



Heskwen'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take care of Yourself"

Health & Wellness Newsletter

March 2021

To all Siska Band and Cooks Ferry Band Community Members

Regarding: Positive COVID19 cases in our Nation and the Public Health Orders

Be Kind, Be Calm, Be Safe

We now know that we have positive COVID19 cases within our Nation and that there has been transmission.

It is very important to follow the Public Health Orders (PHO) for our community and Nations safety. Current Public Health Orders are:

- Essential Travel only
- No visiting other homes. Our current 'bubbles' are our own household members.
- Wear a Mask in all Public Spaces
- Do not travel between regions
- No Gatherings
- Sanitize often
- Do not look for loop holes to the rules

Please continue to be vigilant with washing, sanitizing, wearing a mask, and keeping 6 feet apart.

It is so important that we all work together and comply with all Provincial Health Orders.

If you have any cold or flu symptoms please self isolate and contact 811 or HHSS.

If you notice that people are not following the Public Health Orders they can be reported

via email to ProvHlthOffice@gov.bc.ca or Fax: (250) 952-1570 (HHSS can assist).

Testing and Contact Tracing is so important to stop the spread of the virus.

If you test positive for COVID19 you will be provided direction on what to do. HHSS can provide support. You will also be asked to provide all of your travel locations and people that you have been in contact with so it is important to keep track of where you have been and who you have seen for at least 14 days.

If you have any questions or need support, please contact HHSS

250-458-2212 or 250-455-6601

Thank you for continuing to follow the Provincial Health Orders



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>

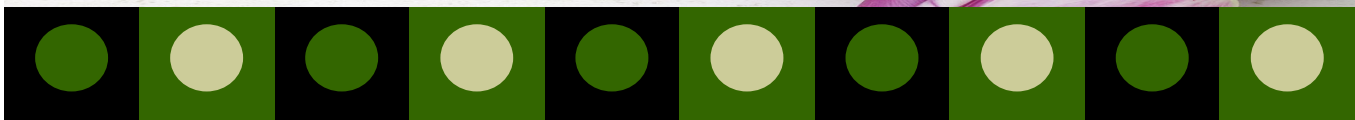
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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



VXQGD\# DUFK#7 /#5354#

Spring
Forward
1 Hour



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!

I hope everyone is staying safe! Today's temperature (Feb 11) is -20! March 22 is the last day of winter (S?istk). Did you get out to gather any Prickly Rose Hip or Bald hip Rose Hip in January or February? If you did what did you do with it? Rainbow trout and Brook trout ice fishing are winter activities to enjoy as well! The benefits are healthy food gathered in the fresh air and from the land and good for our physical and mental health!

Some activities to consider for March (weather permitting) are gathering Bitterroot (Lk'w'epn), Arrow-Leaved Balsamroot (Sox'w'm), Stinging Nettle (Swelwliqt), and Watercress (no NLX name). Qapc tek malxetn (Weather gets warmer) in the 5th moon (Ciykst tek ma?xetn) and the 6th moon (Aeqamkest tek ma?xetn) is the windy month (Snu?newt tek malxetn). I am soo looking forward to Spring!

I want to encourage everyone to continue with following all the Public Health Orders. We need to continue to keep each other safe. If you have any symptoms, please call HHSS and we can arrange for a COVID test. Nurse Lisa can provide the test on Wednesdays. If you require the test on another day, we can help make arrangements. You can also call 811 and they will provide information. If you are required to self isolate and you have other members living in your home do you know how to isolate safely? Will you require any supplies? HHSS can provide support such as Medication Pick up and delivery, and Essential Needs purchases and delivery. You will find information on Covid 19 on the Province of BC website, as well as the FNHA and BCCDC web sites. Please use these as your reliable sources of information.

