



# Heskw'en'scutxe Health Services Society

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

*"Take Care Of Yourself"*

Health & Wellness Newsletter

February 2021

## 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 February 5, 2021 at midnight.

### First Nations communities

Many First Nations have declared a state of emergency for their communities and enacted COVID-19 community protection by-laws including travel bans for non-residents and non-essential visitors. It is important to respect these restrictions in addition to the province-wide travel advisory.

### Social gatherings Guidelines

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

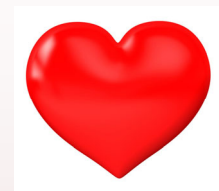
Do not invite friends or extended family to your household

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.

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

**Cooks Ferry Office**

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

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: [nadine.methot@hssbc.ca](mailto:nadine.methot@hssbc.ca)

**Siska Office**

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: [corynn.revely@hssbc.ca](mailto:corynn.revely@hssbc.ca)

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

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HESKW'EN'SCUTXE HEALTH  
SERVICES SOCIETY

Happy  
Valentine's  
Day



Heskw'en'scutxe Health Services Society is happy to announce the return of

Lisa Colwell, Licensed Practical Nurse to our team!

Lisa will be working in community on Wednesdays. Welcome back Lisa!

**Our offices will be closed on February 15, 2021 for Family Day!**

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).
- \* 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!

We were lucky to have such mild weather in January, lets hope that it does not create wild fire issues this summer! We all need a break from these emergencies! Some good news is that Siska had there covid vaccine clinic January 20, 2021. The clinic was very successful. Cooks Ferry will be vaccinated in the second round of distributions of the Moderna vaccine. Stay tuned for more information.

It was reported on CBC news that the pandemic has increased the use of anti depressants. This is causing concern for medical practitioners as they are worried that people are not getting the follow up care, counselling or support required to monitor patients. There is NO MAGIC PILL to solve our mental health issues. We can support our journeys with anti depressants, but we must also, in conjunction with medication, seek mental health counselling support, eat a healthy diet, exercise regularly and be followed up by our family doctors. If you are experiencing any mental health issues, please reach out for support. Talk to your family or friends to let then know you are struggling; they want to be there for you. Call your doctor and request a check up. Call your Nurse Scarleth or Lisa and they can make a referral for you. HHSS is here to support you!

I wanted to remind everyone about the \$500 recovery benefit for single people and the \$1000 recovery benefit for couples. If you have submitted your 2019 taxes and meet the eligibility criteria you can apply for this benefit. If you have not submitted your 2019 tax return you still have time to do that and then submit for the recovery benefit. The deadline is June 30, 2021. To apply you can go online at [www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefits](http://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefits), or call 1-833-882-0020, or in person (not recommended as it includes travel) at your local Service BC location. It is an easy and fast process to apply and receive the money!

**February 15, 2021 is Family Day!**

Stay tuned and up to date on the current Public Health Orders to see if we will be able to celebrate with a larger bubble than just our own household. (I am anticipating that we will be celebrating with just the people in our homes this year) Consider hosting a family zoom meeting to stay in touch with loved ones.

**February 24, 2021 is Pink Shirt Day!**

This is a day to remember to be kind and stand up to bullying.

**TYPES OF BULLYING**

- Physical bullying: using physical force or aggression against another person (e.g., hitting)
- Verbal bullying: using words to verbally attack someone (e.g., name-calling)
- Social/relational bullying: trying to hurt someone through excluding them, spreading rumours or ignoring them (e.g., gossiping)
- Cyberbullying: using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages or sharing negative information).

If you feel yourself using these bullying tactics, stop and think about why you feel the need to hurt someone else. Anger and hurt feelings can sometimes make us feel justified in our responses (example to bully someone that hurt you) but we must try to use better communication skills to resolve our issues. Be mindful of your intentions. Be empathetic to others as we never know what people are truly living through. Please contact HHSS for support or information.

