



Heskw'en'scutxe Health Services Society

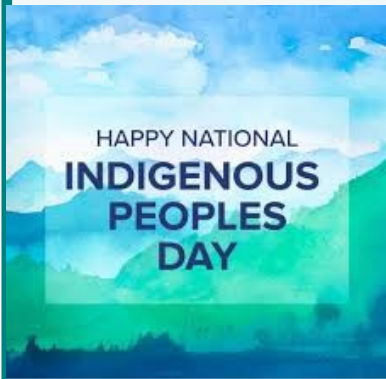
Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

July 2021

Happy Father's Day! Every household will be receiving a camping chair this week. A gift for Dad or any other loved one in your home!



Happy National Indigenous Peoples Day! We received funding from FNHA Mental Wellness Day to hold an activity that celebrates our culture. Find out more about this fun family activity on pages 10-11!

In this Issue you will find:

- **Tips on how to stay safe in hot weather.**
- **Which Sunscreen is right for you.**
- **Hiking in hot weather.**
- **Different method of dehydrating and pre-serving food.**
- **Recipes for Easy Beef Stew, Vegetable Kabobs, Colorful Quinoa Salad, and Oatmeal Chocolate Lentil Cookies...**
- **Gift Cards Draw: Week of July 12-16 for all households who create a Sacred Space Rock Garden.**



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@hhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hhssbc.ca

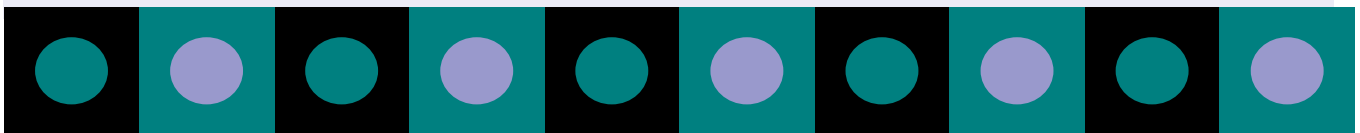
Visit our Facebook Page & Website www.hhssbc.ca

Articles	Page
A Letter From Our Manager	4
Resource Numbers	5
Mental Health Resources	6
Berry Picking in July	7
Announcement from our Community Health Rep: Annette Albert	9
July Contest Details	10-11
Beat the Heat/Protecting your Skin and Sunscreen Tips	12-14
An introduction to Dehydration and Preservation	15-18
Hiking tips	18
Canning Foods at home-Beef Stew Recipe	19-20
Vegetable Kabobs	25
Colorful Quinoa Salad	26
Oatmeal Chocolate Lentil Bites	27
Footcare & Massage Dates	28-29
HHSS Staff Directory	31

HESKW'EN'SCUTXE HEALTH



**The Hesk'w'en'scutxe offices will be closed:
Friday, July 2, 2021 in lieu of
Canada Day**



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

Hentle,

Summer is here! Unfortunately, COVID19 is still here as well.

If you have any cold or flu symptoms, please continue to assume that it may be COVID19 and self isolate to protect your family, friends, and community. If your symptoms have lasted at least 24 hours you can now call your primary care provider to arrange to be tested for COVID-19. Or you can still call 811 to get advice anytime or HHSS during office hours. While waiting for test results please isolate. If you live with others, they should also be isolating and monitoring for symptoms.

If you have any trouble breathing or your symptoms worsen, please call 911.

I would encourage everyone to keep track of where you have traveled and the people you have been in contact with. The Interior Health contact tracing team will require this information when they conduct the contact tracing. Contact tracing is when the IH calls everyone you have been in contact with to request that they also self monitor for symptoms and isolate to stop the spread of COVID19.

HHSS recommends getting vaccinated against COVID19. There are many pop-up clinics hosted by Interior Health being provided in the area to receive the vaccination. HHSS can support you with transportation. You can still get this virus even if you have contracted Covid previously. Getting vaccinated will help stop the spread of the virus and help prevent hospitalization from severe symptoms.

If you are concerned about someone in the community, please contact them directly and not HHSS. Our staff must maintain client confidentiality.