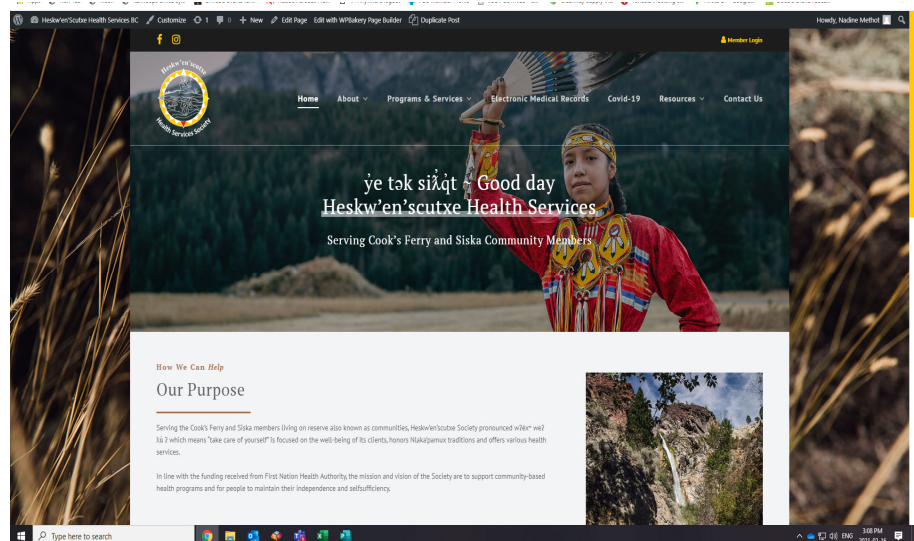
HHSS has developed a Website featuring the services we provide. We included a section of resources for community members living off reserve or "outside of the community". There is also a section to download our medical travel forms and read our newsletter online. I encourage everyone to check our new website out. There will be a contest with several prizes to win. Take time to familiarize yourself with the information and provide us with feedback. Launch date is early March 2021 @ hhsbc.ca

March 31 is HHSS Financial year end for 2020-21 and we will be scheduling our audit to be done in April or May.

Stay Strong, Be Calm, Be Kind, Be Safe

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



Resource Numbers

Emergency Assistance

Ambulance/Fire/Police.....911
RCMP.....250-455-2225
RCMP Spences Bridge....250-458-2233 (local non emergencies)
Children’s Hotline.....310-1234
Kid’s Helpline.....1-800-668-6868
Interior Crisis Line Network 1-888-353-2273 (depression, poverty, abuse, homelessness, suicide)

Distress Centres & Services

Air or Marine Emergency 1-800-567-5111
Airport/Coastal Watch programs 1-888-855-6655
Alcohol & Drug Referral 1-800-663-1441
Child Find BC 1-888-689-3463
Earthquake, Flood, Dangerous Goods Spills, Tsunami 1-800-663-3456
Provincial Emergency Program Information 250-371-5240
For Reporting Environmental Violation & Dangerous Wildlife/Human Conflicts 1-877-952-7277
Forest Fire Reporting Only 1-800-663-5555
Gas Leaks & Odours (Fortis BC Inc.) 1-800-663-9911
Missing Children Society of BC 1-800-661-6160
Power Outages & Emergencies 1-888-769-3766/*49376
Problem Gambling Help Line – 24hrs 1-888-795-6111
Quit Now! Smoker’s Helpline 1-877-455-2233
Suicide Distress Line 1-800-784-2433

Han Knast Tsitxw Transition house 250-455-2284
VictimLINK – 24 hr Help & Information Line 1-800-563-0808
Y Women’s Emergency Shelter 250-374-6162
Youth Against Violence Line 1-800-680-4264

Hospitals

Ashcroft 700 Ash-Cache Creek Hwy, Ashcroft 250-453-2211
Blue River Health Centre 858 Main Street, Blue River 250-673-8311
Dr. Helmcken Memorial Hospital 640 Park Dr., Clearwater 250-674-2244
Nicola Valley Health Care Centre 3451 Voght Street, Merritt 250-378-2242
Royal Inland Hospital 311 Columbia Street, Kamloops 250-374-5111
St. Bartholomews Health Centre 575 A Main Street, Lytton 250-455-2221
Lytton Medical Clinic 250-455-2202

