



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

December 2021

THIS MONTH IS STI AWARENESS MONTH AS WE ENCOURAGE YOU TO WRAP IT UP

**We also have fun con-
tests, such as Sugar
cookie decorating con-
test, recipe inside.**

**A scavenger hunt for
the little ones in each
community. And infor-
mation on advances in
medical treatments.**



For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hhssbc.ca

Visit our Facebook Page & Website www.hhssbc.ca

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HESKW'EN'SCUTXE HEALTH
SERVICES SOCIETY



**The Heskwen'scutxe offices will be closed:
From December 23, 2021 at 4:30 pm
To January 3, 2021 at 8:30 am for the holidays**



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

Hentle!

Merry Christmas to All! Yes, it's that time of year! Food Hampers, in conjunction with Cooks Ferry and Siska Band, will be delivered December 16, 2021. Every household will be receiving a turkey and or ham and all the trimmings. HHSS will be contacting members who are still evacuated to plan for delivery. Staff wish you all the best over the holidays and hope you enjoy your Christmas food delivery!

Christmas can also be a stressful time for families for numerous reasons. If you are feeling irritated, short fused, withdrawn, sad, overwhelmed, or suicidal please reach out to a friend, family member, or a professional for support.

To all our community members who have endured so much this past year, you are amazing. You have all shown you can rise above trauma created by the fears from dealing with covid, the sadness and anger finding our missing children from residential schools and then enduring two devastating events of fire and flood. You have shown resiliency, compassion, cooperation, and strength to get through these times.

We should be prepared for more frequent strong storms, power outages, and communication interruptions and be ready for any emergency event. I recommend everyone have a personal emergency plan. Where is the family going to meet up if separated? What will you pack and bring with you? Where will you stay? The more prepared we are the less panic during an emergency. Items such as flashlights, extra batteries, candles, matches, battery powered radio or crank radio, are some emergency supplies that are useful at home. Camping stoves and fuel (to cook outside) or a BBQ and propane or a campfire are also handy to cook with when we can't use our stoves. Homes with wood stoves should ensure an adequate supply of firewood is available. If your home has no back up source of heat when the power goes out, please reach out to the Emergency Operations Center Leads to find suggestions on how to keep warm during a power outage. One suggestion I saw was to set up a tent to sleep in or only use one room and close off all others. Generators and fuel are also an asset to have now, as they can be used to keep fridges and freezers operating. If kept closed fridges and freezers could be good for up to a 72-hour power outage. Caution must be taken when using other sources of fuel and heat, follow all safety directions and precautions. Also follow all Evacuation Alerts and Orders for your safety.

With highway number 1 and 8 both impacted by the landslides and washouts it highly impacts the service HHSS can provide. All Home Care Aids are situated south of Lytton and would have a 6-hour return trip in good weather to go from one community to the other. The current plan is that Danielle our CHR will assist Jaguar and Dierdre the HCA's in Siska, and nurse Scarleth will be in Siska two days every two weeks until hwy 1 reopens. For Cooks Ferry community Scarleth will be attending her 1 day a week in community. A biweekly calendar will be posted on Facebook, or you can call the office for assistance.

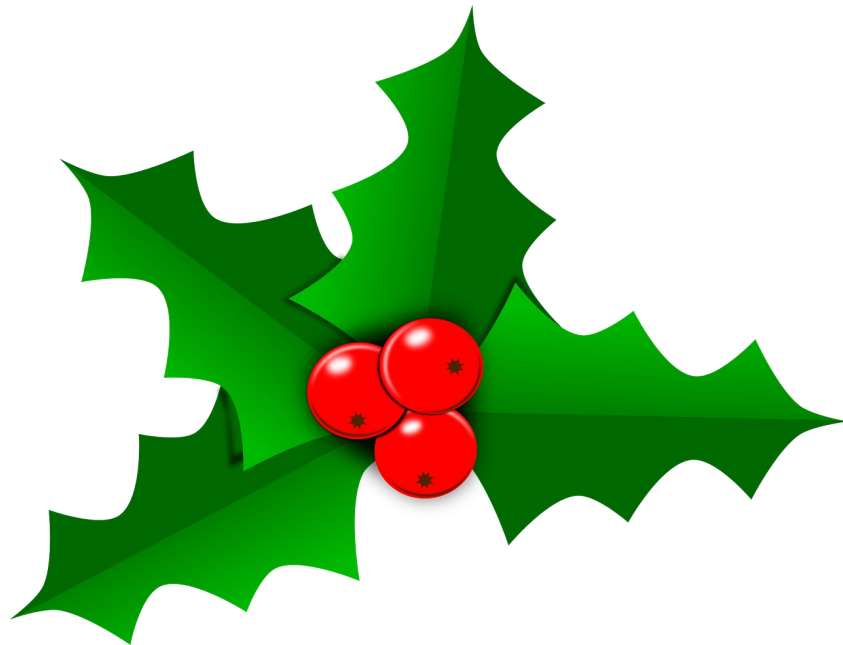
If you require medication pick up, please call our office for more information and the process for set up. A reminder that because we have a medication pick up program the Non-Insured Health Benefits Medical Travel Program does not reimburse you to pick up your medications.

HHSS will be having our staff and Board Christmas party online on December 9th in the afternoon so the office will be closed. I would like to thank the staff for working so diligently through all the challenges you have been faced with this year.

Our offices will also be closed for Christmas break from December 24, 2021, to January 2, 2022. I wish all staff and community members a holiday that is filled with peace and joy.

