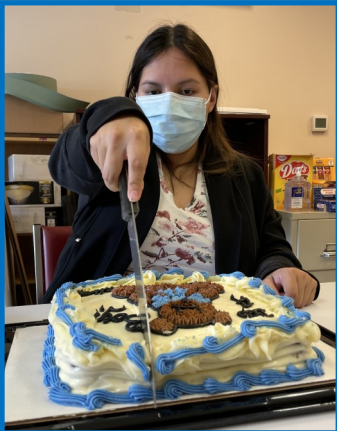




# Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take care of Yourself"



## CLARISSA IS GOING ON MAT LEAVE!

Clarissa is officially on maternity leave, we had a small staff luncheon and painted rocks together, honoring her special time.

We look forward to Clarissa returning amongst us in the fall of 2022. Until then, we have new Home Community Care staff in place.



## MEET DANIELLE IN HER NEW CHR ROLE!



Danielle was originally hired as a medical driver / custodian but has evolved in her role ever since. In Danielle 's new role, she will be heading the food bag program and community events working with Corynn & Nadine while continuing to be our custodian and support to nurse Scarleth in seeing clients.



## MEET OUR NEW MEDICAL DRIVER: HALEY GARWOOD-DUNSTAN

Haley was hired as our new medical driver on call along with Meriel and Martha. We have a strong team of three drivers to support our clients with travels. Welcome Haley in her new role! Welcome back Meriel & Martha!



## MEET NEW HCA DEIRDRE MCKAY



Deirdre McKay has joined our Team as Clarissa maternity leave replacement. Deirdre completed the HCA program through NVIT in 2019. She is local to the Lytton area and excited to be working with our communities. She likes to help people and enjoys this field of work. She would like to thank everyone for allowing her into their homes at this time and hopes that through the pandemic we can all keep each other safe. Join us in welcoming Deirdre to our Team!!!

## NEW HHSS HIRE: JAGUAR ISAAC

HCA Jaguar Isaac was recently hired by HHSS. Jaguar will be continuing in her existing role, updating client profiles, seeing clients in their homes and so on. Jaguar is actively working on getting her Class N as well. Welcome Jaguar to the Team!

**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](mailto: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](mailto:corynn.revely@hssbc.ca)

**Visit our Facebook Page & Website [www.hssbc.ca](http://www.hssbc.ca)**

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# HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

Happy  
THANKSGIVING  
Day



happy  
halloween

**The Hesk'w'en'scutxe offices will be closed:  
Monday October 11, 2021 for  
Thanks Giving 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,

The fall equinox was September 22 which is the first day of the astronomical Northern Hemisphere's Fall season. This is a day when day and night are equal in length. The full moon that occurs nearest to the fall equinox is called the Harvest Moon and can happen in September or October. The Hunters Moon is the next full moon that follows the Harvest Moon and usually happens in October or November. This year the Harvest Moon was on September 20<sup>th</sup> and Fall ends December 20<sup>th</sup>.

Monday October 11 is Thanksgiving and Halloween is October 31 which is a Sunday. HHSS offices will be closed on October 11<sup>th</sup> to celebrate and thank our Creator for all our blessings. Please celebrate safely as we are in our 4<sup>th</sup> wave of the pandemic. Follow all current Public Health Orders to be safe from the COVID virus.

I would also like to encourage anyone who has not been vaccinated to go get vaccinated!

If you don't know your vaccine history, please reach out to our office and request your information and you will be entered into a draw for a prize!

With the arrival of the Fall season and an increase in indoor activity the Flu Season is also upon us. HHSS is now planning our Flu Season Vaccine days. Dates have not been set as we are waiting to hear when we will have the vaccine delivered to us. As soon as we know we will notify community.

Do you require transportation to a doctor, specialist, or dentist appointment? Give us a call to access our service. As always please provide as much notice as possible so staff and vehicles can be scheduled.

Please give the office a call, email, or write a letter if you have any questions or if you are unsure about whether we will provide a desired service, or if you have any questions about services we are currently providing. If you would like to make any suggestions or requests for services, we are here to listen and assist in finding solutions.

Please keep COVID19 top of mind as we are in our Fourth Wave, and it is really affecting unvaccinated people who are then passing on the virus. Ways to end the Pandemic is to follow all public health orders and to get vaccinated. Please help us end this pandemic and get vaccinated. The vaccine is safe! If you have any questions or are still hesitant to be vaccinated do some research at legitimate sources and reach out to your Doctor, the FNHA Dr. of the Day, or your Nurse Scarleth.

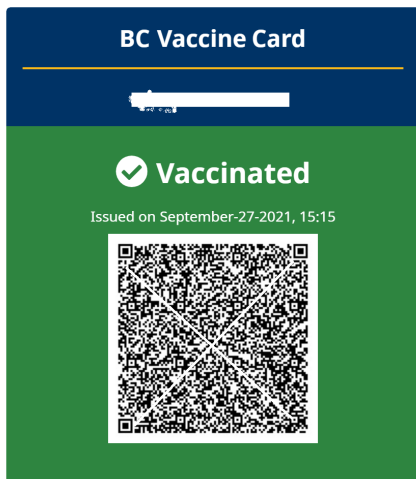
Take Care of each other,

Tina Draney

Acting Health Manager

250-458-2212

[Tina.draney@hssbc.ca](mailto:Tina.draney@hssbc.ca)



# 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

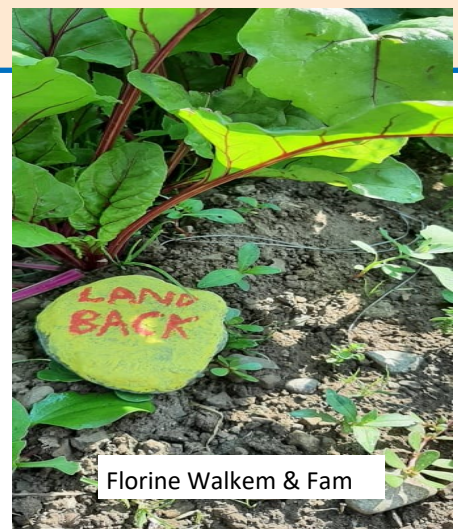
Have your card ready when entering a business.

