

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

Pink Shirt Day
Wednesday
February 23rd

KINDNESS
IS ONE SIZE
Fits All

**The Heskwen'scutxe offices will be closed:
Monday, February 21, 2022 for Family Day**

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

Hentle! January and February 2022!

A new year to create new beginnings!

Many people set New Years resolutions such as quitting smoking or drinking, fitness or weight loss goals, health, financial, or creativity goals along with updating vision boards and re-evaluating life in general. Set goals that are achievable and set a timeline to have it accomplished and most importantly be kind to yourself if they are not achieved. You can always try again!

The HHSS themes for January and February are Mental Health and Diseases/Blood Pressure.

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community", according to the World Health Organization. Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. From the perspectives of positive psychology or holism, mental health may include an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience. Cultural differences, subjective assessments, and competing professional theories all affect how one defines "mental health". Some early signs related health problems are sleep irritation, lack of energy and thinking of harming yourself or others. Source: Wikipedia

If you are struggling with your emotions and mental health, please reach out to a mental health professional. Contact HHSS if you require support navigating the care that you deserve.

Let's continue to look after each other by following the Public Health Orders as we are still dealing with the COVID19 Pandemic. Get vaccinated to help to turn this Pandemic into an Endemic.

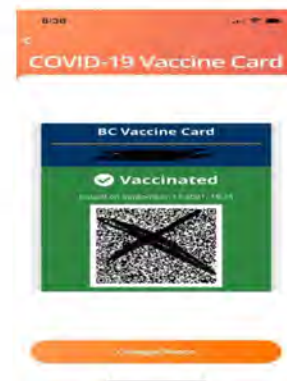
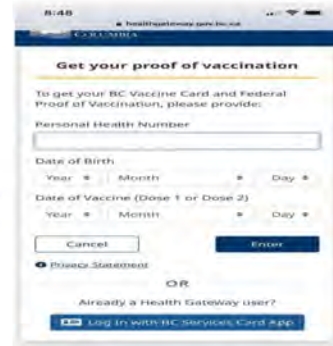
As always please reach out to our offices with any questions.

Tina Draney

**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.**

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!



ONLINE NALOXONE TRAINING AND BEADING SESSION WITH CHR DANIELLE MUNRO



Join us in the comfort of your home for an informative session on how to use a Naloxone kit. Corynn & Danielle have taken extensive training and will share tools and tips about the Opioid Crisis in British-Columbia. A Beading event will follow with the talented Danielle!

WHEN: Wednesday February 9, 2022

TIME: 10:00 to Noon

Join online using this link: TO FOLLOW TEAMS MICROSOFT

Please register by January 21 so we can order your beading kit for you to receive in time. Door prizes! Note: You must participate in the whole session to be eligible for one of the several prizes to be drawn at the end of the session.

Any questions? Please contact Corynn at 250.455.6601

Open to both Siska and Cooks Ferry community residents



Resource Numbers

Heskw'en'scutxe Health Services Society

Siska Office 250-455-6601

Or tollfree 1-844-255-6601

Spences Bridge 250-458-2212

Or Tollfree 1-866-458-2212

Emergency Assistance

Ambulance/Fire/Police.....911

RCMP Spences Bridge....250-458-2233 (local non emergencies)

Children's Hotline.....310-1234

Kid's Helpline.....1-800-668-6868

Interior Crisis Line Network 1-888-353-2273 (depression, poverty, abuse, homelessness, suicide)

Distress Centres & Services

Air or Marine Emergency 1-800-567-5111

Airport/Coastal Watch programs 1-888-855-6655

Alcohol & Drug Referral 1-800-663-1441

Child Find BC 1-888-689-3463

Earthquake, Flood, Dangerous Goods Spills, Tsunami 1-800-663-3456

Provincial Emergency Program Information 250-371-5240

For Reporting Environmental Violation & Dangerous Wildlife/Human Conflicts 1-877-952-7277