Please remember to use HHSS online Covid19 wellness check form before any appointments with us. We will be continuing with this system into the future. You can find this on our Website in the COVID tab.

July 1st is Canada Day and this year we encourage everyone to wear an orange shirt to support Residential School Survivors.

Keep your spirits strong! During these uncertain times it is important to take care of ourselves emotionally, spiritually, mentally, and physically.

Kukchem, for your keeping up your efforts to follow all Public Health Orders.

Take Care,

Tina Draney

Acting Health Manager



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 – 24hre
 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 or 1800-318-4455
 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

Hospitals

Ashcroft
 700 Ash-Cache Creek Hwy, Ashcroft
 250-453-2211
 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
RCMP
 Merritt 250-378-4262
 Merritt RCMP Victim Services 250-378-5699
 Merritt Community Policing 250-378-3955
 Lytton 250-455-2225
 Ashcroft 250-453-2216

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 Dexel dexel.w.e@nlxfn.com

Diana Lepine-Thomas and@nlxfn.com

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

Melissa Dexel (Child counsellor) Dexel.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

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).



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



Thank you to all who have filled out the “2021-2022 Healthy Food Box program forms”. We enjoyed seeing your whole wheat pizza pictures.

Staff also made the pizza recipe for our Home and Community Care clients.



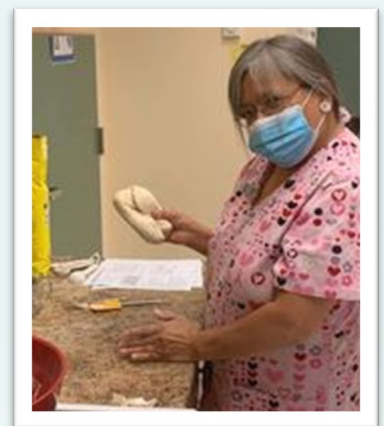
It is nice to receive the entries this past year for HHSS coloring and seek a word contest for both communities.



There will be NO Food bag delivery for July, August, and September. We will resume delivery for November.

I have been assisting at our Vaccine Clinic’s, setting up, clean up, monitoring in the 15-minute waiting area and helping other Staff. I also pick up supplies at the store to get fruit, juice boxes/water, granola bars, fruit cups, and apple sauce for our goodie bags. I also assisted with purchasing and planting flowers for our HHSS office’s.

Some Days I am a Medical Driver. I drive our clients to Merritt, Kamloops, Lytton, and Ashcroft, taking them to their appointments, or shopping for groceries. I also deliver Vaccines and Medical supplies for HHSS. After our trips I clean our vehicle so its ready for the next trip. Looking forward to up coming events.



**Annette Albert
Community Health Representative
1 778 209 5999**

Create a Sacred Space (rock garden) in your backyard,
a place to remember, bond & heal with loved ones...

SISKA & COOKS FERRY COMMUNITIES, IN CELEBRATION OF
INDIGENOUS DAY, JUNE 21, 2021

INDIGENOUS PEOPLES DAY OF WELLNESS GRANT PROVIDED

BY



PAINTS, PAINT BRUSHES, FLOWERS PROVIDED

HASHTAG @ #MYSACREDSpace #HESKWENSCUTXE

ROCK GARDEN SACRED SPACE ART PROJECT



A FUN FAMILY
PROJECT!



The recent finding of children's remains at the Tk'emlúps te Secwépemc Residential school has impacted community members significantly. With the onset of the Truth and Reconciliation Anniversary and National Indigenous Day, we were granted funding for our community members to create a sacred space in their home gardens or in a special place on the land to commemorate all children who, tragically, never returned home from the residential schools.

Each household will receive supplies consisting of flowers and paints. Find special stones and construct a small painted rock garden, decorated with flowers, plant medicines, and artifacts to honor all Indigenous children.

By connecting with an outdoor special space and using art therapeutically as a vehicle to channel the pain and trauma of the aforementioned news. It is our hope that community members will connect with nature and begin to heal in a joint effort with other household members to share and process their feelings together.

