



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

November 2021

BEADING BASICS CLASS



Dear Siska & Cooks Ferry
Community Residents:

I am planning a
"We Are Strong" Naloxone
event with
a Beading Workshop &
Naloxone Kit Training.

If you are interested in
participating, please contact
me to put your name on the
list so we know how many
kits to purchase.

November 17:
Deadline to put
your name on the
list!

corynn.reveley@hhssbc.ca

Or

250-455-6601

Thank you, Corynn

Events will be held om Nov 29 & 30
Times to be determined

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

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

Congrats to the winners of the Cooks Ferry Clinic!

\$250 Visa Gift Card to Victor York

\$70 Chatters Gift Card to Alanna Cowan

\$70 Chatters Gift Box to Tony Miranda

Congrats to the winners of the Siska Flu Clinic!

\$250 Visa Gift Card to Lucille Machel

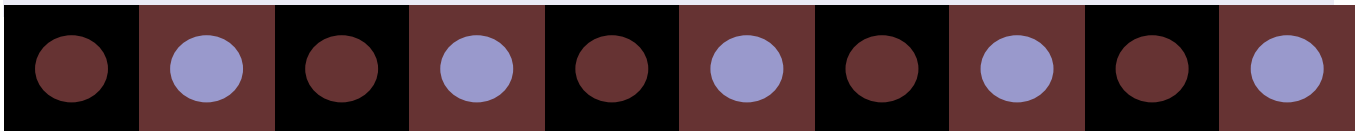
\$70 Chatters Gift Card to Rose Dunstan

\$70 Chatters Gift Card to Regina Pierre



The Heskwen'scutxe offices will be closed:

**Thursday November 11, 2021 for
Remembrance Day**



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

Hello, ʔéx kʷń / heńte?

Building Community for better health.

What is a community? A community is a social unit that share something in common, such as customs, identifying characteristics, values, beliefs, or norms, a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

Positive experiences with communities allow individuals to feel more connected to their environment and the people in it. The connection that comes with being in a community can act as a support system for members when they require encouragement or help.

Young adults who feel a sense of belonging in a community, particularly small communities, develop fewer psychiatric and depressive disorders than those who do not have the feeling of love and belonging.

Positive communities can have a tangible impact on individuals by helping them avoid negative outcomes, such as poor mental health, by providing a sense of belonging and directing members' attention and energy toward beneficial activities.

Traits of Positive Communities

Common goals

Effective communities often share similar values and belief systems. These can motivate individuals to accomplish mutually held goals.

Freedom of expression

Central to developing a positive community is comfort among its members when it comes to speaking their minds and expressing what is important to them. Individuals who feel encouraged to give input about an issue and who feel heard when they speak their minds are more likely to feel connected to their community.

Address member concerns with sensitivity

Not only is it important to create a community that encourages the voicing of concerns, but it is also important to ensure that members feel their concerns are adequately addressed. Positive communities prioritize their members' wellbeing and address concerns in a timely and sensitive manner when they arise.

Set clear policies and obligations

Strong and enduring communities typically set clear rules and expectations to guide the conduct of its members. Doing so ensures that there is as little ambiguity as possible regarding what is and is not okay and will help minimize misunderstandings.

Fairness

With policies and expectations clearly in place, enforcement of these rules should be applied fairly.

Feeling a sense of fairness is critical to the experience of good relationships, and good relationships are often a key to people's involvement in communities.

Celebrate heritage and traditions

Every long-standing community has heritage and traditions that have arisen during the community's development. Positive communities embrace their culture by reminding members of the long way the community has come. There are many ways to celebrate a community's heritage and traditions. One way is through its artifacts—observable symbols and signs of a community's culture. Including a community's stories and legends, language, in the way members greet one another; rituals and ceremonies, and physical structures or symbols such as pictographs or the design of physical spaces.

Promote interaction among members

Positive communities work to foster a feeling of genuine connection among members by providing plenty of interaction opportunities. Doing this can motivate members to meet their obligations and work toward the established goals of the community. Generate feelings of group solidarity by singing traditional songs together at a community event.

Leaders that stand by community values

Individuals in leadership positions should be fair and just in their focus. Their shared values should inform the decisions they make on behalf of the community.

Prioritize effective communication

Communication is essential for any effective community. Not only does this mean clearly communicating policies, rules, and expectations, but it also means keeping members up to date about ongoing projects, changes to policies, and upcoming events.

Make smart decisions

Decisions made by positive and encouraging communities focus primarily on the promotion of its vision.

Members will inevitably disagree on some issues, but effective community leaders incorporate concerns from all sides of an issue to arrive at final decisions.

Quotes:

The greatness of a community is most accurately measured by the compassionate actions of its members. Coretta Scott King

The power of community to create health is far greater than any physician, clinic, or hospital. Mark Hyman

Empathy is the starting point for creating a community and acting. It is the impetus for creating change. Max Carver

Heskw'en'scutxe is continuously working on building a better HHSS community!

