



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

January 2021

Dr. Bonnie Henry has extended COVID 19 public health orders until **January 8, 2021 at midnight**. Everything we've been doing to slow the spread of the virus, we need to **keep** doing. Together we can bend the curve back down and protect our loved ones, our businesses and our communities.

- Social with household only. Keep in mind there are exceptions for those who co-parent from separate households or rely on a family member or close friends for support. If you live solo, you can have a max of two people you see regularly as your core bubble.
- No in-person events or community gatherings. That means seasonal activities, including indoor and outdoor holiday events (with the exception of drive-in and drop-off events). Exceptions are also in place for weddings, funerals, baptisms and meals for those in need.
- Sports – For those under 19 years of age, group sports can continue with the safety guidelines in place. Games, tournaments, competitions and spectators are out. For those 19+, all group sports have been suspended.
- Keep travel to essential only. Stay local and only venture outside your community for work or medical appointments.
- Masks are required for all public, indoor spaces – as well as workplaces and shared living areas – for everyone except those with health conditions, those who cannot remove a mask on their own and kids under 12.
- High intensity group fitness activities are suspended. Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed. .

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



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

The Heskwen'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! Happy New Year!

I hope everyone had a wonderful, safe Christmas. Looking back at 2020 and I am glad its over! Although I have learned how resilient and strong our communities are and I am proud of how we followed the Public Health Orders to the best of our abilities. I look forward to 2021, now that a vaccine has been approved, and all the small things we may slowly be able to start doing again like hanging out with our families next door, or in the next city or country!

BC's Provincial Health Officer Dr. Bonny Henry announced December 14th that the Pfizer covid19 vaccine had been approved by Health Canada. When a vaccine more stable than the Pfizer, like the Moderna vaccine, is approved First Nations Health Authority will be provided doses of the vaccine to distribute to our communities. This is anticipated to happen in January. I encourage everyone, who can, to get vaccinated. On January 8th the Public Health Order will be updated. Stay tuned! Stay Safe!

Many people set New Years resolutions such as quitting smoking, fitness or weight loss goals, health, financial, or creativity goals along with updating vision boards and re-evaluating life in general.

January is a good month to consider your financial situation. Following December's Christmas shopping spending sprees many are facing shock as they open their bills. Examining your spending habits and creating a budget could help with financial success. During this pandemic learning about online banking, bill paying, and e-transfers, can be beneficial if your household must self isolate.

HHSS has been preparing for the notification of a positive case of COVID19 in our communities. We want to be able to contain the spread and to support community members. We have learned valuable lessons from the Lytton cases. I encourage everyone to be very forthcoming if the Interior Health Contact tracers call you. If we are scared and withhold information, we could be jeopardising the health of other people and we will not be able to stop the spread or transmission of the virus. There will be no negative consequences if you have been exposed or exposed someone else with the virus during the contact tracing process. The benefit to being forthcoming will be that you are helping stop the transmission of the virus and you will be provided information to isolate safely and HHSS will support your isolation requirements. Lets continue to look after each other by following the Public Health Orders.

January is **National Kukxchem (Thank You) Month** –People tend to be so busy we can forget this small but much appreciated courtesy. Let's stay in the habit, and also stress its importance with our younger generations as well. Use this month to emphasize little ways to say **Kukxchem** thank you! **January 5 is National Bird Day** – Its interesting that this day takes place in winter! No matter what the weather, birds will be out for us to watch, especially if you have a bird feeder. **January 29 – National Puzzle Day** – This could mean any kind of puzzle: traditional jigsaw puzzles, word or number puzzles, or any kind of puzzle game. There's something for everyone. So have a puzzle game afternoon or evening. **January 31 – Inspire Your Heart with Art Day** – Making art may have a good effect on the heart. Probably nothing official, but it makes sense. It's relaxing, uplifting, inspiring, and generally makes us feel good. And we don't even have to be "good" at it. Just be willing to sit back and express ourselves.

January is a good month to take care of our mental health! As always if you require health support please reach out to our offices.

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

Resource Numbers



Emergency Assistance

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

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 – 24hre
 1-888-795-6111
 Quit Now! Smoker's Helpline
 1-877-455-2233
 Suicide Distress Line
 1-800-784-2433

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 Canada.



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: 2250-268-2463

24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and/or residential school survivors



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



Nlaka’pamux Mental Health Services

Vincent Abbott, Drug & Alcohol Counsellor

Vincent is by appointment only

Please call him directly to book your appointment.

