

HESKW'EN'S CUTXE

April 2023

Monthly Newsletter

Vol 1 Issue 3



"Take care of yourself"



COMMUNITY EVENTS

HHSS Bingo (wear regalia if you like)

April 2 in Cooks Ferry
May 18 in Siska

FNHA Health Benefits Meeting

April 4: Cooks Ferry
April 5: Siska

10 YEAR HEALTH PLAN

Who is Cornerstone Planning Group? How will they gather information to create the 10 year health plan? Meet David and Dacia on the week of April 2. They will be in community. Read their intro on page 6.

2 CONTESTS IN APRIL!

Decorate an Easter egg and celebrate Earth day by cleaning up your yard. See contest details on page 30.

CULTURAL TEACHINGS

1. Read the "Native Foods" story from the book "Our Tellings."
2. Color a bitter root flower
3. Go on a Springtime "qapc" scavenger hunt with Citxw Nlaka'pamux Assembly and learn some nature words too! (Insert provided)



CONTINUED TO PAGE 2





Congratulations to Siska's Haley Dunstan - Garwood & Kane Dixon for the birth of their second daughter!

Baby Jewelz born March 17, at 6:12 p.m. weight 6lbs and 14oz



HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wʔéxʷ weʔ lúʔ which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

In line with the funding received from First Nation Health Authority, the mission and vision of the Society are to support community-based health programs and for people to maintain their independence and self-sufficiency.

- Access to External Health Care
- Communicable Disease Control
- Home Care
- Maternal Child Health Care
- Medical Travel
- Mental Health and Wellness



IN THIS ISSUE

- Staff Directory
- Monthly report
- Programming Updates
- 10 Year Health Plan
- FNHA Event
- Theme of the Month
- "National Oral Health Month"
- COHI
- Jordan's Principle
- Cooks Ferry Social Development
- Mental Wellness Directory
- Cancer Screening in BC
- Easter Bingo
- Meet New APN in Ashcroft: Krista Billy
- Interiro Health Substance Use Pathways
- Health Care in Lytton
- Community events=Contests
- Recipe of the month
- Mammograms coming up
- FNHA Medical Transportation
- Our Stories
- Activities and games

“

We embrace Nlaka'pamux traditions, culture and values. Our health services integrate modern medicines and methods to provide holistic wellness for our community members.

STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cook's Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Cook's Ferry



Tina Draney
Acting Health Manager
Finance



Scarleth Zwez-Ruiz R.N.
Community Health Nurse &
Home Community Care Nurse



Lisa Colwell LP.N.
Casual, currently at TRU
completing her Registered
Nurse Degree



Cooks Ferry
Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk



Siska
Corynn Reveley
Receptionist
Medical Travel Clerk

Home Care Aides



Clarissa Frederick,
Nursing Assistant / HCA



Jessie Munro
HCA



Danielle Munro
HCA

Medical Drivers



Hazel Billy
Custodian



Dayton Arnett



Martha Van Dyke

MONTHLY REPORT

By Nadine Methot, Administrative Assistant

The month of April is National Oral Health Month! Find out some interesting facts about your oral health in this edition.

We are kicking off the month with a Cooks Ferry & HHSS Health Easter Bingo. Come and listen to Scarleth's presentation on HHSS programming and Tina's on FNHA medical transportation program. Do not worry, we will also play Bingo and enjoy a feast together. A Bingo for the Siska community will be held in May, Stay tune for a poster and a date.

We are excited to introduce Cornerstone Planning group who will speak about the 10 year health plan. We know that many are surveyed out and this is why you will see David and Dacia come to some of our events to capture what the community is all about and how the plan can reflect everyone's needs.

David will remain in the community and join us for another event on April 4 and 5 about the FNHA Health Benefits. Come and meet Brandy who works for FNHA. She will review all the programs offered and help anyone with the Pacific Blue Cross Health Benefits App. Bring your cellular or tablets so we can assist you with signing in if need be. You can always reach out to Corynn or myself as well.

Exciting news about monthly massages: Kathryn Young, massage therapist will be coming twice per month to each community. Please sign up for a massage if you have not already.

We have two contests to start the new fiscal year: Decorate an Easter Egg and Earth Day's clean your yard. Check out the poster and share your entries on our Facebook page. Good luck to all!