Take Care of each other,

Tina Draney

Acting Health Manager

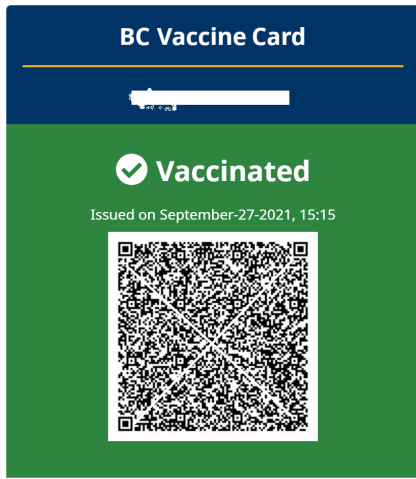
250-458-2212

Tina.draney@hssbc.ca

PO Box 188

Spences Bridge, BC. V0K 2L0





How to get your vaccines cards!

Go to: <https://www.healthgateway.gov.bc.ca/vaccinecard>



3:39

healthgateway.gov.bc.ca

BRITISH COLUMBIA

Access Your BC Vaccine Card

To access your BC Vaccine Card, please provide:

Personal Health Number

Date of Birth

Year Month Day

Date of Vaccine (Dose 1 or Dose 2)

Year Month Day

Cancel Enter

[Privacy Statement](#)

OR

Step 1: Log in securely

To log in securely, you need to provide your:

- Date of birth
- Personal Health Number (PHN)
- Date you got dose 1 or dose 2

If you already have a Health Gateway account, log in with your BC

Step 2: Save or print

After you've securely logged in, you have 3 options:

Select "Save a copy" and save the digital copy to your device photo album or downloads folder

- Save a screenshot to your device

Print a paper copy

Step 3: Show your card

Have your card ready when entering a business.

They'll look at your vaccine card and also check your government ID.

Enjoy events, businesses and services in B.C.

Please do not hesitate to contact either Corynn or Nadine if you have any questions about this program. You may also contact FNHA directly at 1.855.550.5454 or email

healthbenefits@fnha.ca



First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Medical Transportation

First Nations Health Benefits (Health Benefits) provides medical transportation (MT) benefits to support clients accessing medically necessary health services not available in their community of residence. Eligible clients may be provided with funding for meals, accommodation, and transportation as required.

What is covered?

Transportation to access medically necessary health services, which may include:

- ✓ Medical services insured through the BC Medical Services Plan (MSP)
- ✓ Publicly-funded diagnostic tests and preventive screening programs
- ✓ Services covered by First Nations Health Benefits (e.g., dental, vision, etc.)
- ✓ Traditional healers
- ✓ Treatment at the nearest appropriate facility in BC funded by or referred to by the National Native Alcohol and Drug Abuse Program (NNADAP)

Health Benefits may provide funding for accommodation, meals, and travel based on the following rates:

- Mileage rate for personal vehicles: 23¢/km
- Accommodation in private homes: \$30 per night, up to a max of \$100 per week
- Meals:
 - \$10 for same-day trips
 - \$25 per night for trips up to six nights for clients under nine years old
 - \$48 per night for trips up to six night for clients nine years and older
 - \$163 per week for trips seven nights or more, inclusive of escorts

Coverage may be available for clients to travel with an escort in cases where the client:

- Is a minor
- Requires assistance with activities of daily living such as dressing, eating, or bathing
- Is undergoing a medical procedure (e.g., day surgery) or has a medical condition that will result in the client requiring assistance
- Will receive instructions on specific and essential home medical or nursing procedures that cannot be given to the client only
- Faces a language barrier
- Is travelling to give birth, including travel to be near medical care while awaiting childbirth (prenatal confinement)

Health Benefits covers the most economical and efficient means of transportation, taking into account the urgency of the situation and the medical condition being addressed. Some types of travel not listed as a benefit may be covered on an exceptional basis. Please note that not all medical travel is covered. For a full description of the MT benefit, including benefit exclusions, please visit www.fnha.ca/benefits/medical-transportation.

Clients living on-reserve should contact their health centre about booking MT travel.

Documentation

Clients requesting MT coverage must provide the following documentation before travel can be arranged:

- A referral from a general practitioner or family doctor
- Confirmation of an upcoming appointment from the health provider or facility

For eligible, pre-approved MT trips, clients must provide confirmation of attendance (COA) from the health provider or facility after their appointment. Travel expenses will not be reimbursed without a written COA.

Medical Transportation Program Information

Accessing Medical Transportation Benefits

SEPTEMBER 2019

- 1**
 - Client has an appointment for a medically-necessary health service not available in their home community.
- 2**
 - Client contacts Health Benefits to see if they are covered by a Funding Agreement (FA). If they are covered by an FA, then MT benefits are arranged through the band office or office of a First Nations organization.
 - Clients not covered by an FA should submit an MT request to Health Benefits with all relevant documentation.
- 3**
 - Health Benefits or band office reviews the request and determines eligibility based on program guidelines.
 - Health Benefits or band office makes travel arrangements and forwards the information to the client.
- 4**
 - Client attends the appointment as scheduled and obtains written confirmation of attendance (COA).
 - Client submits COA to Health Benefits or to their band office, as applicable.