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

Enjoy events, businesses and services in B.C.

# Sacred Space Rock Garden Contest Entries

## Siska Entries



Several participants mentioned how they enjoyed painting rocks. They felt at peace, connecting with nature, colors, simply relaxing.

Rock painting is an activity that is unexpensive and where all family members can join together in the creative process, generating conversations and creating joyful bonds.

Many mentioned that they would continue to paint rocks! Give us a call, and we can drop by to varnish your rocks to protect them from the elements any-time.

We also noticed how many community members are artists! Kukchem for coming together and participating in this activity and posting on social media. We like to generate conversations between members and create some wellness. We would also like to thank First Nation Health Authority who funded this activity by providing \$1000 that was used towards purchasing paintbrushes, paints and plants distributed to every household in June. HHSS donated \$450 to purchase meat packages as prizes. This event was held to commemorate Indigenous Day on June 21,

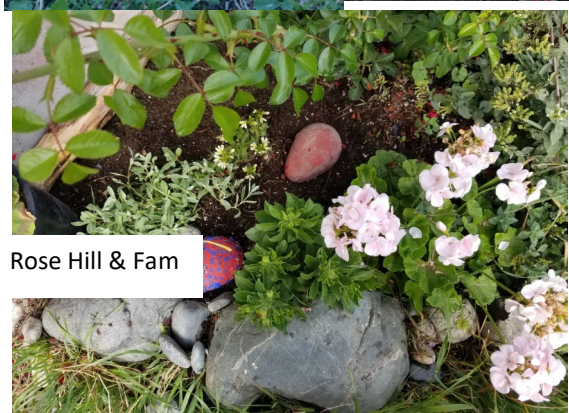
Cooks Ferry Entries



Presta Minnabarriet & Fam



Lily Minnabarriet



Rose Hill & Fam



Norma Collins & Fam



Jenny Grieve



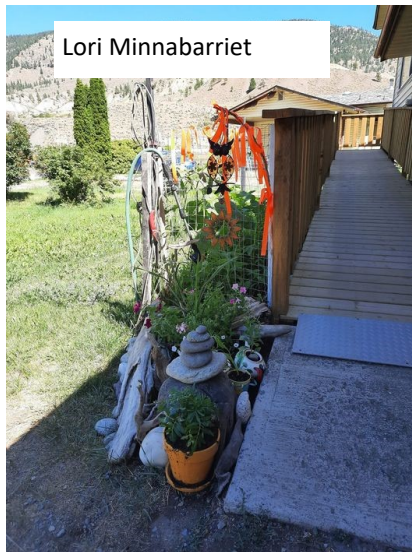
Jean York & Albert Cowan



Nadine Methot



Rhonda Billy & Fam



Lori Minnabarriet



Josie Billy & Fam



# 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](mailto: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



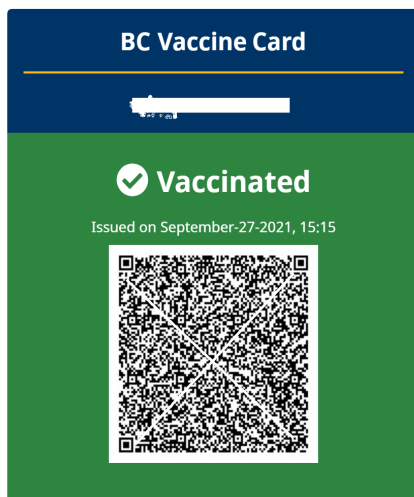
<b>First Nations Supports</b>	<p>First Nations clients seeking supports with refilling prescriptions, medical supplies and equipment can contact First Nations Health Benefits at: <b>1-855-550-5454</b> or go to <a href="https://www.fnha.ca">https://www.fnha.ca</a></p> <p>Additional Mental Health supports at <a href="#">FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf</a></p> <p>Lillooet FNHA Health Centre <b>250-256-7017</b>, Mon-Fri 8 a.m. – 4 p.m.</p>
<b>Medications</b>	<p><b>Visit any pharmacy</b> 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>
<b>Standing Order for Laboratory</b>	<p>Call <b>1-877-740-7747</b>, 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>
<b>Doctor / Nurse Practitioner</b>	<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 <b>8-1-1</b> to speak to a nurse</p> <p>Contact Dr. De Klerk and Dr Hoffe to book an appointment at Skuppah Clinic (temporally) on Tuesdays and Wednesdays via email: <a href="mailto:jcraig@botaniecreek.com">jcraig@botaniecreek.com</a></p>
<b>Existing Mental Health and Substance Use (MHSU) Clients</b>	<p>Contact your existing MHSU clinician or call: <b>310-MHSU (310-6478)</b>.</p> <p>OAT clients please call: <b>250-256-1585</b></p>

<b>Home Health / Seniors Care</b>	<p>Call Lillooet Home Health at <b>250-256-1326</b>; Ashcroft Home Health at <b>250-453-1940</b>; or Merritt Home Health at <b>250-378- 3238</b> 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 <b>250-453-1940</b></p> <p>For Lower Nicola Valley, call Merritt Home Health at <b>250-378-3238</b></p>
<b>Public Health and Maternity Care</b>	<p>Contact Lillooet Public Health at <b>250-256-1314</b>; Ashcroft PublicHealth at <b>250-2453-1940</b>; Merritt Public Health at <b>250-378- 3400</b> and/or Lillooet FNHA Health Centre <b>250-256-7017</b> 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>
<b>COVID-19 Test</b>	<p><a href="#">Book an appointment online</a> or call <b>1-877-740-7747</b> (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: <a href="https://news.interiorhealth.ca/covid-19">https://news.interiorhealth.ca/covid-19</a></p>
<b>COVID-19 Vaccination</b>	<p>Please drop in, <a href="#">Book an appointment online</a> or call: <b>1-833-838-2323</b>. 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 26<sup>th</sup> or later are by appointments 1-833-838-2323 or <a href="#">Book an appointment online</a>.</p> <p>More information: <a href="https://news.interiorhealth.ca/covid-19">https://news.interiorhealth.ca/covid-19</a></p>