Take care,  
Tina Draney

# Privacy Rights, Commitments & Obligations

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

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

## Employees are obligated to:

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

## Clients have the right to:

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

## Employees are committed to:

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

## Understanding Consent

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

## Privacy Officer is committed to:

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

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

(FNHSO) Heskw'en'scutxe Health Services  
Society Tina Draney, Privacy Officer  
250.458.2212 ext. 103 [tina.draney@hssbc.ca](mailto:tina.draney@hssbc.ca)



# 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)

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

## Distress Centres & Services

Air or Marine Emergency 1-800-567-5111  
 Airtport/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 – 24hre  
 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



## 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](mailto: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

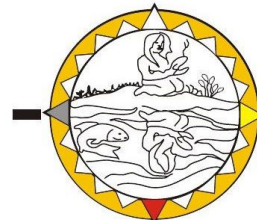
Email: [info@n7xservices.com](mailto:info@n7xservices.com)

**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 style="text-align: center;"></p> <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 style="text-align: center;"></p> <p>You are starting to feel worse; your symptoms are not going away and your breathing may be uncomfortable. <b>Do not wait until symptoms get severe.</b></p> | <p>If you are feeling like you can't get enough air into your lungs:</p>  | <p style="text-align: center;"></p> <p>If you are struggling hard to breath or if you become unconscious someone will:</p> |                                      |                                      |                          |                              |                   |                                       |                    |                              |
| <p style="text-align: center;"><b>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:</b></p> <p style="text-align: center;"></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Option 1: Self-isolate at home for 14 days.</b> With HHSS support</p> </div> <p><b>Option 2: Self-isolate at a local self-isolation facility for 14 days:</b> such as a nearby motel or hotel or resort or cabin or trailer.</p> <p><b>OPTION 3: Self-isolate at an IH Community Cohort Centre (CCC) for 14 days -</b> referral is needed by a nurse or health professional (see green section).</p> | <p style="text-align: center;"><b>Call 811 or your local health center or Community Liaison 250-458-2212</b></p>  | <p style="text-align: center;"><b>CALL 911</b></p> <p style="text-align: center;"><b>If you are at a rural clinic or hospital site, THEY will arrange for one of the following transports based on your symptoms:</b></p> <p style="text-align: center;"></p> <ul style="list-style-type: none"> <li>• <b>BC Ambulance Ground or Air Basic Life Support Crew</b> with local medical escort (Registered Nurse, Nurse Practitioner, Doctor)</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>• <b>BC Ground Ambulance with Advanced Care Paramedic</b></li> <li>• <b>BC Ground Ambulance with High Acuity Response Team (HART)</b> (hospital to hospital)</li> <li>• <b>BC Air Ambulance</b> (if available)</li> </ul> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>You will be transported to an Intensive Care Hospital:</b></p> <table border="1" data-bbox="987 1327 1466 1591"> <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> </div> <p style="text-align: center;"><b>IH will make arrangements for your return home.</b></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 |
|  | 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  |   |   |                                      |                                      |                          |                              |                   |                                       |                    |                              |
| <p style="text-align: center;"></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>The nurse will assess you and decide to call 911 or refer you to an Interior Health Community Cohort Center (CCC) in:</b></p> <ul style="list-style-type: none"> <li>• Kamloops</li> <li>• Vernon</li> <li>• Penticton</li> <li>• Trail</li> </ul> <p><b>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.</b></p> </div> <div style="text-align: center; margin-top: 10px;">  </div>  |   |   |   |                                      |                                      |                          |                              |                   |                                       |                    |                              |

IN THE Cooks Ferry and Siska Communities



Hesk'w'en'scutxe Health Services Society

Cooks Ferry & Siska Indian Bands

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

# 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 Heskwen'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 Heskwen'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 Heskwen'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](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results)**
2. **Check online on My Health Portal at [www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx](http://www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx)**
3. **Call BCCDC's COVID-19 Negative Results line (1-833-707-2792)**

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

Do you or a family member need to go to the lab? Now you can call in or go online to book your appointment!