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

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

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



Kuu –us Crisis Line at 1800-588-8717

Toll free Aboriginal provincial crisis line 24 hours

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

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

24 hour support line supporting those struggling with addiction sub-



Nlaka’pamux Mental Health Services

Wanda Dexel

Mental Health and Addictions Clinician

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

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

Email: dexel.w.e@nlxfn.com



Nlha’7kapmx Child and Family Services

987 George Road, Lytton, BC , V0K 1Z0


Phone: 250- 455-2118

Fax: 250-455-2117

Email: info@n7xservices.com

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;">↓</p> <p>Contact: 811 for testing and Contact your local health center HHSS 250-458-2212 to ask about the following options and decide which one would be best for you if you wish to self-isolate:</p> <p style="text-align: center;">↓</p> <div style="border: 1px solid black; padding: 5px;"> <p>Option 1: Self-isolate at home for 14 days. With HHSS support</p> <p>Option 2: Self-isolate at a local self-isolation facility for 14 days: such as a nearby motel or hotel or resort or cabin or trailer.</p> <p>OPTION 3: Self-isolate at an IH Community Cohort Centre (CCC) for 14 days - referral is needed by a nurse or health professional (see green section).</p> </div>	<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) <li style="text-align: center;">OR • BC Ground Ambulance with Advanced Care Paramedic • BC Ground Ambulance with High Acuity Response Team (HART) (hospital to hospital) • BC Air Ambulance (if available) <p style="text-align: center;">You will be transported to an Intensive Care Hospital:</p> <table border="1" data-bbox="987 1325 1468 1593"> <thead> <tr> <th>Location</th> <th>Aboriginal Patient Navigator Contact</th> </tr> </thead> <tbody> <tr> <td>Kamloops, Royal Inland H</td> <td>250-319-5420 or 250-318-0697</td> </tr> <tr> <td>Vernon Jubilee H.</td> <td>250-558-1200 Ext 4130 or 250-309-9436</td> </tr> <tr> <td>Kelowna General H.</td> <td>250-862-4021 or 250-801-0466</td> </tr> </tbody> </table> <p 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>											

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

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.

Review of the Doctor of the Day



Good evening,

After needing medical attention for a prescription, and Lytton medical clinic being booked for the week. It was recommended to me to call FNHA Doctor of the day. So I did and I can not stress this service enough. I want to say we are very fortunate to have this service.

When calling for the first time you will have to do a one time intake, so they will collect all your info. Your name, DOB, PHN, Status number, your Doctor, and pharmacy. Takes about 3 minutes and then set up your first appointment with a Doctor! You can either set up phone call appointment or Zoom appointment. Depending what the appointment is for.

My first appointment was fairly quick and Dr. Taylor had my prescription sent to Stein Valley pharmacy within minutes and I had my medication right away.

They are so thorough, prompt and helpful with any questions I had. I highly recommend this service if you are ever in a pinch or need a second opinion.

Clarissa Frederick

HHSS Community Home Care Aide





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](https://www.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





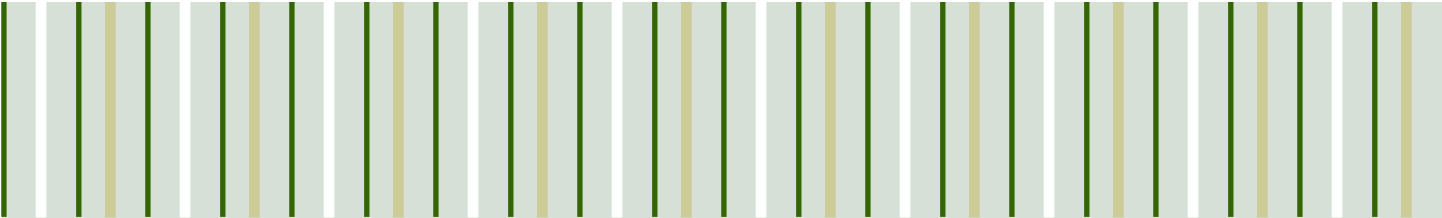
At Heskw'en'scutxe Health Services Society, we will pick up your sharps container for safe disposal. We can also supply you with empty containers if you require.

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

Cooks Ferry - 250-458-2212

Siska - 250-455-6601





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Good and Services Tax (GST)

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

What is Music Therapy?



Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

What Music Therapy Is... and Is Not

The American Music Therapy Association (AMTA) supports music for all and applauds the efforts of individuals who share their music-making and time; we say the more music the better! But clinical music therapy is the only professional, research-based discipline that actively applies supportive science to the creative, emotional, and energizing experiences of music for health treatment and educational goals. Below are a few important facts about music therapy and the credentialed music therapists who practice it:

- Music therapists must have a bachelor's degree or higher in music therapy from one of AMTA's 72 approved colleges and universities, including 1200 hours of clinical training.
- Music therapists must hold the MT-BC credential, issued through the Certification Board for Music Therapists, which protects the public by ensuring competent practice and requiring continuing education. Some states also require licensure for board-certified music therapists.
- Music Therapy is an evidence-based health profession with a strong research foundation.

Music Therapy degrees require knowledge in psychology, medicine, and music. These examples of therapeutic music are noteworthy, but are not clinical music therapy:

- A person with Alzheimer's listening to an iPod with headphones of his/her favorite songs
- Groups such as Bedside Musicians, Musicians on Call, Music Practitioners, Sound Healers, and Music Thanatologists
- Celebrities performing at hospitals and/or schools
- A piano player in the lobby of a hospital
- Nurses playing background music for patients
 - Artists in residence
 - Arts educators
- A high school student playing guitar in a nursing home



A choir singing on the pediatric floor of a hospital

Finally, here are examples what credentialed music therapists do:

- Work with Congresswoman Giffords to regain her speech after surviving a bullet wound to her brain.
- Work with older adults to lessen the effects of dementia.
- Work with children and adults to reduce asthma episodes.



Heskw'en'scutxe Health Services Society

Invitation to

Siska and Cooks Ferry Community members:

To Visit the Nicola Valley Aquatic Centre

2040 Mamette Ave. Merritt, BC

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

Call Nadine to be added to the list.

Transportation not included



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

Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213



VALENTINE'S COLORING CONTEST WINNERS



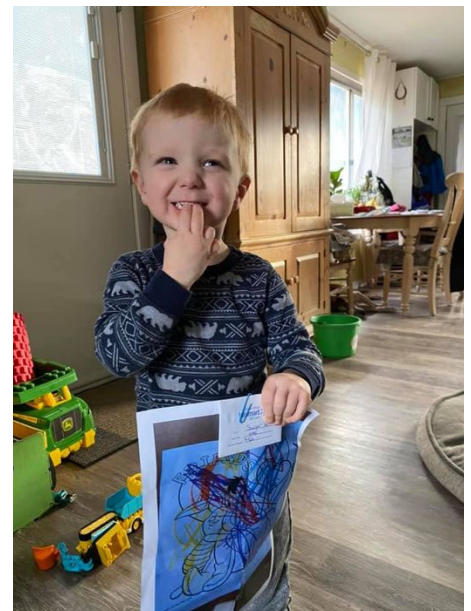
We had 18 Siska entries and 23 Cook's Ferry entries! It is never easy to choose winners. The judges do not know the names of the participants, only ages and locations. We take into account coloring skills, originality, medium used to name a few. Let us know what other contests you would like to participate in. Congratulations to everyone!

SISKA WINNERS:

2-12yrs # 1 Lucas, #2 Hailey B., #3 Semiah H.

13-19yrs # 1 Aliza, # 2 Maya M., #3 Rain Sky Dunstan

19+yrs # 1 Fred Peters, # 2 Linda Peters # 3 Alice Munro

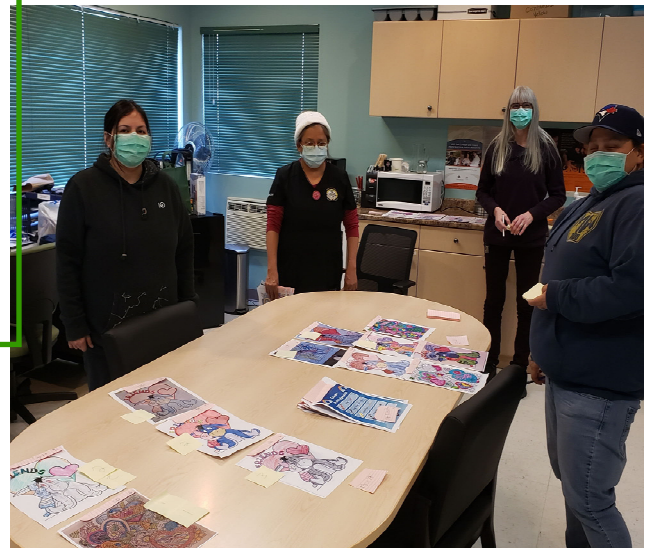


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2-12yrs .#1 Rowan Minnabarriet #2 Presta Minnabarriet ,#3 Sawyer Walkem