<p><b>Wildfire Smoke and Health</b></p>	<p>The B.C. government issues air quality advisories jointly with the health authorities:</p> <p>More information: <a href="https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories">https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories</a></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: <a href="http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke">http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke</a></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.**

**Farewell and happy retirement to Medical Driver Fred Charlie! We will miss you Fred, kukchem!**



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](mailto:dixel.w.e@nlxfn.com)

Diana Lepine-Thomas [and@nlxfn.com](mailto:and@nlxfn.com)

Stacy Hebner (Child counsellor) [hebner.s@nlxfn.com](mailto:hebner.s@nlxfn.com)

Melissa Dixel (Child counsellor) [Dixel.m@nlxfn.com](mailto:Dixel.m@nlxfn.com)

Erin Aleck (Family Wellness) [aleck.e@nlxfn.com](mailto:aleck.e@nlxfn.com)

Ricardo Pickering (Counsellor) [pickering.r@nlxn.com](mailto: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](mailto:info@n7xservices.com)



# 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** 3<sup>rd</sup> 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**

## Carrier Sekani Family Services Addiction Recovery Program

PO Box 1219

Vanderhoof, BC V0G 3A0

Phone: 250-567-2900

Toll-free: 1-866-567-2333

Fax: 250-567-2975

Web: <https://www.csfs.org/>

The Addictions Recovery Program (ARP) has a mission statement: "To create a healing environment by utilizing a holistic approach that promotes a cultural lifestyle free from addictions and restores a sense of pride in the Carrier and Sekani Culture. We believe the Carrier Sekani culture and spiritual way of living, which honours and respects all of creation, will empower our communities and strengthen our First Nations. The integrated Health and Wellness Addiction Recovery Program, Lhet'sut'en, is delivered by our multidisciplinary team consisting of clinical counsellors and cultural knowledge holders. We believe culture is healing and incorporate a blend of traditional healing practices along with evidence based best practices in addictions treatment reflective of our program's vision statement: Culture is Healing."

During the winter months (November to April), our team visits member communities by request. We offer educational and support services with a focus on addiction, and one- or two-week treatment programs during the winter. Community visits are open to any northern BC First Nations, based on our availability.

addictions awareness  
anger  
anger management  
co-dependency  
communication  
effects of colonization  
family violence  
gambling  
grief and loss  
identity  
lateral violence  
overcome with depression  
relapse prevention  
relationships  
self esteem  
shame and guilt  
spirituality  
suicide intervention and prevention  
trauma  
understanding brain chemistry to addiction solution



- Beer is also acidic
- Dark barley stains teeth

## Kackaamin Family Development Centre

7830 Beaver Creek Road

Port Alberni, BC V9Y 8N3

Phone: 250-723-7789

Fax : 250-723-5067

Web: <https://www.kackaamin.org/>

Kackaamin employs Certified Addiction Counsellors that facilitate educational workshops that broaden the knowledge of our adult clientele on a variety of topics and issues. Weekly individual, couple and family counselling along with community capacity building support sessions.

The educational workshops cover a variety of topics such as:

- AA/NA meetings
- alcohol, drugs and their effects
- anger management
- behavioral addiction
- boundaries
- co-dependency
- communication
- cultural and traditional teachings
- defense mechanisms
- grief and loss
- healing ceremonies and sweat lodges
- parenting program
- recreation with your family
- residential schools
- spirituality and cultural development
- trauma
- trust
- The Virtues Project

## What is harm reduction?

Harm reduction is a respectful nonjudgmental approach to reducing harms of drug and alcohol use that meets people "where they are at."

For example:



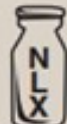
NEEDLE  
DISTRIBUTION/  
SUPERVISED  
INJECTION SITE



ACCESS TO  
CLEAN  
CRACK PIPES



DISTRIBUTING  
CONDOMS



ACCESS TO  
NALOXONE TO  
COUNTER OPIOID  
OVERDOSE



MANAGED  
ALCOHOL  
PROGRAMS



METHADONE  
MAINTENANCE  
PROGRAMS



PEER SUPPORT

**76%** OF BRITISH  
COLUMBIANS SUPPORT  
HARM REDUCTION



## **Gya' Wa' Tlaab Healing Centre**

PO Box 1018

Haisla, BC V0T 2B0

Phone: 250-639-9817

Fax: 250-639-9815

Web: <http://gyawatlaab.ca/>

This centre offers an early recovery/stabilization program to all First Nations, Inuit and other people of Canada. This program can be defined as an assessment, orientation and readiness phase to treatment.

The program utilizes the following program resources to assist clients: acu-detox, physical fitness, psycho-educational group facilitation, mental health counselling, methadone maintenance support, attending physician, attending pharmacist and culturally appropriate ceremonies.

6, 7 and 8 week programs

16-bed facility

all-male programs

day-patient clients can be arranged (male or female)

five intakes per year

## **NAMGIS Treatment Centre**

PO Box 290

Alert Bay, BC V0N 1A0

Phone: 250-974-5522

Fax: 250-974-2257

Patrick Davis: [Patd@namgis.bc.ca](mailto:Patd@namgis.bc.ca)

Mary Hunt (Intake Coordinator): [MaryH@namgis.bc.ca](mailto:MaryH@namgis.bc.ca)

For ages 19 and up. To meet the goals of the program, a variety of themes are introduced during the six-week program. The program is designed to ensure maximum flexibility to meet client needs within theme areas. These theme areas include:

abstinence from alcohol and addiction as a way of life

family dynamics

historical influences on substance abuse.

physiological and psychological effects of mood altering substances.

self-awareness in the cycle of change

self-help programs for after treatment (eg, Alcoholics Anonymous, Narcotics Anonymous, Adult Children of Alcoholics)

spirituality (cont'd)

trauma – This session introduces clients to the concept of trauma and its long and short-term effects. During the six weeks, understanding trauma helps in context with the sessions on grieving, suicide in the family, residential school and family violence. Clients are provided with an opportunity to examine how unresolved trauma contributes to present day negative behavior and coping strategies. Steps to healing from trauma are examined with client input. Deeper issues of trauma are explored during one to one time or referred to Mental Health Services.

