



# Heskw'en'scutxe Health Services Society

*Dedicated to serving Cook's Ferry and Siska Communities*

*"Take Care Of Yourself"*

Health & Wellness Newsletter

September 2021

September's Theme is immunizations, Heskw'en'scutxe would like to help anyone get up to date with their kiddies kindergarten vaccines and will be looking forward to getting everyone their flu vaccines in October. Inside you will find information on our service updates from our Manager, Tina Draney, immunization history, and a Healthy Mushroom Soup recipe.



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

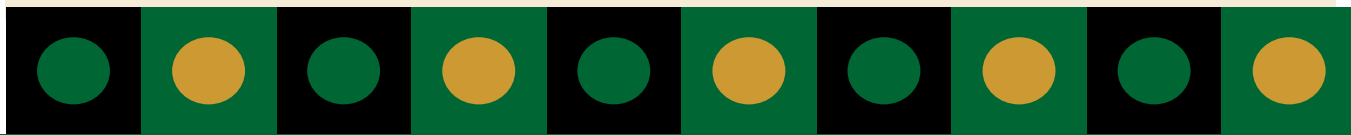
**Visit our Facebook Page & Website [www.hhssbc.ca](http://www.hhssbc.ca)**

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# HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



**The Hesk'w'en'scutxe offices will be closed:  
Monday September 6, 2021 for Labour Day  
And October 1, 2021 in lieu of Truth & Reconciliation 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.

## NOTICE OF CONTINUED SERVICE INTERRUPTION

### TO: ALL SISKA AND COOKS FERRY COMMUNITY MEMBERS

Since the June 30, 2021 Lytton Wildfire, our services have been affected. I want our staff who have lost homes and possessions, as well as being displaced from your community, friends, and family to know that we are thinking of you and hoping you will find peace and happiness where you are and that you can get home as soon as you can.

Cooks Ferry Council issued an evacuation alert on June 30<sup>th</sup>. Many community members left due to very poor air quality and the fast moving fire. During this time HHSS provided as much Medical Travel, Essential Care and home and hotel visits as possible. The closure of Highway 1 restricted staff travel to Siska. The secondary route was the Coquihalla to Hope then up the canyon to Siska, resulting in longer travel time for staff. An evacuation order was issued by Cooks Ferry council on July 22<sup>nd</sup> and HHSS participated in the Emergency Operation Center process by supporting with the evacuation list and navigating client care all while working from home.

During this time highway 8 closed due to the Lytton Wildfire. At numerous times both Hwy. 1 and Hwy. 8 were closed at the same time due to fire or smoke. On August 3<sup>rd</sup> the evacuation order was rescinded by Cooks Ferry Council. The community remains on an evacuation alert as of August 20<sup>th</sup> and Hwy 8 remains closed.

Since the Lytton Wildfire on June 30, 2021 the Siska Health office has had no faxing ability as it relies on the Telus line which was burnt in Lytton. On August 14, 2021, Siska Council issued an evacuation order due to the George Road Fire which displaced community members to the Lower Mainland. HHSS provided support to Siska EOC tracking community members and ensuring everyone had their medical needs looked after. Siska is still on an evacuation order.

In the commotion of packing and leaving from both communities, some people forgot to grab their prescriptions and medical supplies. Medications and prescriptions were ordered, and delivered, mobility supports were acquired,



appropriate accommodation was sought, and Doctor referrals to new Doctors in a new Health Authority were organized by the HHSS team. Home visits, hotel and hospital visits were conducted. Medical travel was provided as much as capacity supported.

Highway 1 finally opened after we had received some rain and it felt like a big positive! But the rain created the landslide at Nicomen on August 17<sup>th</sup> and closed Hwy 1 again. Around the same time the Lytton Fire burnt a Telus line on Hwy 8 and caused HHSS Cooks Ferry Health office to lose all Internet, landline phone, and cell service.



Staff have limited access to technology due to the burnt Telus lines. We must drive to areas that have cell service or use our personal Wi-Fi at home to access our work phones and laptop emails, facebook messages, Microsoft teams chats, and our VoIP App. We are working on a solution with our IT service providers so we can gain access to files on the Server. Telus may not be repaired for another 3 weeks,

which would be around September 10<sup>th</sup>.