Take Care

Tina Draney



Resource Numbers

Heskw'en'scutxe Health Services Society

Siska Office250-455-6601

Cook's Ferry.....250-458-2212



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.....1888-353-2273

(depression, poverty, abuse, homelessness, suicide)

Alcohol & Drug Referral1800-663-1441

Child Find BC.....1888-689-3463

Earthquake, Flood, Dangerous Goods Spill, Tsunami

.....1800-663-3456

Provincial Emergency Program Information 250-371-5240

Gas Leaks & Odours1800-663-9911

Power Outages & Emergencies1888-769-3766

From cell

*49376

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

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

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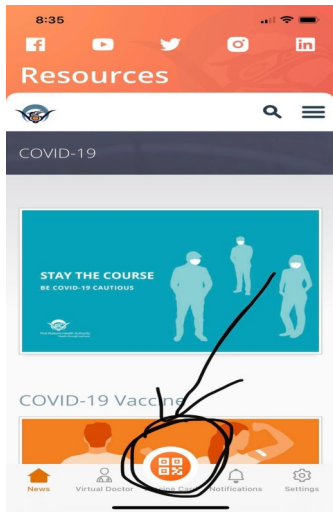
Also if you need support in accessing any services please phone or visit your local Heskw'en'scutxe office

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

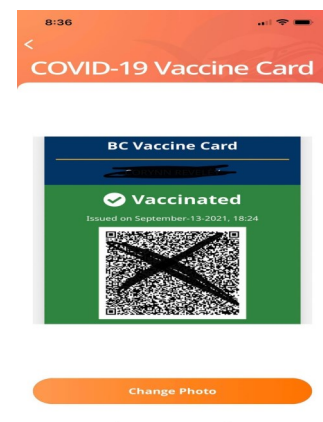
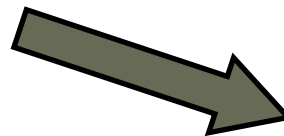
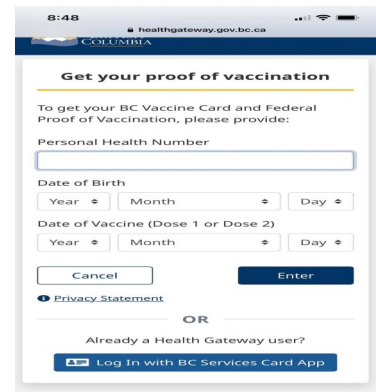
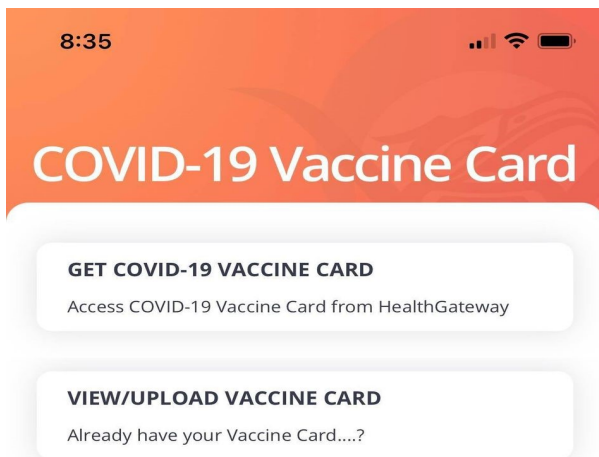
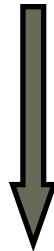


We can print and laminate your BC Vaccine Card, call us first so we can prepare it before you pick it up.

**How to get your Vaccine Card:
First download the FNHA app
to your phone**



**Second, open the app
and press the button
that looks like a QR code
and says "Vaccine Card"**



**Third, choose the next option
based on your needs. And now
you have easy access to your
vaccine card at anytime.**



Scavenger hunt

Start Date: December 13, 2021

End Date: December 17, 2021

Where your kids can have fun by going outside & finding clues to win a prize.

All you must do is take a picture of every clue that you find & show us that you have found all the clues on the list.

Finding all the clues + taking pictures = a prize

First clue will be on the Heskwen'scutxe Facebook page on Monday, December 13 @1:30pm

There will be laminated cards that have the clues on them.

CF- will start @ kumsheen

SB- will start on Loop Rd

For everyone that will be doing the scavenger hunt, good luck & I hope you have fun.

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



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

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

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

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

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

Ricardo on Aboriginal Youth

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

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

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

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



Kuu –us Crisis Line at 1800-588-8717

Toll free Aboriginal provincial crisis line 24 hours

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

1800-721-0066

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

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

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

Stopping the Violence Counselling Program 250-378-6170

Nlaka’pamux Mental Health Services Mental Health and Addictions Services **By appointment only. You do not need a referral to book an appointment.**

Office: 250 378.9772

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

Diana Lepine-Thomas and@nlxfn.com

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

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

Erin Aleck (Family Wellness) aleck.e@nlxfn.com

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

Cheryl Billy (Mental Health & Addictions) billy.c@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