Office: 250 378.9772 Mobile: 778 254.0055

Email: abbott.v@nlxfn.com

An Indigenous psychiatrist shares strategies for managing anxiety and depression in a difficult season



A message from Dr. Nel Wieman, Acting Deputy Chief Medical Officer

If you're struggling with your mental health and wellness more than usual during these strange times, know that this is perfectly normal. The pandemic has caused more isolation, leaving us feeling loneliness, anxiety and/or depression.

On top of that, winter brings shorter days with less sunlight, and colder weather that might prevent us from getting together outdoors for physically distanced walks as often as we'd like.

Indigenous people rely on being connected to each other, either with family and friends, or with large in-person cultural gatherings and ceremonies. Now that we can't gather, we've had to learn how to continue connecting socially, emotionally and spiritually while maintaining safe physical distance.

Even with challenges – actually, *especially* because of them – it is important that we stay as strong as we can and try to maintain our mental health and wellness throughout this unusual winter.

Fortunately, as a psychiatrist by training, I know there are many things we can do as individuals to combat the impact of a crisis like the pandemic on our mental health and wellness. Following are some of these strategies.

(Note: If you are feeling very depressed or are struggling with substance use disorder, you might need extra help in the form of consulting with a health professional, medication, treatments and/or therapies. There are several resources available to you. Please reach out for help if you need it. You are worth it!)



Mental health management strategies for dealing with depression:

- 1. Get or stay connected to others.** One of the most effective ways of avoiding depression is by connecting with other people. Even though connecting may be more challenging during the winter, or you might not feel like it due to depression, it is extremely important for your mental health. Have regular Zoom / WhatsApp / FaceTime calls if possible, use social media to keep in touch, or phone friends or family to chat. Take physically distanced walks with the people in your immediate household if possible. You will likely feel better for having made the effort.
- 2. Focus on good news.** Be careful about the type of news you are reading; choose news stories that are hopeful (and helpful to your mental health), like our [Good Medicine](#) articles about [inspirational Indigenous people in BC](#). Avoid negative news about the situation, especially opinions from those with no medical expertise. The FNHA provides comprehensive, factual, and up-to-date information on the pandemic; check out our Facebook page or Website for all the information you need to know. Stay calm and positive.
- 3. Get clear on what you do or do not have control over.** Once you identify those changes you can control, mentally relax about the things you cannot. Continue working on setting very small goals because reaching them is a great way to feel better.
- 4. Encourage open talk about mental health.** If you notice someone is struggling, ask how you can help. If you are struggling yourself, please reach out for help. Check in with others regularly to see how they are doing. Remind yourself and others that this is temporary and things will eventually get better. Think and talk positively.
- 5. Help others and be extra kind to each other.** Helping other people, whether it's cleaning the house, cooking, or getting firewood or groceries for an Elder, will boost your mood – and theirs! Now, more than ever, is the time to [be kind to each other](#).
- 6. Try out a “Happy Light.”** This easy-to-use light can help people who feel depressed or experience [Seasonal Affective Disorder \(SAD\)](#), which is a type of depression related to changes in seasons and lower levels of light.
- 7. Practise gratitude.** All of us likely have at least one of these things: good health, good food to eat, friends or family supports, enough financial resources or a job to help us get through the pandemic. Being grateful for any of these blessings we do have will help us feel stronger.
- 8. Sleep well.** For information on sleeping well during troubled times, view [this link](#).

Remember that these eight strategies are all to be used in tandem with the FNHA's usual recommendations for good mental, physical, spiritual and emotional health and wellness, i.e., [Being Active](#), [Eating Healthy](#), [Nurturing Spirit](#), and [Respecting Tobacco](#). I can't stress enough how important it is to follow these recommendations for good overall health. Please take the time to read each of them and think about how you can incorporate them into your life.

Ambulance Services/Billing:

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

Call First Nation Health Benefits Ambulance Assessor office at 604.693.6946

Only emergency ambulance trips are eligible for insurance coverage

These are eligible ambulance trips:

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

Not covered:

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

There are some exceptions internally:

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

If you receive a bill and are not sure if you should pay it, then you can fax that bill to FNHB

1.888.299.9222 for advice. HHSS can help with the faxing. Write Attention BC Ambulance Assessor on the fax.

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

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

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

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

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

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








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

Note: Thank you for the information Stephanie!