RESOURCES



You can find helpful resources both in our office and on our website. You can view more information here:

hhssbc.ca

- Event calendar
- sign up with Pacific Blue Cross
- Download medical/dental travel forms
- and more!



PROGRAMMING UPDATES

HEALTHY FOOD BAG

The healthy food bag program will now be administered by Cooks Ferry and Siska Bands. See poster in this edition for more information.

SHOPPING DAYS

We assist our members with rides to shop for groceries a couple of days per month. Below you will find our next shopping days. Please call to secure a seat for one of the upcoming shopping days. If you are a home care client, dates will differ.

Siska: April 18
Cooks Ferry: April 20

FOOT CARE WITH SUZANNE



Siska: April 18
Cooks Ferry: April 20

Call the office to book an appointment

MONTHLY MEDICATION PROGRAM

We are fine tuning our medication pick up program. Medication pick up is every Thursday at the Pharmasave in Lillooet. Remember to refill your prescription at least a week or two BEFORE you run out, then call our offices to inform us that your medication will need to be picked up. We will call you once the medications are delivered to our office for you to then come and pick up. If you require support with the medication refill, please call our offices.

RESTORATIVE MASSAGE

We are happy to announce that Kathryn will be visiting twice a month!

Cooks Ferry: April 18 & 25
Siska: April 20 & 27

Call to the office to book an appointment .



10 YEAR HEALTH PLAN



CORNERSTONE

PLANNING GROUP

Heskw'en'scutxe Health Services Society – Community Wellness Planning

Heskw'en'scutxe Health Services Society (HHSS) is creating a new 10-year Wellness Plan for the members it serves within the Cook's Ferry Indian Band and Siska First Nation.

The Health Plan will be based on Nlak'apamux Nation culture and a holistic Indigenous view of wellness.

Ultimately, the Plan will include a Vision of Wellness for the communities, identify the strengths, resources, and gifts of the communities and people, and establish direction for HHSS and its wellness partners to support community members as they work to achieve their health and wellness goals.

The Society will be working with **Cornerstone Planning Group** to facilitate and oversee the completion of the wellness planning process. Cornerstone's planning team has been working in the field of Indigenous community health planning and organizational support throughout northern British Columbia and across the province for nearly 20 years. The project will be led by Senior Planners and Community Engagement Specialists **David Hill and Dacia Douhaibi**, who are based out of Victoria, BC.

The project is under way, and starting in April 2023, David and Dacia will begin visiting the communities served by Heskw'en'scutxe, to get to know the communities, meet with Elders, adults, youth, and community professionals, and learn more about community strengths, needs and priorities. The planning process will continue through the summer and fall, and is expected to be completed and presented to the communities in late fall of this year.

Stay tuned [for more information](#) about the Health Plan, and for opportunities to participate in the process.

Meanwhile, if you have any questions, please do not hesitate to contact Tina Draney at tina.draney@hssbc.ca.

Meet David and Dacia:
April 2 @ HHSS-Cooks Ferry Bingo
April 4 @ FNHA Health Benefits Meeting in Cooks Ferry
April 5 @ FNHA Health Benefits Meeting in Siska



www.cornerplan.com #305-1111 Blanshard St. | Victoria, BC V8W 2H7 tel: 250-590-2726 | cell: 250-893-5655 email: davidhill@cornerplan.com

Our office is located in the unceded lands of the Lekwungen people, in the territory of the Songhees and Esquimalt Nations.

MEET FNHA BRANDY HAZEN



INTERIOR COMMUNITY
RELATIONS REPRESENTATIVE
FOR HEALTH BENEFITS

Brandy helps communicate Health Benefits plans and services to community members by being well educated and informed of the plan.

THE BENEFIT COVERS SIX
BENEFIT AREAS:
DENTAL
MEDICAL SUPPLIES AND
EQUIPMENT
MEDICAL
TRANSPORTATION
MENTAL HEALTH
PHARMACY
VISION

*Meet David
from
Cornerstone to
discuss the 10
year health
planning*

Come and meet Brandy in person to learn about your
Health Benefit plan

Cooks Ferry April 4 from 4:30 to 6:30 p.m.

Siska April 5 from 4:30 to 6:30 p.m.

Supper will be served

Several Door prizes to win

A special gift for everyone who attends





THEME OF THE MONTH

National Oral Health Month!