Forest Fire Reporting Only 1-800-663-5555

Gas Leaks & Odours (Fortis BC Inc.) 1-800-663-9911

Missing Children Society of BC 1-800-661-6160

Power Outages & Emergencies 1-888-769-3766/*49376

Problem Gambling Help Line – 24hrs 1-888-795-6111

Quit Now! Smoker's Helpline 1-877-455-2233

Suicide Distress Line 1-800-784-2433

Journeys into Tomorrow Transition House 250-378-6170

VictimLINK – 24 hr Help & Information Line 1-800-563-0808

Y Women's Emergency Shelter 250-374-6162

Youth Against Violence Line 1-800-680-4264

Medical

Ashcroft Hospital 700 Ash-Cache Creek Hwy, Ashcroft 250-453-2211

FNHA Doctor of the Day 1-855-344-3800

Or email virtualdoctor@rccbc.ca

Nicola Valley Health Care Centre 3451 Voght Street, Merritt 250-378-2242

Royal Inland Hospital 311 Columbia Street, Kamloops 250-374-5111

RCMP

Merritt 250-378-4262

Merritt RCMP Victim Services 250-378-5699

Merritt Community Policing 250-378-3955

Ashcroft 250-453-2216

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

If you or someone in your household is experiencing Covid 19 symptom:

- Runny nose
- Cough
- Fever
- Tiredness
- Loss of Taste or Smell

Contact the office near you to request the delivery of a rapid antigen test and self isolate.



Book a Trip (2 days in advance): 1-855-359-3935

The Thursday Health Connections to Kamloops trip via Lytton has resumed regular routing, effective January 20th.

		Health Connections to Kamloops		To Kamloops	
				Thursday	
8:00	Lv. Lillooet: Buy Low, Reynolds Hotel	A			
9:00	Lv. Lytton: Esso				
9:25	Lv. Spences Bridge: South Frontage Road, <i>Flag Stop</i>				
10:05	Lv. Ashcroft: Across from Safety Mart				
10:20	Lv. Cache Creek: A&W				
10:50	Lv. Savona: Corssroads, <i>Flag Stop</i>				
11:20	Ar. Kamloops: Aberdeen				
11:30	Ar. Kamloops: Hospital (RIH)				
11:40	Ar. Kamloops: Lansdowne Save-On-Foods				
3:50	Lv. Kamloops: Lansdowne Save-On-Foods				
4:00	Lv. Kamloops: Hospital (RIH)				
4:05	Ar. Kamloops: Aberdeen				
7:30	Ar. Lillooet				

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

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



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

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

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

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

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

Ricardo on Aboriginal Youth

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

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

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

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



Kuu –us Crisis Line at 1800-588-8717

Toll free Aboriginal provincial crisis line 24 hours

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

1800-721-0066

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

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

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

Stopping the Violence Counselling Program 250-378-6170

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

Office: 250 378.9772

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

Diana Lepine-Thomas and@nlxfn.com

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

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

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

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



Nlha’7kapmx Child and Family Services

987 George Road, Lytton, BC , V0K 1Z0

Phone: 250- 455-2118

Fax: 250-455-2117

Email: info@n7xservices.com



Sun Country Optical

Dr. H.S. Bhangu, Optometrist

411 Brink Street, Ashcroft, BC

778-639-2020 or 250-378-5500

Eye Health Evaluations (Exams)

Did you know that diseases such as high blood pressure and diabetes can be detected through the eyes?? Book your appointment during our monthly eye clinic for a full complete eye health evaluation.



Prescription Eyewear

We can help you find the perfect a pair of glasses and have a great and affordable selection that we change up each time we come to Ashcroft!

- We can bill MOST 3rd party insurances directly including: FNHA, MHR, Pacific Blue Cross, Greenshield, Manulife, CINUP, Sunlife, RCMP (Blue Cross M) and many more.
- We accept debit and credit only at this location as we do not carry cash due to travel.
- Appts are recommended for repairs/adjustments.