Mileage is not reimbursed for any medication pick up made by a client.

It is not part of the FNHA funding program.

As a result , Heskwen'scutxe created a program to help you with medication pick up as follows:

WEEKLY MEDICATION PROGRAM AT ASHCROFT IDA PHARMACY

- Ask your doctor to send your medication prescriptions to the Ashcroft IDA Pharmacy.
- Inform the pharmacist and HHSS employees that you authorize us to pick up your medications.
- Medication is picked up at this location for both Cooks Ferry & Siska locations every Thursday.
- Clients are to pick up their medications at our offices during regular business hours. Note that we are closed from 12-1pm for lunch.



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 – 24hrs 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

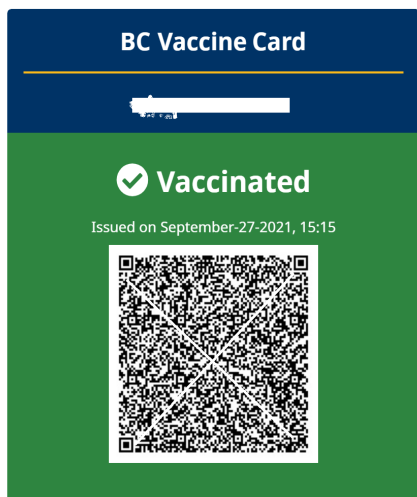
First Nations Supports	<p>First Nations clients seeking supports with refilling prescriptions, medical supplies and equipment can contact First Nations Health Benefits at: 1-855-550-5454 or go to https://www.fnha.ca</p> <p>Additional Mental Health supports at FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf</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</p> <p>Contact Dr. Hoffe to book an appointment at Skuppah Clinic (temporally) days vary weekly via email: icraig@botaniecreek.com</p> <p>Contact Dr. De Klerk at Cottonwood Medical Clinic at 604-476-9705 to book an appointment at Skuppah Clinic.</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>

<p>Home Health / Seniors Care</p>	<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>
<p>Public Health and Maternity Care</p>	<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>
<p>COVID-19 Test</p>	<p>Book an appointment online or call 1-877-740-7747 (8 a.m. – 7p.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>
<p>COVID-19 Vaccination</p>	<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 Heskwen'scutxe office

Cooks Ferry : 250-458-2212, or Siska : 250-455-6601



We can print and laminate your BC Vaccine Card, call us first so we can prepare it before you pick it up.



WE ARE PLEASE TO ANNOUNCE THAT RICARDO IS AVAILABLE FOR CONSULTATIONS
CALL TODAY TO BOOK AN APPONTMENT AT (250) 842-8552
OR EMAIL PICKERING.R@NLXFN.COM



R.P, C.C.C, C.C.C-S

Ricardo is a master clinical counsellor, supervisor, and EMDR therapist who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton, and other surrounding rural areas. He was born in Buenos Aires, Argentina where he grew up with total disregard for social classes, skin colors and political agendas. He lived and understood the effects of

colonization in his native country. Ricardo migrated to Canada in 1984. He then undertook his Master of Counselling in Counselling Psychology, following graduate degrees in Psychology and a BA in Political Economy. After 26 years of work in the resources organizational environment he worked as an adult, school, and youth counsellor, starting his private practice in a small office in Ashcroft. He has lived and worked within Canadian Aboriginal Communities for 14 years.

During the last fourteen years, he has worked as **Mental Health Counsellor** for First Nation Band Organizations in Ontario and BC; as debriefing counsellor for the RCMP and for First Responders in Fire Halls across northern BC. Ricardo is a contractor in support of Disaster Psychosocial Recovery teams in BC and a former itinerant school counsellor for rural schools (K-12 grades). Ricardo was a Canadian delegate to the International Conference in Psychosocial Disaster Recovery in 2016. He suffered from the wildfires of 2017 in Cache Creek. Ricardo is always aware of the (unfair) privilege's society lends to white people. As a common man, he accepts he can make mistakes. He constantly seeks for culturally safe solutions for his clients. In doing so, he always remembers that despite past accomplishments in professional life, he still puts his pants on "one leg at a time". He enjoys talking about fishing, hunting, and boating.

Ricardo is a happy and thankful husband, and father of three and grandfather of two awesome children. An approved FNHA service provider, a Registered Psychotherapist from the College of Registered Psychotherapists of Ontario (CRPO), a Canadian Certified Counsellor at the Canadian Counselling and Psychotherapy Association (CCPA, Ottawa), a Certified Canadian Clinical Supervisor (CCC-S) at the CCPA, and an EMDR trauma therapist level I and II (Eye Movement Desensitization and Reprocessing) from the BC School of Professional Psychology. He is the former Regional Director for BC and the Yukon Territory at the Canadian Counselling Psychotherapy Association, (2015-2017 tenure, CCPA, Ottawa).

