



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

August 2021



Its that time of year again to get those kiddies back to school! Inside this newsletter you will find back to school tips and immunization tips for your kindergarteners. Be sure to call Heskw'en'scutxe offices to book your child for their shots! We can easily look on our Panorama system and inform you if any shots are due!

Also in this edition you will find a concise list of evacuation supports available provided by Interior Health. Call us with any questions. We are working remotely. Stay safe everyone!



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 & Website www.hssbc.ca

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

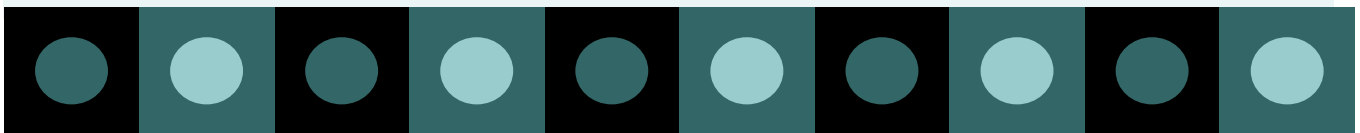


Just a friendly reminder that we have a couple wonderful summer students helping us get our administrative needs met as well as home care assisting.

So in case you hear from Jaguar Isaac, who has a HCA diploma, or Eden McEachern-Toombs, who is shadowing our RN, Scarleth Zwez-Ruiz, please know they are a part of the team.



**The Heskw'en'scutxe offices will be closed:
Monday August 2, 2021 for BC Day**



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

Hentla,

I hope that you are all staying healthy mentally, spiritually, emotionally, and physically. It has been a challenging year and a half for all of us dealing with COVID19, Residential School announcements, and Fires. To all community members of Lytton, we send our deepest condolences for your loss and heartache. To community members who have been ordered to evacuate we hope you are well and we look forward to your return to community.

Keeping positive through all of the recent challenges we have been facing can be difficult. Be kind to yourselves, acknowledge how you are feeling, allow yourself time to process your emotions. Be aware of your angry emotions as we can project our anger at others which is hurtful.

If other people are projecting their anger towards you, please reach out for help. Other people's trauma does not give them the excuse to be abusive. We are all now aware of how trauma affects us emotionally and we must take action to heal ourselves so we can live our lives to the fullest and contribute to our communities in positive ways.

Thank you to all of the volunteers for stepping up to cook, gather donations, deliver donations, provide accommodation, set up sprinkler systems, fire watch and support the evacuated! This is what makes a community! Working together and supporting each other will make us stronger!

Please reach out to HHSS for any health needs and we will do our best to provide you with services or referrals.

Take Care,

Tina Draney

Acting Manager



Resource Numbers

Heskw'en'scutxe Health Services Society

Siska Office 250-455-6601

Or tollfree 1-844-255-6601

Spences Bridge 250-458-2212

Or Tollfree 1-866-458-2212

Emergency Assistance

Ambulance/Fire/Police.....911

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 – 24hre 1-888-795-6111

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

Suicide Distress Line 1-800-784-2433

Journeys into Tomorrow Transition House 250-378-6170

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

Medical

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

FNHA Doctor of the Day 1-855-344-3800

Or email virtualdoctor@rccbc.ca

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

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

RCMP

Merritt 250-378-4262

Merritt RCMP Victim Services 250-378-5699

Merritt Community Policing 250-378-3955

Ashcroft 250-453-2216



FRASER SALISH REGION

First Nations Health Authority

Local Supports: Camp Hope

CULTURAL SUPPORT

Will be on site various days

Tsow-Tun Le Lum Society

1-888-403-3123

Indian Residential School Survivors Society:

1-604-985-4464 (toll-free 1-800-721-0066)

MENTAL HEALTH AND WELLNESS

Fraser Health Aboriginal Mental Health Liaison

Laurie Leith
778-982-0799

Elder in Residence (Francis Horne)

1-236-886-6743

Hope and Area Transition Society

Provides client-centered programs/services with various mental health, substance use, and domestic violence programs and services
604-869-5111

Indigenous Text Line

Text "First Nations" "Metis" or "Inuit" to:
68 68 68 (youth) or;
741 741 (adults)