WE ARE WAITING TO HEAR BACK WHEN DR BHANGU WILL BE COMING UP TO MERRITT AND ASHCROFT.

NOW THAT THE HIGHWAYS ARE OPENS, SUN COUNTRY OPTICAL IS HOPING TO BOOK VISITS TO THE CANYON SOON. WE WILL UPDATE YOU ON SOCIAL MEDIA.

CALL TO BOOK YOUR APPOINTMENT FOR OUR NEXT CLINIC DAY

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

TO BE MORE MINDFUL:

- **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll.** As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
- **Be aware of your body.** Mentally scan your body from head to toe. Bring your attention to how each part feels.
- **Find mindfulness resources,** including online programs and teacher-guided practices.

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BRIGHTEN YOUR OUTLOOK

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

TO DEVELOP A MORE POSITIVE MINDSET:

- Remember your good deeds.** Give yourself credit for the good things you do for others each day.
- Forgive yourself.** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Practice gratitude.** Create positive emotions by being thankful every day. Write down what you're grateful for.
- Spend more time with your friends.** Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

Emotional Wellness Checklist

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COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

TO HELP COPE WITH LOSS:

- Take care of yourself.** Try to eat right, exercise, and get enough sleep. Avoid bad habits—like smoking or drinking alcohol—that can put your health at risk.
- Talk to caring friends.** Let others know when you want to talk.
- Find a grief support group.** It might help to talk with others who are also grieving.
- Don't make major changes right away.** Wait a while before making big decisions like moving or changing jobs.
- Talk to your doctor** if you're having trouble with everyday activities.
- Consider additional support.** Sometimes short-term talk therapy can help.
- Be patient.** Mourning takes time. It's common to have roller-coaster emotions for a while.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



GET QUALITY SLEEP

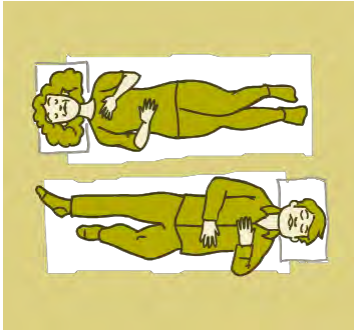
To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

TO GET BETTER QUALITY SLEEP:

- Go to bed the same time each night and wake up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. Try a warm bath or reading.
- Avoid alcohol and large meals before bedtime. And avoid stimulants like nicotine and caffeine.
- Don't take naps after mid-afternoon. Keep naps short.
- Try to get natural sunlight for at least 30 minutes a day.
- See a health care professional for ongoing sleep problems.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

TO HELP MANAGE STRESS:

- Get enough sleep.** Adults need 7 or more hours each night, school-age kids need 9–12, and teens need 8–10.
- Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.**
- Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Show compassion for yourself.** Note what you've accomplished at the end of the day, not what you didn't.
- Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises,** like yoga or tai chi.
- Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

TO BUILD HEALTHY SUPPORT SYSTEMS:

- Build strong relationships with your kids.
- Get active and share good habits with family and friends.
- If you're a family caregiver, ask for help from others.
- Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- Take a class to learn something new.
- Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- Travel to different places and meet new people.



Community Wellness and Protection

VIRTUAL WORKSHOPS



Psychological First Aid – Care for Self and Care for Others

Workshop Overview

Psychological First Aid is about taking care of yourself—your thoughts, feelings, and emotions when you have experienced stress, crisis, or trauma—and being there for family, friends, and community when they are having trouble dealing with a stressful situation.

Virtual Facilitated Course – 8 hours (4 – 2-hour sessions)

Self Directed Online – 1 hour

Participants will:

- Gain a personal understanding of the effects of stress, loss, trauma, and grief, with emphasis on self-care.
- Be introduced to the Red Cross *Look, Listen, Link, Live* model and learn how to cope with the effects of various types of stress.
- Gain an understanding of how to recognize when a person is feeling distress and how to offer help without judgement or assumptions.
- Fill out a personal Self-Care Plan.