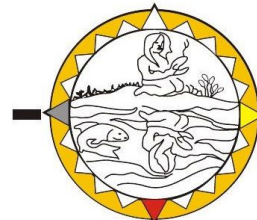


TRANSPORTATION and CARE OPTIONS FOR FIRST NATIONS MEMBERS WHO ARE COVID-19 POSITIVE and LIVE ON-RESERVE

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. 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 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;">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 style="text-align: center;"></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Option 1: Self-isolate at home for 14 days. With HHSS support</p> </div> <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>	<p style="text-align: center;">Call 811 or your local health center or Community Liaison 250-458-2212</p>	<p style="text-align: center;">CALL 911</p> <p style="text-align: center;">If you are at a rural clinic or hospital site, THEY will arrange for one of the following transports based on your symptoms:</p> <p style="text-align: center;"></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) <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>You will be transported to an Intensive Care Hospital:</p> <table border="1" data-bbox="987 1327 1468 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;">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 style="text-align: center;"></p> <div style="border: 1px solid black; padding: 5px;"> <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> </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 Heskw'en'scutxe Health Services

Contact COVID-19 Testing Sites

Testing is by appointment only

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

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

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

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

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

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

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

Or call 811

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

Transportation to COVID-19 Testing Sites

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

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

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

Self-Isolation

During self-isolation, do not leave your home

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

Contact HHSS if you require assistance with picking up medication or shopping for household essentials

COVID-19 Test Results

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

1. **Sign up to get a negative result (after booking your covid19 test appointment) by text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results**
2. **Check online on My Health Portal at www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx**
3. **Call BCCDC's COVID-19 Negative Results line (1-833-707-2792)**

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

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

- **At least 10 days have passed since the start of your symptoms, AND**
- **Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND**
- **If public health provides you with different advice, follow their instructions**

If you test negative for COVID-19 and

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

Cold, influenza or COVID-like symptoms:

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

Testing is done by appointment only,

to book an appointment please contact your local

Health Centre/Hospital:

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



With the arrival this week of the first COVID-19 vaccine in Canada, many people are eagerly awaiting the rollout of vaccination programs. Others are unsure if the vaccine itself will be effective and safe. Medical officers at the First Nations Health Authority are recommending the COVID vaccine as the best option to protect individuals, their families and their communities.

“Feeling worried or hesitant is completely normal when something is new, however we can be reassured that Health Canada has a thorough approval process that ensures the safety of COVID vaccines, just like for other vaccines and medicines we take routinely,” said Dr. Helena Swinkels, an FNHA Medical Officer who specializes in community health.

“It’s understandable that some people, especially Indigenous people, may lack trust in the medical system,” said Dr. Shannon McDonald, acting Chief Medical Officer of the FNHA. “However, vaccine trials go through rigorous, well-established ethical processes. We can feel assured that vaccines are safe, effective and that they will save lives. ”

Vaccine Background

Vaccines trigger your immune system to protect you from bacteria and viruses that cause illnesses like COVID-19. When you are immune to COVID-19 that means you can be exposed to the virus without becoming infected or, if you do become infected, the vaccine prevents more severe illness.

There are more than 150 COVID-19 vaccines in development around the world. With high levels of government funding to support this work, scientists have been able to develop vaccines quickly by sharing information and working together across countries and building on technology they already use in existing, successful vaccines. Health Canada has prioritized approval of these

vaccines, but *safety approval processes have not changed*. The requirements for safety data in clinical trials are as stringent as ever.

Ensuring Vaccine Safety

Canada has one of the most rigorous regulatory systems in the world to authorize new vaccines. Vaccines are first tested in animals before being studied in humans. Testing in humans is done over three phases of clinical trials. These clinical trials provide crucial information on vaccine safety and effectiveness by testing the vaccine on thousands of volunteers. Health Canada carefully studies these results before approving and then, once a vaccine is approved and in use, vaccine safety is continuously monitored to identify side effects, which may occur rarely.

“The vaccine will not be mandatory. It’s up to you whether you want a COVID-19 vaccination,” said Dr. McDonald. “However, the benefits of getting the vaccine far outweigh the significant health risks of this disease and the very low likelihood of a serious reaction to a vaccine.”

Dr. Swinkels adds: “It’s also important to remember that vaccines do more than protect the person getting vaccinated. When enough people get vaccinated, they also protect the people around us who may not be able to get a vaccine. The more people in a community who are vaccinated and protected from COVID-19, the harder it is for this virus to spread.”

Vaccination Rollout



Vaccination will happen in phases. The sequencing of groups to first receive vaccination is based on how likely a group is to experience severe illness from the infection, like Elders in long-term care. The people needed to care for these populations (such as health care providers in those facilities and in intensive care units and emergency rooms) will also be prioritized. A very small quantity of vaccines arrive in BC this week and will be administered to high-priority populations in the Lower Mainland, where COVID outbreaks are highest. Many more vaccines will be arriving over the next few weeks and months.

Adults in Indigenous communities, where infection can have serious consequences – such as those in remote and rural areas – are among the high-priority populations who will start receiving vaccinations in the New Year – probably sometime in February. Further information will be shared as soon as it's available.