13-19 yrs # 1 Cindy Minnabarriet, #2 Sage McKay, # 3 Trinity Thomas

19+ # 1 Albert Cowan, # 2 George Archie, # 3 Amanda Siedel



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Your Liver

Your liver, the largest internal organ in the body, is located in the right upper quadrant of the abdomen, immediately under the diaphragm. It is divided into lobes; a large right lobe and a smaller left lobe that tapers to a tip.

Your liver works hard 24 hours a day, providing your body with energy, fighting off infections and toxins, helping clot the blood, and regulating hormones. If you thought that was enough, consider that this complex and vital organ performs over 500 functions.

Every day your liver...

- **Regulates your supply of body fuel by producing, storing and supplying quick energy (glucose) to keep your mind alert and your body active.**
- **Adjusts your body's cholesterol levels by producing, excreting and converting cholesterol into other essential substances.**
- **Produces bile to eliminate toxic substances from your body and assist with your digestion.**
- **Controls your body's supply of essential vitamins and minerals as well as iron and copper.**
- **Cleanses your blood by metabolizing alcohol, drugs and other chemicals.**
- **Neutralizes and destroys poisonous substances.**
- **Manufactures many of your essential body proteins which allow for your body to transport substances in your blood, the clot your blood and resist infections.**
- **Regulates the balance of hormones including sex, thyroid, cortisone and other hormones.**
- **Performs hundreds of other functions that your body simply cannot live without.**

What is liver disease?

Liver disease consists of over 100 different forms and can be caused by a variety of factors including obesity, alcohol, genetics, autoimmune disorders, drugs, toxins, hepatitis viruses and cancer. Cirrhosis is often considered to be a liver disease and may be the only liver-related condition that many people have ever heard of. While not a disease, cirrhosis is a condition that results from permanent damage or scarring of the liver. It is the end stage of many forms of liver disease.

5 Ways to Reduce Added Sugar



Added Sugar

The World Health Organization (WHO) guideline recommends adults and children reduce their daily intake of added sugars to less than 10% of their total energy intake. That's less than 50 grams of added sugars per day!*

Significantly reduce added sugar content from your meals by swapping only a few items. Here are two menu samples with approximately 50 grams of added sugar difference.

Instead of this...

MENU 1

Approximately 56 g Added Sugar

- $\frac{3}{4}$ cup **Fruit Yogurt** with blueberries and oats
- Spinach Salad with avocado, red pepper, mozzarella cheese and homemade balsamic dressing
- Tuna sandwich on whole grain bread with tomato and lettuce
- **1 cup Apple Juice**
- Apple with natural peanut butter
- $\frac{3}{4}$ cup **Fruit Yogurt**
- Roast chicken with brown rice, mushrooms and broccoli
- Lettuce salad with grated carrots, avocado and homemade balsamic dressing
- 1% Milk
- 6" whole wheat pita with hummus

Choose this

MENU 2

Approximately 6 g Added Sugar

- $\frac{3}{4}$ cup **Plain Yogurt** with blueberries and oats
- Spinach Salad with avocado, red pepper, mozzarella cheese and homemade balsamic dressing
- Tuna sandwich on whole grain bread with tomato and lettuce
- $\frac{1}{2}$ cup **Strawberries** with $\frac{3}{4}$ cup **Plain Yogurt**
- Apple with natural peanut butter
- **Medium plain oatmeal cookie**
- Roast chicken with brown rice, mushrooms and broccoli
- Lettuce salad with grated carrots, avocado and homemade balsamic dressing
- 1% Milk
- 6" whole wheat pita with hummus

How to Read Food Labels

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

What information is on a food label?

By law, all prepackaged foods must have the following:

- A Nutrition Facts table
- An ingredient list

They may also have nutrition claims but they are optional.