Ricardo on Aboriginal Youth

Ricardo believes that "*the hope of the World rests with our Youth*". Accordingly, he has worked for Youth Mental Wellness with several First Nations within Canada, sponsored by FNHA. He enjoys discussing issues with Aboriginal Youth and its challenges and opportunities. In particular, he wants to talk about how to detect, prevent, and recover from Trauma and its damaging effects.

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

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

Ricardo Pickering (Counsellor) pickering.r@nlxn.com



Nlha’7kapmx Child and Family Services

987 George Road, Lytton, BC , V0K 1Z0

Phone: 250- 455-2118

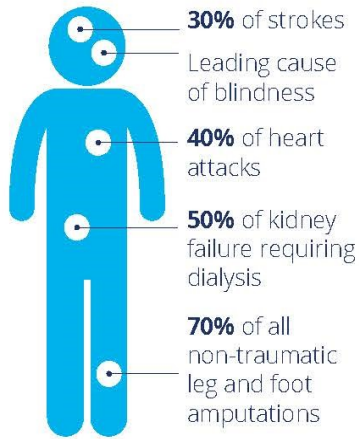
Fax: 250-455-2117

Email: info@n7xservices.com



Did you know?

Diabetes contributes to



Cost



11 million Canadians currently have diabetes or prediabetes



14 million Canadians will have diabetes or prediabetes in 2027



1 Canadian is diagnosed with diabetes **every three minutes**



1.5 million Canadians have type 2 diabetes – and don't know it

Taking action on diabetes

Every year,



D-CAMPS

1,600 children with type 1 diabetes attend our 12 D-Camps

3.6 million Canadians with diabetes benefit from our world-leading *Clinical Practice Guidelines*

DIABETES CANADA
CLINICAL PRACTICE GUIDELINES

80,000 people attend 1,400 Diabetes Canada programs and educational events



20,000 people get answers to their diabetes-related calls and emails



100+ researchers are finding ways to prevent, better treat or discover a cure

Partner with Diabetes Canada to improve lives by



learning – visit diabetes.ca, subscribe to our publications, join our social media conversation



donating – financially to Diabetes Canada and giving your gently used clothes to Clothesline



volunteering – your time, your voice, your story

fundraising – join Team Diabetes, organize your own event – and much more!



info@diabetes.ca | 1-800-BANTING (226-8464)

diabetes.ca

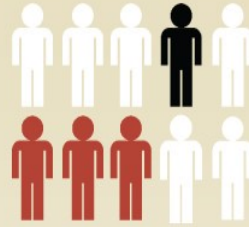
DIABETES CANADA

DIABETES IN CANADA

Every **3 minutes** another Canadian is diagnosed with diabetes.

29% of Canadians are currently **living with diabetes or prediabetes.**

This will rise to **33%** by **2025** if current trends continue.



At least **1 in 10**

deaths in Canadian adults was attributable to diabetes in 2008/09.

TODAY 3.4 million Canadians are estimated to be living with diabetes.

2025 That number is expected to reach more than **5 million** people in the next 10 years.

Diabetes is costing the country **\$14 billion** per year

In **10 years** it will cost approximately **\$17.5 billion** per year



diabetes.ca | 1-800-BANTING (226-8464)

People with diabetes are:

25 times more

likely to experience vision loss



12 times more

likely to be hospitalized for kidney failure needing dialysis



Vision



- Diabetes is the leading cause of blindness in Canadians under 50

3 times more

likely to be hospitalized for heart attack, stroke and heart failure



20 times more

likely to be hospitalized for non-traumatic toe, foot and leg amputations



- 500,000 Canadians have diabetes-related eye damage that can lead to blindness

Diabetes reduces lifespan by 5 to 15 years



Living • Well • Together

BY APPOINTMENT ONLY:

SISKA CLINIC

TUESDAY NOVEMBER 16

CALL: 250.455.6601

BY APPOINTMENT ONLY:

COOKS FERRY CLINIC

WEDNESDAY NOVEMBER 17

CALL: 250.458.2212

Clinic Notice

Who Is It For:

People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:

Testing Blood Sugar and Cholesterol Levels
Checking Kidney Function
Testing For Diabetic Eye Changes
Diabetes Education



KNOW YOUR VACCINE STATUS

Are you up to date with
your adult vaccines?

**Deadline to enter the draw is :
November 5**

Call our offices
to inquire
about your
adult vaccines
status.




Get entered in one
of several
*Cabela's gift card
draws!