“The 4 L’s was an important thing that I have taken from this course. It was my first-time hearing this. I now feel more capable of dealing with my own stress and helping others.”

Effects of Bullying on Mental Health

Bullying may seriously affect the mental health and well being of children and youth. Parents, teachers, coaches, and other youth-serving adults are in positions where they are able to notice when there are signs of mental distress or bullying behavior.

Research suggests that **children and youth who are bullied** over time are more likely than those not bullied to experience depression, anxiety, and low self-esteem. They also are more likely to be lonely and want to avoid school. There are many ways that parents and youth-serving adults can help prevent or address bullying.

The same study showed that **children and youth who bully others** over time are at higher risk for more intense anti-social behaviors like problems at school, substance use, and aggressive behavior. Parents should pay attention to warning signs that their child may be engaging in bullying behavior, like getting into physical or verbal fights or blaming others for their problems.



Bystanders to bullying may also experience mental health effects. The same study showed that students who witness bullying at school experienced increased anxiety and depression regardless of whether they supported the bully or the person being bullied. Bystanders may experience stress related to fears of retaliation or because they wanted to intervene but didn't.

When a parent, trusted adult, or teacher notices that a child or youth seems withdrawn, depressed, anxious, avoids activities that they used to enjoy, or is exhibiting bullying behavior, it's important to talk about what may be the cause. Parents may find it helpful to talk with a professional social worker, counselor, physician, or psychologist to help address the effects of bullying and to identify protective strategies. They can also work with schools and community organizations to put bullying prevention strategies in place or to address specific bullying incidents or behaviors. Addressing bullying and related mental health concerns early can help prevent harmful negative experiences and keep children and youth moving forward in a positive trajectory at school, with friends, and in their personal development.



Check out the insert for coloring pages!!



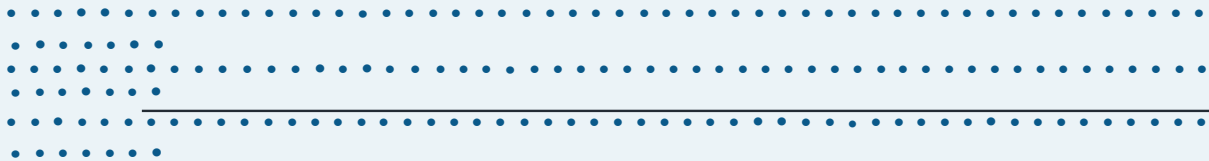
Submit your finished coloring page for a chance to win a prize!

A heart-healthy lifestyle is important for everyone, not just for people with existing health problems. It can help you keep your heart and blood vessels healthy. If you already have heart or blood vessel problems, such as high cholesterol or high blood pressure, a healthy lifestyle can help you manage those problems. Don't smoke, be active, eat healthy foods, reach and stay at a healthy weight, reduce/ manage stress and get routine lab work done.

Also speaking of managing heart conditions, did you know HHSS can help you get a blood pressure monitor. Please inquire if you have heart conditions or high blood pressure.

Thank you,
Deirdre McKay
HHSS— Home Care Aide
250. 455-6601 ext. 301





Foods that Help Promote Healthy Cognitive Function



Jaguar Isaac
Home Care Aid

Community



BRAIN FOODS

BEETS

- Help Prevent Cancer
- Help the liver detoxify blood
- Increases blood flow to the brain

DARK CHOCOLATE

- Increases blood flow to the brain which improves all around cognitive function
- High in flavanols, anti-inflammatory and antioxidant properties
- To receive full benefits, find variants that are 70% natural cocoa

Salmon

- High in Omega-3 fatty Acids
- Omega-3 helps reduce brain fog, memory and concentration.
- Studies show that foods high in omega-3 could help reduce symptoms of ADHD and lower cancer risks.