If you have a child that has tooth pain or needs repairs that are not covered by your insurance or FNHA, you can always apply to Jordan's Principal. Connect with our offices for more information.

LINKS TO ORAL HEALTH

By Nadine Methot

Knowledge is power, following are reputable health links to a healthy heart!

Find out how your heart and oral health are interconnected. Links from the Canadian Dental Association

<https://www.whathealth.com/awareness/event/nationaloralhealthmonth.html>

Heart and Oral Health

https://files.cdha.ca/DHCanada/Oral_Health_at_Heart.pdf

Diabetes and Oral Health

<https://files.cdha.ca/DHCanada/cdha-diabetes.pdf>

Information for children ages 7-12

https://www.cda-adc.ca/EN/oral_health/cfyt/overall_health/



Easter Office Closure

Siska Band & HHSS

Good Friday: April 7
Easter Monday: April 10



Brush your teeth after eating Easter chocolates



CHILDREN ORAL HEALTH INITIATIVE

FREE DENTAL CARE

Michelle from Cohi will soon be ready to begin free dental care clinics in both offices. Dates to be announced shortly.

Everyone can have a consultation with Michelle. Seeing her does not mean you cannot go to the dentist. You can do both!

COHI

Children's Oral Health Initiative. If your child is enrolled in this program they will be seen in the clinics or at school.

Corynn and Nadine will reach out to the parents to inform and book appointments.

Please call the offices if you have any questions.

SUBMIT YOUR CHILD'S TEETH BRUSHING SHEET FOR A GOODY BAG!

Every month your child can submit a tooth brushing sheet and receive a goody bag from COHI Michelle. Call our offices if you have any questions.



FREE DENTAL CARE

Open to all children and Adults living in Community. Free cleaning and healthy teeth services offered in Siska & Cook's Ferry locations.

Services include:

- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup
- Tooth polishing and fluoride application.
- Sealants for children to prevent tooth decay if needed

CALL TODAY TO INQUIRE OR
BOOK AN APPOINTMENT
SISKA: 250-455-6601
COOK'S FERRY: 250-458-2212

- Oral hygiene instruction.
- Tooth brushing.
- Flossing
- Denture cleaning



Jordan's Principle

Jordan's Principle is a child first principle named in memory of Jordan River Anderson. It ensures First Nations children receive the public services they need when they need them. Canada is legally responsible for Jordan's Principle.

All First Nations children (0-19 years old) who live on or off reserve. A referral to Jordan's Principle can be made for a single child or a group of children. Requests for reimbursement can be made dating back to April 2009.

How to access public services and supports through Jordan's Principle

As of June 29, 2018

What is covered?

All public services and supports. If a First Nations child you know has any unmet service or support needs, they can refer to Jordan's Principle. Multiple requests can be made for each child or group of children.

START

A First Nations child or group of First Nations children you know need public services or supports:



Call the 24-hour Jordan's Principle call centre at **1-855-572-4453**. You will be connected with a Jordan's Principle Focal Point who will help you through the entire process.



Canada must approve or deny your referral within 12 hours for urgent cases and 48 hours for non-urgent cases. You will receive an official decision letter.

12-48 hours

You will be asked to provide some basic information, including:

- a. child's name
- b. child's age
- c. child's location
- d. service(s) required
- e. length service(s) required
- f. any supporting information (e.g., prescriptions, notes)



If denied:
You will have one year to appeal the decision by emailing or writing a letter to your Jordan's Principle Focal Point. More instructions will be provided in the official decision letter.

To learn more, or if you encounter difficulty referring a case, contact the First Nations Child and Family Caring Society of Canada:

info@fncaringsociety.com

www.fncaringsociety.com

[@CaringSociety](https://twitter.com/CaringSociety)

613-230-5885



If approved: Canada will arrange service provision and payment.



First Nations Child & Family Caring Society of Canada



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Creating Healthy Lunches

Lunchbox Tips:

- Keep it simple and easy to eat but healthy and tasty.
- Eating Well with Canada's Food Guide - First Nations, Inuit and Metis (vegetables and fruit, grain products, milk and alternatives and meat and alternatives).
- Kids love to eat what they create. Let your child choose his or her lunch from a healthy list of choices.
- It is normal for a child's taste to change often. It can take many exposures to new foods before children learn to like them.
- Speed-up the process by cutting extra veggies when you're preparing dinner or by making extra at meals to use as 're-runs' for lunches the following day.
- On a cold day, pack a small thermos of soup, pasta, or other hot item.