Hope for Wellness Line

1-855-242-3310 or;
online chat @ chat.fn-i-hopeforwellness.ca

TRANSPORTATION

Rotary Club of Central Langley

Transportation and bus vouchers
Linda Mross
604-328-4305

SYSTEM NAVIGATION

Fraser Health Aboriginal Health Referral line

1-866-766-6960

First Nations Health Authority System Support Line

Assistance with system navigation and support with connecting to resources in the Fraser Region
604-743-0635
systems.support@fnha.ca

HEALTH CARE

Fraser Canyon Hospital

1275 7th Avenue, Hope
604-869-5656

FNHA Virtual Doctor of the Day

1-855-344-3800

Prescription refills, access medical support and Virtual Substance Use and Psychiatry Service. When booking please share you have been relocated due to fire.

Hours: 7 days a week from 8:30am – 4:30 pm

Abbotsford Urgent and Primary Care Clinics

2692 Clearbrook Road, Abbotsford
Hours: Monday – Friday, 8:00am – 4:00pm

LifeLabs

2825 Clearbrook Road #207, Abbotsford
Hours: Monday – Friday, 7:00am – 3:00pm

DENTAL AND VISION SERVICES

Seabird Island Health Centre

2895 Chowat Road, Agassiz
604-796-2177

Sto:lo Nation Dental Clinic

7-7201 Vedder Road, Chilliwack
604-824-3234
Hours: Monday to Friday, 8:00am – 4:00pm

Other Providers

You can use other service providers. To make sure you're covered:

- 1) Have your name and status number ready;
- 2) Call the provider and ask:
 - Do they direct bill with Pacific Blue Cross?
 - Are there costs above and beyond what the plan covers?

You can sign up for the Pacific Blue Cross online which gives you access to see all health benefits (vision, dental, medical supplies)

<https://service.pac.bluecross.ca/member/login/?customLogin=StatusCard>

FNHA Health Benefits

To access health benefits such as eyeglasses, dentures, medical supplies, hearing aids and transportation.

1-855-550-5454

First Nations Supports	<p>First Nations clients seeking supports with refilling prescriptions, medical supplies and equipment can contact First Nations Health Benefits at: 1-855-550-5454 or go to https://www.fnha.ca</p> <p>Additional Mental Health supports at FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf</p> <p>Lillooet FNHA Health Centre 250-256-7017, Mon-Fri 8 a.m. – 4 p.m.</p>
Medications	<p>Visit any pharmacy and speak to the pharmacist. They can help you access an emergency supply of the medications you may require without needing to see a physician or nurse practitioner.</p>
Standing Order for Laboratory	<p>Call 1-877-740-7747, Mon–Fri 7 a.m. to 5 p.m., to book an appointment within Interior Health or have your requisition faxed to the laboratory nearest your location.</p>
Doctor / Nurse Practitioner	<p>If you need immediate emergency care, go to the or the Ashcroft emergency department (Fri-Mon), located at 700 Ash-Cache Creek Hwy., Nicola Valley Health Ctr at 3451 Voght St., Fraser Canyon Hospital 1275 7th Ave. Hope BC, or Lillooet Hospital emergency department, located at 951 Murray Street.</p> <p>If your need is not an emergency, but you need to see or speak to a physician, nurse practitioner or nurse: Contact Health Link BC at 8-1-1 to speak to a nurse Contact Dr. De Klerk Mon-Fri through the Cottonwood Medical Clinic at 1-604-476-9705 or email: frontdesk-moa.cwm@gmail.com</p>
Existing Mental Health and Substance Use (MHSU) Clients	<p>Contact your existing MHSU clinician or call: 310-MHSU (310-6478).</p> <p>OAT clients please call: 250-256-1585</p>