## **Nenqayni Wellness Centre**

PO Box 2529  
Williams Lake, BC V2G 4P2  
Phone: 250-989-0301  
Fax: 250-989-0307  
Web: <http://nenqayni.com/>

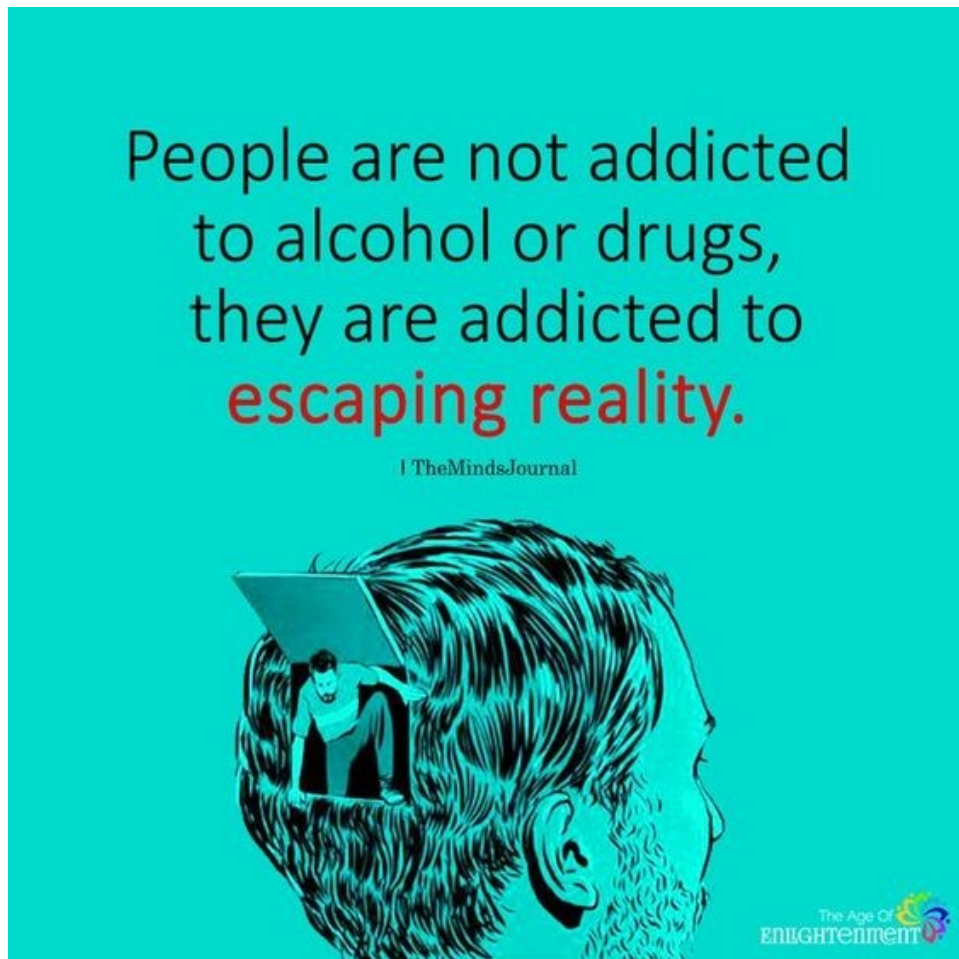
Mission Statement: To provide holistic healing to First Nations and Inuit youth, families and communities in a safe and secure environment.

About Our Team: To achieve a safe team environment where employees respect one another, communicate effectively and are able to efficiently carry out their duties and responsibilities” (Staff Purpose - Developed in 2011).

Staff are certified by the Canadian Council of Professional Certification and receive ongoing training relating to their positions and as required by accreditation and licensing.

## **Programs**

Family Alcohol & Drug  
Youth & Family Inhalant  
Continuing Care  
Drug & Alcohol Information  
Cultural Activities



## **North Wind Wellness Centre**

PO Box 2480 Station A

Dawson Creek, BC V1G 4T9

Phone: 250-843-6977

Fax: 250-843-6978

Email: [intake@northwindwc.ca](mailto:intake@northwindwc.ca)

Web: <https://northwindwellnesscentre.ca/>

### **Centre Location**

5524 Graham (235) Road

Farmington, BC V0C 1N0

The effects of alcohol and drug addiction are often devastating to individuals, families and communities. The North Wind Healing Centre offers a 45-day, culturally based, residential treatment program for ages 19 and up.

The Centre is located just North of Dawson Creek in the beautiful Peace River country. The facility includes a main "common" building, session and craft room, sweat lodge, exercise equipment, computers, counsellor's office and administration building. It is 150 acres of wilderness that participants may freely walk.

Each day begins and ends with smudging and prayer. Sweat lodge, Blanket and Pipe Ceremonies introduce and reinforce the concept of sacredness by means of traditional culture.

## **Round Lake Alcohol and Drug Treatment Society**

200 Emery Louis Road

Armstrong, BC V0E 1B5

Phone: 250-546-3077

Fax: 250-546-3227

Web: <https://roundlaketreatmentcentre.ca/>

This program addresses the impact of historic and intergenerational trauma by guiding participants through activities and ceremonies that help to resolve trauma, grief and shame. Emphasis in the healing circle is on safety, trust and self-care, and facilitates wellness for Indigenous trauma survivors.

6 and 12 week programs

35-bed facility

does not accept couples

## **Telmexw Awtexw Treatment Centre**

Salish Way

Agassiz, BC V0M 1A1

Phone: 604-796-9829

Fax (outpatient / community): 604-796-9839

Web: <https://www.stsailles.com/telmexw-awtexw/>

Non-residential program

Accessible to clients with physical disabilities, pregnant women, court referral or corrections clients, clients taking other psychoactive medications

Transportation provided to outlying community members to enable attendance at the day program.