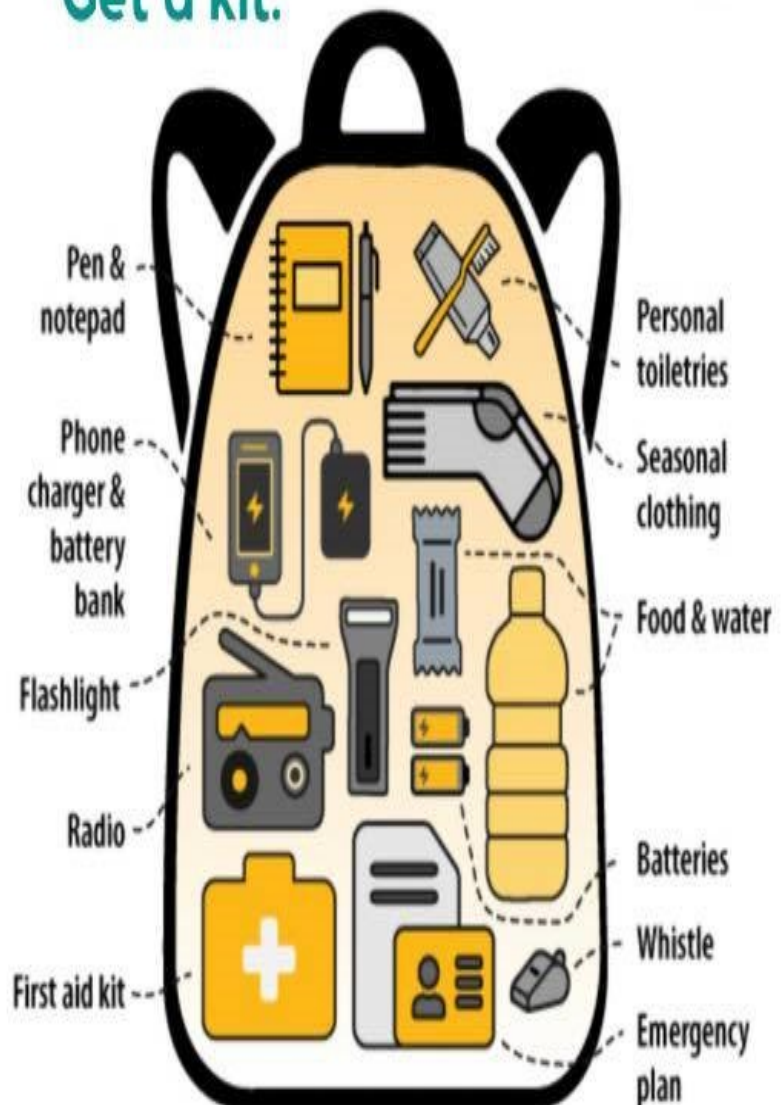
Emergency kit supply list

Put supplies in one or 2 containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

- Non-perishable food: minimum three-day to one-week supply, with a manual can opener
- Water: four litres per person, per day for drinking and sanitation
- Phone charger, battery bank or inverter
- Battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- First-aid kit and medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan
- Copies of important documents, such as insurance papers and identification
- Cash in small bills
- Garbage bags and moist towelettes for personal sanitation
- Seasonal clothing, sturdy footwear and emergency blanket
- Dust masks
- Whistle
- [Help/OK Sign \(PDF\)](#): Display the appropriate side outward in your window during a disaster.

BE PRPARED 72 HOUR BAG

Know the risks.
Make a plan.
Get a kit.



November 21, 2021

2021 Flood Response – Emergency Support Services (ESS) Extension of Supports

This is intended for First Nation and Local Authority Emergency Operations Centres, ESS Directors and Reception Centres supporting evacuees of the 2021 Flood Event.

First Nation and Local Authority's ESS Responders and Reception Centres may provide an ESS extension to December 15th to households who are:

- Currently on Evacuation Order
- Have experienced loss of their primary residence
- **Evacuation Order is rescinded (lifted) and their primary residence has been deemed uninhabitable** by the First Nations or Local Authority
- Are evacuees and not stranded travellers

Extension of supports may be offered if the household does not have insurance or any other means of support and may only include:

- Lodging in commercial accommodation, private billeting or group lodging;
- Groceries or meals in a commercial facility (restaurants);
- Groceries are not eligible if meals are provided as part of group lodging;
- Clothing and incidentals are a one-time referral and will not be included in the extension of supports.

EMBC will continue to work with First Nations and Local Authorities to ensure appropriate supports are continued to evacuees after December 15th.

Stranded Travellers

Stranded Travellers are not eligible for this extension and should only be provided billeting, group lodging and comfort food as outlined in the ESS Field Guide. If stranded travellers are unable to return home, these limited supports can continue.

Impacted Indigenous Persons

Indigenous persons who were impacted during this Flood event should contact their Indigenous Government Organization or Band office for more information.

ESS RECEPTION CENTRES

Kamloops ESS Reception Centre **full*

1655 Island Parkway

AT CAPACITY, please go to one of the reception centres below

Kelowna ESS Reception Centre

Willow Park Church

439 Hwy 33

10 AM - 10 PM

Directions from Merritt: [click here](#)

Salmon Arm ESS Reception Centre

Prestige Harbourfront Resort

251 Harbourfront Drive

8 AM - 6 PM

Directions from Merritt: [click here](#)

Penticton ESS Reception Centre

Penticton Seniors' Drop-In Centre

2965 South Main Street

9 AM - 5 PM

1-833-498-3770

**You must call ahead of time to register in Penticton. Please call the number above.*

Directions from Merritt: [click here](#)

100 Mile House ESS Reception Centre

Red Coach Inn

170 BC-97, 100 Mile House

(250) 644-0146

100mile.district.ess@gmail.com

Directions from Merritt: [click here](#)

FOOD

Nicola Valley Food Bank

- Have frozen meat that needs to be picked up ASAP

Location: Lower Nicola Hall (not LNIB one, the town one)

Phone: (250) 378-2282

Kamloops Food Bank

- Food hampers available
- Evacuees are welcome, have your ESS registration number ready

Monday - Thursday, 8 - 11:30 AM, 12:30 - 1:30 PM

Friday, 9 - 11:30 AM, 12:30 - 1:30 PM

Location: 171 Wilson St., Kamloops

Phone: (250) 376-2252

Kelowna Central Okanagan Food Bank

- Evacuees are welcome, have your ID ready

Monday - Friday, 8 AM - 4 PM

Location: 2310 Enterprise Way, Kelowna

Phone: (250) 763-7161

Salmon Arm Second Harvest Food Bank

- Evacuees welcome, bring a bag

Wednesday, 4:30 - 6 PM

Friday, 1:30 - 3 PM

Location: Alley, 360 Alexander St NE, Salmon Arm (off Ross St. parking lot)

Phone: (250) 833-4011

Kamloops - Sikh Cultural Society

- Evacuees can visit for free food and meals anytime from morning to evening

Location: 700 Cambridge Crescent, Kamloops

FOOD

Lower Nicola Indian Band

- LNIB has fresh produce donated by No Frills Merritt available on a first-come first-service basis.