Home Health / Seniors Care	<p>Call Lillooet Home Health at 250-256-1326; Ashcroft Home Health at 250-453-1940; or Merritt Home Health at 250-378- 3238 to access home health/ home support, wound care and IV Therapies, diabetes education, cardiovascular, respiratory and nutrition.</p> <p>For North Fraser Canyon – Spences Bridge, call Ashcroft HomeHealth at 250-453-1940</p> <p>For Lower Nicola Valley, call Merritt Home Health at 250-378-3238</p>
Public Health and Maternity Care	<p>Contact Lillooet Public Health at 250-256-1314; Ashcroft PublicHealth at 250-2453-1940; Merritt Public Health at 250-378- 3400 and/or Lillooet FNHA Health Centre 250-256-7017 to access nursing and health protection.</p> <p><i>You can also call our Toll Free number in Kamloops 1-866-874-4372.</i></p>
COVID-19 Test	<p>Book an appointment online or call 1-877-740-7747 (8 a.m. – 7 p.m., seven days a week). Testing is available in Merritt, Ashcroft, Lillooet and Kamloops (all testing/location information is available from the 1 -877 number or on-line).</p> <p><i>For the Merritt testing location please follow signage to front of the building. Line up at entrance at your appointment time. Do not enter main public health building.</i></p> <p>More information: https://news.interiorhealth.ca/covid-19</p>
COVID-19 Vaccination	<p>Please drop in, Book an appointment online or call: 1-833-838-2323. Immunizations are available in Kamloops (7 days a week by drop-in or appointment). Merritt vaccination clinic (Nicola Valley Memorial Arena, 2075 Mamette Ave) is open until July 23th by drop-in or appointment.</p> <p>Merritt, Lillooet, and Ashcroft Immunization clinics, starting July 26th or later are by appointments 1-833-838-2323 or Book an appointment online.</p> <p>More information: https://news.interiorhealth.ca/covid-19</p>

<p>Wildfire Smoke and Health</p>	<p>The B.C. government issues air quality advisories jointly with the health authorities:</p> <p>More information: https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories</p> <p>The BCCDC has numerous fact sheets regarding air quality issues and health covering topics such as face masks, portable air cleaners, outdoor exercise etc.</p> <p>More information: http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke</p>
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Also if you need support in accessing any services please phone or visit your local Heskw'enscutxe office Cooks Ferry : 250-458-2212, or Siska : 250-455-6601



WE HAVE EXTENDED THE DEADLINE TO AUGUST 16 ! Thank you for submitting your pictures online. We will come and varnish them when permitted. A certain amount of gift cards will be drawn. Let us know which ones to purchase.

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



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 substance misuse, supports for trauma, and/or residential school survivors

BC First Nation FNHA Mental Health Benefits 1-855-550-5454

Stopping the Violence Counselling Program 250-378-6170



Nlaka'pamux Mental Health Services

Mental Health and Addictions Services

By appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

Email: Wanda Dixel dixel.w.e@nlxfn.com

Diana Lepine-Thomas and@nlxfn.com

Stacy Hebner (Child counsellor) hebner.s@nlxfn.com

Melissa Dixel (Child counsellor) Dixel.m@nlxfn.com

Erin Aleck (Family Wellness)
aleck.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



Berry Picking in July & August

Due to the wildfire situation

Dates to be announced

As soon as the weather permits and the fruits are ready, we will be taking community members berry picking!! (Covid rules in place according to phase 2 of the Public Health Orders). May be dependent on crop survival.



Raspberries



Jostaberries



Blackberries



Currants



Strawberries



Blueberries



Boysenberries



Gooseberries

Sun Country Optical

Dr. H.S. Bhangu, Optometrist

411 Brink Street, Ashcroft, BC

778-639-2020 or 250-378-5500

Eye Health Evaluations (Exams)

Did you know that diseases such as high blood pressure and diabetes can be detected through the eyes?? Book your appointment during our monthly eye clinic for a full complete eye health evaluation.



Prescription Eyewear

We can help you find the perfect a pair of glasses and have a great and affordable selection that we change up each time we come to Ashcroft!

- We can bill **MOST** 3rd party insurances directly including: FNHA, MHR, Pacific Blue Cross, Greenshield, Manulife, CINUP, Sunlife, RCMP (Blue Cross M) and many more.
- We accept debit and credit only at this location as we do not carry cash due to travel.
- Appts are recommended for repairs/adjustments.



CALL TO BOOK YOUR APPOINTMENT FOR OUR NEXT CLINIC DAY

Homemade Bug Repellants

1. DIY bug spray

Use this (almost) all-natural insect spray to repel mosquitoes as well as other insects like flies. Chop one small onion and one head of garlic. Mix together with four cups of water, four teaspoons of cayenne pepper, and one tablespoon of liquid dish soap. Spray around your deck and in places where your children play (rather than on the children themselves). This mixture will last a week or so if stored in a jar with a tight-fitting lid and kept in a dark, cool place.