1.877.740.7747 to book an appointment

<https://www.labonlinebooking.ca/login>

## What personal information will I need to provide when I register for an account?

During the account creation process, you will be asked for your:

- First and last name
- Phone number (preferably, a mobile phone number with SMS functionality, if you would like to receive appointment reminders via text messaging)
- Email address
- **How do I book an appointment for myself?**
- In order to book an appointment, you must have an account. Once signed in:
  1. Click Book Appointment
  2. From the drop-down menu, select the laboratory location where you would like to book an appointment
  3. Choose an appointment date by selecting either Get earliest appointments or Select date from calendar from the drop-down menu
  4. Click Search Availability
  5. Select an available date and time
  6. Click Book Appointment
  7. On the next page, confirm the appointment by clicking Confirm
- **Note:** Once the appointment is confirmed, you can print the appointment details, or add the appointment to your Google/Apple calendar. A confirmation email and/or text message will also be sent if you have enabled these features in your account.
- **How do I book an appointment for my family member?**
- In order to book an appointment for your family member, you must first have an account. Click here to create an account. Once signed in:
  1. Click Add a Member on the left side of the page
  2. Fill out the family member registration form. **Note: the family member must have a different e-mail address from yours.**
  3. Click Book Appointment
  4. From the drop-down menu, select your family member's name
  5. From the drop-down menu, select the laboratory location where you would like to book an appointment
  6. Choose an appointment date by selecting either Get earliest appointments or Select date from calendar from the drop-down menu
  7. Click Search Availability
  8. Select an available date and time
  9. Click Book Appointment
  10. On the next page, confirm the appointment by clicking Confirm
- **Note:** Once the appointment is confirmed, you can print the appointment details, or add the appointment to your Google/Apple calendar. A confirmation email and/or text message will also be sent if you have enabled these features in your account.



# Meal Rates for Medical Transportation to Increase on Jan. 1, 2021



The First Nations Health Benefits Program is increasing meal rates for clients who are travelling for medical appointments. The medical transportation (MT) ([www.fnha.ca/benefits/medical-transportation](http://www.fnha.ca/benefits/medical-transportation)) benefit provides supplemental coverage of transportation, accommodation, and meals to assist clients who need to access medically-necessary health services that are not available in their community of residence. This change will be effective on Jan. 1, 2021.

The First Nations Health Authority (FNHA) is committed to continually improving the quality of its programs and services. Health Benefits has heard from clients and communities about the need to increase MT meal rates and is taking steps to address the feedback.

The rate increases will make it easier for clients to purchase healthy foods while travelling for medical appointments. Children under nine years of age continue to receive \$25 per night, while children over the age of nine will qualify for the updated nightly rate.

|   | CURRENT RATE | NEW RATE |
|---|--------------|----------|
| Lunch Rate for same-day travel over six hours         | \$10         | \$15.10  |
| Nightly Rate for short-term travel up to six nights   | \$48         | \$53.10  |
| Weekly Rate for long-term travel seven nights or more | \$163        | \$222.20 |

The meal rate increases are the first improvements in a bigger set of transformative updates to the MT benefit. Further improvements will be identified through upcoming community engagement.

If you have any questions about MT coverage, speak to your Patient Travel Clerk or contact Health Benefits at 1.855.550.5454 or [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca).





First Nations Health Authority  
Health through wellness

# Do you need to see a doctor?



## Introducing the First Nations Virtual Doctor of the Day



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

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

### About the doctors

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

### How to set up an appointment

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

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

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

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

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



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](https://covid19.thrive.health)



**For the latest information on COVID-19, go to [www.fnha.ca/coronavirus](https://www.fnha.ca/coronavirus)**

# Nasal Naloxone (Narcan)

## ***Now Available at no cost to BC First Nations***

Nasal Naloxone is available to First Nations Health Authority clients.

Adding Nasal Naloxone as a drug benefit is intended to save lives. We encourage those at risk of an opioid overdose and people close to them to have naloxone and the training to use it.

### **QUICK FACTS ABOUT ACCESSING NASAL NALOXONE FOR YOURSELF AND YOUR LOVED ONES:**

#### **What is Nasal Naloxone (Narcan)? How do I use it?**

- Nasal Naloxone is the same chemical as injection Naloxone; the only difference is the delivery method.
- Nasal Naloxone is easy to administer.
- Learn how to use Nasal Naloxone from your pharmacist.

#### **At the Pharmacy Counter:**

- To access Nasal Naloxone, First Nations in BC may request it directly from the pharmacy. It does not require a prescription from a doctor or nurse practitioner. You will need your Status number and Personal Health Number.
- Pharmacy claims for Nasal Naloxone will be processed through Pacific Blue Cross (PBC) and not Plan W (Pharmacare).
- If there is any concern with the claim, you or your pharmacist can call Health Benefits at 1-855-550-5454
- *You can pick up Nasal Naloxone for yourself, a friend or a loved one.* The client requesting Naloxone does not have to specify who it is for. However, it will be billed to PBC under the name of the client requesting it.