While we all look forward to the arrival of these new vaccines, it is important to remember that to stay safe for now, we need to continue to wear our masks and stay physically apart – and find ways to stay connected to those we love in ways other than gatherings.

Some of the information shared in this article comes from the following websites:

- [BC Centre for Disease Control](#)
- [Government of BC COVID website](#)



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



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

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



Opioid Agonist Treatment (OAT)

CLINICS & PROVIDERS

Within the Interior Health Region

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

Community	Centre	Address	Contact # to arrange appointment	Clinic Type
Nelson	Rise BC Wellness Centre	203 - 518 Lake Street Nelson, BC V1L 4C6 Email: office@risebc.com	Text: 250.590.9391	Private
Oliver	NK'Mip First Nation Resource Health Centre	1165 SenPokChin Blvd. Oliver, BC V0H 1T8	250.498.6935	Private
Penticton	Martin Street Outreach Centre	437 Martin St. Penticton, BC V2A 5L1	250.770.3696	IH
Penticton <i>Also serves Princeton, Keremeos</i>	Ponderosa Primary Care Centre – Dr. Lloyd Westby	101-2504 Skaha Lake Rd. Penticton, BC V2A 6G1	236.422.3557	Private
Revelstoke	Queen Victoria Hospital	1200 Newlands Rd. Revelstoke, BC V0E 2X0	250.814.2241	IH
Princeton	Cascade Medical Centre	98 Ridgewood Dr. Princeton, BC V0X 1W0	250.295.4482	Private / IH
Revelstoke	Dr. Lora Cruise Medical Centre	222 1 St East Revelstoke, BC V0E 2S0	250.837.7997	Private
Salmon Arm <i>Also serves Sicamous, Sorrento</i>	Salmon Arm MHSU	431 Hudson Ave. NE - 2 nd Floor Salmon Arm, BC V1E 4N7	250.833.4103	IH
Trail	Trail MHSU	Suite 3 - 1500 Columbia Ave. Trail, BC V1R 1J9	250.364.6262	IH
Vernon	Vernon Methadone Clinic	103 - 3310 32 Ave. Vernon, BC V1T 2M6	778.475.5810	Private
Vernon	Vernon Downtown Mental Health & Substance Use Centre	3306A 32nd Avenue Vernon, BC V1T 2M6	250.503.3737	IH
West Kelowna	Westside Medical Associates	1135 Stevens Rd. West Kelowna, BC V1Z 2S8	250.768.6920	Private
West Kelowna	Westbank First Nations Community Services	1900 Quail Lane Westbank, BC V4T2H3	250.768.0227	Private
Williams Lake	Corner Stone Chemical Dependency Clinic	4 South Ave. Williams Lake, BC V2C 1J8	250.398.7745	Private
100 Mile House	100 Mile House MHSU	555 Cedar Ave. South 100 Mile House, BC VOK 2E0	250.395.7676	IH

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



21 Ideas for New Year's Resolutions 2021

Okay, these New Year's Resolution ideas are meant to customize.

I'm sharing fairly broad ideas, so that you can turn it into a goal that most resonates with you.

Before you get started, it helps to create a Vision Board.

It'll help you nail down your overall vision for next year.

Use it to brainstorm all your New Year's Resolution Ideas, before choosing the goals that resonate most with you.

1. Take control of your health

2020 has taught us *many* lessons, and one of them is, definitely how important it is to stay healthy.

Mind, body, soul, and spirit - getting and staying healthy means everything.

Health goals are one of the most common ideas for New Year's Resolutions.

Unfortunately, so many people struggle to hit them.

If you have made health goals that you have never hit, fear not. This is the year that you are getting your health under control!

2. Create an additional income stream

Money, money, money - another hard-core lesson for many of us, courtesy of 2020.

While we certainly cannot predict a world-wide pandemic, we can safely assume that more uncertain times are ahead.

Creating an additional income stream is one of the ways you can hedge your bets and create more financial security.

This means you'll have additional money to save, invest, and pay down debt.

I know that this can seem intimidating, but in a world of numerous side hustles, it's certainly possible.

Make a plan and start taking action.

That brings me to my next point...

3. Take control of your

finances

Knowing how to make money is one thing, knowing how to make it work for you is another.

We can no longer rely on pension plans, and social security.

That's what makes this one of the most important ideas for New Year's Resolutions on this list.

Financial planning is something that you should start now, even if you don't feel ready.



Create a plan to start chipping away at your goals.