Creating art, gardening, bonding, and being outdoors are cultural elements that hold strong value to many community members.

Contact our offices when you have completed your project so we can apply varnish on your rocks to preserve your artwork. A picture of your sacred space could be shared online, encouraging a dialogue between members and foster hope.

SEVERAL GIFT CARDS WILL BE DRAWN FOR ALL HOUSEHOLDS PARTICIPATING IN THIS PROJECT.

DEADLINE TO COMPLETE THE ROCK GARDEN IS JULY 8, 2021

GIFT CARD DRAW ON JULY 16, 2021

BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses



EAT LIGHT

Avoid hot foods and heavy meals

STAY SAFE

Never leave infants, pets or children in parked cars



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

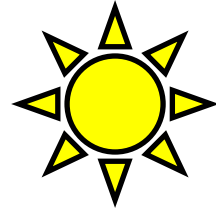
Stay hydrated but avoid alcohol and liquids with large amounts of sugar



COOL DOWN

Take a cool shower or bath

Protecting Your Skin From the Sun



Most skin cancer can be prevented. Use the following tips to protect your skin from the sun. You may decrease your chances of developing skin cancer and help prevent wrinkles.

Although people with darker skin don't sunburn as easily, they can still get skin cancer. So it's important to use sun protection, no matter what your skin colour is.

Avoid sun exposure from 11 am to 4 pm

Stay out of the midday sun which is the strongest sunlight. Find shade if you need to be outdoors.

Other ways to protect yourself from the sun include wearing protective clothing, such as:

- Hats with wide 10 cm (4 in.) brims that cover your neck, ears, eyes, and scalp.
- Sunglasses with UV ray protection, to prevent eye damage.
- Loose-fitting, tightly woven clothing that covers your arms and legs.

Clothing made with sun protective fabric. These clothes have a special label that tells you how effective they are in protecting your skin from ultraviolet rays.

Sunscreen protection

If you can't avoid being in the sun, use a sunscreen to help protect your skin while you are in the sun.

Be sure to read the information on the sunscreen label about its SPF value and how much protection it gives your skin. Follow the directions on the label for applying the sunscreen so it is most effective in protecting your skin from the sun's ultraviolet rays.



Other sunscreen tips

The following tips about sunscreen will help you use it more effectively:

If your skin is sensitive to skin products or you have had a skin reaction ([allergic reaction](#)) to a sunscreen, use a sunscreen that is free of chemicals, para-aminobenzoic acid (PABA), preservatives, perfumes, and alcohol.

If you are going to have high exposure to the sun, consider using a [physical sunscreen](#), such as zinc oxide, which will stop most of the sunlight from reaching the skin.

WHAT TYPE OF SUNSCREENS EXIST?



Choosing a sunscreen

- Sunscreens come in lotions, gels, creams, ointments, and sprays. Use a sunscreen that:
 - Has a [sun protection factor \(SPF\)](#) of at least 30 or higher.
 - Says "broad-spectrum" that protects the skin from ultraviolet A and B ([UVA](#) and [UVB](#)) rays.
 - Use lip balm or cream that has SPF of 30 or higher to protect your lips from getting sunburned.
 - Take extra care to protect your skin when you're near water, at higher elevations, or in tropical climates.
- Some sunscreens say they are water-resistant or waterproof and can protect for about 40 minutes in the sun if a person is doing a water activity.



Applying a sunscreen

1. Apply the sunscreen at least 15 to 30 minutes before going in the sun.
2. Apply sunscreen to all the skin that will be exposed to the sun, including the nose, ears, neck, scalp, and lips.
3. Sunscreen needs to be applied evenly over the skin and in the amount recommended on the label.
4. Most sunscreens are not completely effective because they are not applied correctly. It usually takes about 30 mL (1 fl oz) to cover an adult's body. Apply sunscreen every 2 to 3 hours while in the sun and after swimming or sweating a lot. The SPF value decreases if a person sweats heavily or is in water, because water on the skin reduces the amount of protection the sunscreen provides.