\$500, \$300
& \$200 (*Draw for
each community)

Call today:
CF:250.458.2212
Siska:250.455.6601

1. Flu vaccine (every year)
2. Tetanus vaccine (every 10 years)
3. Pneumonia vaccine (for adults over 65 or those with chronic illness)
4. Shingles vaccine (for adults over 65)





Hentla ~ Hello,

As seen on the front page of this month's newsletter, I am excited to host a Nalaxone event called "We are Strong" in our communities!

I have been taking extensive training with toward the heart and UBC for the past several months. **Drug addiction is something I take to heart and feel it is important to share with all of you.**

The training itself will last about 20 min and give us some time to reflect and relax . I am incorporating beading into the event because I believe that returning to traditions and culture, we can break the cycles of addiction. To me, it helps people be with themselves and their feelings.

I am delighted to announce that it will be hosted by no other than our community health representative, Danielle Munro. **Danielle is talented and we will be learning to make a lighter case together!**

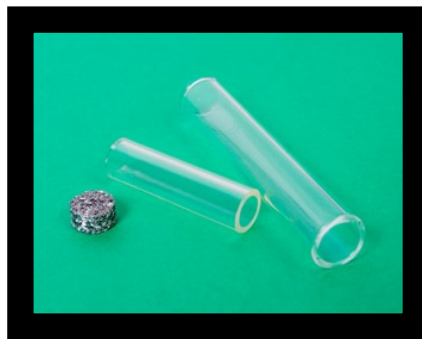
At this time, we are considering hosting this event online but with the lifting of some restrictions, we possibly may meet at the Siska and Cooks Ferry halls.

If that is the case, we will be serving refreshments and snacks too.

In organizing this event, we need pre-registration to order the necessary supplies. I look forward seeing you at this event!

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)



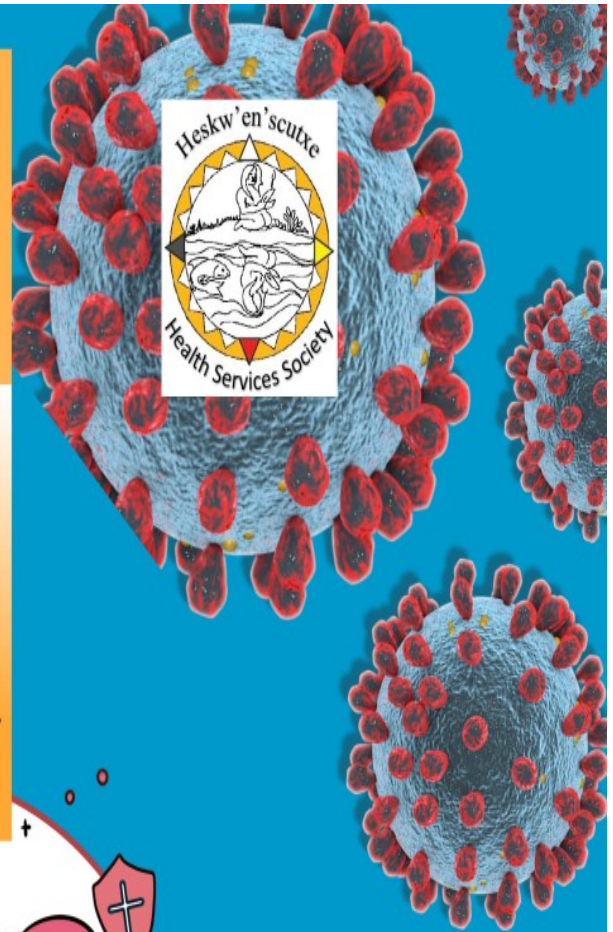
We at Heskw'en'scutxe Health Service Society offer confidential pick-up. We want everyone to be safe out there. Pick-up as much supplies as you need. No questions asked.

Any HHSS staff member can help you!



SISKA & COOKS FERRY KIDS AGES 5-11 COVID SHOTS CLINIC

Parents who wish to have their children vaccinated can book appointments with our clinics once the vaccine is made available.