TUMMERIC

- Strong healing and anti-inflammatory properties thanks to the curcumin in it
- Praised for its healing abilities and illness ease
- Boost overall immunity and oxygen to the brain helping with blood flow to the brain as well



easy salmon soup

Here's what you'll need to make this salmon soup

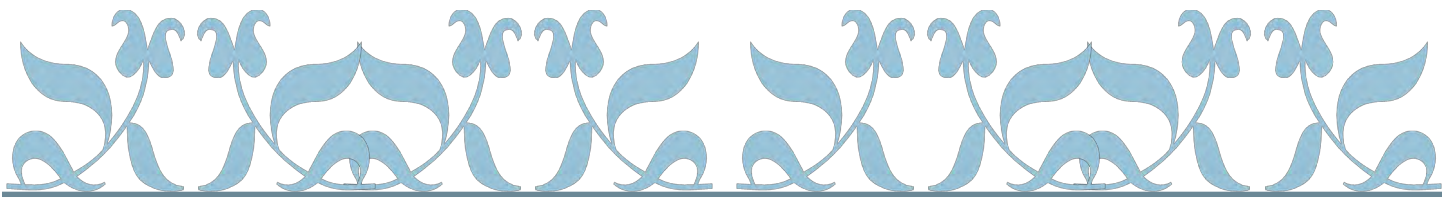
- **Green onions, garlic, bell peppers, and fresh dill-** sauteed in extra virgin olive oil, this foursome creates our sofrito and starts the flavoring process for our fish soup.
- **Broth or Stock-** I use chicken broth here, but fish broth or stock would be wonderful.
- **Vegetables-** very thinly sliced potatoes and carrots add heft to this soup.
- **Spices and Herbs-** Fresh dill and dry oregano with a little bit of coriander and a hint of cumin are all flavors that compliment fish and seafood well, enhancing this soup while keeping it clean and fresh-tasting.

Salmon- I used pink salmon fillets without skin. Skin-on salmon is great for [searing](#) or [baking](#), but I find that when you boil salmon or cook it in soup like in this recipe, the skin can become a bit soggy and rubbery so I prefer to leave it off. But if you want a richer-tasting soup, you could use skin-on salmon fillet.

- **Lemon juice-** A bright splash of citrus finishes this fish soup.

INSTRUCTIONS

1. Heat 2 tbsp extra virgin olive oil in a large pot until shimmering but not smoking. Add green onions, bell pepper, and garlic and cook over medium-heat, stirring frequently until fragrant (about 3 minutes or so). Add ½ of the fresh dill, and stir for 30 seconds more.
2. Now add broth, potatoes and carrots. Add spices and season with kosher salt and black pepper. Bring to a rolling boil then lower heat to medium and cook for 5 to 6 minutes or until the potatoes and carrots are tender.
3. Season salmon with kosher salt and gently add it to the pot of simmering soup. Lower heat and cook for a few brief minutes until salmon is cooked through about 3 to 5 minutes or until salmon is cooked and flakes easily.
4. Stir in lemon zest, lemon juice and remaining dill.
5. Transfer salmon soup to serving bowls. Serve with a side of your favorite crusty bread. Enjoy!