Instead of Sandwiches

Build your own pizza with bannock or pita, tomato sauce, vegetables and grated cheese; Whole grain pancakes or waffles with fruit & yogurt; Falafel (chick peas) in a whole wheat pita, carrot sticks; Pasta salad, milk, small apple; a hard cooked egg, whole grain crackers, red pepper strips; a Burrito with salsa; Homemade, whole grain muffins, e.g., oatmeal carrot muffin and cottage cheese, cornmeal muffin with BBQ chicken or chili, Banana bran muffin with yogurt and veggie sticks. Eat traditional meats and wild game as often as possible!

Wrap or Pita Pocket Combos

(Mix one or more of the following with mustard, salsa, or other sauces/spreads)

Hard cooked egg, chopped cucumber, green onion; Chicken chunks with sliced seedless grapes; Turkey with grated carrot and shredded lettuce; Salmon or another cooked fish with red and green pepper slices; Chopped ham with pineapple; Hummus (bean dip) and vegetables; Shredded cheese, and sliced cucumber. Instead of a pita or a tortilla, try a "lettuce leaf" wrap with any of the above combos.

Traditional Food Treats

Fish, shellfish, moose or deer meat makes an excellent snack and provides a great meat and alternatives choice. You may also include berries, seaweed, various nuts and seeds but be sure to find out if your school has any food restrictions that must be followed as a result of food allergies to make sure it is safe.



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Teeth at Two



Some time around 2 years of age children enter what some parents call "The Terrible Twos". During this stage of their development children want to do things themselves. They like to dress themselves, feed themselves and brush their teeth themselves.

If a child wears different coloured socks or has their shoes on the wrong feet or their shirt on backward it doesn't really matter and they are proud of what they've done by themselves. **But, brushing teeth well is a difficult task and poorly brushed teeth can develop cavities.**

It takes time and a lot of practice for children to learn to brush thoroughly. When children are very young, parents must do all of the brushing to keep teeth healthy. As children start to brush their own teeth, parents teach and encourage careful brushing. As your child grows they will do more and more of the brushing themselves. Most children can brush well by 8 years of age but until then they need your help to keep their smile beautiful!

There are many ways a parent and child can work together to keep teeth healthy. Some examples are:

- Child brushes first then parent goes searching for "sugar bugs" and brushes them off.
- Child brushes in the morning and a parent does the brushing at bedtime.
- Take turns doing top teeth one day and bottom teeth the next day.
- Count to 20 or sing a song (children need to know when something will end).

Make it fun!

- Find a toothpaste flavor your child likes.
- Use a timer or electric toothbrush.
- Reward your child with a sticker and a smile.

What's important is that:

1. Teeth are brushed twice a day with a rice grain amount of fluoridated toothpaste.
2. A parent or other adult is helping with the brushing.



Healthy Baby Teeth = Healthy Teeth For A Lifetime

Oral Care Tips for Seniors and Their Caregivers



Seniors are living longer than ever, and many are keeping their natural teeth. While regular appointments with a dental hygienist are essential for maintaining oral health, so is daily mouth care.

Getting Started: Know the 3 Cs

Common Oral Health Concerns Among Seniors

Condition	Causes	Consequences
 <p>Gum disease</p>	Dental plaque build-up on the teeth	Swollen, red, painful or bleeding gums
 <p>Periodontitis</p>	Untreated gum disease	Bad breath, receding gums, tooth sensitivity, tooth loss
 <p>Tooth loss</p>	Cavities, periodontitis	Difficulty speaking and eating, low self-esteem, social isolation
 <p>Exposed roots</p>	Tobacco use, tooth clenching or grinding, aggressive or inadequate toothbrushing	Cavities, tooth sensitivity
 <p>Dry mouth (decreased saliva production)</p>	Aging, medications, cancer therapy, diabetes, alcohol and tobacco use, dehydration	Cavities