An Introduction to the Drying Food Preservation Method

Drying is the simple process of dehydrating foods until there is not enough moisture to support microbial activity. Drying removes the water needed by bacteria, yeasts, and molds need to grow. If adequately dried and properly stored, dehydrated foods are shelf stable (safe for storage at room temperature). The drying food preservation method is easy to do, very safe, and can be used for most types of foods (meats, fruits, and vegetables).

There are several methods for drying foods. Two of the easiest and most common, in any climate are oven drying and drying with an electric dehydrator appliance; these methods. Other methods are air drying (in the shade during warm weather), sun drying (limited to desert climates), solar drying (requires specially built dryer), and pit oven drying (useful when other methods are impractical).

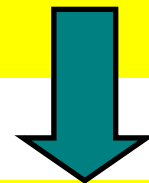
How to dry food in a conventional oven

Oven drying is a good choice if you have never dried foods before, or plan to do only occasional drying. It tends to be slower than an electric dehydrator, but there is little or no investment in equipment and you don't have to depend on the weather as with other methods.

Foods that are well-suited to oven drying are meats; seafood; fruit leather; low-moisture foods such as herbs, potatoes, bread cubes, berries, and meaty tomatoes (roma); and excess produce you might otherwise throw out, such as onions, celery, and bananas. If you are new to drying, start with a few of the easiest foods to dry: berries, banana slices, tomato slices, chopped onions, oven jerky, and smoked salmon.



Here are the basic steps for oven drying foods:



1. Prepare suitable trays for drying foods. Preparation methods vary depending on the food you want to dry. For fruits and vegetables, you wash and then usually halve, quarter, or slice the produce. For light colored fruits, (apples or pears) and all vegetables, you also steam-blanch to deactivate enzymes or prevent browning in light colored foods, and then pat dry. Meat or fish jerky is often marinated and may also be cooked before drying.

2. Preheat (a gas or electric) oven to the lowest temperature setting. Maintain an oven temperature between 125°F and 145°F. Check the oven temperature with an accurate thermometer.

3. Decrease the temperature by propping open the oven door with a wooden spoon or folded towel. **Caution: the oven-drying method is not safe in a home with small children.**

4. Maximize air circulation to speed drying. Place a fan on a chair near the propped-open oven door so that it blows away the hot, escaping air. Open nearby doors and windows to promote more airflow.

5. Dry until pliable or crisp: The extent of dryness is somewhat a matter of preference (see How to Use Dried Foods below). Therefore, the length of drying time can fluctuate widely (from a few hours to more than 24). Drying time also depends on several factors: the type of food (meat, fruit, vegetables, etc.), the size of the portions to be dried (thick or thin), the drying method used (sun, air, oven), and the weather (especially humidity, which greatly increases drying time).

Tips for successful drying include drying foods only on days when the humidity is not high, space the food about an inch apart, and fill only half of the oven racks with food.



Suitable Trays for Oven-Drying Foods

Trays used for drying foods in an oven need to be of a food-safe material such as stainless steel or baking rack.

Avoid materials which can leach harmful chemicals, darken the food, or melt at drying temperatures. These materials include:

- Do not use uncoated fiberglass and vinyl.
- Do not use metals such as aluminum, galvanized steel, and copper; they can transfer a metallic flavor to food, rendering it inedible.
- Do not use green wood, pine, cedar, oak, and redwood.

After oven drying a few foods, if you want to continue to use the drying method, consider investing in an electric food dehydrator.



Electric food dehydrator appliances



A food-dehydrating appliance can consistently produce a quality product, and is less prone to inconsistency or other problems when drying foods. This makes it easier than most other methods.

A good food dehydrator provides variable temperature control and good air circulation. A temperature control with a range of 85°F to 180°F provides full flexibility for drying all types of foods, from delicate herbs and firm fruits to meat jerkies. A temperature control with a maximum of 160°F will limit your ability to dry meats and fish.

You can purchase a basic food dehydrator model for under \$100, which is a good choice for first-time users

More deluxe food dehydrator models cost \$200 or more

Will offer more temperature range, efficient horizontal airflow, double-wall construction, and larger drying capacities.