2. Another DIY bug spray

If you're uncomfortable with all of the unpronounceable ingredients in commercial bug sprays, try making this natural version. Mix together a quarter cup of apple cider vinegar, a quarter cup of witch hazel, and around 20 drops of a combination of any the following essential oils: rosemary, citronella, tea tree, cedar, eucalyptus, or lemongrass. Transfer the mixture to a spray bottle, and shake before each use. Spray directly on exposed skin and the bugs will stay away!

3. Lemon eucalyptus

When shopping for a natural mosquito repellent, look for one that contains oil of lemon eucalyptus. It's extremely effective and provides long-lasting protection.

4. Peppermint

Looking for an effective-yet-natural way to combat mosquitoes? Try peppermint! Combine a few drops of peppermint essential oil with one cup of water in a spray bottle, shake well, and spray onto skin. Not only will the chemical compounds in peppermint help repel the blood-sucking beasts, but you'll also smell minty fresh!

5. Rosemary and sage

Do mosquitoes hover over the grill when you barbecue? Next time, place a few springs of rosemary or sage on top of the coals. The scent will repel mosquitoes, leaving your meat in peace.

6. Egg cartons and coffee trays

Mosquitoes are a pain each summer, but you don't have to buy citronella candles, mosquito coils, or the latest gadget—you can just use cardboard egg cartons and coffee trays (the kind you get when you order more than a couple of coffees to-go). Light them on fire, then blow them out and let them smolder in a fire-safe location. The burning smell they produce is unpleasant, but keeps mosquitoes away.



Continued on page 16

A Better Immunization For School Age

Preparation



Ask your child if they have ideas for how to manage the pain.

When describing how it will feel, use words such as pressure, squeeze, or poke, and tell them it only lasts a few seconds.

Opposite to what you may think, reassuring your child “It will be over soon,” or apologizing “I’m sorry you have to go through this,” before the immunization may make them think that the injection will be worse than it is.

Be Calm

Stay calm and use your normal voice.

Why it works:

If you are calm, and use your normal voice, your child will feel that everything is ok.



Deep Breathing



Helps with deep breathing, having bubbles, deep breathing, blowing.

Why it works:

Deep breathing triggers relaxation, also takes their attention off the procedure.

Position

With older children, ask them to hold their arm and hold it steady.

Numb the Area

Medications to numb the area are available without a prescription. Ask your immunization provider about when and where to put on the cream or patch.

Why it works:

The active ingredients help to reduce feelings of pain by blocking pain receptors in the skin.



ation Experience ged Children

athing

you child to take
breaths by
ng them blow
les or take a
breath in and
out counting to 5.

orks:

s relaxation and
on away from

ning

ask them to relax
still.

e Skin

ne skin are
scription. Talk to



by blocking pain

Distraction

Focus your child's attention on a
distraction immediately before and during
the injection (a book, mp3 player,
handheld game, talking about something



Why it works:

The part of the brain that processes
pain is less active when children are
distracted during immunizations.

#1

Recognize the Effort

Keep a positive attitude. Say things like:

“ I’m so happy you got the vaccine!”
and
“ I knew you could do it!”

This helps the child to feel good about the
skills they learned from the experience –
skills that will help in future difficult
situations.

7. **Egg cartons and coffee trays**

Mosquitoes are a pain each summer, but you don't have to buy citronella candles, mosquito coils, or the latest gadget—

you can just use cardboard egg cartons and coffee trays (the kind you get when you order more than a couple of coffees to-go).

Light them on fire, then blow them out and let them smolder in a fire-safe location. The burning smell they produce is unpleasant, but keeps mosquitoes away.



8. **Garlic water**

Citronella candles are great for repelling insects, but they can be pricey. Get the same effect for much cheaper by mixing garlic with water and spraying it near all your outdoor light bulbs. As the bulbs heat up, they're spread a faint garlicky scent across your yard, which will keep mosquitoes and other bugs away.