STOP
COVID - 19

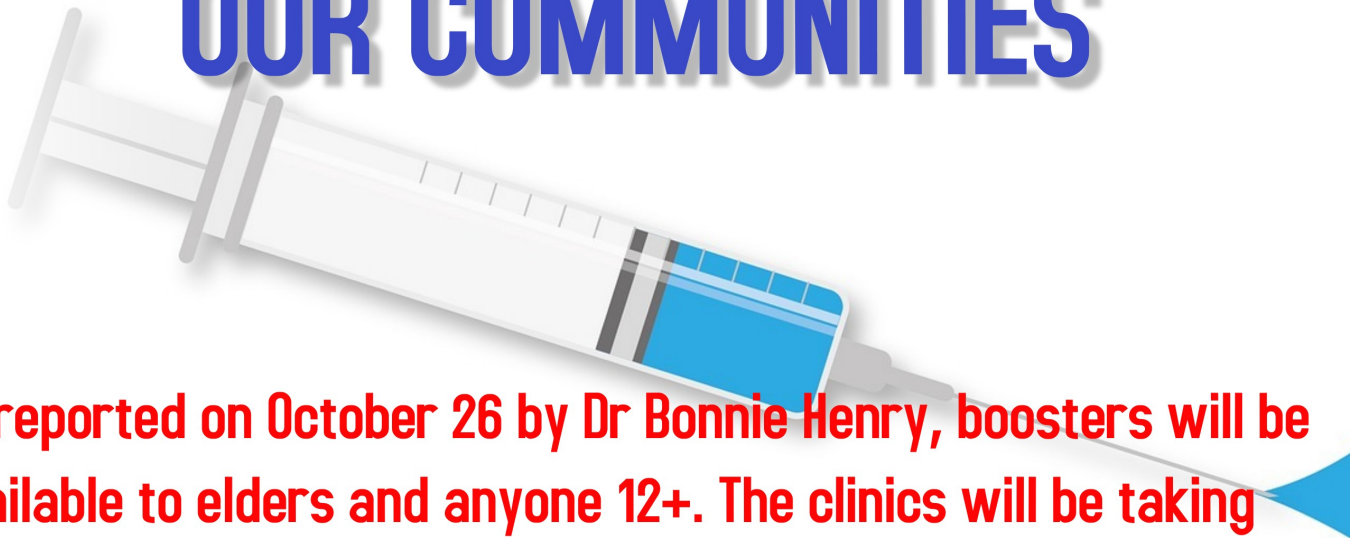
GET VACCINATED



BOOSTER SHOTS



COMING SOON TO OUR COMMUNITIES



As reported on October 26 by Dr Bonnie Henry, boosters will be available to elders and anyone 12+. The clinics will be taking place and completed before the spring.

We will reach out to everyone, book appointments once we receive vaccines.

k^wuk^wscémx^w ~

Thank you for your patience.



Seven great ways to exercise in the Fall!

The cool temperatures are a great way to keep you alert and your body temperature cooler, longer even in the most grueling exercises!

Challenges are at the heart of staying healthy, and fall is the best time to put yourself to the test! So, bundle up into your favorite autumn workout clothes with seven ways to exercise in the fall!

1. Walking]

Look for apple picking, corn mazes, leaf peeping opportunities, or pumpkin patches around your local area and make your walk a fall extravaganza!

2. Biking

With the cool, crisp air and the leaves turning shades of red, orange, and yellow, fall is a beautiful time to go biking! An hour-long bike ride can burn plenty of calories with little effort from you. Just peddle your heart out!

3. Hiking

Take a hike! No, really. You should definitely take a hike this fall! Not only are you getting outside and enjoying the beauty of fall, but you're also getting a great workout in! You'll kick up your cardio and work some major muscles groups.

4. Running

Running in place on a treadmill can get old fast, especially when you see how beautiful it is outside. Fall is the BEST time to run outdoors! It's not too hot and not too cold. All you need is a light jacket! Want to challenge yourself on your next run? Bring your four-legged friend along and try to keep up with their pace. Have a cause you're absolutely passionate about? Find a charity near you that supports that cause and sign up for a race! It doesn't matter if you walk or run a 5k. All that matters is you're out there exercising and raising money for something you truly care about.



5. Outdoor Sports

Who's ready to shoot some hoops, score a goal, or make a touchdown? Get a group together—your family or a group of friends—and start a game of soccer, football, basketball, or any other activity you love! Playing a sport with your friends and family is a great way to get outside and work out without feeling like you're exercising. An hour-long game can get your heart pumping, work multiple muscles groups, and burn off a ton of calories! Win or lose, you'll have a blast and a fun workout.



6. Trail Runs

Love hiking and running? Try combining them! Going on a trail run is a great way to get your cardio in and take in the beauty of the trails. Plus, with the uneven ground and changing elevation, a trail run can improve your heart health and build muscle! Cardio and strength all in one workout? Why wouldn't you take advantage? What's more, a trail run also helps with your balance. Put those yoga skills to good use by dodging uneven ground, rocks, twigs, and sharp turns with your core.

7. Group Classes

Fall is all fun and games until the temperature begins to drop. Finding the motivation to exercise outside can get a lot more difficult when the weather gets chilly and you're trying to balance work, your kids' school—and extracurriculars—and a regular workout routine. Escape the cold with a group fitness class! These one-hour workouts are designed to get your heart rate up and give you the opportunity to socialize with your friends in class. Oh, and don't worry about your kids, your kids safe are having fun while you get your sweat on.



2 OFFICES TO ANSWER YOUR CALLS



WE CAN BOTH HELP YOU WHEN YOU CALL!

1 NUMBER TO REACH EITHER CORYNN & NADINE

or select extension
101: Nadine 201: Corynn



You may be surprised to call one office and get the other MOA on the line! We can both help you! Sometimes, we are away from our desks or doing training or just out of the office so we decided to merge the lines together so we don't miss any of your calls during office hours. You can call either number to reach one of us and choose our extension too.