Location: Joeyaska pumphouse, black Toyota Rav SUV

Friday, November 19, 5 - 6 PM

Lower Nicola Indian Band

- LNIB will be delivering food staples to band members next week (Nov 22 - 26)

Upper Nicola Band

- Selling produce at cost at Old Mom's Store using cash or debit

November 18 until sold out

Desert Hills Ranch

- Fully stocked on produce

Monday - Friday, 9 AM - 5 PM

Location: 250 Elm St, Ashcroft

Kamloops - Blackwell Dairy

- Store has opened for dairy products

Monday - Friday, 8:30 AM - 4:30 PM

Saturday, 10 AM - 2 PM

Location: 7000 Blackwell Road, Kamloops

Phone: (250) 573-4747

Merritt - Scw'exmx Child and Family Services

- SCFSS is delivering fresh produce to Elders still in the Nicola Valley on Friday, November 19

PrEP 101

PrEP Basics

PrEP stands for **Pre-Exposure Prophylaxis**

The word "prophylaxis" means to prevent or control the spread of an infection or disease



PrEP can help prevent you from getting HIV if you are exposed to the virus

PrEP is an HIV prevention option that works by taking

one pill every day

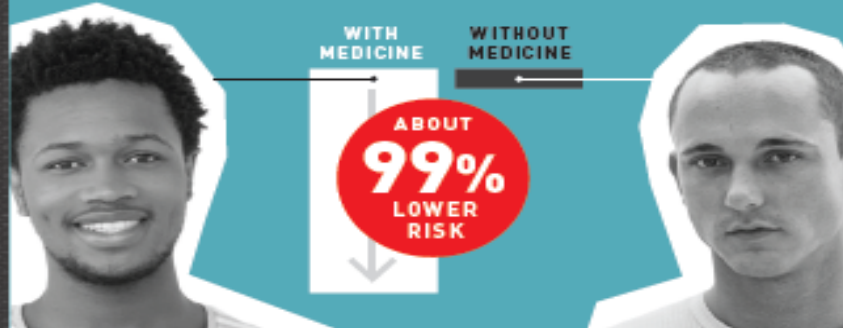


How Does It Work?



Some of the same medicines prescribed for the treatment of HIV can also be prescribed for its prevention

In several studies of PrEP, the risk of getting HIV from sex was much lower — about 99% lower — for those who took the medicines consistently than for those who didn't take the pill



When taken every day, PrEP can provide a high level of protection against HIV, but, only condoms protect against other STDs like syphilis and gonorrhea



People who use PrEP should take the medicine every day and return to their health care provider every 3 months for follow-up and prescription refills



PrEP Access

How Can I Start PrEP?



Talk with your doctor or health care provider to determine if PrEP is right for you

If you and your health care provider agree that PrEP might reduce your risk of getting HIV, he or she will test you for HIV and other sexually transmitted diseases



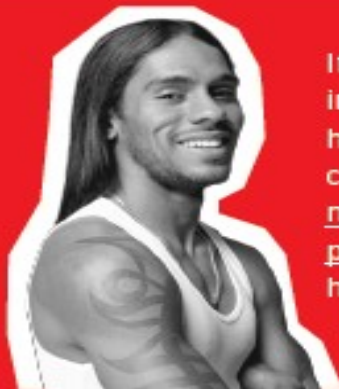
Your health care provider will also test to see if your kidneys are working well



If PrEP is a good option for you, your health care provider will give you a **prescription**

How Do I Pay for PrEP?

PrEP is covered by most insurance programs



If you do not have insurance, your health care provider can direct you to medication assistance programs that may help pay for PrEP

You can also contact your local health department and HIV/AIDS service organizations for more information



Start Talking. Stop HIV.

Is PrEP Right For Me?

I am thinking about PrEP to prevent HIV. What now?

Do your research.
Seek out information to help you decide



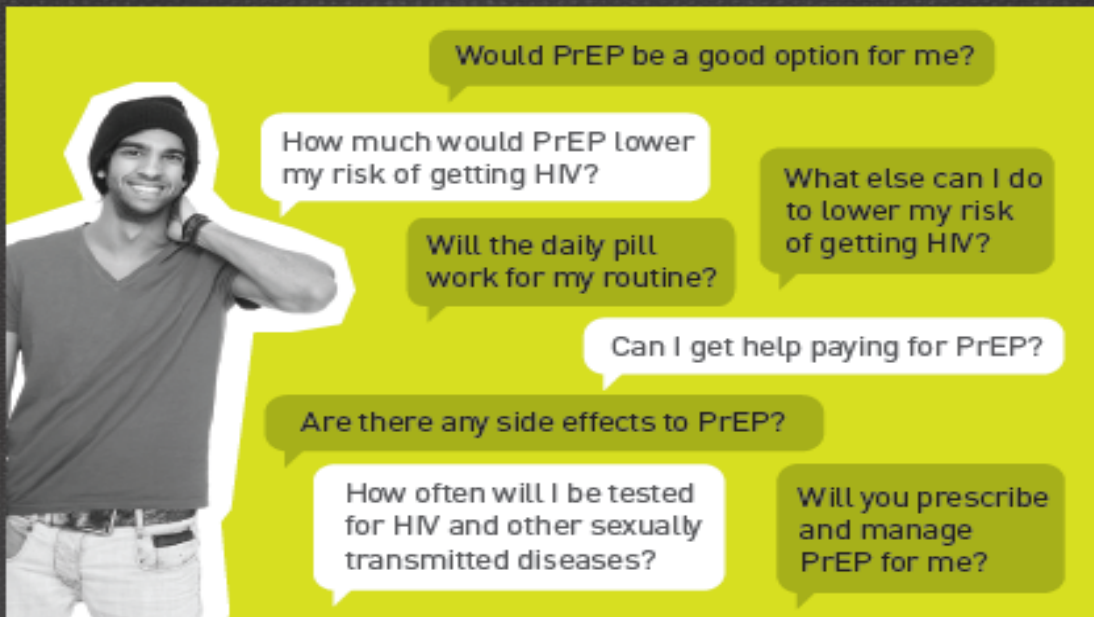
cdc.gov/hiv/basics/prep.html

Talk to your health care provider if you have more questions



Make a list of why you think PrEP would be right for you

Frequently Asked Questions



Would PrEP be a good option for me?