With a food dehydrator, you simply prepare the food and place it on the appliance trays, preheat the dehydrator to 125°F to 135°F, and the appliance does the rest.

How to use dried foods

You can use dried foods in a variety of ways:

- **eat** dried foods as is (such as snacking on dried beef jerky and dried fruits)
- **rehydrate** dried foods with water (such as adding vegetables to a meat stew)
- **grind** dried foods into a powder (for example, grind tomatoes to a powder that you can reconstitute with water to make tomato sauce).

Therefore, you may dry foods until pliable, especially if you want to use them as a snack food. If you want to store dried food longer or use it to grind to a powder (such as tomatoes to make sauce), then you want them to be crisp and brittle. Less-dry products have considerably shorter shelf life—from 2 weeks to 2 months. Very dry foods, if properly stored, may last several months.

Whether pliable or crisp, condition all foods at the end of the drying process. Alternatively, you may store partially dried or unconditioned foods in the freezer.

Hints for successfully storing dried foods

- **Always store dried foods in airtight containers in a cool, dry place.**
- **Reduce the number of times a package is reopened** by using containers that hold only enough food to be used at one time.

Limit air, light, and heat. Put masking tape over jar enclosures or use a [food-safe desiccant](#) in the jar to absorb excess oxygen. Be sure to store foods in a closed cupboard or dark room, away from light. Ideally, you want to store dried foods at a constant temperature between 40°F and 70°F.

- **In humid locations**, put dried food in zipper-lock plastic bags that allow you to push out excess air. This helps to prevent moisture from re-entering the food, shortening the storage life considerably.
- **To increase storage life**, vacuum-seal, refrigerate, or freeze dried foods.

For a Hike or Day Trip...

You can pack perishable foods, such as sandwiches, just be sure you have a cold source (such as an ice pack) to keep foods properly chilled to below 40°F. The more you stash in a backpack, the harder it is to hike, so opt mainly for non-perishable foods that are relatively lightweight and nutrient dense, such as:



- Trail mix
- Nuts, seeds, nut-based bars or nut butter packs
- Fresh, whole fruit that doesn't require refrigeration such as apples, bananas and oranges
- Dried or freeze-dried fruits and veggies
- Energy bars, chews or gels
- Granola or granola bars
- Ready-made tuna salad pouches
- Whole-grain tortillas
- Shelf-stable, dried jerky, such as poultry, salmon or meat jerky

And always tell someone your plans and bring lots of water! Happy Camping & Hiking!

CANNING FOODS AT HOME

A time to create memories with our loved ones



Canning is an important, safe method of food preservation if practiced properly. The canning process involves placing foods in jars and heating them to a temperature that destroys microorganisms that could be a health hazard or cause the food to spoil.

Canning also inactivates enzymes that could cause the food to spoil.

Air is driven from the jar during heating, and as it cools, a vacuum seal is formed. The vacuum seal prevents air from getting back into the product bringing with it microorganisms to re-contaminate the food.

To safely home can foods and prevent food-borne illness, research-based canning methods must be followed. Botulism is the most commonly associated food-borne illness with home canned foods.

Make sure to follow recipes from legitimate websites. FNHA has a canning recipe guide that is available on line: www.fnha.ca/about/news-and-events/news/new-canning-guide-offers-info-on-a-favourite-food-preservation-method

Food-borne illnesses related to the consumption of home canned foods are often linked to the person canning the foods not following research-based canning instructions, not using pressure canners for low-acid foods, and ignoring signs of spoilage or lack of knowledge about botulism in home canned foods.

Although canning is not part of the Nlaka'pamux culture, it can be useful and healthy for canning meats. We do not recommend canning fruits because of the sugar content that must be added. Instead explorer drying fruits as we always did as a Nation!