Staff have been working from home, hotel, or with family as of August 14<sup>th</sup>. As soon as the Telus line is repaired, we can work back at the Cooks Ferry Clinic office. And once Siska Council rescinds the evacuation order we can enter the community to resume working from our Siska office again. As of August 20<sup>th</sup> Hwy 1 is open and Hwy 8 is closed.

I am sending a big thank you to all community members who have been so understanding with all the changing circumstances! Please continue to call, email, or message staff if you have any health needs.

I also want to send a huge thank you to all HHSS staff who have been going above and beyond to ensure everyone is looked after. Your dedication is truly appreciated by me!

Thank you

Tina



Hentle,

September has two statutory days off for HHSS staff. The first is Labour Day, September 6th and the new statutory day is Truth and Reconciliation Day on September 30th.

September is also Back-to-School time! A very exciting time for families and students of all ages. For some, this time of year presents many worries and stresses. It can be a time of many changes. Parents and students will be making many kinds of decisions throughout the year. Some of these decisions are routine such as brushing teeth or setting alarms before bed. Other decisions will require more thought. The steps taken in the decision-making process consists of:

1. Knowing or Identifying the Decision to be made (what's the issue)
2. Gather information to make an informed decision (facts)
3. Identify Alternative choices or options (there may be other solutions)
4. Weigh the information gathered (pros and cons)
5. Make the Decision (not making a choice is deciding)
6. Take Action
7. Review the Decision (to learn from it)



During the decision-making process our brain is communicating between the prefrontal cortex (working memory) and the hippocampus (long term memory).

Most of our daily decisions are routine but when we get to the more complex or tough decisions, we sure can feel the stress of it! The tough decisions are when we often look to our friends and family for advice or information. And for complex decisions we may seek out professional advice such as lawyers and Doctors. Emotions can interfere in decision making so it is best to stick to facts as our decision can affect our mental health and personal journeys as well as other people we care about. (Basically, don't make big decisions when your angry or too emotionally charged)

Our community has had to make many decisions this last year and a half that have not been easy to make. Such as resisting the temptation to visit during the pandemic and choosing to get vaccinated or not.

This school year we will be dealing with the COVID19 virus due to the Delta Variant. Please continue to follow safety protocols such as mask wearing, hand

sanitizing, and frequent cleaning. Stay updated on the current Public Health Orders at [gov.bc.ca](http://gov.bc.ca) or call HHSS.

If you are 12 years of age and older and you have not received two doses of vaccine, please call HHSS and we will be happy to help.

HHSS still requires the online health check to be completed before appointments as well as sanitizing and wearing a mask when entering the building.

Our September health theme is Immunization.

During the COVID-19 pandemic, many routine immunizations for children and adults have been delayed or cancelled. This interruption could pave the way for outbreaks of vaccine-preventable diseases such as measles, pertussis and meningitis – putting increased demand on an already overburdened health care system. Stay up to date on routine immunizations to protect yourself, and your children. <https://cpha.ca/immunization>

Call HHSS and provide Scarleth authorization and she can determine your vaccine requirements!

Immunization protects individuals and communities by preventing the spread of disease. As more people are immunized, the disease risk for everyone is reduced. Immunization may have saved more lives in Canada in the last 50 years than any other health intervention. Immunization is the single most cost-effective health investment, making it a cornerstone in the effort to promote health. <https://www.cpha.ca/cic-overview>

People often talk about building up a natural immunity to viruses. This is how the discovery of vaccinations started. The year 1706 Africa uses variolation and in 1721 the English first use variolation. Variolation is the obsolete practice of deliberately infecting an individual with smallpox by using the dried smallpox scabs and blowing them into the nose of an individual to contract a milder version of the disease and upon recovery, the individual is immune to smallpox.