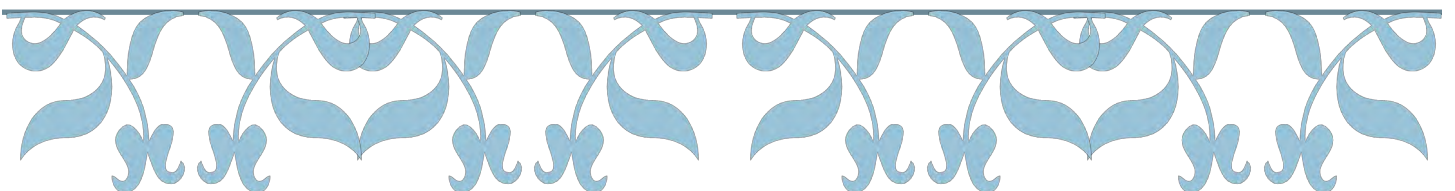


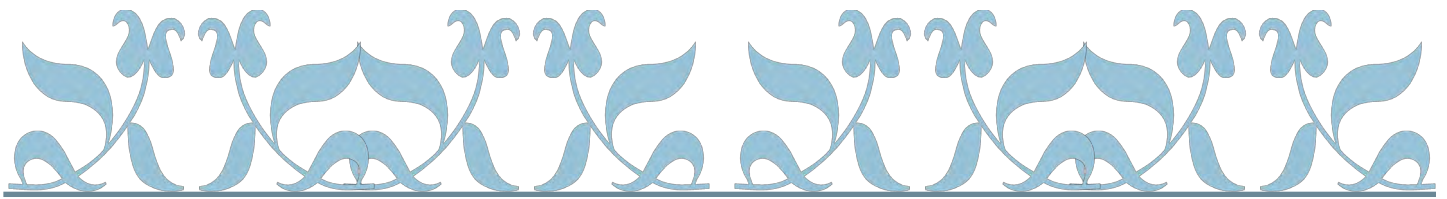
Cabbage Roll casserole

- 2 tbsp (30 mL) canola oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 lb. (500 g) extra lean ground sirloin*
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) ground black pepper
- 2 cups (500 mL) chopped cabbage
- 1 can (28 oz./796 mL) diced tomatoes
- ¾ cup (175 mL) long grain brown rice
- 1 cup (250 mL) sodium-reduced vegetable or beef broth



1. In large skillet with lid, heat canola oil over medium. Sauté onions and garlic for about 5 minutes.
2. Add ground beef. Brown for about 5 minutes over medium-high heat. Season to taste with salt and pepper.
3. Add cabbage, tomatoes, rice and broth and stir well. Bring to a boil. Reduce heat to low simmer, cover and cook for 30 minutes or until rice is tender. If preferred instead, after bringing mixture to a boil, bake in oven-proof skillet with lid in 350°F (180°C) oven for about 40 minutes.



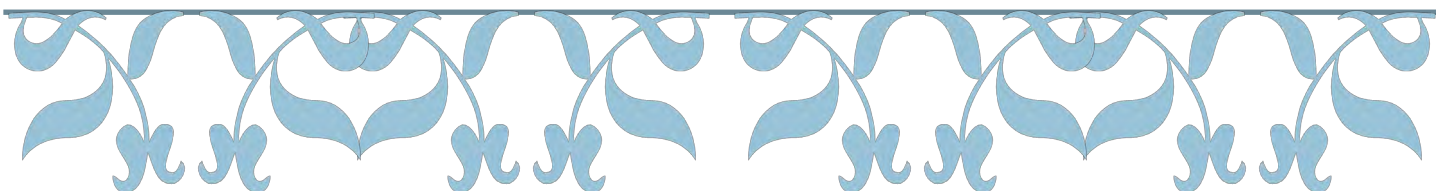


Shepard's Pie

- 1 lb (500g) lean ground beef
- 1 large onion, finely chopped
- 2 tbsp (25 mL) tomato paste
- 1 14-oz (398 mL) can tomatoes
- 1 cup (250 mL) beef stock
- Salt and freshly ground black pepper
- 2 lb (1kg) potatoes, peeled and halved
- ¼ cup (60 mL) skim milk
- 1 tbsp (15 mL) soft margarine
- 1 cup (250 mL) frozen green peas, thawed
- ¼ cup (60 mL) shredded reduced-fat Cheddar cheese (60 mL)



1. Prepare the filling: cook the ground beef and onion in a large non-stick* pan over medium heat until browned, stirring to break up beef. Drain off the excess fat. Stir in the tomato paste, tomatoes and stock. Season with salt and pepper. Bring to a boil, cover and simmer 45 minutes.
2. Meanwhile, boil the potatoes in lightly salted water until tender. Drain and mash together with the milk and margarine. Season with salt and pepper.
3. Preheat oven to 350°F (180°C). Stir the peas into the beef mixture. Spoon into a 1½-quart (1.5-L) casserole dish. Cover with the mashed potatoes. Bake 25 minutes or until lightly browned and bubbly. Sprinkle with the cheese. Return to oven until cheese melts. Serve hot.