Siska: 250.455.6601Cooks Ferry: 250.458.2212.....

COHI IS BACK! ALL CHILDREN HAVE RECEIVED A TOOTHBRUSH, FLOSS & TOOTHPASTE IN THEIR HALLOWEEN GOODIE BAGS!!

Children's Oral Health Initiative (COHI)
First Nations Health Authority
Health through wellness

Brushing Morning & Night

My name is _____ and I brush my teeth 2 times a day!

Colour in the sun and moon every time you brush, morning and night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Hey Siska and Cooks Ferry Kids! (ages 2-10)



Brush your teeth twice a day for 2 months and win a prize!

It's simple!

1. Brush your teeth in the morning and at night
2. Color the sun and the moon everyday
3. Have your parent sign the form once a week
4. Submit your form when its all colored up to HHSS (by Mi-December it will be 2 months)
5. Win a prize if you have brushed your teeth for 2 months straight morning and night!



MEET COHI COMMUNITY REPRESENTATIVE DANIELLE MUNRO!

With the onset of Covid, some of our programs had to be put on hold and COHI, Children Oral Health Initiative was one of the them.

We are pleased to inform you that the COHI Oral leads based in the lower mainland will be coming up to visit children in both communities this fall. Parents of children between the ages of 0-7 and expecting mothers are encouraged to sign up their children to this fantastic program.

Danielle contacted all eligible parents and has received signed forms. If you have not sent in yours, please do so, there is no time limit to sign up.

Some parents expressed concerns that their kids would have to miss school and we are happy to share that the lead along with Danielle will meet your children in their schools. We will soon inform you of the date so the school is informed of the quick visit with your child.

For all other children at home, we will see them in our clinics.

All children participating in the program will receive dental supplies, books and information on how to prevent tooth decay and mini fun training sessions on how to properly brush your teeth.

BRUSHING MORNING AND NIGHT ACTIVITY

Color the



And the



Every
time you



When your chart is all colored, bring it in to Danielle to receive a prize!

We should see you in mid-December in one of our offices!



shutterstock.com · 602566124

Vegetable Frittata

If you use the optional garlic salt, it will add 120 mg of sodium per serving.

When purchasing a seasoning blend, be sure to check the sodium content. Some contain salt, though it's not always mentioned in the name as it is with garlic salt.

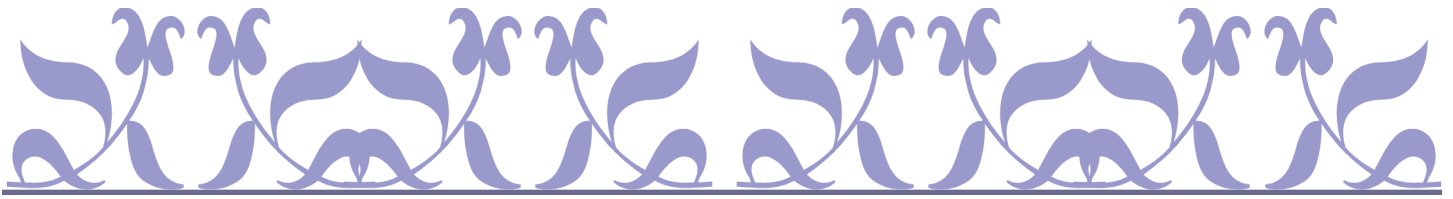


Ingredients

- 4 eggs
- 1 tbsp chopped fresh parsley (or 1 tsp/5 mL dried parsley)
- ½ tsp dried oregano
- ¼ tsp garlic salt (optional)
- Pinch freshly ground black pepper
- 2 tsp margarine or butter
- 2 green onions, chopped
- ½ cup chopped broccoli, asparagus or green beans
- ½ cup chopped celery

Instructions

1. In a bowl, whisk together eggs, parsley, oregano, garlic salt (if using), pepper and 1 tbsp (15 mL) water. Set aside.
2. In a heavy skillet, melt margarine over medium heat. Sauté green onions, broccoli and celery for 4 to 5 minutes or until tender-crisp.
3. Pour egg mixture over vegetable mixture and cook for 30 seconds. Cover and cook for 2 to 3 minutes or until set. Cut frittata in half and slide out of the skillet onto warmed plates.