9. **Reusable mosquito repellent jar**

Here's a creative idea for keeping insects (particularly flies and mosquitoes) away from you out on your deck or patio. You'll need an old tin or Mason jar with a lid, as well as a clean cloth or rag. Saturate the cloth with a diluted essential oil like eucalyptus, pennyroyal, peppermint, lavender, or lemongrass; place the cloth in the tin or jar and seal. To use, open the jar and place it on whatever table you'll be using outdoors. Its fragrance will repel insects. After ever few uses, refresh the cloth with more diluted essential oil. People will love the scent, and it's usually much cheaper than buying cintronella candles.

10. **Use nature to keep mosquitoes away**

Sometimes the easiest thing to do is plant flowers that will keep mosquitoes away.

You can you also reduce the number of mosquitoes around your property just by attracting the right birds! Many birds—such as chickadees, orioles, finches, cardinals, and others—eat both seeds and insects. The trick is to give these birds what they're looking for, so fill feeders with sunflower and safflower seeds, or use suet feeders.

The birds will stop by your place to eat, and then make a dent in the mosquito population while they're at it.

11. **DIY Personal Mosquito Repellent: SUPER Easy Version**

The easiest way to get rid of mosquitoes ever? Simply keep a fabric softener sheet in each pocket. Whether or not this tip works has been hotly disputed (both online and in our very household), but it's said that there is a chemical in most dryer sheets that is similar to citronella, which is used in bug-repelling candles.

11. DIY personal mosquito repellent lotion bar recipe

You may have seen lotion bars in bath and beauty shops—they look like soaps, but you rub them on dry skin like lotion. They make great presents, and if you have a double boiler and a good health or alternative store that you can buy ingredients like beeswax at, they're pretty easy to make! Super power these lotion bars with natural bug repellents like rosemary, thyme, cloves, lavender, and catnip (it's OK to use what you have and skip some ingredients if you want) and you'll have coveted gifts on-hand for every summer birthday on your list ... if you don't use them all first

Itchy

mosquito
bite?

No problem!

Rub a bar of dry
soap on the bite
for instant relief!

Ingredients

½ cup coconut oil

2 tablespoons each of dried rosemary and catnip (available at pet stores)

1 tablespoon dried thyme

½ teaspoon each of ground cloves and ground cinnamon

¼ cup cocoa butter

¼ cup plus 1 tablespoon beeswax

Method

1. In a double boiler, stir together coconut oil, dried rosemary, catnip, dried thyme, ground cloves, and ground cinnamon.

2. Once the coconut oil has melted, cover the mixture and allow it to cook for 15–20 minutes until slightly darkened. (Periodically check the water levels in the bottom of the double boiler, adding more if needed).

3. Strain the mixture, then return it to the double boiler.

4. Add cocoa butter and beeswax. Stir until melted, and then remove from the heat.

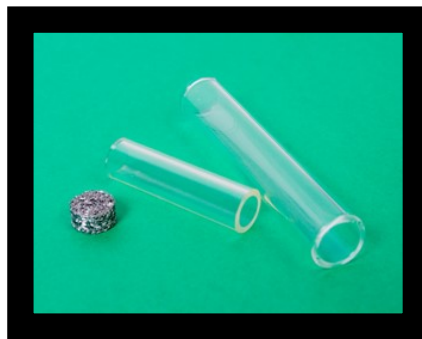
5. Add 5 drops each of lavender essential oil and lemon essential oil.

Pour the mixture into silicone ice cube or candy molds. Allow the bars to set overnight until hard.

To use, just rub a bar against exposed skin. Your skin will be moisturized, and bugs will find someone else to pester!

Do you or does someone you love need:

- Nasal Naloxone
- Injection Naloxone
- Safe Injection kits
- Safe Inhalation kits
- A nurse to refer you to someone to talk to, such as a counsellor or a mental health clinician
- A nurse who can refer to OAT clinic (Opioid Agonist Treatment provides people who have an opioid use disorder with treatment using medication)



We at Heskw'en'scutxe Health Service Society offer confidential pick-up. We want everyone to be safe out there. Pick-up as much supplies as you need. No questions asked.

Any HHSS staff member can help you!