The disadvantage of this technique was that it could still spread to contacts to produce a severe natural smallpox. Vaccination replaced variolation when Edward Jenner introduced smallpox vaccine derived from cowpox, an animal disease distinct from smallpox. His efforts led to smallpox variolation being banned in



England in 1840. With the success of vaccination, the last natural outbreak of smallpox in the USA occurred in 1949 and in 1980 the World Health Assembly declared smallpox eradicated (eliminated). It took over 100 years to eradicate smallpox once vaccinations started!

Vaccination is a personal choice. It can be a tough decision to make so if you require any advice or referrals please reach out to our office and we can schedule an appointment with Nurse Scarleth.

To everyone starting school or new jobs please be kind to yourselves and celebrate your accomplishments!

To everyone celebrating a sobriety anniversary we congratulate you!

If you require mental health services book an appointment with Nurse Scarleth and she can provide you with a referral and follow up support.

Call our office and talk to Nadine or Corynn. 250-458-2212 or 250-455-6601

Take Care,

Tina Draney, Acting Manager



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# 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



FRASER SALISH REGION

First Nations Health Authority

# Local Supports: Camp Hope

## CULTURAL SUPPORT

*Will be on site various days*

### Tsow-Tun Le Lum Society

1-888-403-3123

### Indian Residential School Survivors Society:

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

## MENTAL HEALTH AND WELLNESS

### Fraser Health Aboriginal Mental Health Liaison

Laurie Leith  
778-982-0799

### Elder in Residence (Francis Horne)

1-236-886-6743

### Hope and Area Transition Society

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

### Indigenous Text Line

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

### Hope for Wellness Line

1-855-242-3310 or;  
online chat @ [chat.fn-i-hopeforwellness.ca](https://chat.fn-i-hopeforwellness.ca)

## TRANSPORTATION

### Rotary Club of Central Langley

*Transportation and bus vouchers*  
Linda Mross  
604-328-4305

## SYSTEM NAVIGATION

### Fraser Health Aboriginal Health Referral line

1-866-766-6960

### First Nations Health Authority System Support Line

*Assistance with system navigation and support with connecting to resources in the Fraser Region*  
604-743-0635  
[systems.support@fnha.ca](mailto:systems.support@fnha.ca)

## HEALTH CARE

### Fraser Canyon Hospital

1275 7<sup>th</sup> Avenue, Hope  
604-869-5656

### FNHA Virtual Doctor of the Day

1-855-344-3800

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

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

### Abbotsford Urgent and Primary Care Clinics

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

### LifeLabs

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

## DENTAL AND VISION SERVICES

### Seabird Island Health Centre

2895 Chowat Road, Agassiz  
604-796-2177

### Sto:lo Nation Dental Clinic

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

### Other Providers

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

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

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

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

### FNHA Health Benefits

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

**1-855-550-5454**

|  |   |
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| <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<br/><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:<br/> Contact Health Link BC at <b>8-1-1</b> to speak to a nurse<br/> Contact Dr. De Klerk Mon-Fri through the Cottonwood Medical Clinic at <b>1-604-476-9705</b> or email: <a href="mailto:frontdesk-moa.cwm@gmail.com">frontdesk-moa.cwm@gmail.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>  |

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| <p><b>Home Health / Seniors Care</b></p>                | <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>  |
| <p><b>Public Health and Maternity Care</b></p>          | <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 and/or</b> 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>   |
| <p><b>COVID-19 Test</b></p> <p><small>SISka</small></p> | <p><a href="#">Book an appointment online</a> or call <b>1-877-740-7747</b> (8 a.m. – 7 p.m., seven days a week). Testing is available in Merritt, Aschcroft, 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>  |
| <p><b>COVID-19 Vaccination</b></p>                      | <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 Aschcroft 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> |



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| <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> |
|---|--|

**FLU FACT:**



**You are unlikely to catch Swine Flu from a piggy bank.**

**(Wash hands after touching coins anyway.)**

**Also if you need support in accessing any services please phone or visit your local Heskew'scutxe office**

**Cooks Ferry : 250-458-2212, or**

**Siska : 250-455-6601**

## MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

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

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



Kuu –us Crisis Line at 1800-588-8717

Toll free Aboriginal provincial crisis line 24 hours

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

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

24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and/or residential school survivors