Tsow-Tun Le Lum Society

## **Tsow-Tun Le Lum Society**

699 Capilano Rd

Lantzville BC V0R 2H0

Phone: 250-390-3123

Fax: 250-390-3119

Web: <http://www.tsowtunlelum.org>

Tsow-Tun Le Lum means “helping house.” We provide programs that address the issues of addictions and healing survivors of trauma and residential schools. Our mission is to strengthen the ability of First Nations people to live healthy, happy lives and to have pride in their native identity. Tsow-Tun Le Lum is a registered non-profit society operating a fully accredited treatment centre in Lantzville, on Vancouver Island, British Columbia.

## **Thuy Namut (Substance Abuse)**

Web: <http://www.tsowtunlelum.org/programs/thuy-namut/>

Grounded in native culture and tradition, this is a 40-day intensive residential program available to First Nations people. Holistic in nature, the program is for those who are ready to put substance abuse behind them. Through carefully developed therapy experiences that build on existing strengths and aspirations, each participant discovers their own unique pathway for continuing recovery.

## **Kwunatsustul (Trauma)**

Web: <http://www.tsowtunlelum.org/programs/kwnatsustul/>

Holding Hands, Standing Together is a second stage recovery program with a focus on trauma. This program is designed to address the multitude of mental health and trauma issues being faced in community.

The program is holistic including traditional and contemporary methodologies: the program addresses emotional, mental, physical and spiritual health and well-being of First Nations Peoples.

Wilp Si'Satxw Community Healing Centre

### **Wilp Si'Satxw Community Healing Centre**

Box 429, Cedarvale-Kitwanga Road

Kitwanga, BC V0J 2A0

Phone: 250-849-5211

Fax: 250-849-5374

Web: <https://www.wilpchc.ca/>

42-day program  
child counselling  
clients with physical disabilities  
couples counselling  
family treatment  
gender-based  
house of purification  
in-patient adult co-ed  
on-the-land  
pregnant women  
residential schools

## **Recovery Services**

### **Esk'etemc Recovery House**

Letwilc Ren Semec Centre

949 Cougar Trail

Alkali Lake, BC V0L 1B0

Phone: 250-440-5651 ext. #261

Web: <https://www.esketemc.ca/letwilc-ren-semec-centre/>

Alkali Lake is known for addressing substance use disorder in the community using traditional cultural values and sharing their success worldwide.

Mission: Letwilc Ren Semec Centre guides and assists clients on the path toward recovery while reintegrating a healthy lifestyle in a culturally safe recovery service.

The recovery centre includes five rooms for an adult substance use supported recovery housing service.

The centre promotes recovery for individuals with substance use challenges by providing safe and secure housing and promoting reintegration into the community by helping clients secure housing upon discharge.

Priority is given to Aboriginal clients from the Interior.

Clients may stay up to six months. We accept individuals who have fully completed an alcohol and drug treatment program.

Fees for the services may apply. Contact us for more information

### Round Lake Alcohol and Drug Treatment Society

200 Emery Louis Road  
Armstrong, BC V0E 1B5

Phone: 250-546-3077

Fax: 250-546-3227

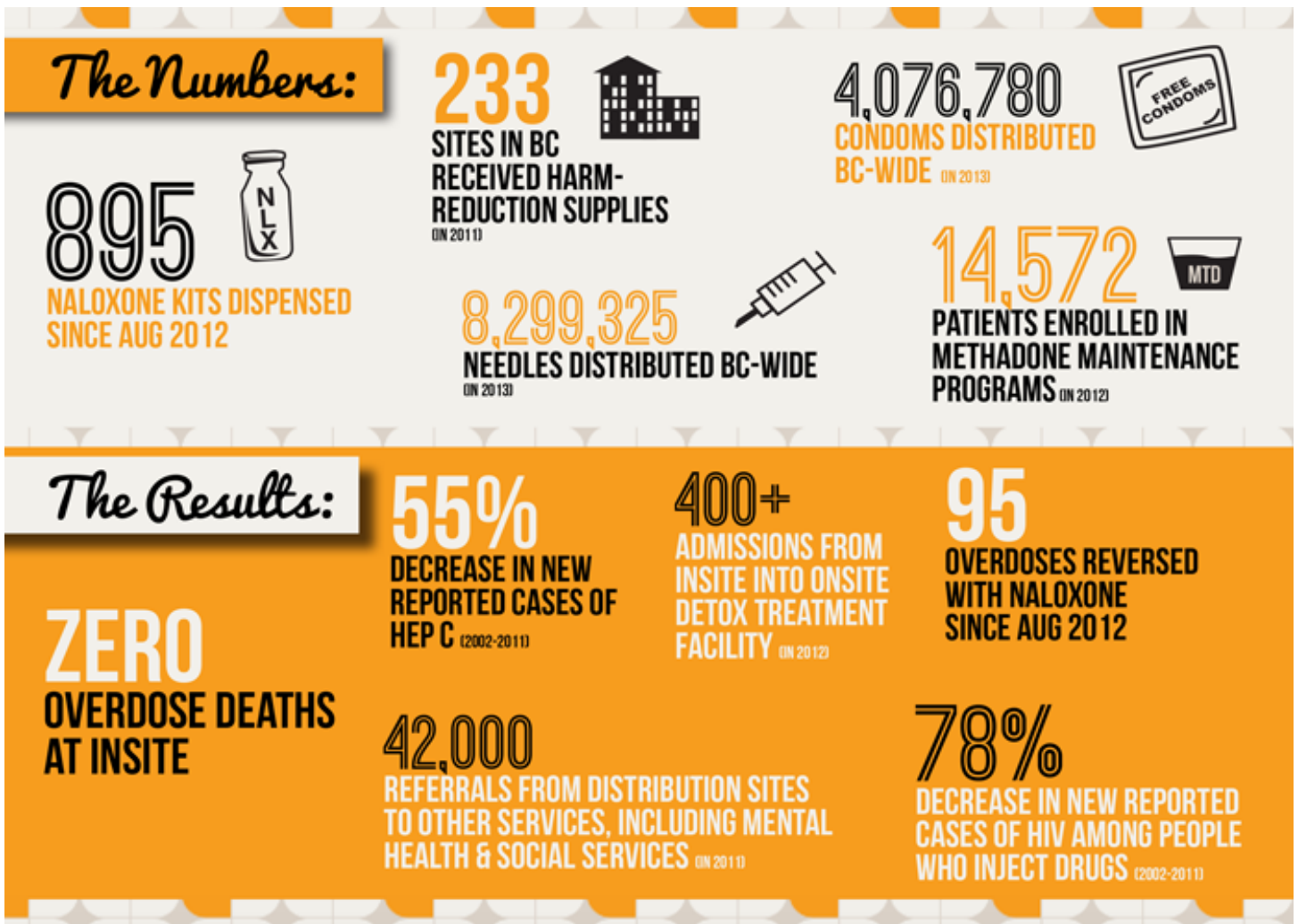
Web: <https://roundlaketreatmentcentre.ca/>