Check out an excellent recipe you can use to can moose stew from Ball: www.freshpreserving.com/blog?cid=easy-beef-stew-pressure-canning

Enjoy the fruit/meat/vegetable harvesting season, cook with your family and create lifetime memories that may be shared



Easy Beef Stew - Pressure Canning

Preserving method: Pressure canning

Makes about 7 (32 oz) quarts

Traditional beef stew with potatoes, carrots, celery and more. Preserved in your pressure canner for when you want a home-made meal fast.

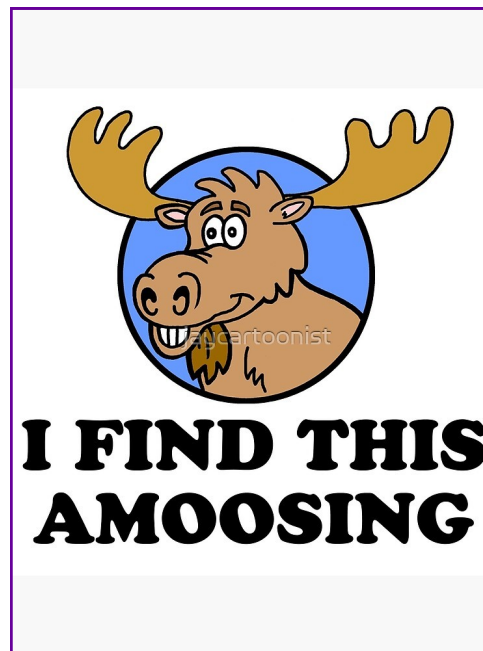
Full Recipe

- 4 to 5 lb beef stew meat, cut into 1 1/2-inch cubes
 - 1 Tbsp vegetable oil
 - 12 cups cubed and peeled potatoes (about 12 medium)
 - 8 cups sliced carrots (about 16 small)
 - 3 cups chopped celery (about 5 stalks)
 - 3 cups chopped onion (about 4 small)
 - 1-1/2 Tbsp salt
 - 1 tsp thyme
 - 1/2 tsp pepper
 - Water
- 7 quart or 14 (16 oz) pint glass preserving jars with lids and bands

Half Recipe

- 2 to 2-1/2 lb beef stew meat, cut into 1 1/2-inch cubes
 - 1-1/2 tsp vegetable oil
 - 6 cups cubed and peeled potatoes (about 6 medium)
 - 4 cups sliced carrots (about 8 small)
 - 1-1/2 cups chopped celery (about 3 stalks)
 - 1-1/2 cups chopped onion (about 2 small)
 - 3/4 tsp salt
 - 1/2 tsp thyme
 - 1/4 tsp pepper
 - Water
- 3 Ball® (32 oz) quart or 7 (16 oz) pint glass preserving jars with lids and bands

*You must process at least 2 quart jars or 4 pint jars in the pressure canner at one time to ensure safe processing.



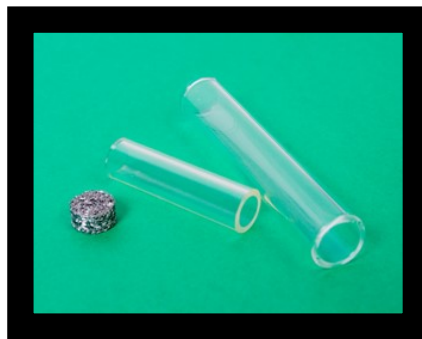
Directions

1. Prepare pressure canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. Brown meat in oil in a large saucepot. Add vegetables and seasonings to browned meat. Cover with boiling water. Bring stew to a boil. Remove from heat.
3. Ladle hot stew into hot jars leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

Process filled jars in a pressure canner at 10 pounds pressure 1 hour and 15 minutes for pints and 1 hour and 30 minutes for quarts, adjusting for altitude. Turn off heat: cool canner to zero pressure. Let stand 5 more minutes before removing the lid. Cool jars in canner 10 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

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!



Prayer Flag installation at Siska and Cook's Ferry



To the memory of the 215 children found on the grounds of the Tk'emlúps te Secwépemc community.

Heskw'en'scutxe has reached out to all its community members asking them to decorate a flag in honor of the children. We provided flags, paints and brushes. We will be doing an installation in both communities.