The Nutrition Facts table

The Nutrition Facts table is meant to allow you to:

- learn about the calories and nutrients the item contains
- make it easy to compare similar foods
- look for foods that have a little or a lot of a certain nutrient

- select foods for special diets

It must include the serving size, calories, % Daily Value and 13 core nutrients (fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium and iron). The format is consistent across all food products to allow for easy comparison between different items.

The information in the [Nutrition Facts table](#) is based on the serving size that is listed. It is important to compare this to the actual amount that you eat.

How to use the Nutrition Facts table

Step 1: Look at the serving size

The serving size is at the top of the Nutrition Facts table. All the information in the Nutrition Facts table is based on this amount. Compare this to the amount of food you actually eat. For example, if the serving size listed is 1 cup but you ate 2 cups you need to double all the amounts listed.

Step 2: Look at the calories

The amount of calories is based on the serving size. If you usually have more than the serving size, your intake of calories will be higher than what is listed. If you eat less than the serving size, your intake will be lower.

Step 3: Look at the percent daily value (% DV)

The percent daily value (% DV) shows you if a food has a little or a lot of a nutrient.

How to Read Food Labels

Step 4: Nutrients you may want more of: These include fibre, vitamin A, vitamin C, iron and calcium.

Step 5: Nutrients that you may want less of: These include fat, saturated fat, trans fat, sodium and cholesterol.

Product 1 has a higher % DV in fat, saturated fat and sodium compared to product 2. Product 2 is the healthier choice.

Sometimes it is not as clear which food is the healthier choice. For example, one product might be low in fat but high in salt while another one may be high in fat but low in salt. The one you choose will depend on your specific needs and requirements. A dietitian can help you determine what to focus on and the amounts you should aim for.

Product 1

Nutrition Facts	
Per burger (85 g)	
Amount	% Daily Value
Calories 210	
Fat 18 g	28 %
Saturated 7 g	38 %
+ Trans 0.5 g	
Cholesterol 55 mg	
Sodium 330 mg	14 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 12 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

Product 2

Nutrition Facts	
Per burger (85 g)	
Amount	% Daily Value
Calories 123	
Fat 7 g	17 %
Saturated 3 g	17 %
+ Trans 0.5 g	
Cholesterol 33 mg	
Sodium 200 mg	8 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 14 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 12 %

The ingredient list

The ingredient list includes all the ingredients that are in the product. They are listed in order by weight with the heaviest ingredient listed first and the lightest ingredient listed last.

The ingredient list is useful to see what the product is made of. This can be very helpful if you have a food allergy or intolerance and need to avoid certain foods.

Nutrition claims

Nutrition claims include nutrient content claims and health claims. Both are optional on food labels.

What are nutrient content claims?

A nutrient content claim indicates that the food has a certain amount of a specific nutrient. Example: High in vitamin C.

When you want to increase the amount of a certain nutrient look for words like:

How to Read Food Labels (cont'd)

- Source (for example, “source of calcium”)
- High or good source (for example, “high in fibre”)
- Very high or excellent source (for example, “excellent source of vitamin A”)

When you want to decrease the amount of certain nutrients look for words like:

- Free (for example, “sugar free”)
- Low (for example, “low in saturated fat”)
- Reduced (for example, “calorie reduced”)

What are health claims?

A health claim is a statement that mentions certain nutrients and their role in preventing disease. Example: A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Name of food item) is low in saturated and trans fats.

Are all foods required to have a food label?

No. There are some foods that do not require a label. These include:

- fresh fruits and vegetables
- raw meat, poultry, fish and seafood
- foods prepared or processed at the store (bakery items, sausages, salads)
- foods that contain very few nutrients (tea, coffee, spices)
- alcohol

Restaurants and food service businesses are also not required to have a Nutrition Facts table attached to their products.

Bottom line

The information on the food label is to help Canadians make informed decisions about the foods they eat. Use this information in combination with Canada’s Food Guide to make informed choices on healthy eating.



Not Just Naloxone: Train the Trainer

Hello everyone,

This month Danielle and myself (Corynn Reveley) were honored in receiving training in harm reduction practices. Heskw'en'scutxe Health Services Society can not only provide Take-Home-Naloxone kits, we also have two trained professionals who can teach you to properly administer the Narcan to protect people who use. We will be hopefully be running a training program like this in the upcoming months via zoom so stay tuned for more details!