10-bed recovery home

post treatment home for clients who require more assistance to further strengthen their wellness and recovery.

pre-treatment home for clients who require stabilization before entering treatment

does not accept couples or non-BC residents

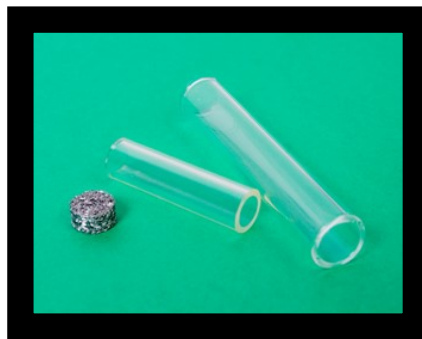


# 10 COPING SKILLS FOR SUBSTANCE ABUSE & ADDICTION

1. **Wait to Respond** – When something stressful happens to you, take a moment to breathe deeply and clear your mind. Rushed decisions are often irrational reactions. By thinking and breathing before you react, you can address the situation with a level-head.
2. **Mindfulness & Meditation** – Use mindfulness and meditation techniques to help you work through difficult thoughts and emotions. It can allow you to focus on the present moment, to observe your internal experiences, and to accept them without judgment or negativity.
3. **Keep busy** – In the past, you likely spent your time seeking out, using, or recovering from drugs. Now, you have to replace those old actions with positive ones. Check things off of your to-do list. Do things you've been putting off. Watch TV, dance, play music, read a book, do what will make you feel good at the end of the day, and the morning after, too.
4. **Stay healthy** – Part of the recovery process means getting healthy physically – the drugs, without a doubt, took a toll on your physical health. Treat yourself to nutritious, satisfying meals and nourish your body with vitamins and nutrients.
5. **Exercise** – Part of getting healthy involves exercise, too. Due to the endorphins released during physical activity, exercise is a great way to relieve anxiety, stresses, and feelings of depression. It also helps rid the chemicals and toxins that were put into your body from drug abuse.
6. **Journal** – Rather than internalizing your feelings, your demons, your fears and your thoughts, put them down on paper. Get them out. Writing can be a great way to release and work out any thoughts that you are struggling with.
7. **Talk to a therapist, counselor, or your sponsor** – Are you internalizing feelings, or feeling alone in your sobriety? Your sponsor or your counselor/therapist are there to listen to you, to keep you from relapsing, and to keep you from negative thoughts. They can also help you work through difficult emotions or situations, and interpret situations appropriately.
8. **Build a sober support network** – Recovery is not easy, and is important to know that you are never alone in the process. Be open to new relationships that will support your recovery, and build a sober network of reliable, trustworthy peers who you can call at any time of need.
9. **Go to 12-step meetings** – Being an active part of a 12-step program can offer you a guided means of reducing or stopping drug use. By going to 12-step meetings, you can also meet other people in recovery, who can become a part of your sober network.
10. **Find gratitude** – Gratitude in recovery is one of the most important and empowering coping skills you can have. As you work through your struggles, remember others who are struggling. Remember who supports you, remember what makes you feel good, and be grateful.

## 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!





# Things to remember when you're overwhelmed.

- ♥ You're allowed to step back and take a break. (Yes, even when there is so much to do)
- ♥ It's okay to ask for help.
- ♥ You can get through this.
- ♥ You are capable and can do hard things.
- ♥ Just take things one step at a time.
- ♥ Don't underestimate the power of closing your eyes and taking a deep breath.
- ♥ You don't need to have everything figured out right now.

BlessingManifesting

# How Do I Stop Romanticizing Alcohol?

Early sobriety is tricky. On one hand, you feel a huge weight lifted off your shoulders. You no longer deal with hangovers, embarrassing moments, or broken promises. And your health is even improving. You're losing weight, exercising more and getting better sleep too!

But let's be honest though. Sometimes it's not so fun. Sometimes you feel down, out, and yes... bored.

When you very first quit drinking the hardship and difficulty you experienced during your drinking days are emblazoned in your memory.

You have a new lease on life and can conquer the world. But as the weeks and months pass by, the dark parts slip away, and you sometimes see the old days through rose-colored glasses. You start to romanticize alcohol.

One of the best and worst things about early sobriety is that your thoughts and feelings are so dynamic.

They're constantly changing.

You'll gleefully soar through the pink cloud of early sobriety, then come crashing down. This is totally normal and to be expected when you make such a sweeping life change.

The problem starts when those pink bubbles burst, memories of your worst hangovers have long faded away, and you begin to romanticize the good ole' days.

So, what do you do when that happens?

## **1- You and alcohol just got divorced**

Depending on how alcohol dependent you are, you may romanticize alcohol because it's how you spent the vast majority of your free time.

For example, if you're used to going out in your back yard, gazing at the stars while downing a few beers and you've been doing that every night for *years*, you probably can't see your way out.