Thank you for submitting your flags to our offices. You can submit a decorated flag anytime as we can easily add to the installations.

We would like to thank the following people for helping us out with the project: Judy Draney, Jean York, Normal Collins for donating materials.

Jean York and Meriel Barber for sewing the flags. Meriel for installing the flags at Cook's Ferry.

All our community members who participated in this project.



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

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

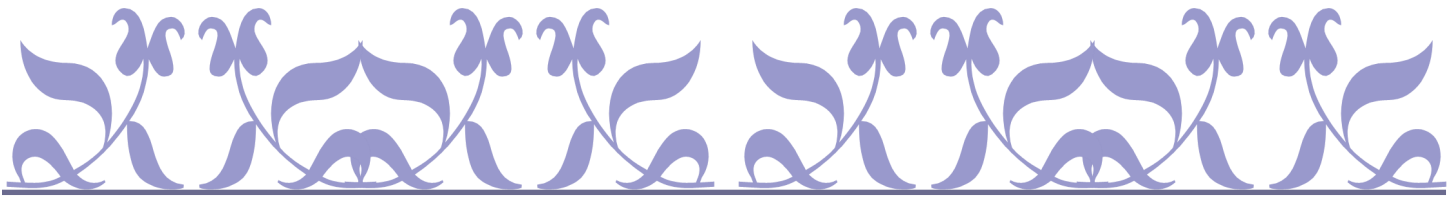
Register by Phone

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.**



VEGETABLE KABOBS

yield: 6 SERVINGS prep time: 25 MINUTES cook time: 10 MINUTES total time: 35 MINUTES

These marinated fresh veggie kabobs are packed with tons of flavor – perfect as a healthy side dish to any meal!

INGREDIENTS :

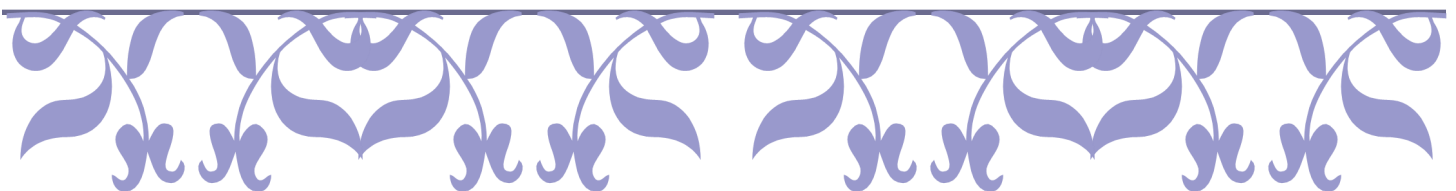
- 2 cups mushrooms
- 1 cup cherry tomatoes
- 1 red bell pepper, cut into chunks
- 1 green bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced into thick rounds

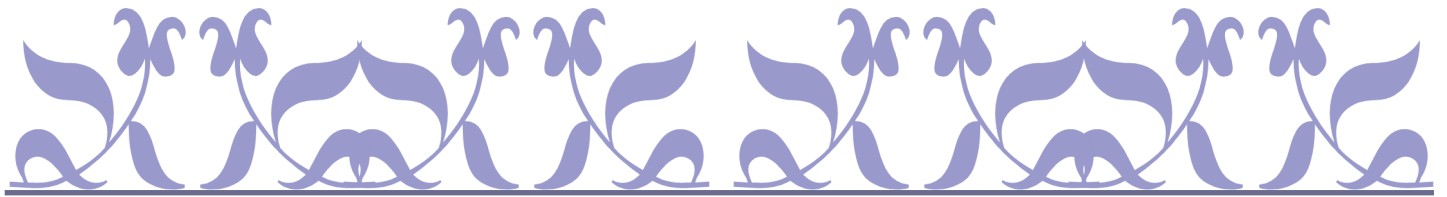
FOR THE MARINADE :

- 1/4 cup olive oil
- 3 cloves garlic, pressed
- Juice of 1 lemon
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Kosher salt and freshly ground black pepper, to taste

DIRECTIONS :

1. Preheat oven to 400 degrees F.
2. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano and basil; season with salt and pepper, to taste.
3. Thread mushrooms, tomatoes, bell peppers, onion and zucchini onto skewers. Place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes.
4. Place into oven and roast until tender, about 10-12 minutes.* 5. Serve immediately.