Examples of what this may look like for you:

- Save \$XXX a month
- Put money towards a goal

4. Read More books

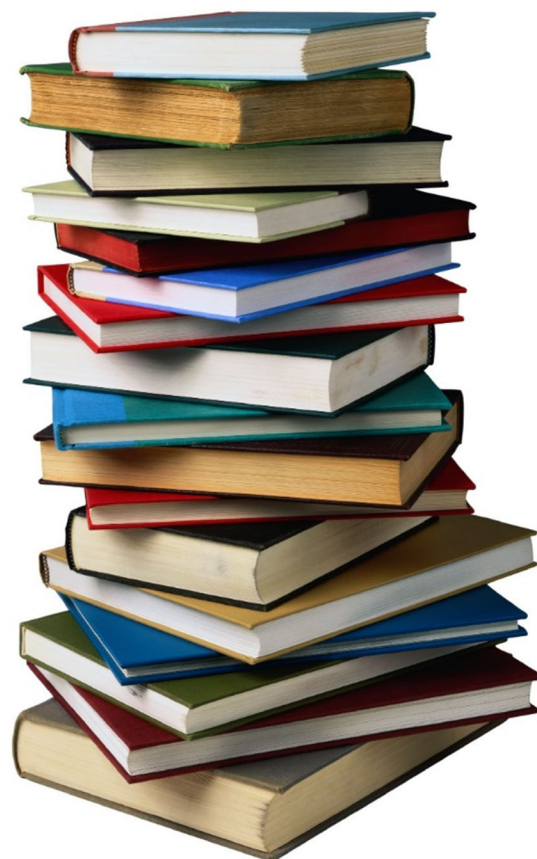
...Romance, Mystery, Self-Help? Whatever your jam, reading is an excellent addition to your list of ideas for New Year's Resolutions.

Did you know that reading for pleasure can help improve your sleep patterns?

Plus people who read for pleasure have greater levels of self esteem and a greater ability to cope with difficult situations.

Whether you're taking a mini-escape between the pages of your new book or reading fictional masterpieces to support you on your personal development journey, reading can do wonders for you.

If audiobooks are more your style, start the new year off with a [free Audible trial](#).



Examples of what this may look like

for you:

- Read 30 mins a week
- Read a book that'll help me hit a specific goal
- Start or join a monthly book club

5. Get in touch with Nature

Get out of your house, even if it is just for a short walk in your neighborhood.

Go for a hike in the forest. Walking just 15 minutes a day is said to help with your health mentally and physically.

6. Get involved in your community

Whether it's your school or an online community, now's an excellent time to get more involved.

Getting involved in your community helps you expand your network, make new friends, and contribute to things that matter to you.

There's no need to feel overwhelmed with this one, Zoom, is quite easy to use.

Simply decide how much time you have weekly or monthly and find a way to get involved.

7. Step out of your comfort zone

This is one of my personal favorite ideas for New Year's Resolutions.

Often the big changes you want to see in life are on the other side of fear.

And while change is automatic, growth is intentional.

Ask yourself, "what would you do if you weren't afraid?"

This year is the perfect time to take a deep breath, step out of your comfort zone, and pursue the things that'll make your heart smile.

Examples of what this may look like for you:

1. Be more adventurous (Ex. Go skydiving)
2. Do some public speaking (Ex. [Join Toastmasters](#))
3. Take a class

8. Choose 3 ways to create new memories

What would it take to make 2021 a year that you'll love to look back on?

Whether it's taking an awesome family vacation, knocking something off your bucket list, or spending more time with your friends, 2021 is the perfect time to create new memories.

Think about what it would take for you to feel awesome about 2021. Then, choose a few things from that list and make it happen.

9. Add journaling

to your routine

Journaling has numerous benefits. Some of the most successful people in the world talk about how journaling plays a critical part in their daily routines.



For starters it's a great way to create a personal record that you can look back on years later. Journaling can also help you organize your thoughts, meet your goals, and support your overall mental health.

10. Start pursuing one dream you've neglected

Why put on hold what you can start today?

What are some of the dreams you've been neglecting? 2021 may be the perfect time to start working on making that dream a reality.

Start with researching what's required to pursue that dream. Then outline an exact plan to get it done.

11. Start swapping out toxic products

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12. Start a mindfulness practice

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13. Find somewhere to volunteer

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14. Create a self-care routine

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15. Create a personal development plan

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What are the skills you want to learn? What are the character traits you want to develop?

Once you know the areas in which you wanna develop, come up with a plan to get there.

Examples of what this may look like for you:

- Learn how to stop comparing yourself to others
- Choose a fear to conquer
- Practice being more disciplined

16. Create a spiritual development plan

In addition to growing personally, this is the perfect time to set your intentions for growing spiritually.

No matter how spiritually mature you are, there's always room to grow. Your spiritual growth can positively impact every other area of your life.

17. Get a hobby

Having fun is so much easier when you're a kid. Fun is basically *built into* your daily routine.