#### **PLEASE NOTE:**

Some pharmacies may not keep inventory of Nasal Naloxone and we encourage our clients to contact their health centre or call ahead to their pharmacy to ensure it is available.



**First Nations Health Authority**  
Health through wellness

For more information and resources, visit us online [www.fnha.ca/overdose](http://www.fnha.ca/overdose)



# 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<br>Ashcroft, BC V0K 1A0           | 250.256.1345                     | IH          |
| Castlegar   | 10 <sup>th</sup> Street Clinic             | 707 10 <sup>th</sup> St.<br>Castlegar, BC V1N 2H7         | 250.304.1284                     | IH          |
| Chase   | Chase MHSU                                 | 825 Thompson Ave.<br>Chase, BC V0E 1M0                    | 250.679.1390                     | IH          |
| Cranbrook   | East Kootenay Addictions Services (EKAS)   | 202-1617 Baker St.<br>Cranbrook, BC V1C 1B4               | 877.489.4344                     | IH          |
| Cranbrook   | Cranbrook MHSU Clinic                      | 20 - 23 <sup>rd</sup> Ave. South<br>Cranbrook, BC V1C 5V1 | 250.417.7056                     | IH          |
| Creston   | Creston MHSU                               | 243 - 16 Ave. North<br>Creston, BC V0B 1G0                | 250.428.8734                     | IH          |
| Elk Valley<br><i>Serves Sparwood, Fernie, Elkford</i> | Sparwood MHSU                              | 570 Pine Ave.<br>Sparwood, BC V0B 2G0                     | 250.425.2064<br>Ext. 68170       | IH          |
| Enderby   | Enderby Community Health Centre            | 707 - 3rd Ave.<br>Enderby, BC V0E 1V0                     | 250.838.2450<br>Ext. 38348       | IH          |
| Golden  | Golden Medical Clinic                      | 826 9 Ave. South<br>Golden, BC V0A 1H0                    | 250.344.2211                     | Private     |
| Grand Forks   | Boundary MHSU                              | 7441 2 <sup>nd</sup> Street<br>Grand Forks, BC V0H 1H0    | 250.442.0330                     | IH          |
| Invermere   | Invermere MHSU                             | 850 - 10th Ave.<br>Invermere, BC V1A 1K0                  | 250.342.2363                     | IH          |
| Kamloops<br><i>Also serves Clearwater</i>             | Kamloops Rapid Access Addictions Clinic    | 103 - 220 3rd Ave.<br>Kamloops, BC V2C 3M3                | 250.374.2345                     | Private     |
| Kamloops  | Interior Chemical Dependency Clinic (ICDC) | 239 Lansdowne St.<br>Kamloops, BC V2C 1X8                 | 778.471.6488                     | Private     |
| Kamloops  | Dr. Hancke DeKock                          | 694 Seymour St.<br>Kamloops, BC V2C 2H2                   | 778.471.3574                     | Private     |
| Kelowna   | Kelowna MHSU Clinic                        | 505 Doyle Ave.<br>Kelowna, BC V1Y 0C5                     | 250.801.2589                     | IH          |
| Kelowna   | Foundry                                    | 100 - 1815 Kirschner Rd.<br>Kelowna, BC V1Y 6G3           | 250.420.2803                     | IH          |
| Lillooet  | Lillooet MHSU                              | 951 Murray St.<br>Lillooet, BC V0K 1V0                    | 250.256.1345                     | IH          |
| Lytton  | St. Bartholomew's Health Centre            | 575A Main Street<br>Lytton, BC V0K 1Z0                    | 250.256.1345                     | IH          |
| Merritt   | Nicola Valley Hospital / Health Centre     | 3451 Voght St.<br>Merritt, BC V1K 1C6                     | 250.378.3401                     | IH          |
| Nelson<br><i>Also serves New Denver, Kaslo</i>        | Nelson MHSU                                | 333 Victoria St.<br>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<br>Nelson, BC V1L 4C6<br>Email: office@risebc.com | Text:<br>250.590.9391            | Private      |
| Oliver  | NK'Mip First Nation<br>Resource Health Centre              | 1165 SenPokChin Blvd.<br>Oliver, BC V0H 1T8                             | 250.498.6935                     | Private      |
| Penticton   | Martin Street Outreach<br>Centre                           | 437 Martin St.<br>Penticton, BC V2A 5L1                                 | 250.770.3696                     | IH           |
| Penticton<br><i>Also serves Princeton,<br/>Keremeos</i> | Ponderosa Primary Care<br>Centre – Dr. Lloyd Westby        | 101-2504 Skaha Lake Rd.<br>Penticton, BC V2A 6G1                        | 236.422.3557                     | Private      |
| Revelstoke  | Queen Victoria Hospital                                    | 1200 Newlands Rd.<br>Revelstoke, BC V0E 2X0                             | 250.814.2241                     | IH           |
| Princeton   | Cascade Medical Centre                                     | 98 Ridgewood Dr.<br>Princeton, BC V0X 1W0                               | 250.295.4482                     | Private / IH |
| Revelstoke  | Dr. Lora Cruise Medical<br>Centre                          | 222 1 St East<br>Revelstoke, BC V0E 2S0                                 | 250.837.7997                     | Private      |
| Salmon Arm<br><i>Also serves Sicamous,<br/>Sorrento</i> | Salmon Arm MHSU  | 431 Hudson Ave. NE - 2 <sup>nd</sup> Floor<br>Salmon Arm, BC V1E 4N7    | 250.833.4103                     | IH           |
| Trail   | Trail MHSU   | Suite 3 - 1500 Columbia Ave.<br>Trail, BC V1R 1J9                       | 250.364.6262                     | IH           |
| Vernon  | Vernon Methadone Clinic                                    | 103 - 3310 32 Ave.<br>Vernon, BC V1T 2M6                                | 778.475.5810                     | Private      |
| Vernon  | Vernon Downtown Mental<br>Health & Substance Use<br>Centre | 3306A 32nd Avenue<br>Vernon, BC V1T 2M6                                 | 250.503.3737                     | IH           |
| West Kelowna  | Westside Medical<br>Associates                             | 1135 Stevens Rd.<br>West Kelowna, BC V1Z 2S8                            | 250.768.6920                     | Private      |
| West Kelowna  | Westbank First Nations<br>Community Services               | 1900 Quail Lane<br>Westbank, BC V4T2H3                                  | 250.768.0227                     | Private      |
| Williams Lake   | Corner Stone Chemical<br>Dependency Clinic                 | 4 South Ave.<br>Williams Lake, BC V2C 1J8                               | 250.398.7745                     | Private      |
| 100 Mile House  | 100 Mile House MHSU  | 555 Cedar Ave. South<br>100 Mile House, BC VOK 2E0                      | 250.395.7676                     | IH           |