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

Stopping the Violence Counselling Program 250-378-6170



### Nlaka'pamux Mental Health Services

#### Mental Health and Addictions Services

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

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

Email: Wanda Dexel [dexel.w.e@nlxfn.com](mailto:dexel.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 Dexel (Child counsellor) [Dexel.m@nlxfn.com](mailto:Dexel.m@nlxfn.com)

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



### Nlha'7kapmx Child and Family Services

987 George Road, Lytton, BC , V0K 1Z0

Phone: 250- 455-2118

Fax: 250-455-2117

Email: [info@n7xservices.com](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**



# Flu Myths **vs.** Flu Facts

UMN expert Mark Schleiss weighs in on some of the most common myths surrounding the annual flu vaccine

**Myth:** Vaccines are not proven to prevent the flu



**Fact:** You are at least 60% less likely to become infected with the influenza virus

**Myth:** The flu vaccine can give me the flu



**Fact:** Flu viruses used in flu shots are inactivated, so they cannot cause infection

**Myth:** I should wait to get vaccinated so I'm covered until the end of the season



**Fact:** Get the flu vaccine as soon as possible. It takes 2 weeks for antibodies to develop

**Myth:** The flu nasal spray is just as effective as the flu shot



**Fact:** The nasal spray is NOT effective. You should get the flu shot to be properly vaccinated

**Myth:** The flu shot will protect me from every type of flu virus



**Fact:** The flu shot is designed yearly to protect against the highest risk/actively circulating strains of influenza



# History of Immunizations

## Pre 1910

**1798** Edward Jenner's demonstration that inoculation with cowpox could protect against smallpox brought the first hope that the disease could be controlled.

**1881** Rubella was accepted as a distinct disease by the International Congress of Medicine.

**1885** Dr. Alexander Stewart of Palmerston, Ontario founded a vaccine farm; his cows provided a dependable smallpox vaccine supply for 31 years. In 1916, Connaught Laboratories took over the manufacture of sterile vaccine for uniform, enduring potency.

**1888** Tetanus is discovered.

**1906** Pertussis bacterium is discovered.

## 1910 to 1939

**1918** First Canadian pertussis vaccine

**1918-1919** "Spanish Flu" influenza pandemic

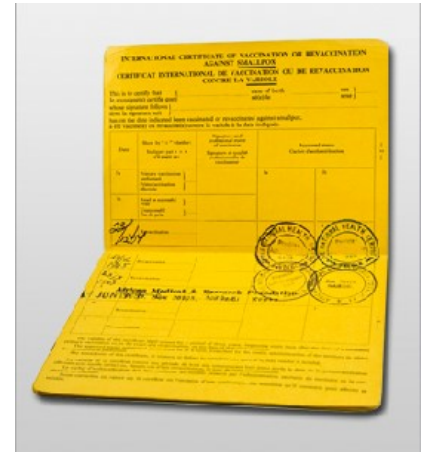
**1924** 9,000 cases of diphtheria were reported in Canada; it was one of the most common causes of death of children from 1 to 5 years of age.

**1926** Diphtheria toxoid is introduced.

**1920s to 1930s** 40 to 50 deaths from tetanus were reported annually.

**1933** Mumps virus is isolated.

(Photo source: CDC Public Health Image Library ID#8283)



# 1940 to 1959

**1940** Tetanus toxoid is introduced in Canada.

**1943** Routine immunization against pertussis (whooping cough) is approved in Canada.

**1953** 9,000 cases of polio were reported; 12 years later, after the introduction of polio vaccine, only 3 cases were reported.

**1954** Measles virus is isolated.

**1955** The Salk polio vaccine is licensed in North America.



# 1960s

**1962** Trivalent oral polio vaccine is licensed in Canada.

**1962** Rubella virus is isolated.

**1963** The first measles vaccine is approved. Prior to immunization, an estimated 300,000 to 400,000 cases occurred annually.

**1964** The National Advisory Committee on Immunizing Agents (now the National Advisory Committee on Immunization or NACI) was formed.