As an adult, you have to be more intentional about doing activities that are fun. A hobby is a perfect way to add an extra dose of fun to the upcoming year.



18. Get more

organized

If you've struggled with being organized, then 2021 is the year to tackle it.

Getting organized can improve your productivity, save you time, and just improve the overall quality of your life.

To start, consider the areas of your life you want to organize more.

Examples of what this may look like for you:

- Do weekly Meal Planning
- Declutter and Organize each room in my house
- Track and organize my goals and daily schedule

19. Invest in your relationships

This is the perfect time to start deepening your relationship with your family, friends, and even your extended networks.

Your friendships and relationships with the people closest to you are a blessing. Just like everything else in life, seeing them flourish and keeping them from growing stagnant requires work and intentionality.

Is there a relationship you've been neglecting that you want to focus on more? How can you deepen your current relationships?

Examples of what this may look like for you:

- Plan a date night with my spouse at least once a week
- Call at least 3 family members and/or friends every week
- Pick someone monthly to do a random act of kindness for

20. Travel more

With so many places to see in this world, this year would be the perfect time to start visiting some of your dream destinations.

If it's not in your budget to go out of the country, or if you don't feel comfortable traveling abroad yet, consider doing a road trip.

Air BnB has made traveling locally much easier and more affordable.

21. Take a class

Learning a new skill can be a lot of fun and a great way to expand your network.

You can take a class for leisure or do it as a part of your personal growth strategy.

Some ideas for classes you can take include a cooking lesson, dance class, public speaking class, or an art class.



A Guide to Healthy Grocery Shopping on a Budget

diabetesdaily.com/learn-about-diabetes/diet-and-fitness/diabetes-friendly-shopping-list/a-guide-to-healthy-grocery-shopping-on-a-budget/

Julia Blanchette, BSN, RN, CDE

Medically Reviewed by Elizabeth Gomez MSN, FNP-BC

Saving money while shopping for nutritious and delicious groceries isn't as hard as it seems. If you aren't sure how to eat healthy on a budget, here are some tips to get you started. Let's stay happy and healthy all year long!



Preparation

- Determine your budget.
- Take out cash in your budgeted amount so that you cannot go over on a credit card at the grocery store.
- Plan meals in advance by making a weekly menu including breakfasts, lunches, dinners, snacks, beverages, and necessary ingredients.
- Determine which ingredients for your weekly menu you already have and which ingredients you have to purchase. This will become your weekly grocery shopping list.

Shopping Tips

- Do not shop when hungry.
- Stick to your shopping list.
- Join rewards programs if your grocery store has one.
- Check for the store's coupons and deals.
- Shop ethnic markets. Ethnic markets such as Indian markets have proteins (chickpeas) and flours (especially gluten-free ones) at lower prices.
- Frozen and pre-packaged meals are more expensive.
- Buy in bulk.
- Buy the store brands over specific brands, they usually cost less!
- Eliminating soft drinks and juices from the weekly grocery list will save money.
- Check sell-by dates before putting food in your cart (You might choose to pick the food that will last the longest if you do not plan to prepare it right away. Keep in mind that the reduced produce section and "manager's specials" on proteins that

- are approaching their expiration date are a cost-effective option if you are planning to use them right away).

Healthy Eating

Keep the following food groups in mind and check out my plate (myplate.gov) guidelines during meal planning:

- Vegetables: Vary your veggies, and avoid starchy veggies. Keep your veggies colorful!
- Fruits: Be mindful that many fruits contain a lot of sugar, so consider the carbohydrate and fiber content, and serving size.
- Grains: If you choose to eat grains, focus on whole grains.
- Proteins: Focus on sources of lean protein, like chicken and fish.
- Dairy: Choose yogurt, cheese, milk, etc. to suit your needs (e.g., some may be more mindful of fat intake for caloric restriction reasons).

Food Group Tips

Protein

- Meatless days: Meat typically adds a significant cost to the grocery bill, try at least one meatless day a week to save some money!
- Buy meat in bulk and freeze meat that you will not be using.
- Buy nuts in bulk, which are much cheaper.
- Dried beans, peas, and nuts are shelf stable.
- Canned beans: Watch for sodium content.
- Eggs can be used as a great source of protein. Try making an omelette with your favorite veggies!

Vegetables and Fruits

- Pre-cut vegetables and fruits are more expensive.
- Avoid pre-bagged salad as it is costly and spoils quickly.
- Buy fruits and vegetables in season.
- Shop farmer's markets for fresh fruits and vegetables.