### Opioid Agonist Treatment - Interior Health Authority

Opioid agonists decrease cravings for opioids and help with withdrawal symptoms. This helps a person with opioid addiction engage in counselling and therapy.

Opioid agonist therapy (OAT) is an effective treatment for addiction to opioid drugs such as heroin, oxycodone, hydro-morphone (Dilaudid), fentanyl and Percocet. The therapy involves taking the opioid agonists methadone (Methadose) or buprenorphine (Suboxone).



#### Substance Use Team | Mental Health & Substance Use Network

Revised by: Sheri Keetch, Project Support Coordinator | Endorsed by: Corinne Dolman, Director  
Developed: 15/01/19 | Revised: 17/11/20





**At Heskw'en'scutxe Health Services Society, we will pick up your sharps container for safe disposal. We can also supply you with empty containers if you require.**

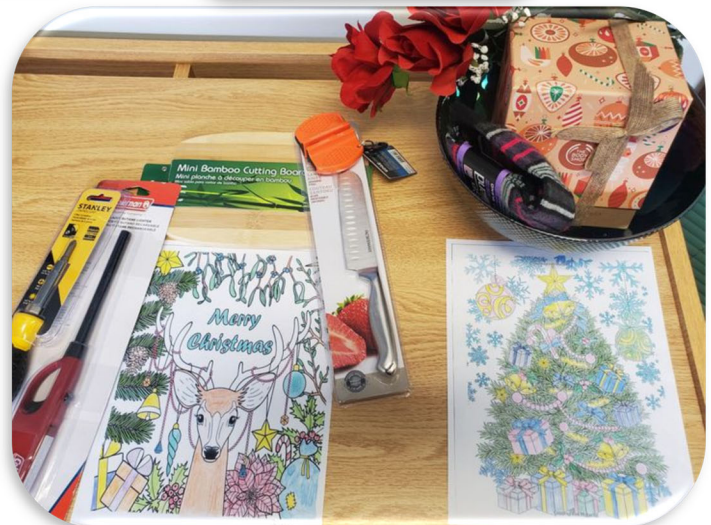
**If you require these services please call our office to arrange.**