**1968** No cases of wild polio virus were reported in Canada.

**1969** Rubella vaccine introduced in Canada; incidence of rubella decreased by 60,000 cases per year.



# 1970s

**1972** Routine smallpox vaccination stopped.

**1977** The last indigenous case of smallpox occurs in Somalia.



# 1980s



**1980** The global eradication of smallpox is certified by a commission of eminent scientists and endorsed by the World Health Assembly.

**1982** Hepatitis B vaccine available in Canada; school-based programs began in 1987. At its peak prior to widespread immunization, there were 3,000 cases per year; in 2004 there were 829 cases.

**1983** MMR (measles, mumps, rubella) immunization program introduced for all infants. Rubella cases went from approximately 5,300 per year between 1971 and 1982 to fewer than 30 cases per year between 1988 and 1994.

**1983** Pneumococcal polysaccharide vaccine is approved for use in Canada.

**1988** Hib (Haemophilus influenzae) vaccine introduced in Canada. Prior to routine immunization, there were 526 cases per year in children under 5; in 2004, there were 17 cases in this age group.

# 1990s



**1992** Introduction of Hib vaccine in Canada. Before the vaccine, over 400 children with Hib infections were admitted to hospital annually. Four years after introduction of the vaccine, 8 cases per year.

**1994** Canada is certified polio-free.

**1995** Canada switches from live oral polio vaccine (OPV) to inactivated polio vaccine (IPV) to avoid further cases of vaccine-associated paralytic poliomyelitis (VAPP).

**1996-7** Two-dose MMR immunization is introduced.

**1997-8** Acellular pertussis vaccine replaces whole-cell inactivated vaccine. Pertussis (whooping cough) outbreaks continue to occur in some communities with low vaccination rates.

**1999** Varicella (chickenpox) vaccine is available in Canada



## 2000s

**2001** Meningococcal vaccine against group C strains approved for use in Canada; made available in all provinces as part of routine infant immunization since 2005.

**2004** The inactivated influenza vaccine is recommended for all children 6-23 months of age.

**2006** First HPV vaccine is approved for use in Canada to reduce the risk that women will develop cervical cancer.

**2006** New meningococcal vaccine with broader coverage against groups A, C and W135 approved for use in Canada.

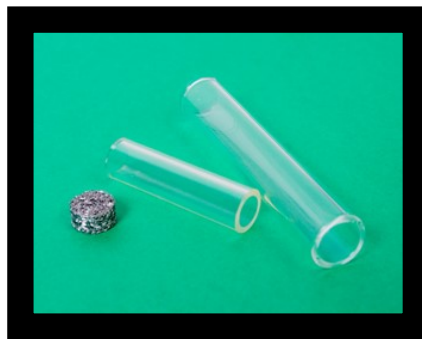
**2006** Live oral rotavirus gastroenteritis (RV) vaccine is approved for use in infants 6 to 32 weeks of age in Canada.

**2008** Herpes zoster (shingles) vaccine is approved for use in Canada.



## 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!





# Don't Let the Flu Get to You

## Make Prevention Contagious!

*Your immunity benefits the entire community!*

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

Heskw'en'scutxe Health Service Society

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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)



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://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)

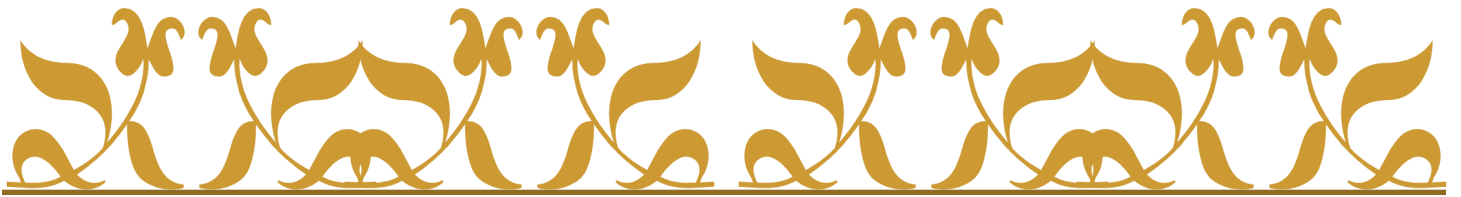
The provincial call centre can also help if you feel more comfortable registering over the phone.