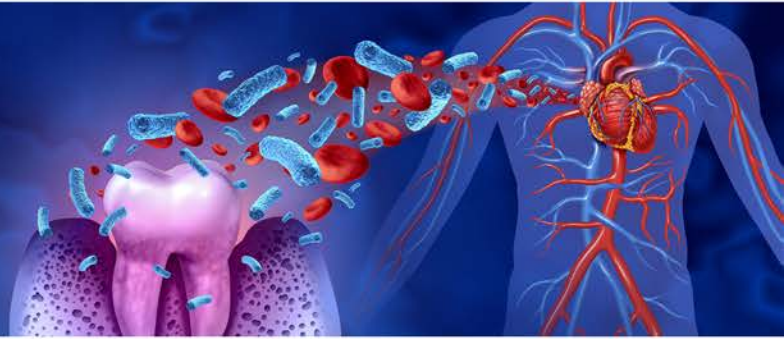
But poor oral health doesn't just affect the teeth and gums. In some cases, it can have life-threatening consequences.

Links Between Oral and Overall Health

- Mouth pain or loss of teeth can make it harder to eat properly, leading to malnutrition.
- Bacteria found in the mouth, when inhaled into the lungs or airways, can cause aspiration pneumonia.
- Periodontitis can cause blood sugar to rise, making it harder to control diabetes.
- Periodontitis increases the risk for heart disease, stroke, and diabetes.



A Healthy Smile Is Good for Your Heart



What can you do?

1. Make healthy lifestyle choices



Avoid cigarettes and other tobacco products.



Eat a healthy diet rich in vitamins A, C, and D.



Exercise regularly.

2. Take steps to prevent gingivitis and periodontitis

While researchers have not found a direct connection between gum diseases and heart disease, studies show that people with poor oral health have higher rates of heart problems and stroke. That increased risk—even if it isn't fully understood—is a good reason to develop a daily at-home oral care routine and schedule regular preventive dental hygiene appointments.

Brush twice a day for 2 minutes with a Rinse your mouth daily with an alcohol free mouthwash.

Use a soft toothbrush and fluoride toothpaste. antibacterial solution.

Don't forget to reach the back and the free rinse if you have dry mouth.

Keep brushing, cleaning between your teeth, and rinsing daily.

Use a power toothbrush, if possible. If gums bleed removes more bacteria than a manual toothbrush.

Clean your tongue daily using a toothbrush or a tongue scraper.

Clean between teeth daily with dental floss, a floss aid or an inter dental brush. Visit your oral health professional regularly and remember to tell them about any health conditions and medications you are taking.

Your dental hygienist cares about your oral and heart health.
Now that's something to smile about!
Learn more about oral health at dentalhygienecanada.ca

COOKS FERRY SOCIAL DEVELOPMENT

Join Mandy Cormier

FITNATION

Exercise Group

Fitnation started January 9th, 2023. This group is geared for all ages and will incorporate indoor walking and light exercise. This group is welcome to all fitness levels from beginning to advanced. Join us while we get active and share some laughs!

When: Mondays and Wednesdays

Where: Cook's Ferry Band Gymnasium

Times: 12 - 1 PM

*Please wear comfy clothes and bring your exercise shoes - water bottles provided!



GRIEF CIRCLE

A Sharing Group

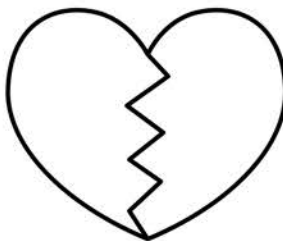
This 5-week circle is open to anyone who may be experiencing a recent loss, grieving the land after the floods and wildfires, or experiencing any other form of loss such as employment, relationships, and more. Grief Bundle and Wellness Kit provided. You must Pr-register to receive a grief bundle and wellness kit.

When: Wednesday

Time: 5 pm to 6 pm with a dinner.

From March 22 to April 19, 2023.

Open to all.



Elders Fair on
Wednesday March 30

Diabetes Resources

Dental Resources

After Care
Planning Presentation

Blood pressure and blood
sugar monitoring

Lunch

Open to all Elders of
Cooks Ferry

Event from 11 am to 3 pm

Where: Cooks Ferry
Gymnasium





Nlaka'pamux Elders Piecemakers

**We are excited to announce the restart of
the Nlaka'pamux Elders Arts Program!**

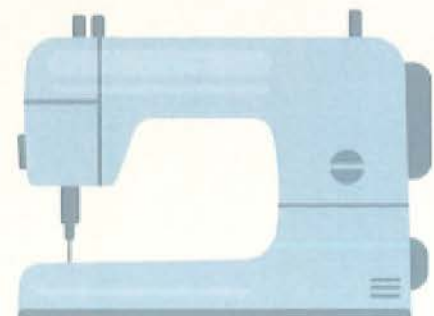
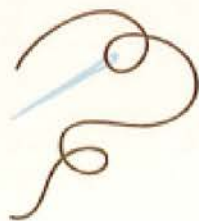
Starting March 30th at 10:00 am