**Cooks Ferry - 250-458-2212**

**Siska - 250-455-6601**



# Coloring Contest Winners



HHSS Coloring Page Winners! (3rd Place)

Clark Wesley (Siska 19+); Sta Ya Akin Eagleheart-(Siska 19+)

HHSS Coloring Winners - Consolation Prizes

Linda Peters-(Siska 19+); Regina Pierre-(Siska 19+); Lukas (Linda Peters) (Siska 2-12)

HHSS Coloring Page Winners! (2nd Place)

Joe Thomas(Cooks Ferry 19+); RainSky Dunstan(Siska 13-19) Ella W (Rose Hill) (Cooks Ferry 2-12)

2020 Coloring Page Winners! (1st Place)

Tony M (Cooks Ferry 13-19); Norma Collins(Cooks Ferry 19+); Semiah H (Siska 2-12)

**Congratulations To All our Winners**

Kukchem to all our community members who have entered the coloring page contest! Benefits of coloring to list a few...

### **REDUCE STRESS AND ANXIETY**

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

### **IMPROVE MOTOR SKILLS AND VISION**

Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

### **IMPROVE SLEEP**

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

### **IMPROVE FOCUS**

Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!





## Look out for our new website at [hhssbc.ca](http://hhssbc.ca)

The site will go live in February. You will find information about the services we offer, you will be able to download our health forms, access our live event calendar (we cannot wait to have events going again). Also, you will be able to read our newsletter online (save a tree) and much more!

We will put a contest together promoting the website. Stay tune for more information and as usual we look forward to your valuable feedback.



### Winners of Website Community Pictures \$50 gift cards.

**Red Hawk James Michell**

(Siska)

**Daryl Minnabarriet**

(Cooks Ferry)

**Toni-Lynn Michell**

(Siska)

**Joe Thomas & Gracie P**

(Cooks Ferry)

Siska  
**Alanna Smith**

(Siska)

**Ethan I.**

(Siska)

**Danielle Munro**

(Siska)

**Teresa Thomas**

(Cook Ferry)

**Rose Hill**

(Cooks Ferry)

**Glen Michell**

(Siska)

**Erik Michell (Siska)**



# Diabetes-Friendly Recipes for Your Instant Pot

## Pot by Nancy S. Hughes

Electric pressure cookers and "multi cookers" like Instant Pot are the hot new kitchen appliance. Chances are you either have one, plan to get one, or at least heard a lot about them. So what is the big deal with multi cookers anyway? And are they any help when it comes to making diabetes-friendly meals?

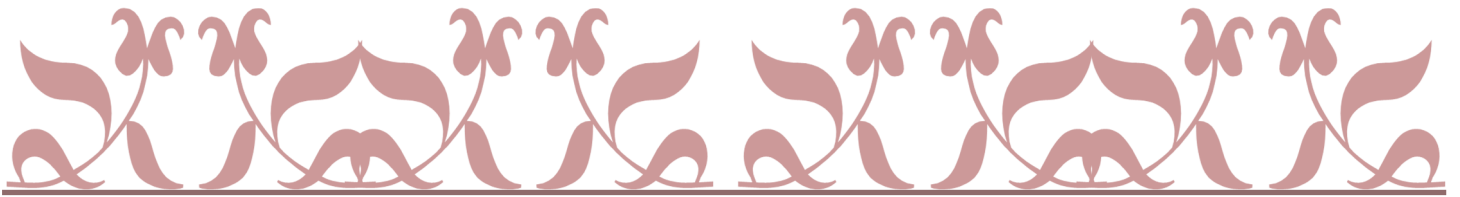


A "multi cooker," like Instant Pot, does the work of multiple appliances – it's a slow cooker, steamer, rice cooker, sauté pan, warming pot, and pressure cooker all in one. You can use it like a slow cooker and let dinner simmer away all day, or, if planning ahead isn't your thing, you can cook the same "slow-cooked" meal in minutes using the pressure cooker function.