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**





## HEALTHY MUSHROOM SOUP (NO CREAM)

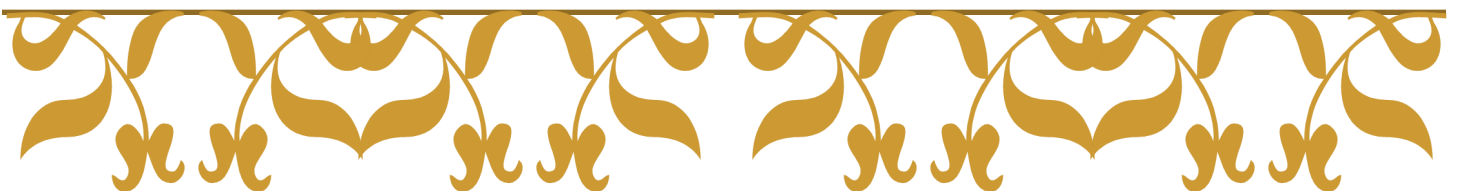
### WHAT INGREDIENTS YOU NEED

- Mushrooms
- Garlic
- Onion
- Thyme
- Vegetable broth
- Milk\*
- Flour
- Light soya sauce
- Olive oil, salt & pepper



### HOW TO MAKE IT

- Saute' onion, garlic, thyme and mushrooms.
- Add some oil and flour, stir and make a roux (thick paste).
- Add vegetable broth, stir well, add milk and cook for about 15-20 minutes.
- Reduce the heat and add a splash of soya sauce. Done.





# Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



**Cooks Ferry Tuesday, September 14, 2021**  
**Siska Friday, September 17, 2021**

All existing clients will be contacted to book an appointment. Clients will be asked to wear masks and will be called the day before with a health check questionnaire. Anyone with foot issues can be seen. Please call the office to book your first time appointment.

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



## *Give your Feet the Proper Care they Deserve!*

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



**RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)**

**Postponed Until October**



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

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

**Shopping Day Cooks Ferry September 29, 2021**

**Shopping day Siska September 1, 2021**

**Food bags will return in October**

# Heskw'en'scutxe Health Services Society

Invitation to

Siska and Cooks Ferry Community members:

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

*Gym & Pool Passes available to both on and off reserve  
registered band members.  
Call Nadine to be added to the list.  
Transportation not included*



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

**Cooks Ferry**

Phone: (250) 458-2212

Fax: (250) 458-2213



**2040 Mamette Ave. Merritt, BC**



HHSS BOARD

HHSS STAFF

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

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Ext:103

**Corynn Reveley**

Siska Receptionist

Ext: 201

**Nadine Methot**

Cook's Ferry Health Administrative Assistant / Medical Transportation 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)

**Clarissa Frederick**

Community Home Care Aid

[clarissa.frederick@hhssbc.ca](mailto:clarissa.frederick@hhssbc.ca)

Ext 303

**Danielle Munro**

Custodian / Transportation Supporté

Community Health Rep

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

**Jaguar Isaac**

HCA

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**Client Toll Free**

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**Email**

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

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Siska, BC

V0K 1Z0

**Phone**

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**Fax**

(250) 455-6608

**Client Toll Free**

1-844-255-6601

**Email**

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

**Follow us**

@

**heskw'enscutxe**



**Jaguar Isaac**

**Nursing Administrative Support**

**Summer Student 2021**

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

**She will be working from our Siska office**



**VISIT OUR  
NEW WEBSITE**

**[HHSSBC.CA](http://HHSSBC.CA)**

# Is Your Child Starting Kindergarten?



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

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

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

These vaccines are free.

**Call to book your child's immunization appointment today!**

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

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

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

## HEALTH UNIT FINDER



[www.immunizebc.ca/finder](http://www.immunizebc.ca/finder)



**ImmunizeBC**

**CANImmunize**  
A free immunization tracking app.  
[www.canimmunize.ca](http://www.canimmunize.ca)