**Spences Bridge at the 'old blue hall' on
Shawniken Reserve by the old green church.**

Every Thursday

**This program is dedicated to making
Donation Quilts and we will be hosting
learning classes.**

**If you are interested just show up! Hope to
see you there!**



MENTAL WELLNESS SUPPORTS

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 Dexel dexel.w.e@nlxfn.com
- Diana Lepine-Thomas and@nlxfn.com
- Stacy Hebner (Child counsellor) hebner.s@nlxfn.com
- Melissa Dexel (Child counsellor) Dexel.m@nlxfn.com
- Erin Aleck (Family Wellness) aleck.e@nlxfn.com



Heskw'en'scutxe Health Services Society has two counselors that offer in person, online or via telephone supports. Please contact them directly or call our offices for more information.

- Cooks Ferry Location: Ricardo Pickering (Counsellor) dickiepickeing@gmail.com
- Siska Location: Yolanda Hall (Counsellor) yjhall@telus.net



First Nations Health Authority
Health through wellness

Cancer Screening Programs in British Columbia (BC)



Why is cancer screening important?

Cancer screening can help find cancer in your body before you have any symptoms. Finding cancer early on, before it has a chance to grow and spread, can improve your chances for effective treatment and recovery.

BC Cancer offers free screening programs for breast, cervical, colon and lung cancer. Screening tests are offered at regular intervals for specific age groups. Regular screening is important. If you have known risk factors or a family history of cancer, you may be encouraged to be screened earlier, more often or with a different test.

First Nations people in BC have higher than average rates of cervical and colon cancer and their rates of lung cancer are increasing. Finding cancer early through screening can increase the chances of successful treatment.

Honour yourself, your family, your community and your ancestors and make cancer screening a part of your wellness – for you and the ones you love.

What types of cancer screening are available?

BC Cancer offers screening programs for breast, cervical, colon and lung cancer. See below to find out if you are eligible for these screening tests and how to access these services.

If you live in an area that requires travel to access screening services or a lab, transportation and accommodation coverage may be available to you with documentation of appointment or a health care provider's referral. Check with your benefits provider or call First Nations Health Benefits at **1-855-550-5454**.

Breast cancer screening = A mammogram (an X-ray of your breasts)

n BC Cancer provides mammograms to BC women who are 40 and older.

n The program operates out of 35+ clinics across the province. BC Cancer also operates mobile digital mammography vehicles that travel to rural and remote communities to provide screening.

n You should have a mammogram every two years. If you have a family history of breast cancer or known risk factors, you may need to be screened every year.

n You do not need a referral from a health care provider to be screened and you can book an appointment for yourself by calling **1-800-663-9203**.

n If you have previously had a mammogram, BC Cancer will send you a reminder letter to book your next appointment. You can book your appointment [online](#) using the code included in the [reminder letter](#).

Cervical cancer screening = A Pap test (a swab of your cervix)

n APap test is free and recommended for women and people with cervixes, including transgender individuals, who are between the ages of 25 and 69.

n The test doesn't take very long and can be done by a doctor, nurse practitioner, registered nurse, midwife or naturopathic doctor at their office or clinic.

n You should have a Pap test every three years.

n You can book a Pap test appointment with your health care provider or at a walk-in clinic.

n [Options for Sexual Health](#) has over 60 clinics in BC where you can get a Pap test.

Call **1-800-739-7367** for more information.

Colon cancer screening = A fecal immunochemical test (FIT) (a test of your stool)

n AFIT looks for blood in a sample of your stool, which can be a sign of pre-cancer.

n People between the ages of 50 and 74 should have a FIT done every two years.

n If you have a family history of colon cancer or known risk factors, you may need a colonoscopy (a different kind of test) every three to five years. Talk to your health care provider to find out if this applies to you.

n You can do the FIT yourself in the privacy of your home and bring the stool sample back to the lab.

n Ask your health care provider to give you a FIT form that you can take to a lab to pick up your test kit. If you cannot find a lab in your community, call **1-877-70-COLON**.