How much would PrEP lower my risk of getting HIV?

Will the daily pill work for my routine?

What else can I do to lower my risk of getting HIV?

Can I get help paying for PrEP?

Are there any side effects to PrEP?

How often will I be tested for HIV and other sexually transmitted diseases?

Will you prescribe and manage PrEP for me?

If you decide PrEP is right for you



Take your pill every day

Follow your health care provider's advice about how to take your pill. This will give it the best chance to prevent HIV



Tell your health care provider if you have trouble remembering to take your pill or want to stop PrEP

ART Therapy-HIV medication

There's no cure for HIV, but treatment options are much better than they were a few decades ago. Because of medical advancements, people can now live long, active lives with HIV.

Before you start treatment, tell your doctor about all of your past health issues and illnesses. Let them know about any alternative or complementary therapies you're using, as well as any supplements or drugs you're taking now: prescription, over-the-counter, and recreational.

Why Get Treated?

When you take it exactly as your doctor prescribes, HIV medication can keep the amount of virus in your blood at a low level. This is called viral suppression. It may even make this “viral load” so low that a test can't spot any signs of HIV.

When your viral load is undetectable, you can stay healthy and have essentially no risk of passing the virus on to other people.

Taking your medicines as prescribed also helps keep the virus from changing and becoming resistant to the drugs. If this happens, it can limit your treatment options and make you more likely to spread HIV.

ART (Antiretroviral Therapy)

The medicines that treat HIV are called antiretroviral drugs. There are more than two dozen of them, and they fall into seven main types. Each drug fights the virus in your body in a slightly different way.

Research shows that a combination, or "cocktail," of drugs is the best way to control HIV and lower the chances that the virus will become resistant to treatment. Your doctor will probably recommend that you take three medicines from two of the groups. Some options combine three medicines in one pill that you take once a day.

The FDA has also approved a monthly injection of two medications to treat HIV in certain people.

Your Treatment Plan

Your doctor will recommend the treatment that's best for you, based on things like:

- What strain of the virus you have and whether it's drug-resistant
- What other medical conditions you have
- What medications you take

How well your immune system is working

How many pills you want to take each day

You might also need medicines for health problems caused by or related to your HIV.

Medicines affect everyone differently, so your doctor may need to make changes in your treatment over time. This can also happen if your HIV becomes drug-resistant. Or you might talk to your doctor about joining a clinical trial that's researching new medicines.



Medication Side Effects

The ART drugs can have side effects, although newer medications usually don't cause as many. You may have some for a short time. They might include:

- Feeling queasy or throwing up
- Diarrhea
- Fatigue
- Dizziness
- Skin rashes

- Trouble sleeping

Often, side effects will go away as your body adjusts to the medication.

If a side effect is bothersome, you may be able to do something about it. Check with your pharmacist or doctor about whether or not you should take your medications on an empty stomach. Let your doctor know you're having trouble. They might prescribe something to help or change your treatment regimen to lessen the impact.

Don't stop taking your ART. That could give HIV a chance to get stronger and do more damage.

Lifestyle Changes and Complementary Treatments

A healthy lifestyle can ease some of the effects of HIV or its treatment:

- **Stick to a balanced diet.** Energy and nutrients help your body fight HIV. A healthy diet may also let your medications work better and could ease side effects. But be careful to prevent foodborne illness by avoiding raw meat and eggs.



- **Get regular exercise.** It boosts strength and endurance, lowers your risk of depression, and helps your immune system work better.



- **Don't smoke.** Smoking can make you more likely to get a serious condition like cancer, pneumonia, heart disease, or chronic obstructive pulmonary disease (COPD). People with HIV who smoke tend to have shorter lifespans than those who don't.



- **Get your vaccinations.** Ask your doctor about whether they recommend that you get vaccines against pneumonia, flu, hepatitis A or B, or HPV.

ART Therapy-HIV medication continued

Some people say that complementary therapies -- those done in addition to standard medical treatment -- help them feel better and live fuller lives with HIV. These may include:

- **Ayurvedic medicine.** This ancient Indian medical system focuses on living in balance and harmony. Meditation, prayer, baths, massage, and herbal therapies are sometimes involved.
 - **Homeopathy.** Personalized remedies that treat the whole person rather than one illness are at the heart of homeopathy.
 - **Naturopathy.** This practice merges modern knowledge and natural forms of medicine.
 - **Traditional Chinese medicine (TCM).** Acupuncture may be the most popular aspect of TCM, which also includes nutritional and herbal treatments.
- Supplements.** Acetyl-L-carnitine, whey protein, amino acids, probiotics, zinc, iron, selenium, and vitamins A, B, C, D, and E may be helpful.

Always talk with your doctor before adding a traditional practice or nutritional supplement to your HIV treatment plan.



Tests

You'll need tests to help your doctor plan your treatment and to see how well it's working. If you change medicines, you will need tests to see how well they work.

A **CD4 count** tells your doctor how healthy your immune system is. HIV attacks your CD4 cells, and the test checks the number of them you have in a sample of your blood. You'll likely get your CD4 count tested about a month after you start treatment and then every 3 to 6 months.

The **viral load** is a measure of how much of the HIV virus is in your blood. You'll need to get tested about a month after you start treatment and then every 3 or 4 months to be sure your antiviral medications are still working.

Your doctor will also test you to make sure the strain of HIV you have isn't resistant to any drugs.

Other tests check on your health to help you avoid related illnesses and conditions.

Blood tests for anemia, blood sugar, and other conditions as well as making sure specific organs and other parts of your body are working right

Urine tests that check your kidneys

Cholesterol and triglyceride tests, because HIV and many of the antiretroviral drugs that treat it can raise the levels of these fats

Sexually transmitted diseases (STDs), such as gonorrhea, syphilis, herpes, and chlamydia

Infections and diseases such as hepatitis, tuberculosis, and toxoplasmosis

While You're in Treatment

You'll need to see your doctor regularly so they can be sure your HIV treatment is working. Let them know if you're having trouble sticking to your treatment plan, such as if you have problems remembering to take pills or side effects from the medications.