Indigenous Harm Reduction Principles & Practice

<p>Relationships and Care</p> <p>Healing requires working together as one heart and one mind</p>	<p>Strength and Protection</p> <p>Healing is embedded in culture and tradition</p>	<p>Knowledge and Wisdom</p> <p>Healing requires time, patience and reflection</p>	<p>Identity and Transformation</p> <p>Healing involves finding out who you are and accepting who you were</p>

Home Made Ginger Tea



Ingredients:

- 1 large fresh ginger root peeled and cut into 1-inch chunks (enough to have 8 to 10 1-inch chunks)
- 5 cups water
- juice from 1 fresh lemon
- honey
- cinnamon
- cayenne pepper powder

Instructions

In a saucepan, simmer the ginger chunks in 5 cups of water, for a minimum of 20 minutes, but the longer the better. We like to let ours simmer for 30-45 minutes.

Divide the tea between 2 large mugs, or 4 smaller mugs, making sure not to serve the chunks of ginger! Now it's time to dress the tea. This part is very individual-taste dependent! For each mug add: juice from 1/2 lemon, 1/2 tsp honey, 1/4 tsp cinnamon, generous dash of cayenne pepper.



LIST OF HEALTHY SUPERFOODS:

Kale – insanely low in calories, powerful antioxidant with anti-inflammatory properties, and helpful for arthritis and autoimmune diseases

Spinach – the beauty of spinach lies in how easy it is to disguise the taste. It is mild tasting yet packed with vitamins, has anti-cancerous properties, and is one of the healthiest foods on the planet.

Blueberries – one of the highest antioxidant capacities of all fruit which helps to combat free radicals in your body.

Strawberries – just one serving provides more vitamin c than an orange while being low in natural sugars.

Greek Yogurt – double the protein and half the carbs as regular yogurt.

Cucumber – since it is 95% water, it is an incredible detoxifier and helps with liver and kidney function.

Lemon – one of the most important items to stock in your kitchen as it is a highly effective cleansing agent and cuts through the bitterness of greens.

Banana – an essential in smoothies as it adds creaminess, a touch of sweetness, and helps you feel full longer plus, it is rich in potassium and fiber and gives you natural energy.

Turmeric – anti-inflammatory and antioxidant properties

Ginger – aids in digestion and supports the immune system.

Chia + Flaxseeds – rich in Omega-3 and fiber benefits

Prep Time 5 mins Total Time 5 mins

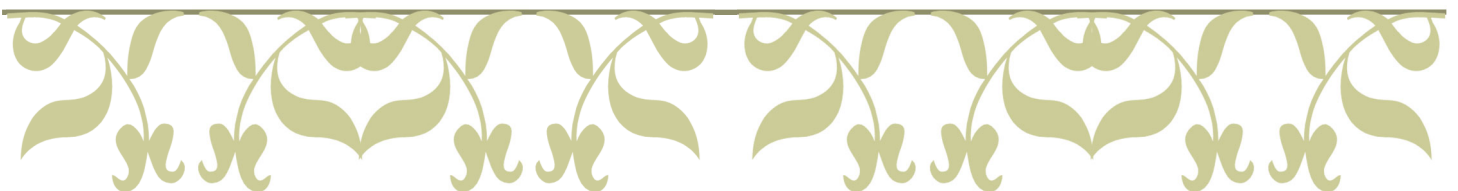
The best superfood healthy smoothie recipes. 4 Healthy Smoothie Recipes that will give you a boost of energy!

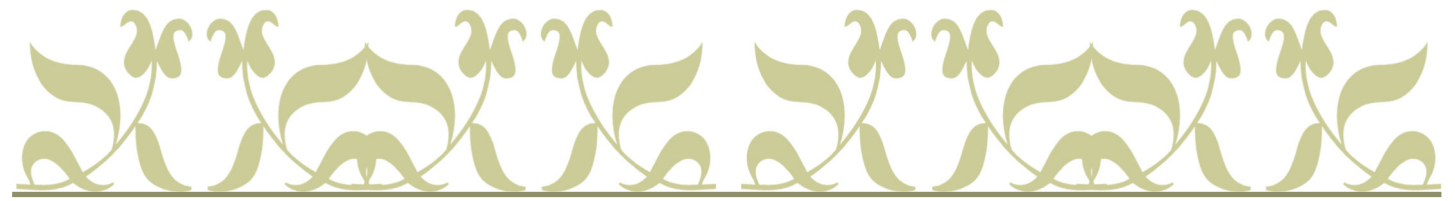
Instructions

Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.