- Low cost all year round: Low sodium canned tomatoes, cabbage, sweet potatoes, apples, and bananas.
- Canned vegetables: Watch for sodium.
- Canned fruit: Look for canned in juice instead of canned in syrup.
- Frozen fruits and vegetables are likely to be found in bulk and less expensive.

Grains

- Freeze bread and bread products and defrost when ready to eat. Frozen loaves of bread don't spoil as quickly.
- Day old bread is sometimes on sale.



Dairy and Dairy Alternatives

- Keep in mind that low-fat dairy products are higher in glycemic index.
- Purchase products in bulk (large containers) such as plain Greek yogurt, cottage cheese, and cheese containers in the biggest size possible to get the most for your money.
- Ultra-pasteurized milk has an extended expiration date.
- Almond and soy milk can be found shelf-stable (i.e., not refrigerated) and last longer. They are also cheaper if you do not buy a specialty brand and purchase the store's generic brand.

Post-Grocery Shopping Tips

- Use foods with the earliest expiration dates first.
- Save scraps for soup stock.
- Freeze in single serving containers for grab-and-go lunches.
- Make big pots of soups, chilis, etc. and use for multiple meals throughout the week or freeze for later.

Skinny Slow Cooker Kale and Turkey Meatball Soup

This healthy spin on classic Italian Wedding Soup is made lighter with turkey meatballs, white beans, and plenty of kale, all in a light and comforting broth.

Prep Time 15 minutes

Cook Time 4 hours

Total Time 4 hours 15 minutes

Ingredients

- ¼ cup milk
- 2 slices bread
- 1 pound lean ground turkey 85% lean
- 1 medium shallot finely chopped
- 2 cloves garlic finely chopped
- ½ teaspoon freshly grated nutmeg
- 1 teaspoon oregano
- 1/4 teaspoon red pepper flakes
- kosher salt and freshly ground pepper
- ½ cup Parmigiano-Reggiano grated, plus more for garnish
- 2 tablespoons Italian parsley chopped
- 1 egg beaten
- 1 tablespoon olive oil
- 8 cups chicken or vegetable broth 64 ounces
- 1 15- ounce can white Northern beans or other small white bean drained and rinsed
- 2 carrots sliced
- ½ yellow onion chopped
- 4 cups kale about 1 pound



Instructions

1. Add milk to a large mixing bowl then tear the bread into chunks and add to the milk to soak. Add the turkey, shallot, garlic, nutmeg, oregano, red pepper flakes, salt and pepper, cheese, parsley and egg and gently mix with your fingers until the mixture is combined. Use a small scoop or melon baller to form ½ inch balls.
2. Heat the olive oil in a large skillet over medium high heat and lightly sear the meatballs for 1-2 minutes on each side. Remove from the pan and set aside.
3. Add the broth, beans, carrots, onion and kale to the insert of a [5- to 7-quart slow cooker](#).
4. Drop the meatballs onto the kale, cover and cook on low for 4 hours or until the meatballs float to the surface.
5. Serve the soup garnished with grated parmesan cheese, red pepper flakes and fresh parsley leaves.

INGREDIENTS FOR HAMBURGER VEGETABLE SOUP

This Hamburger Soup uses pantry friendly ingredients for the sauce and then you can mix in all sorts of veggies. Here is my favorite combination:

- **Lean ground beef:** I like to use lean ground beef but I've include other protein options below as well.
- **Potatoes:** potatoes are the other star of this Hamburger Soup recipe. While you can make it without potatoes, I think potatoes elevate it to a whole new level of yum. I like to use red potatoes because they don't require peeling and they retain their shape well. Yukon gold potatoes would also be buttery delicious. You can also use Russet potatoes but you will want to peel them first and they can get a little mealy. In the end, however, you can use whatever potatoes you have on hand.
- **onion:** use one small onion or substitute with 1 1/2 teaspoons onion powder.
- **carrots:** you will need about 3 medium carrots to equal 1 1/2 cups.
- **celery:** you will need about 3 stalks of celery to equal 1 1/2 cups. Chop both your carrots and celery into about 1/4" pieces. Alternatively, you can purchase pre-chopped mirepoix by the jar that contains chopped celery, carrots and onion.
- **bell pepper:** I use a green bell pepper but you can use whatever color you have on hand or substitute it for zucchini or green beans.
- **diced tomatoes:** I like to use [fire roasted diced tomatoes](#) that are located next to the traditional diced tomatoes. Fire roasted tomatoes are NOT spicy – the fire simply means they have been roasted which gives them a complex smokiness. If you can't find [fire roasted diced tomatoes](#), than traditional diced tomatoes work just fine.
- **beef broth:** please use REDUCED SODIUM beef broth so we can control the salt.
- **tomato sauce:** one plain 15 oz. can tomato sauce will do the trick. Make sure it doesn't have any added seasonings.
- **spices:** we season our Hamburger Soup with chili powder, ground cumin, garlic powder, and pepper. The chili powder adds earthy chili flavor and the smoked paprika adds a little smokiness.
- **herbs:** we add dried basil, dried parsley, and dried oregano to round out the earthy flavor. I use dried herbs for convenience, but you are welcome to use fresh if you prefer. If using fresh, you will need 3X the amount of dried herbs and want to add them at the end of cooking so they remain poignant.
- **barbecue flair:** just one tablespoon each of yellow mustard, Worcestershire sauce, apple cider vinegar, and brown sugar as well as a splash of liquid smoke mingle with the tomato based broth to give our Hamburger Soup a rich, complex tangy, smoky flavor all cradling juicy beef, tender potatoes and veggies.