Health Care in Lillooet & Community

Lillooet Medical Clinic

Monday – Friday 9:00-4:00
250-256-7505

In-person, video and phone appointments are available with either a Physician or Nurse Practitioner

Mental Health & Substance Use

Lillooet Mental Health
Call 310 – MHSU (6478)
Opioid Agonist Treatment
250-256-1345 / 250-256-1585

Provincial Resources

YOUTH Foundry.ca
[Kelty Mental Health](http://KeltyMentalHealth.ca)

KIDS CRISIS LINE
1-800-668-6868

ADULT Bounceback.ca
CRISIS LINE 1-833-456-4566 / text 45645
Hope for Wellness 1-855-242-3310
Domestic Violence 1-800-563-0808



Local Pharmacies & Services

PHARMASAVE	256-4262
IDA	256-7538
St'at'imc Outreach	256-7530
Friendship Centre	256-4800

Lillooet Hospital & Health Centre

250-256-4233

You will be screened for symptoms of COVID
Visitor restrictions may apply

Emergency Care

Call 911 or go to the ER

Open 24 hours, 7 days per week
You will be triaged by the nurse
You may see a doctor in person or receive virtual care

Provincial Resources
811 – Nurse

Medical Imaging

Monday – Friday
X-Ray 9:00 – 4:00

Lab Services

Monday – Friday
9:00-11:00 / 1:00-2:00
Book appointments
1-877-740-7747 or
www.labonlinebooking.ca



Public Health

Monday – Friday
250-256-1314
Public Health Nurse
250-256-1318

Home & Community Care

Central Intake 1-800-707-8550
Lillooet Home Health
250-256-1326 / 250-256-1328

Interior Health

[MyHealthPortal](http://MyHealthPortal.ca)

Out Patient Services

Physiotherapy 250-256-1329
Diabetic Educator 250-256-1304



COVID Testing Clinics & Vaccination Information

Interior Health
Testing Clinics
250-256-1381
[COVID testing](#)



Interior Health
COVID Vaccine
1-800-833-2323
[COVID Vaccine link](#)



FNHA Testing
250-256-7017
[COVID-19 Testing](#)
fnha.ca



BC Center for Disease
Control
604-707-2400
[ContactUs\(bccdc.ca\)](http://ContactUs(bccdc.ca))



AVAILABLE UPON REQUEST



COVID-19

(NASOPHARYNGEAL SWAB PROCEDURE)

**Covid-19 Antigen Rapid Test Kit to
be done in your home**

**YOU MUST HAVE ONE OR MORE SYMPTOMS
WE CAN DELIVER TO YOUR HOME (ages 5+)**

Please contact our offices for more information



YOU MUST SELF REPORT IF YOU ARE POSITIVE TO BCCDC



(<https://reportcovidresults.bccdc.ca/>)



Job Posting: Casual Part Time Medical Transportation

Heskw'en'scutxe Health Services Society is looking for a compassionate, responsible, and reliable person to join our team to fill the

Casual Part Time Medical Transportation position.

Term: Casual Part Time Monday – Friday, Hours vary, some overnight stays Hourly wage: \$16.00

Location: We serve 2 locations, the communities of Siska Band and Cook's Ferry Band

Most travel is to Kamloops, Lytton, Lillooet, Merritt, Ashcroft, Kelowna, and Vancouver

It is critical drivers provide safe transportation, assist the passenger as needed and have compassion and understanding for the client. We are looking for someone who has the following qualities:

- Calm, mature and confidential
- Easygoing and personable
- Flexible, conscious of time constraints
- Empathetic

Responsibilities:

- Maintain strict Confidentiality
- Ensure safe and timely transportation of clients to their scheduled appointments or special events
- Pick up clients at designated locations, transport to their medical location and return
- Maintain secure handling of all documentation
- Assist passengers with special needs through provisions of physical escort or other needs
- Obey all BC highway traffic laws
- Encourage and assist client's doctors to sign Confirmation of Attendance Forms
- Report any needed maintenance of the medical transportation vehicles
- Clean medical transportation vehicles after each use as per BCCDC standards
- Other related duties as assigned by the Health Manager or designate

Credentials:

- Valid Driver License and clean drivers abstract
- Clear Criminal Record Check
- First Aid/CPR certificate or be willing to take this training
- "As a requirement of this position, the successful candidate will need to provide acceptable proof that they have been fully vaccinated for COVID-19, or demonstrate that that they are unable to be vaccinated against COVID-19 for reasons protected under the B.C. Human Rights Code. Heskw'en'scutxe Health Services will grant reasonable accommodation requests up to the point of undue hardship."

We thank all applicants however only those selected for an interview will be contacted.

Please submit a cover letter and resume with work related references to:

Tina Draney, Acting Health Manager

Email: tina.draney@hhssbc.ca

Heskw'en'scutxe Health Services Society
3691 Deer Lane, Box 188 Spences Bridge, BC V0K 2L0
Telephone 250.458.2212 Fax 250.458.2213
Closing Date: until filled

RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)



BACK IN MARCH

Footcare with LPN Suzanne Marcel

Licensed Practical Nurse

Cooks Ferry Wednesday, February 16, 2022

Siska Friday, February 18, 2022

**Medication Pick-up is every Thursday
in Lillooet & Ashcroft**

Remember to have your prescriptions refilled.

Shopping Day Cooks Ferry January 26, 2022

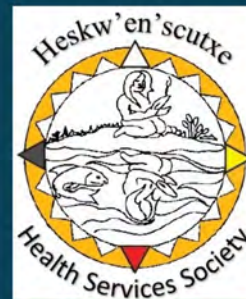
February 23, 2022

Shopping day Siska February 1, 2022

Gift Cards in lieu of Food Bags delivery January 31, 2022

HHSS BOARD	HHSS STAFF	Cook's Ferry	Siska
<p>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</p>	<p>Tina Draney Acting Acting Health Manager Finance tina.draney@hhssbc.ca Ext:103 Corynn Reveley Siska Receptionist / Medical Transportation Clerk Ext: 300 Nadine Methot Cook's Ferry Health Administra- tive Assistant / Medical Transpor- tation Clerk Ext: 100 Scarleth Zwez-Ruiz Home & Community Care Nurse / Community Health Nurse chn@hhssbc.ca Ext: 104 Lisa Colwell Licensed Practical Nurse Lisa.colwell@hhssbc.ca Deirdre Mckay Community Home Care Aid deirdre.mckay@hhssbc.ca Ext 301 Danielle Munro Custodian / Transportation Support Community Health Rep Ext. 102 Danielle.munro@hhssbc.ca Jaguar Isaac Community Home Care Aid Jaguar.isaac@hhssbc.ca Ext 302</p>	<p>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</p>	<p>163 Loop Road Siska, BC V0K 1Z0 Phone (250)455-6601 Fax (250) 455-6608 Client Toll Free 1-844-255-6601 Email corynn.revely@hhssbc.ca</p>
<p>Follow us @ heskw'enscutxe</p>		<p>Medical Drivers: Martha Van Dyke Danielle Munro</p>	
			<p>VISIT OUR NEW WEBSITE HHSSBC.CA</p>

Weekly Medication Pick Up Program



Serving Siska & Cooks Ferry In Community Members

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

ASHCROFT IDA
211, Railway Avenue,
Ashcroft BC, VOK
1A0 250.453.2553

Lillooet Pharmasave
Old Mill Plaza, 155 Main
St, Lillooet, BC VOK 1V0
250.256.4262

**HHSS
MEDICATION
PICK UP ON
THURSDAYS**



www.hhssbc.ca