The only solution is to accept that you're going to have to change and grow. You can't expect everything to be exactly the same as it once was. It's not ever going to be exactly the same.

Depending on how *long* you've been addicted, removing alcohol from your life can be just as life-altering as a major romantic breakup or divorce.

If you've lived with your spouse for 10 years, mingled finances, shared special memories, built routines together – then they move out. You don't expect your life to be exactly the same, do you?

You'll have to adjust how the bills get paid, your daily routine might change, you wouldn't frequent the *same* restaurants you used to go to on dates, holiday plans change. You practically have to adjust your *entire* life to function as a single person. You might have to figure out who you are and what you like to do in your new life, right?

Removing alcohol from your life is literally no different. It's a HUGE break up. It's a life-altering divorce.

You have to start all over from scratch and rebuild a new life without a toxic other half. View it this way and accept the change! Look forward to shedding that dead weight and creating NEW memories, rituals and ways of living. It's the start of a new life that can be even *more* fulfilling without alcohol.

## **2- Play the tape to the end**

You already know how this will end. That's how you got here in the first place. It's so easy to remember the good parts of our old lives. The bad is more fleeting. But you must never forget.

You may find it helpful to write down the bad parts of your drinking binges. How perhaps you vomited on multiple occasions, don't remember huge chunks of time, lost things, sustained foolish injuries, had to be carried around, or maybe even got into trouble.

If you were to make a list of all the bad things that come with drinking, how many items could you check off?

### **3- Be your own best friend**

Finally, imagine that it's not you in question. Imagine the person you are making the decision for is a close family member or friend who you love dearly.

What if you've seen this person go through hell with alcohol over the past several years, and you know how bad it is for them? You know how horribly it has affected their life, how much they've wanted to stop, and how much better they look, feel and behave since quitting.

If this loved one came to you and said, "but I *miss* alcohol... it's so fun and relaxing and I just want to have a glass of wine with dinner!" How would you react?

Would you recommend that they go back down that dark, winding road to their demise? Or would you encourage them to stay the course?

Be your own best friend. Take your own advice

### **4-It Will Take Time**

Everyone's journey is different, and no two experiences are exactly alike. But romanticizing alcohol is pretty common and won't go away overnight. Maybe never. It just depends.

Accepting it as a part of the recovery process is key to coping. It's just part of the deal. If you expect it and anticipate it, it's a little easier to handle.

You also have to remember that alcohol cravings – be they physical or mental – are fleeting. Given enough time they ALWAYS go away.

No matter what you think of yourself today, right now, in this moment you are stronger than the drink. You always have been, and always will be. You just have to believe it for yourself.

# KNOW YOUR VACCINE STATUS

Are you up to date with  
your adult vaccines?

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)





# Don't Let the Flu Get to You

## Make Prevention Contagious!

*Your immunity benefits the entire community!*

Get your shot and be automatically entered in a \$250

Vanilla Visa Gift Card\* draw!

\*For Siska & Cooks Ferry clients

**A flu immunization clinic will be held at:**

Heskw'en'scutxe Health Service Society

LOCATION

To Be Announced

DATE

If you would like to be put on our call list for booking , call one of our offices Cooks Ferry: 250-458-2212 or Siska 250-455-6601

TIME



ImmunizeBC

For more information about the influenza (flu) vaccine call HealthLinkBC at 8-1-1 or visit [www.ImmunizeBC.ca](http://www.ImmunizeBC.ca)

## Are you up to date with your vaccines?

Vaccines aren't just for kids! Adults need vaccines to stay healthy too. Some vaccines are routinely recommended for all adults. Others may be recommended for you depending on your age, job, lifestyle, health conditions, or travel plans. You will also require booster doses of certain childhood vaccinations to ensure life-long protection from disease. Adults need the following vaccines:

- (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)

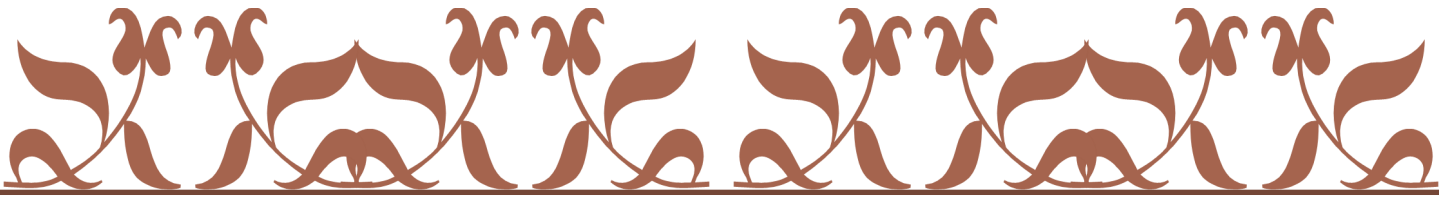


Have questions? Make an appointment to speak to nurse Scarleth.

### October 2021 Contest:

Are you up to date with your adult vaccines? Inquire about your vaccine status with Nadine or Corynn and be entered to win a \$500, \$300 & \$200 Cabela's Gift Card! (3 draws per community) (See poster on page 29)





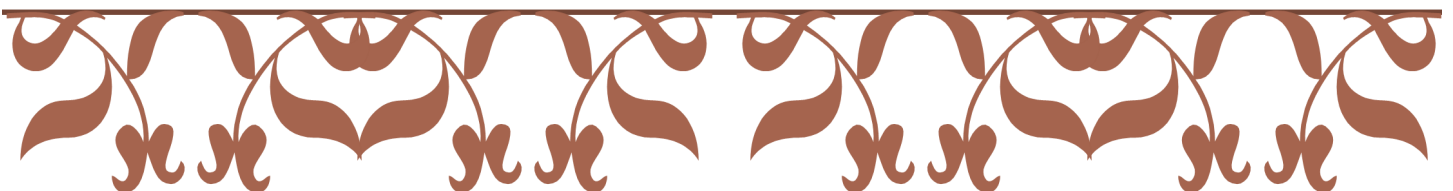
## Marinated Venison Steak

### INGREDIENTS

- 1 ½ cups extra-virgin olive oil
- ¾ cup soy sauce
- ½ cup red wine vinegar
- ½ cup freshly squeezed lemon juice
- ¼ cup Worcestershire sauce
- 2 garlic cloves, peeled and crushed
- 1 ½ teaspoons roughly chopped fresh parsley
- 2 tablespoons dry mustard
- 2 ¼ teaspoons kosher salt, plus more as needed
- 1 teaspoon black pepper, plus more as needed
- 2 pounds venison loin or leg, cut into 6 steaks

