Zwez-Ruiz Home & Community Care Nurse / Community Health Nurse chn@hhssbc.ca Ext: 101</p> <p>Lisa Colwell Licensed Practical Nurse Lisa.colwell@hhssbc.ca</p> <p>Clarissa Frederick Community Home Care Aid clarissa.frederick@hhssbc.ca Ext 303</p> <p>Annette Albert Community Health Representative COHI Healthy Food Bags annette.albert@hhssbc.ca Ext 106</p> <p>Danielle Munro Custodian / Transportation Support Danielle.munro@hhssbc.ca</p>	<p>Box 188 3691 Deer Lane Spence's Bridge, BC V0K 2L0</p> <p>Phone (250) 458-2212</p> <p>Fax (250) 458-2213</p> <p>Client Toll Free 1-866-458-2212</p> <p>Email nadine.methot@hhssbc.ca</p>	<p>163 Loop Road Siska, BC V0K 1Z0</p> <p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p> <p>Client Toll Free 1-844-255-6601</p> <p>Email corynn.revely@hhssbc.ca</p>
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Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community



BC Cancer Breast Screening's digital mobile mammography service will be visiting:

SPENCES BRIDGE - Cooks Ferry Band Office Parking Lot

MAY 25, 2021

11:00 A.M.—4:00 P.M.

By Appointment Only

To book your appointment call **Nadine** 250-458-2212

Mammograms are available for women ages 40 and over. Make an informed decision to screen for breast cancer. Visit www.screeningbc.ca to learn more.