Lentil Burritos

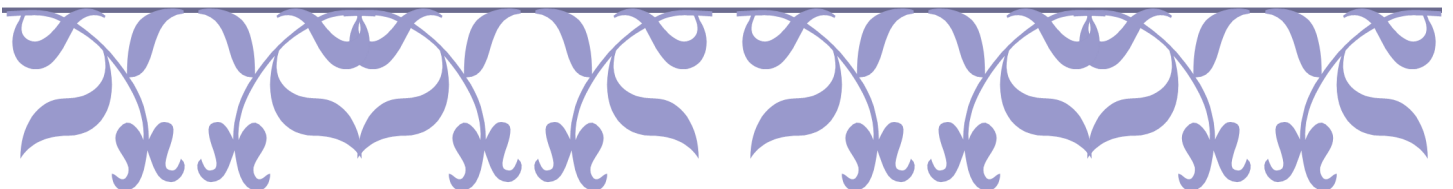
Ingredients

- 1½ cups (375 mL) split red lentils
- 3 cups (750 mL) water
- 1 medium onion, diced
- 1 cup (250 mL) green pepper, diced
- 2 large garlic cloves, minced
- 1½ tsp (7 mL) chile powder
- ½ tsp (2 mL) ground cumin
- 2 tsp (10 mL) canola oil
- 1 cup (250 mL) water
- 6 Tbsp (90 mL) tomato paste
- 8 (6-inch; 15 cm) whole grain tortillas



Instructions

1. Rinse and drain lentils. In a saucepan, combine lentils and water to boil, cover and simmer 20 minutes. They will be slightly undercooked. Drain if necessary.
2. In sauté pan, sauté onion, green pepper and garlic in canola oil, but do not brown. Add chile powder, cumin, cooked lentils, water and tomato paste. Stir 2 minutes until mixture starts to thicken. Cover and cook for another 5 minutes.
3. Lay a tortilla flat and place 1/2 cup (125 mL) of lentil mix down in the center and roll up. Top each burrito with dollop of sour cream, salsa and light sprinkle of shredded cheddar cheese.





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

Reminder that we are still closed to the general public. Thank you for calling us ahead of time and wearing a mask and hand sanitizing before entering the office.



We care about client service during Covid-19 restrictions

Our doors are locked but we are open!

If you are here for an appointment

PLEASE RING THE DOORBELL

to tell us you have arrived so we can direct your entrance to our office.

PLEASE NOTE THAT OUR RESTROOM IS CLOSED TO THE PUBLIC

OFFICE HOURS:

Monday to Friday 8:30 a.m. to 4:30 p.m

Closed for lunch from Noon to 1:00 p.m

RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)



Cooks Ferry Tuesday, November 23, 2021

Siska Thursday, November 25, 2021



Medication Pick-up

Thursdays at IDA Pharmacy in Ashcroft

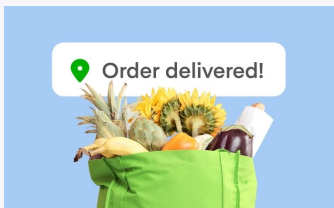
Remember to have your prescriptions refilled



Shopping Days

Cooks Ferry November 24, 2021

Siska November 1, 2021



Healthy Food bags deliveries November

17 & 18 , 2021



Do you like swimming & working out?



Gym & Pool passes available to all Siska & Cooks Ferry members living in or out of community to the Nicola Valley Aquatic Centre & Gymnasium located in Merritt.



2040 Mamette Avenue, Merritt, BC

Contact Nadine/Corynn to be added to the list today!

CF: 250.458.2212 or SB: 250.455.6601

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

Tina Draney Acting

Acting Health Manager

Finance

tina.draney@hhssbc.ca

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Corynn Reveley

Siska Receptionist / Medical
Transportation Clerk

Ext: 201

Nadine Methot

Cook's Ferry Health Administra-
tive Assistant / Medical Transpor-
tation Clerk

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Scarleth Zwez-Ruiz

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Community Health Rep

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Medical Drivers:

Haley Garwood-
Dunstan

Meriel Barber

Martha Van Dyke

Intern Health Manager
Jenny Grieve

Jenny.grieve@hhssbc.ca

Follow us

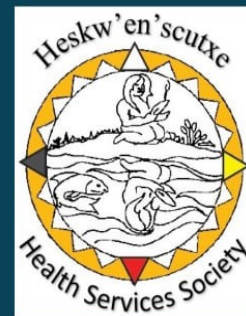
@

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**VISIT OUR
NEW WEBSITE
HHSSBC.CA**

Weekly Medication Pick Up Program



Serving Siska & Cooks Ferry In
Community Members

- *Ask your Doctor to send your medication request to Ashcroft IDA Pharmacy.*
- *Inform the Pharmacist & HHSS that you authorize HHSS Staff to pick up your medication.*
- *Call the pharmacy today.*

www.hhssbc.ca

TEL. 250-453-2553

**ASHCROFT
IDA
PHARMACY**

211, Railway Avenue, Ashcroft
BC, V0K 1A0 250.453.2553





**HHSS
MEDICATION
PICK UP ON
THURSDAYS**





HALLOWEEN SAFETY TIPS

KEEP YOUR CHILDREN SAFE:

-  Always accompany your children when trick-or-treating 
-  Teach your children to look both ways before crossing the street, and to use traffic signals and crosswalks
-  Remind them to walk, not run, from house to house
-  Check your children's candy before they eat it
-  ALWAYS be aware of your surroundings 

REMEMBER:

If You See Something, Say Something!
Call 9-1-1 if you observe any
dangerous or suspicious activities.