Frozen bananas work best in smoothies. Peel, slice in half, and place in a large Ziploc bag in the freezer overnight.

Add more spinach and kale to increase nutritional benefits.





Servings: 4 per recipe

Babe Ruth Strawberry Pineapple Banana Smoothie:

- 1 cup Strawberries
- 1/2 cup Pineapple
- 1 Banana
- 2 cups Orange Juice
- 1/2 cup Greek Yogurt
- 1 cup Spinach optional
- 1 Tablespoon Chia or Flaxseeds optional
- Ice



Sweet Cherry Almond Smoothie:

- 1 1/2 cups Cherries frozen
- 1 cup Almond Milk
- 1 scoop Protein Powder
- 1 Banana
- Ice
- Optional: top with unsweetened coconut flakes + almond butter

Lovely Greens Smoothie:

- 1 cup Pineapple
- 2 cups Spinach
- 1/2 cup Grapes
- 1 1/2 cup Orange Juice
- 1 Banana
- Ice

Chocolate Powerhouse Smoothie:

- 1 cup Coconut Milk
- 1 scoop Chocolate Protein Powder
- 1/2 cup Blueberries
- 1 cup Spinach
- 1 Banana
- 1 Tablespoon Almond Butter
- Ice





Cauliflower Fritters

5 cups chopped cauliflower florets

2 eggs

1/2 cup all purpose flour

1/2 tsp baking powder

salt and pepper to taste



vegetable oil for frying

1. Chop the cauliflower finely or place the cauliflower into the food processor and process until finely minced.

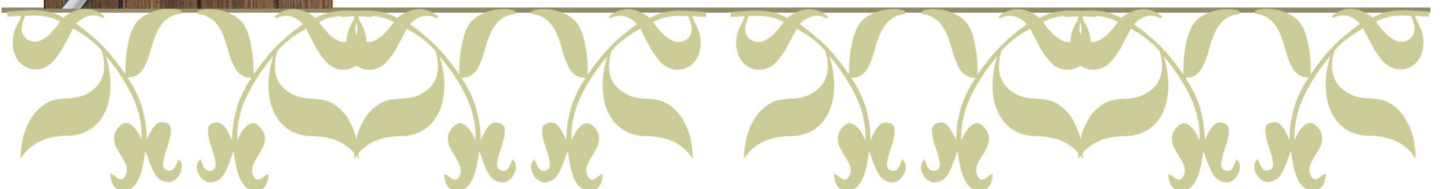


2. Transfer the cauliflower into a large mixing bowl and add the rest of the ingredients, excluding the vegetable oil. Mix everything well. (You should have a nice, paste-like mixture. If the mixture looks a little too soft and moist - add some more flour.)

3. Using an ice-cream scoop as a measure, form small, 1/3-inch-thick patties. You can make them smaller or larger depending on your personal preference.



4. Fry the patties on medium heat, in a small amount of vegetable oil for about 2 minutes per side.





Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



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

All existing clients will be contacted to book an appointment. Clients will be asked to wear masks and will be called the day before with a health check questionnaire.

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



Give your Feet the Proper Care they Deserve!

- * Diabetic Foot Care Assessment
- * Corn and Callous Reduction
- * Fungal and Thick Nails
- * Therapeutic Foot Massage
- * Cracked Heel Care
- * Warts
- * Ingrown Nails
- * Therapeutic Foot Massage
- * Waxing
- * Foot Care for Athletes





RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)

COOKS FERRY

March 2 and 23, 2021

SISKA

March 4 and 25, 2021

**Medication Pick-up is every Wednesday.
Remember to have your prescriptions refilled
before we pick them up for you.**

**Also if you have a prescription for baby aspirin or polysporin these
are covered by FNHA. If you paid for these item ask HHSS to help get
reimbursed.**

**Shopping day Siska March 1, 2021
Shopping Day Cooks Ferry March 31, 2021**

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