AIDS Treatment

The most severe stage of HIV is acquired immunodeficiency syndrome (AIDS). This is when your immune system is badly damaged, and it's often marked by certain illnesses called opportunistic infections (OIs). If you get one of these, your doctor will treat it with medications such as antivirals, antibiotics, or antifungals.

Insurance

If you have health insurance, your insurer may pay for your treatment. If they don't, or you don't have health insurance, you can get coverage through a government program like Medicaid.

Under the Affordable Care Act, insurance companies can't refuse to cover you because you have HIV or AIDS.



Indigenous Youth hand in hand in the fight against HIV

We get tested to know if we have HIV.
We know that if we have HIV, medicines can keep our bodies healthy
and can prevent the passing of HIV.

**Get the facts.
Share the facts.**

Learn about HIV at www.catie.ca
and www.caan.ca/youth
1-800-263-1638

     /CATIEinfo

Artwork by Martin Morberg
CATIE Ordering Centre Catalogue Number: AT1-26171 (aussi disponible en français : AT1-26172)
© 2010, CATIE (Canadian AIDS Treatment Information Exchange). Updated in 2018.

 **CATIE** Canada's source for
HIV and hepatitis C
information

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.



HPV– Human Papillomavirus

Human Papillomavirus (HPV) can infect different parts of the body. There are over 100 types of HPV. Some types of HPV are primarily sexually transmitted. Some of these can cause anal and genital warts and others can lead to more serious consequences such as cervical, penile and anal cancers. Other types of HPV can cause certain cancers of the head and neck.

As HPV is one of the most common sexually transmitted infections, it is estimated that more than 70 per cent of sexually active Canadian men and women will have a sexually transmitted HPV infection at some point in their lives. Most HPV infections occur without any symptoms and go away without treatment. However, in some people HPV infections can persist. This is especially dangerous if the persistent infection is a cancer-causing type. Persistent HPV infection with a cancer-causing type is the major cause of cervical cancer.

Prevention

Fortunately, there are precautions that can be taken to lessen the risk of contracting HPV. The virus is spread through skin-to-skin contact, so transmission can be reduced through safer sex practices including the consistent and proper use of condoms as well as a reduction in the number of sexual partners. Abstinence from all sexual activities offers protection against sexually transmitted infections. Immunization prior to sexual debut is effective in protecting against most sexually transmitted HPV infections.

There are now three HPV vaccines authorized for use in Canada:

Gardasil®
Gardasil®9
Cervarix®

Gardasil® provides protection against four HPV types, two that cause 70 per cent of anogenital cancers and two that cause 90 per cent of all genital and anal warts.

Gardasil®9 provides protection against an additional five HPV types that cause an additional 14% of anogenital cancers. These vaccines are approved for use in females 9 to 45 years of age, and males aged 9 to 26.

Cervarix®, a vaccine that protects against the two HPV types that cause 70 per cent of all anogenital cancers, is approved for use in Canada for females aged 9 to 45.

Early detection is crucial to identifying cancerous and pre-cancerous cells, and can vastly improve a woman's treatment options and survival rate should she be diagnosed with cervical cancer or its precursors. The HPV vaccines currently available do not protect against all cancer-causing types of HPV, so all women, including those who have been immunized, should continue to undergo regular cervical cancer screening (i.e., Pap tests).



HPV– Human Papillomavirus cont.

Education is a key component of disease prevention. The Public Health Agency of Canada (PHAC) supports sexual health education and programs to prevent sexually transmitted infections (STI), including HPV. PHAC has developed comprehensive resource materials for educators and public health professionals that address their information needs surrounding HPV. In collaboration with stakeholders, PHAC developed information materials for health care professionals and youth, including diagnostic and treatment guidelines for STIs and a STI pamphlet for youth to increase awareness of the risk factors and the symptoms of STIs, including HPV.

Immunization Recommendations

All drugs in Canada, including vaccines, undergo stringent analysis by the drug regulator, Health Canada, before they are authorized for use in Canada. The Public Health Agency of Canada supports two committees that make recommendations on the use of vaccines in Canada.

The National Advisory Committee on Immunization (NACI) is a national scientific advisory committee of recognized experts in the fields of pediatrics, infectious diseases, immunology, medical microbiology, internal medicine and public health, and it makes recommendations for the use of vaccines currently or newly authorized for sale in Canada. NACI reviews the evidence on a number of factors, including which groups in Canada are most at risk for contracting a given vaccine-preventable disease, and makes evidence-based recommendations on who should receive the vaccine.

The Canadian Immunization Committee (CIC) is a committee made up of federal, provincial and territorial health authorities and was established to provide advice and recommendations on the implementation of the National Immunization Strategy and immunization program planning, as well as other issues impacting immunization.

Both committees were formed in order to give provincial/territorial health authorities the information they need to make informed decisions about immunization programs in their jurisdictions. The recommendations of both NACI and the CIC on the HPV vaccine help to ensure that each jurisdiction uses these funds in the most effective way to provide as much protection as possible for their citizens.

NACI's evidence-based recommendations on HPV vaccines are available online.

In addition to the advice provided to the provinces and territories, the Government of Canada also provided \$300 million to provinces and territories over three years to establish HPV immunization programs before March 31, 2010, as part of Budget 2006.

Surveillance and Monitoring

PHAC continues to monitor adverse events following immunization related to HPV and updates the information routinely. PHAC will also monitor the uptake of HPV vaccine across the country

HPV– Human Papillomavirus cont.

through the bi-annual National Immunization Coverage Surveys for routine childhood immunizations, the first cycle of the survey to include HPV immunization was in 2011.

HPV is not a nationally notifiable disease in Canada. Nevertheless, PHAC is already carrying out studies to assess the prevalence of the virus and the incidence of HPV types associated with cancer. PHAC is also working with the provinces and territories to look at options to use sentinel sites and registry-based data to link vaccine uptake with disease outcomes. This will mean that data on HPV infections, disease outcomes and vaccine uptake will be collected in specific areas across the country and those figures can then extrapolated to get a picture of the overall rate of infection in Canada and in at-risk groups.