How to Examine for Head Lice

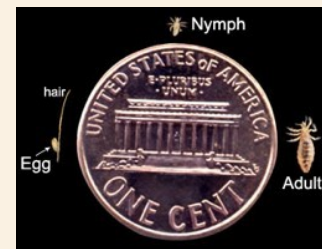
Use bright light to look at:

- 1 Crown of head
- 2 Bangs
- 3 Behind both ears
- 4 Nape of neck

How to inspect

- 1 Place gloves on your hands
- 2 Use fingers to separate hair and create a part. The part should allow you to clearly see the person's scalp.
- 3 Look for lice crawling on the scalp where the hair is parted or on the hair shaft. The lice will be dark in color and the size of a poppyseed.
- 4 Look for nits near hair follicle about $\frac{1}{4}$ inch from scalp. Nits (eggs) will be white or yellowish-brown. Nits are often more easily seen than lice, especially when the person has dark hair.
- 5 Also look behind both ears and near the back of the neck. You may see lice or nits. You may also see bites.

The size of a nit (egg), nymph, and louse relative to a penny



CDC photos

A. Checking hair for lice



CDC photos

B. Nits (lice eggs) on hair



Image used with permission of the American Academy of Dermatology National Library of Dermatologic Teaching Slides



Chung EK, Boom JA, Datto GA, Matz PS (Eds). *Visual Diagnosis in Pediatrics*. Philadelphia: Lippincott Williams & Wilkins, 2006. Courtesy of Hans B Kersten, MD. Copyright © 2006. In: UpToDate, Post, TW (Ed), UpToDate, Waltham, MA, 2014.

SCREENING TIP: To distinguish between dandruff and nits, try to flick or pull off the white speck. Dandruff is easily pulled off, but nits are not.

Change gloves between each child's examination and wash your hands after all examinations are completed.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



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

**The NEW PROVINCIAL NUMBER for booking is: 1-833-838-2323
COVID SHOT INFORMATION**

Age/Group Date Eligibility Starts

12+ years are now all eligible for vaccines

To find a pop up vaccine clinic near you visit:

news.interiorhealth.ca/news/covid-19-immunization-clinics/

Aboriginal people 18+ (born in 2003 or earlier) Ongoing

People who are clinically extremely vulnerable with invitation letter 16+ (born 2005 or earlier)

[Residents of Whole Community Clinic Communities 18+ \(born 2003 or earlier\)](#) Ongoing

People aged 55 to 65 (born in 1956 to 1966) may also choose to get the AstraZeneca COVISHIELD vaccine at eligible pharmacies with vaccine supply.

How to register for your vaccine appointment

You can register for yourself or someone else who needs assistance. Everyone 18 and older is eligible to be vaccinated, even if you don't have a Personal Health Number.

Public health will never share your information with any other agencies or parts of government. You will never be asked for your Social Insurance Number (SIN), driver's license number or banking and credit card details

Register Online with a Personal Health Number

You can register 24 hours a day.

To register online, you **must** provide:

- First and last name, Date of birth, Postal code, Personal Health Number
- An email address that gets checked regularly or a phone number that can receive text messages

Register by Phone

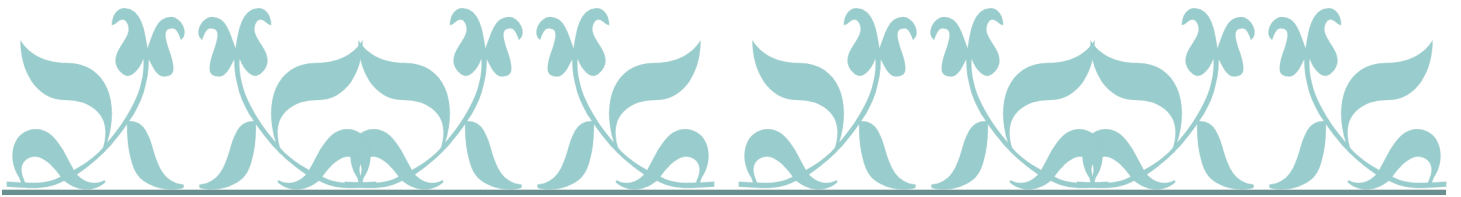
Call: 1-833-838-2323 Seven days a week, 7 am to 7 pm (PDT)

The provincial call centre can also help if you feel more comfortable registering over the phone.