slow cooker creamy wild rice soup with butter roasted mushroom

prep time 15 minutes

cook time 6 hours

total time 6 hours 15 minutes

servings 6 servings

calories 554 kcal



INGREDIENTS

- 1 cup dry wild rice or wild rice blend (wild rice and brown rice)
- 1/2 sweet onion, diced
- 6 carrots, chopped
- 5 cups low-sodium veggie or chicken broth
- 1 cup dry white wine
- 1 tablespoon chopped fresh thyme + 3 thyme sprigs
- 2 bay leaves
- 1 teaspoon paprika
- 1/2 teaspoon crushed red pepper flakes
- 1 parmesan rind + 1/2 cup grated parmesan, plus more for serving
- 1 cup whole milk or heavy cream
- kosher salt and pepper
- 2 pounds mixed mushrooms, roughly torn
- 4 cloves garlic, smashed
- 1 stick (8 tablespoons) butter
- zest from 1 lemon

INSTRUCTIONS

1. In the bowl of your slow cooker, combine the rice, onion, carrots, broth, wine, thyme, bay leaves, paprika, crushed red pepper, parmesan rind, and a pinch each of salt and pepper. Cover and cook on low for 6-8 hours.
2. During the last 30 minutes of cooking, stir in the 1/2 cup grated parmesan and the milk. Cook until warmed through. Remove the bay leaves and discard.
3. About an hour before serving, preheat the oven to 425 degrees F. In a 9x13 inch baking dish, combine the mushrooms, garlic, butter, thyme sprigs, lemon zest, and a pinch each of salt and pepper. Transfer to the oven and roast for 40-45 minutes, stirring halfway through cooking, until the mushrooms are golden and caramelized.
4. Mash the garlic with a fork, and then stir the mushrooms, mashed garlic, and any butter left into the soup.
5. Divide the soup among bowls and top with fresh thyme and parmesan. Eat!

Roast Turkey with Orange-Spice Rub

This recipe is from the [American Diabetes Association's Diabetes Food Hub](#). Click [here](#) for the original recipe and notes.



An aromatic spice rub cooks into a rich paste that penetrates deep into the turkey breast. This turkey is great year-round or served as the centerpiece for a holiday feast.

Prep time: 10 min

Cook time: 1 hour, 45 minutes

Servings: 11

Serving Size: 3 oz. turkey

Ingredients:

- Nonstick cooking spray
- 1 tbsp grated orange zest
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon ground allspice or ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 5 lbs turkey breast with bone and skin

Directions:

1. Preheat the oven to 325. Lightly spray a roasting pan (with baking rack) with cooking spray.
2. In a small bowl, stir together all of the ingredients except the turkey.
3. Put the turkey on a cutting board or flat work surface. Carefully loosen the skin from the turkey breast by gently inserting your fingers between the skin and the meat, making a pocket for the orange zest mixture. Don't break the skin. Discard any fat beneath the skin. Still working carefully, spread the orange zest mixture under the loosened skin as evenly as possible. Transfer the turkey to the rack in the pan.
4. Roast the turkey for 1 hour and 45 minutes, or until it reaches an internal temperature of at least 170° F. Be sure the thermometer doesn't touch the bone.
5. Remove the turkey from the oven and let stand for 15 minutes.
6. Discard the skin and all visible fat. Slice the turkey and serve.

Nutritional Info (serving size: 3 oz. turkey):

Calories: 140, Fat: 4g, Carbs: 0, Fiber: 0, Sugar: 0, Protein: 25g



Footcare with LPN Suzanne Marcel


Licensed Practical Nurse



Cooks Ferry December 29, 2020—Home Visits
Siska January 15, 2021—Home visits

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)

We will contact you to book appointments. Please note that you will be required to wear a face mask and will not be permitted to use the buildings washrooms. You will be called the day before to answer a pre-screening health questionnaire.

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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.



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

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