Lung cancer screening = Low dose CT lung scan (a picture of your lungs)

n ACT lung scan is free and is available to people between the ages of 55 and 74 who are currently smoking or have smoked in the past and have a history of smoking of 20 years or more.

n ACT lung scan is done at a hospital.

n To find out if you are eligible for a CT lung scan, call **1-877-717-5864** to talk to a member of the BC Lung Screening Program. They will assess your lung cancer risk over the phone and let you know if you are eligible for screening. If you have a higher chance of getting lung cancer, you may be asked to have low dose x-ray pictures taken of your lungs instead of a CT lung scan.

Feeling safe

Making and going to a cancer screening appointment are important actions for your overall health and wellness. It is normal to experience a range of thoughts and feelings about screening.



When preparing for your cancer screening appointment, you may want to:

n Talk to a trusted health care provider before your appointment to ask them any questions you may have.

n Prepare for the appointment by using cultural or traditional health practices, like smudging, brushing or participating in ceremony.

n Connect with a trusted Elder or cultural wellness provider.

n Bring a friend or family member to your appointment.

n Practice relaxation or breathing exercises.

n Ask a second staff member to be in the room with you.

n Plan a celebration for, and after, your appointment.

Supports for you

Talk with your health care provider about cancer screening. You may need to be screened earlier, more often or with a different test if you have a family history of cancer or have known risk factors. Your health care provider can let you know what kind of screening you need and how often you should be screened.



If you do not have a trusted health care provider, consider calling the [First Nations Virtual Doctor of the Day](#) program or **811**.

Remember that you can share any concerns or **report a health care harm** about unsafe care to FNHA's Quality Care & Safety Office (see contact information below).

Resources

n **First Nations Virtual Doctor of the Day: 1-855-344-3800** (if you don't have access to a doctor)

n **FNHA's Quality Care & Safety Office: 1-844-935-1044** or email quality@fnha.ca

n **BC Cancer Screening:** bccancer.bc.ca/screening

n **FNHA Cancer Information and Resources:** fnha.ca/cancer



COOKS FERRY COMMUNITY



FAMILY EASTER BINGO



**SUNDAY APRIL 2, 2023
10 A.M. TO 3 P.M.**

WITH TOM YAMELST CALLING

**WIN A HAM!
& SEVERAL
OTHER PRIZES
TO BE WON \$\$\$**

**HEALTH
PRESENTATION
BY NURSE
SCARLETH**

**FEAST SERVED
AT NOON
WEAR REGALIA
AND RECEIVE A
GIFT**

**EASTER EGG HUNT
FOR THE KIDS &
COLORING TABLE**

**10-YEAR
HEALTH PLAN
PRESENTATION**

**A SPECIAL GIFT
FOR EVERYONE
ATTENDING**



April 2, 2023 Agenda



10:00 AM EARLY BIRDS BINGO

11:00 AM

**HEALTH PRESENTATION BY NURSE SCARLETH
ATTEND AND RECEIVE AN EXTRA BINGO CARD!**

NOON: LUNCH

12:45 PM

KIDS EASTER EGG HUNT

1:00 PM - 2:00 PM

BINGO TIME

2:00 PM

**10 YEAR HEALTH PLAN INTRODUCTION WITH DAVID
FROM CORNERSTONE PLANNING GROUP**

2:30 PM

DOOR PRIZES RAFFLE



MEET NEW ASHCROFT APN KRISTA BILLY

Hente?/ Wey-k/ Hello

Wilp's Guutgiinuuxws-Wilnatahl's Anda'ap

My name is Wapa'no'asak, Morning Star, my English name is Krista Marie Billy (nee) Wilson.

My mother comes from the Gitksan Nation (Gitanmaax) and my father comes from the Cree Nation (Peguis). I have resided in St'uxwtews (Bonaparte) for the past thirteen years. I am married to Kristopher Billy and together we have four beautiful children, Rocket-13, River-10, Remmington-7 and Ryder-2.



I have a Diploma in Academic studies from Nicola Valley Institute of Technology, I have completed my third year of Social work and third year of Criminology from Simon Fraser University. My path has always switched gears quite quickly. I have had the pleasure and honor of working some really amazing contract positions all while having and raising my children. I have every intention to complete my education dream and obtain a Joint Degree, Program in Canadian Common Law and Indigenous Legal Orders, at the University of Victoria.