For example, as part of the International Polar Year, PHAC researchers were funded to complete a study on the prevalence of type specific HPV infection and cervical dysplasia (precancerous cells) in women of the Northwest Territories, to inform the planning and implementation of more effective cancer screening programs in the area. Other large HPV prevalence studies in the Canadian Arctic include Nunavut, Labrador and the Yukon. In addition, PHAC supported studies have been conducted, or are in progress, in Manitoba and the Atlantic provinces. A population based survey of HPV prevalence is being conducted in collaboration with Statistics Canada.

PHAC also maintains the pan-Canadian Cervical Cancer Prevention and Control Network, which is made up of representatives from provinces, territories and clinical professional bodies, and aims to:

- Ensure the evidence needed to assess HPV vaccine implications for screening is gathered.
- Undertake inclusive, pan-Canadian recommendation-development processes concerning screening in the HPV vaccine arena.

Scientists at PHAC's National Microbiology Lab (NML) have developed a rapid test that can identify which of more than 40 different types of HPV a patient could be infected with. This test is being used in number of Canadian and international studies on HPV prevalence.

PHAC officials are also developing, in collaboration with the Canadian Public Health Laboratory Network, a national proficiency program for HPV testing in Canada, which will help health practitioners decide when HPV testing is necessary and will identify best practices in HPV testing.

SUGAR COOKIE DECORATING CONTEST

**Send us or Post on our Heskw'en'scutxe FB
page pics of your decorated sugar cookies for
chance to win a prize!**

Deadline to Enter is December 22, 2021

Winners will be picked via Wheel of Names

Recipes for Sugar Cookies can be found in our HHSS December Newsletter.
One entry per person. There will be three prizes per community.

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





Sugar Cookies & Icing

Cookies Ingredients

3/4 cup (170g) unsalted butter, slightly softened to room temperature

3/4 cup (150g) granulated sugar

1 large egg*

2 teaspoons pure vanilla extract

1/2 teaspoon almond extract (optional, but makes the flavor outstanding)

2 and 1/4 cups (281g) all-purpose flour (spoon and leveled)

1/2 teaspoon baking powder

1/4 teaspoon salt

Icing Ingredients

1 and 1/2 cups (180g) confectioners' sugar

1/4 teaspoon pure vanilla extract (omit and replace with water for stark white icing)

1 teaspoon light corn syrup*

2 – 2.5 Tablespoons (30-38ml) room temperature water

pinch salt*

1. Make sure you have allotted enough time (and enough counter space!) to make these cookies. The cookie dough needs to chill, the cookies need to cool completely, and the icing needs 24 hours to completely harden. If enjoying right away and hardened icing isn't a concern, you'll only need about 4 hours to make these.
2. In a large bowl using a handheld or stand mixer fitted with the paddle attachment, beat the butter until creamed and smooth –about 1 minute. Add the sugar and beat on high speed until light and fluffy, about 3 or 4 minutes. Scrape down the sides and bottom of the bowl as needed. Add the egg, vanilla, and almond extract and beat on high until fully combine, about 2 minutes. Scrape down the sides and bottom of the bowl as needed.
3. Whisk the flour, baking powder, and salt together in a medium bowl. Turn the mixer down to low and add about half of the flour mixture, beating until just barely combined. Add the rest of the flour and continue mixing until just combined. If the dough still seems too soft, you can add 1 Tablespoon more flour until it is a better consistency for rolling.

Sugar cookies & icing continued

4. Divide the dough into 2 equal parts. Roll each portion out onto a piece of parchment to about 1/4" thickness. Stack the pieces (with paper) onto a baking sheet, cover lightly, and refrigerate for at least 1-2 hours and up to 2 days. Chilling is mandatory.
5. Once chilled, preheat oven to 350°F (177°C). Line 2-3 large baking sheets with parchment paper or a silicone baking mat. The amount of batches will depend on how large/small you cut your cookies. Remove one of the dough pieces from the refrigerator and using a cookie cutter, cut in shapes. Transfer the cut cookie dough to the prepared baking sheet. Re-roll the remaining dough and continue cutting until all is used.
6. Bake for 10-12 minutes, until very lightly colored on top and around the edges. Make sure you rotate the baking sheet halfway through bake time. Allow to cool on baking sheet for 5 minutes, then transfer to a wire rack to cool completely before icing. No need to cover the cookies as the cookies cool.
7. For the icing, whisk the confectioners' sugar, vanilla, corn syrup, and 2 Tablespoons of water together in a medium bowl. It will be very thick. If you lift the whisk and let the icing drizzle back into the bowl, the ribbon of icing will hold shape for a few seconds before melting back into the icing. That is when you know it's the right consistency and ready to use. If it's too thick (sometimes it is), whisk in 1/2 extra Tablespoon of water. If desired, add gel food coloring. You can pour some icing into different bowls if using multiple colors. If not decorating right away, cover the icing tightly and keep in the refrigerator for up to 2 days.
8. Decorate the cooled cookies however you'd like. Squeeze bottles make decorating so easy.
9. Let icing dry/set: Feel free to enjoy cookies before icing completely dries. Icing dries in 24 hours. No need to cover the decorated cookies as you wait for the icing to set. If it's helpful, decorate the cookies directly on a baking sheet so you can stick the entire baking sheet in the refrigerator to help slightly speed up the icing setting. Once the icing has dried, these cookies are great for gifting or for sending.
10. Cover and store decorated cookies for up to 5 days at room temperature or up to 10 days in the refrigerator.