Please have the following information ready:

- legal name, date of birth, postal code, your personal health number (PHN)
- You do not require a PHN to register by phone.

Ask your nurse if you need help booking



A Mind Full MOM
— REAL FOOD. REAL FAMILY. REAL BUDGET —

Lunch Box Ideas

Mix and match items from each category for a wholesome, easy, balanced lunch

Protein

- Deli Meat
- Grilled Chicken
- Nuts
- Yogurt
- Quinoa
- Milk
- Cheese
- Hard Boiled Egg
- Quinoa
- Beans
- Cottage Cheese
- Tuna

Grains

- Crackers
- Popcorn
- Muffins
- Bread
- Pasta
- English Muffin
- Tortillas
- Rice
- Pizza
- Pita Bread
- Quinoa
- Pretzels

Fruits/Veggies

- Apple
- Strawberries
- Carrots
- Grapes
- Berries
- Cucumbers
- Melon
- Baby Tomatoes
- Applesauce
- Salad
- Pepper Slices
- Bananas



Tackling 'Back-to-school' Anxiety: TIPS FOR PARENTS

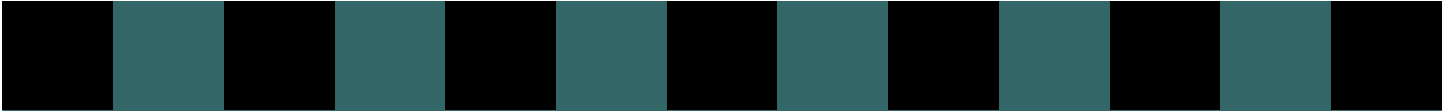


- 1** Re-introduce your child to the regular routine, well in advance
- 2** Empathise with your child's fears and anxieties, and address them
- 3** Help your child set realistic goals for the year
- 4** Make sure your child views school as fun
- 5** Involve your child in the preparatory activities
- 6** Encourage bonding with school friends



Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



Foot care cancelled until Further Notice
Heskw'en'scutxe Health Services Society can support with transportation for other Footcare appointments

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. Anyone with foot issues can be seen. Please call the office to book your first time appointment.

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



Give your Feet the Proper Care they Deserve!

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



RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)

**Cancelled until
September**



Heskw'en'scutxe Health Services Society can support with transportation for other Massage Therapy appointments

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

Shopping Day Cooks Ferry August 30, 2021

Shopping day Siska September 1, 2021

Food bags will return in October

Heskw'en'scutxe Health Services Society

Invitation to

Siska and Cooks Ferry Community members:

**Free Nicola Valley Aquatic Centre & Gymnasium
access to our community members**

*Gym & 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



2040 Mamette Ave. Merritt, BC

HHSS BOARD

HHSS STAFF

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Siska

Lorette Edzerza

Chairman

Director

Cooks Ferry Band

Appointed

Angela Phillips

Director

Siska Indian Band

Appointed

Florine Walkem

Director

Cooks Ferry Band

Appointed

Samantha Gush

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Appointed

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Jaguar Isaac

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Follow us

@

heskw'enscutxe



Jaguar Isaac

Nursing Administrative Support

Summer Student 2021

Jaguar.isaac@hhssbc.ca

She will be working from our Siska office



VISIT OUR
NEW WEBSITE

HHSSBC.CA

Is Your Child Starting Kindergarten?



Unsure if you or your children are up to date on your vaccines?
Give us a call at the number below.

Your child needs two vaccines starting at age 4 (kindergarten entry):

- The **Tdap-IPV vaccine** to protect against tetanus, diphtheria, pertussis (whooping cough), and polio
- The **MMRV vaccine** to protect against measles, mumps, rubella, and varicella (chickenpox)

These vaccines are free.

Call to book your child's immunization appointment today!

Heskw'en'scutxe Health Services Society

Cook's Ferry: 250-458-2212 Or Siska: 250-455-6601

Vaccines are a healthy choice for your child. They protect your child's health and the health of their classmates.

HEALTH UNIT FINDER



www.immunizebc.ca/finder



ImmunizeBC

CANImmunize
A free immunization tracking app.
www.canimmunize.ca