Best of all, you can prep and cook everything in one pot, meaning there is no need to preheat the oven, light up the grill, make a mess on your stove top, or wash a lot of pots and The classic stir-fry recipe is the perfect way to make a healthy, diabetes friendly and low-carb meal from whatever you might have in the fridge or pantry.

Heat up a little oil in a skillet (a wok is great, but any skillet will do), throw in some protein and vegetables, and stir.

Our version uses chicken as a base, but strips of beef, pork, or tofu will work just as well. Stir-fry vegetable mixes are available at most grocery stores, but there are a number of fresh or frozen vegetables that will work perfectly here— broccoli, snow peas, bell peppers, and baby corn especially.



## **Simple Chicken Stir-fry**

Prep time 10 min  
Cook time 10 min  
Servings 4  
Serving size 1 1/2 cups



### **Ingredients**

1 garlic clove (minced or grated)  
1 tbsp olive oil

1/2 tsp ground black pepper  
2 tsp corn starch

1 14-ounce bag frozen stir-fry vegetables

2 tbsp lower sodium soy sauce  
1 1/2 cup cooked chicken (shredded)  
1 cup low sodium chicken broth

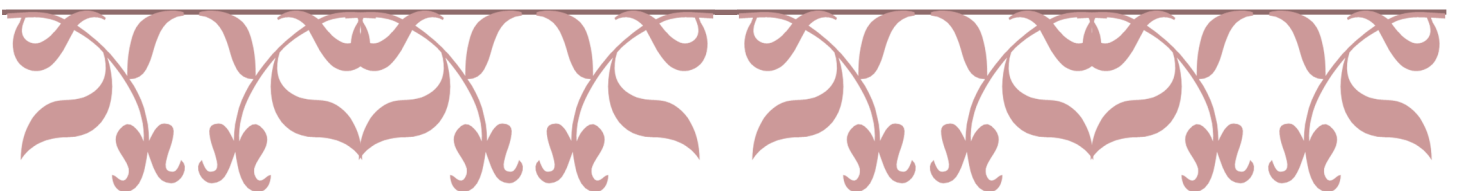
### **Directions**

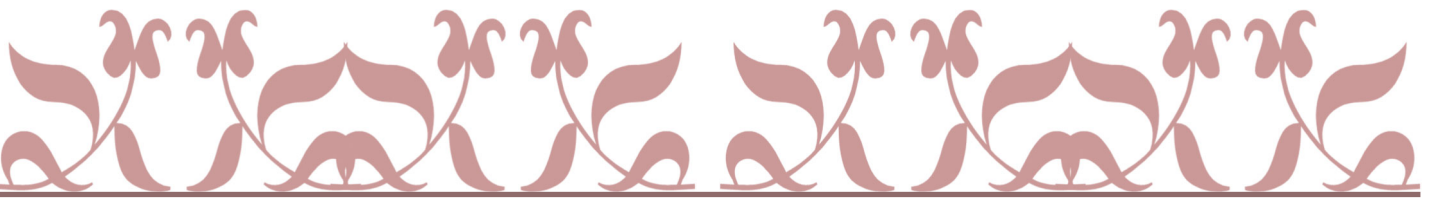
1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.

2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.

3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.

4. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.





## **Spicy Beef Vegetable Stew**

*This zesty ground beef and vegetable soup is flavorful and fast to fix. It makes a complete meal when served with warm cornbread, sourdough bread or French bread if you enjoy a supper with a side. —Lynnette Davis, Tullahoma, Tennessee*