### PREPARATION

1. Combine all ingredients except venison in a large bowl. Submerge venison in the marinade, cover with plastic wrap and refrigerate at least 8 hours and up to 12 hours.
2. Heat broiler, stovetop grill pan or grill. Remove venison from marinade and season with salt and pepper. Working in batches if necessary, place steaks under the broiler or on the grilling surface and cook, flipping once, until medium-rare, 4 to 5 minutes per side. Allow venison to rest for 5 minutes before serving.







## Anything Chilli

- 1 1/2 tablespoons extra-virgin olive oil, plus more for brushing
  - 2 pounds ground moose or beef
  - 2 cups chopped Vidalia or other sweet onions
  - 6 cloves garlic, minced
  - 2 28-ounce cans fire-roasted peeled whole tomatoes
  - 1 8-ounce can tomato sauce
  - 1 cup diced bell peppers (any color)
  - 2 tablespoons chopped fresh parsley
  - 1 mild green chile pepper (such as Anaheim), seeded and chopped (or a 4-ounce can green chiles, drained)
  - 2 jalapeno peppers, seeded and finely chopped
  - 1/2 red or orange habanero chile pepper, seeded and finely chopped
  - 1 New Mexico chile pepper, seeded and finely chopped
  - 2 1/2 tablespoons chili powder 1 teaspoon ancho chile powder
  - 1/2 teaspoon chipotle chile powder Kosher salt
  - 1 1/2 tablespoons ground cumin
  - 1 1/2 teaspoons dried oregano
  - Freshly ground pepper
  - 1/2 cup beer (or use water) 3 tomatoes
- 1. Heat the olive oil in a large skillet over medium-high heat. Add the ground meat and cook, stirring and breaking up the meat, until no longer pink, about 10 minutes. Add half each of the onions and garlic and cook, stirring, 10 more minutes; set aside.**
  - 2. Combine the fire-roasted tomatoes and tomato sauce in a large pot over medium heat and crush with a potato masher. Stir in the reserved meat, the remaining onions and garlic, the bell peppers, parsley, green chile, jalapenos, habanero and New Mexico chile. Add the chili powder, ancho chile powder, chipotle chile powder, 2 teaspoons salt, the cumin, oregano, 1/2 teaspoon pepper and the beer. Reduce the heat to medium low and simmer, stirring occasionally, 1 hour.**
  - 3. Meanwhile, preheat the oven to 200 degrees F and lightly brush a baking sheet with olive oil. Cut the tomatoes in half and set cut-side down on the prepared baking sheet. Brush the tomatoes with more olive oil and sprinkle with salt; bake until darkened and wrinkled, about 1 hour.**
  - 4. Crush the tomatoes with the potato masher and add to the pot; cover and simmer 2 more hours. Season with salt.**



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](https://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/](https://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**

Reminder that we are still closed to the general public. Thank you for calling us ahead of time and wearing a mask and hand sanitising 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, October 19, 2021**

**Siska Thursday, October 21, 2021**

**Footcare with LPN Suzanne Marcel**

Licensed Practical Nurse

**Cooks Ferry Tuesday, October 26, 2021**

**Siska Friday, October 29, 2021**

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

**Shopping Day Cooks Ferry October 24, 2021**

**Shopping day Siska October 1, 2021**

**Food bags delivery October 21, 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

**Tina Draney Acting**

Acting Health Manager

Finance

[tina.draney@hhssbc.ca](mailto:tina.draney@hhssbc.ca)

Ext:103

**Corynn Reveley**

Siska Receptionist / Medical  
Transportation Clerk

Ext: 201

**Nadine Methot**

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

Ext: 101

**Scarleth Zwez-Ruiz**

Home & Community Care  
Nurse / Community Health Nurse

[chn@hhssbc.ca](mailto:chn@hhssbc.ca)

Ext: 101

**Lisa Colwell**

Licensed Practical Nurse  
[Lisa.colwell@hhssbc.ca](mailto:Lisa.colwell@hhssbc.ca)

**Deirdre Mckay**

Community Home Care Aid

[deirdre.mckay@hhssbc.ca](mailto:deirdre.mckay@hhssbc.ca)

Ext 303

**Danielle Munro**

Custodian / Transportation Support

Community Health Rep

[Danielle.munro@hhssbc.ca](mailto:Danielle.munro@hhssbc.ca)

**Jaguar Isaac**

Community Home Care Aid

[Jaguar.isaac@hhssbc.ca](mailto:Jaguar.isaac@hhssbc.ca)

Ext 303

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](mailto:nadine.methot@hhssbc.ca)

163 Loop Road

Siska, BC

V0K 1Z0

**Phone**

(250)455-6601

**Fax**

(250) 455-6608

**Client Toll Free**

1-844-255-6601

**Email**

[corynn.revely@hhssbc.ca](mailto:corynn.revely@hhssbc.ca)

@

**Medical Drivers:**

Haley Garwood- Dunstan

Meriel Barber

Martha Van Dyke

**Follow us**

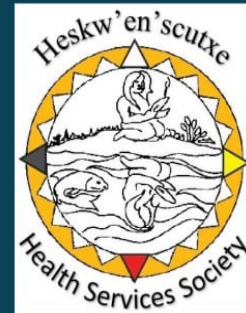
@

**heskw'enscutxe**



**VISIT OUR  
NEW WEBSITE  
[HHSSBC.CA](http://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](http://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**