Colorful Quinoa Salad

Ingredients

- 250 mL (1 cup) quinoa, rinsed well
- 425 mL (1 $\frac{3}{4}$ cups) sodium reduced vegetable broth
- 1 clove garlic, minced
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 2 red, yellow or green bell peppers, seeded and quartered
- 1 large carrot, peeled and sliced lengthwise
- 1 zucchini, sliced lengthwise
- 10 mL (2 tsp) canola oil
- 2 mL (1/2 tsp) grated lemon rind
- 1 mL (1/4 tsp) fresh ground pepper
- 60 mL (1/4 cup) chopped fresh basil
- 30 mL (2 tbsp) cider or white wine vinegar
- 15 mL (1 tbsp) lemon juice

Directions

In a non-stick skillet set over medium heat, toast quinoa, stirring frequently for about 5 minutes or until starting to pop. Pour in vegetable broth, garlic and thyme, stir and bring to a boil. Once boiling, reduce heat to low; cover and cook for about 15 minutes or until broth is absorbed; set aside.

Meanwhile, in a large bowl, toss together peppers, carrot and zucchini with oil, lemon rind and pepper. Place on greased grill over medium high-heat and grill, turning occasionally for about 10 minutes or until golden and tender crisp. Remove to cutting board and chop into bite-size pieces. Return to bowl.

Fluff quinoa with a fork and put into bowl with grilled vegetables. Stir in basil, vinegar and lemon juice until combined.





Oatmeal Chocolate Lentil Bites

Preparation Time: 10 mins

Cook Time: 15 mins

Yields: 36 Bites

Recipe Provided By: Geoffrey Svenkeson RD

Recipe Source: NutritionMonth2021.ca

Ingredients

brown lentils, canned, drained, rinsed or cooked	1 cup (250 mL)
water	2 Tbsp.
margarine	1/2 cup (125 mL)
brown sugar	1/2 cup (125 mL)
vanilla extract	1/2 tsp (2 mL)
egg or flaxseed egg*	1
flour	2/3 cup (160 mL)
oats	1 cup (250 mL)
baking powder	1/2 tsp (2 mL)
cinnamon	1/2 tsp (2 mL)
chocolate chips	1/2 cup (125 mL)

*To make a flax egg, mix one tablespoon ground flaxseed with three tablespoons of water. Let sit in your fridge for 15 minutes to thicken.

Directions

1. Preheat oven to 350°F (180°C). Grease a cookie sheet or use a silicone liner.
2. Puree lentils in a food processor or blender. Add in margarine, brown sugar, vanilla and egg and blend until smooth.
3. In a large bowl, combine flour, oats, baking powder and cinnamon. Add lentil mixture to dry ingredients and incorporate evenly. Stir in chocolate chips.
4. Use a tablespoon or cookie scoop to measure out equal sized bites. Place them on the baking sheet and bake for 12-14 minutes.



DIETITIAN TIP

Geoffrey Svenkeson RD
Community Dietitian

Introducing people to new cooking methods, knife skills, food storage and the use of accessible frozen, dry, and canned goods to make simple, delicious and nutritious meals is the foundation of my practice. These high fibre, nourishing and delicious oatmeal bites are a popular recipe in my cooking classes.



Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



Footcare in Cooks Ferry Tuesday, July 27, 2021

Footcare in Siska Friday, August 6, 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. 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)

COOKS FERRY

Monday, July 19, 2021



SISKA

Thursday, July 22, 2021



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



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

Shopping Day Cooks Ferry July 28, 2021

Shopping day Siska June 30, 2021

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

Cook's Ferry

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

Director

Siska Indian Band

Appointed

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COHI

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Email

corynn.revely@hhssbc.ca

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