**TOTAL TIME:** Prep: 10 min. Cook: 8 hours

**YIELD:** 8 servings (3 quarts).

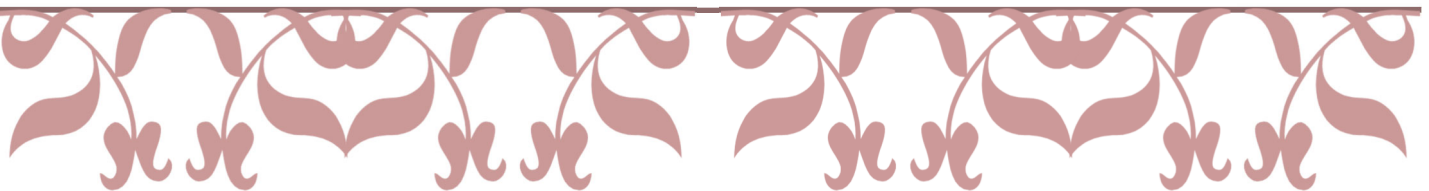
### **Ingredients**

- 1 pound lean ground beef (90% lean)
- 1 cup chopped onion
- 1 jar (24 ounces) meatless pasta sauce
- 3-1/2 cups water
- 1 package (16 ounces) frozen mixed vegetables
- 1 can (10 ounces) diced tomatoes and green chiles
- 1 cup sliced celery
- 1 teaspoon beef bouillon granules
- 1 teaspoon pepper



### **Directions**

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink, 5-10 minutes, breaking meat into crumbles; drain.
2. Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8 hours or until the vegetables are tender.



## Woman and heart and stroke

Heart disease and stroke kill 31,000 women in Canada annually, but most women are unaware of the threat.

In fact, most Canadian women have at least one risk factor for **heart disease** and **stroke**. Women who have **diabetes**, come from certain ethnic backgrounds or are menopausal are even more at risk.

It is important for every woman to know about their risk factors and recognize the signs for heart disease and stroke so that you can prevent and manage them.

Women tend to be safeguarded from heart disease prior to menopause because of the protective effect of estrogen. However, this is not always the case. For example, pre-menopausal women with diabetes have similar risk to men of the same age because diabetes cancels out the protective effect of estrogen

A woman's overall risk of heart disease or stroke is determined by all of her risk factors. You can control some of these risk factors, but not all of them.

Risk factors that you can control include smoking, high blood pressure, high blood cholesterol, diabetes, physical inactivity and obesity.

Risk factors that you cannot control include age, gender, family history and ethnicity.

Women can prevent and reduce their risk of heart disease by:

- Becoming and remaining smoke free.
- Achieving and maintaining a healthy body weight.
- Being physically active for at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- Maintaining a healthy blood pressure through lifestyle changes (such as increased physical activity) and when needed through medication.
- Eating a **healthy diet** that is lower in fat, higher in fibre and includes foods from each of the four food groups.
- Using medications to reduce the risk of heart disease and stroke as prescribed by your healthcare provider, for example medications for high blood pressure, high blood cholesterol and diabetes.



# Footcare with LPN Suzanne Marcel

Licensed Practical Nurse




**Cooks Ferry February 16, 2021**

**Siska February 26, 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)

### 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.

We regret to inform you that Heidi McCall has resigned and will no longer be working as a reflexologist. Due to the Pandemic, Heidi had to reevaluate her career and has decided to move to Nova Scotia, buy land and live sustainably from the land. This was a life dream that Heidi had put on hold. Sometimes life events create new opportunities. We would like to thank Heidi for her excellent services, professionalism and joie de vivre. We will miss you Heidi and look forward following you on your life adventures on the East Cost on Facebook. Humet!

**Massages are cancelled in both communities until further notice.**  
**Thank you for understanding.**

**Medication Pick-up is Wednesdays.**

**Remember to have your prescriptions refilled.**

**Call one of the offices if you require this service.**

**Shopping day Siska February 1, 2021**

**Shopping Day Cooks Ferry February 24, 2021**

HHSS BOARD

HHSS STAFF

Cook's Ferry

Siska

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**Angela Phillips**

Director

Siska Indian Band

Appointed

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Director

Cooks Ferry Band

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**Samantha Gush**

Director

Siska Indian Band

Appointed

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Acting Health Manager

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Siska Receptionist

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**Nadine Methot**

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COHI

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**Phone**

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**Client Toll Free**

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163 Loop Road

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**Fax**

(250) 455-6608

**Client Toll Free**

1-844-255-6601

**Email**

[corynn.revely@hhssbc.ca](mailto:corynn.revely@hhssbc.ca)

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VALENTINE'S DAY



BECAUSE LOVE ISN'T QUITE COMPLICATED ENOUGH AS IT IS.