Grandma's Turkey Dressing

- 13-15 cups dry bread cubes* (We like to use a heavier bread so it soaks up more juice)
- 1 cup chopped celery
- 1 cup diced onion
- 1 1/2 cups butter
- 2 1/4 teaspoons salt
- 1 teaspoon ground black pepper
- 1 1/2 tablespoons poultry seasoning
- 1 1/2 cups chicken stock
- 2 large eggs



Directions:

1. In a frying pan, saute the onion and celery in the butter for 10-12 minutes, or until the onion and celery are tender.
2. Place the bread cubes in a large bowl. Pour the butter, onion and celery mixture over the breadcrumbs and mix. Add the remaining ingredients and mix well.
3. Spray a 2-quart casserole dish with cooking spray. Put the stuffing in the prepared pan. Bake at 350 degrees for 30-35 minutes or until golden brown.

*I like to make my own dry bread cubes. Two days before preparing the stuffing, I cut bread into 1" cubes, then allow them to dry in a big bowl for about 48 hours. Stir the bread cubes once or twice a day so they dry out evenly. They should be very dry so they soak up the liquid in the recipe.

Healthy Oatmeal Cookies

Ingredients

- 1 1/4 cups quick oats
- 1 cup white whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon kosher salt
- 1/4 cup unsweetened applesauce
- 4 tablespoons unsalted butter *melted and cooled*
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/2 cup honey
- 1/3 cup dark chocolate chips

- 1/4 cup raisins
- 1/4 cup well chopped raw walnuts or pecans



1. In a large bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. \
2. In a medium bowl, combine the applesauce, butter, egg, vanilla, and honey. Whisk until blended. Pour the liquid mixture into the flour mixture and stir just until combined. The dough will be wet and sticky. Fold in the chocolate chips, raisins, and walnuts. Place in the refrigerator and let chill for at least 30 minutes or up to 3 days.
3. When ready to bake, place a rack in the center of your oven and preheat the oven to 350 degrees F. Line a large rimmed baking sheet with parchment paper or a silicone baking sheet. Remove the dough from the refrigerator (if it is very stiff, you may need to let it sit out for 5 to 10 minutes). With a cookie scoop or spoon, drop the dough into 1 1/2-inch balls and arrange on the baking sheet, leaving 1 inch of space around each. With your fingers, gently flatten each cookie to be about 3/4-inch thick.
4. Bake until the cookies are golden and firm around the edges and set on top, about 9 to 10 minutes. Place the baking sheet on a wire rack and let the cookies cool on the baking sheet for 2 minutes, then transfer the cookies to the rack to cool completely.

Cheddar Broccoli Potato Soup

Ingredients

- Butter
- Carrots
- Broccoli
- Onion Garlic
- Chicken Broth
- Potatoes
- Thyme
- Flour
- Milk
- Cream
- Cheddar
- Parmesan

Directions:

1. Saute carrots, celery, onion and garlic in melted butter.
2. Stir in chicken broth, potatoes and thyme. Season with salt and pepper to taste.
3. Bring to a boil, then reduce heat and cover with a lid to cook.
4. Stir in broccoli and cook until the vegetables are tender.
5. In a separate saucepan, cook butter and flour. Whisk in the milk, heat and whisk until thickened.
6. Blend in the heavy cream, then remove from heat.
7. Stir the milk mixture into the soup.
8. Add cheese off heat and mix until melted





First Nations Health Authority
Health through wellness

Have COVID-19 Symptoms? Call 8-1-1

Don't call 9-1-1 unless it's an emergency.

If you think you may have symptoms of COVID-19, call 8-1-1.

8-1-1 is the provincial phone line for medical information and advice, including all COVID-19 questions. Call 8-1-1 free of charge to talk to trained nurses and get the info you need on the coronavirus and COVID-19.

Remember: 9-1-1 should only be used in an emergency! 9-1-1 operators do not have COVID-19 information. Calling 9-1-1 can put others at risk by delaying other emergency response efforts.

For non-medical questions about COVID-19, like questions about travel restrictions, call 1-888-COVID19 (1-888-268-4319). This info line is open from 7:30 AM to 8 PM. Do not call this line if you are sick. 8-1-1 is the best phone line if you think you have COVID-19.

To self-assess your symptoms, please visit the BC Centre For Disease Control's COVID-19 Symptom Self-Assessment Tool here: [covid19.thrive.health](https://www.covid19.thrive.health)



For the latest information on COVID-19, go to www.fnha.ca/coronavirus

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

Age/Group Date Eligibility Starts

12+ years are now all eligible for vaccines

To find a pop up vaccine clinic near you visit:

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

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

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

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

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

How to register for your vaccine appointment

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

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

Register Online with a Personal Health Number

You can register 24 hours a day.

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

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

Register by Phone

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

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

Please have the following information ready:

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

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 December 9 and 21, 2021

Siska December 7 and 23, 2021

Footcare with LPN Suzanne Marcel

Licensed Practical Nurse

Cooks Ferry Tuesday, December 07, 2021

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

Shopping Day Cooks Ferry December 22, 2021

Shopping day Siska December 1, 2021

Food bags delivery December 16, 2021

A decorative border surrounds the text, featuring various blue and white snowflakes and a snowman illustration in the bottom left corner. The snowman is wearing a black top hat and holding a broom. The background is a light blue gradient with small white dots.

Heskw'en'scutxe Health Service Society

Office Closure

**December 24, 2021 to January
2, 2021**

We will be closed over the Christmas Holidays, Please try to have all your prescriptions and doctors appointments arranged before Thursday December 23, 2021 at 4:30pm. Thank you for understanding.

**Merry Christmas and Happy New Year from the staff at
Heskw'en'scutxe Health Services Society**

HHSS BOARD

HHSS STAFF

Cook's Ferry

Siska

Lorette Edzerza

Chairman

Director

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Appointed

Angela Phillips

Director

Siska Indian Band

Appointed

Florine Walkem

Director

Cooks Ferry Band

Appointed

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Appointed

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Medical Drivers:

Martha Van Dyke

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**VISIT OUR
NEW WEBSITE
HHSSBC.CA**

Weekly Medication Pick Up Program



Serving Siska & Cooks Ferry In
Community Members

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

www.hhssbc.ca

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