Our children and their sports keeps us very busy, on our down time we enjoy hunting, fishing, being out on the land and most of all being with our extended family.

I am based out of the Ashcroft Health Site. I am very humbled to join the Aboriginal Patient Navigator team and to walk alongside our aboriginal clients in this very new and exciting Community Aboriginal Patient Navigator position.

What is the role of the APN?

1. Supporting access to health care services for Aboriginal people (Metis, Inuit and First Nations)
2. Resource for Aboriginal patients and families to help them connect to the right services to meet their health care needs
3. Resource to health care providers to help make health care services culturally safe and assist in connecting with Aboriginal services.

The APN program was established to support patients and families in hospitals and communities, helping connect them to appropriate health-care services and providing cultural support. They also collaborate with other health-care workers in early identification and assessment of patient needs, and participate in discharge planning to strengthen patient care and independence.

MEET NEW ASHCROFT APN KRISTA BILLY

What services do I provide?

For Patients/Families

1. Help patients understand and access health services
2. Provide connections to religious and spiritual services
3. Provide advocacy and emotional support
4. Work as part of a multidisciplinary team to connect to services on discharge

For Health Care Providers

1. Provide knowledge about cultural and spiritual practices
2. Help identify and eliminate barriers to health care services
3. Line Aboriginal services with non-aboriginal services

Why are services available to only Aboriginal people? Interior Health has made a commitment to reduce the gaps in health between Aboriginal people and other British Columbians. By helping Aboriginal people access culturally appropriate health care services earlier, Interior Health hopes to improve the health of Aboriginal people living within in our health region. Aiming to deliver culturally safe service. Currently, my position is Monday-Friday 8:30-4:30, I will be transitioning to working one or two weekends a month, and look forward to learning and engaging with all our partners. I will spend the next couple of weeks visiting communities and introducing myself and the new APN role. I do have access to email and cell phone. As we work on the referral process and what that looks like, please don't hesitate to give me a call if you have someone that needs my support/services or if you have a question. I will always hold space for you. Most of the time you can find me in the UPCC or the shared space by the emergency door entrance. When on site I will have vocera activated.

Brochures and posters have been ordered and once I receive them, I will ensure they are put up and signage is around so that patients know that I am here if they would like assistance. If you could help spread the word of my presence I would much appreciate that.

I look forward to meeting and working with all of you and please don't hesitate to give me a call or send me an email if you have any questions. If you'd like some business cards to have on hand for patients please let me know and I will bring them to you.

Kwukwscemxw/Kukwstsetsemc/Thank you,

In Friendship,

Krista Billy 778.694.1335

krista.billy@interiorhealth.ca

APNs are available to support Aboriginal patients and their families during their care. Whether or not you wish to self-identify as Aboriginal, APNs are here for you. The goal of an APN is to help make your hospital care and journey to wellness safe, comfortable, and less confusing.



How do I/my family member/my client access services?

What substance use services are available?

What are Interior Health and First Nations Health Authority doing to support culturally safer care?

Acknowledging that the journey to wellness and safety includes both capacity building & knowledge gathering, the intent of this series is to create an opportunity for those who provide care to Indigenous clients and families to learn about Interior Health and First Nations Health Authority substance use services as well as advances in substance use care.

DATES AND TOPICS

- When:** The second Wednesday of every month from 10am-11am PST / 11am-12pm MST
Who: **Everyone is welcome and no registration is required!**
Format: The sessions will be interactive, including a 15-20 minute presentation followed by a group discussion.
How: Use this permanent link to access every session
<https://interiorhealth.zoom.us/j/68674356760?pwd=b29sVGVLbDJnNUtoZTJUN2s3eVprZz09>
*If you would like to request an invitation so you can easily add this to your calendar, please email: aboriginalmentalwellness@interiorhealth.ca

Spring

April 12, 2023

Triage - Why are there such long waits in the emergency department?

May 10, 2023

FNHA Harm Reduction Education

We encourage everyone to let us know if there are specific topics you would like to hear about in future sessions.

For more information, contact:

Audrey Ward, Practice Lead 778.257.0341
Danielle Kreutzer, Project Lead 250.319.8421
Email us: aboriginalmentalwellness@interiorhealth.ca

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the Dákelh Dene, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Sylix and Tsílihqot'in Nations, where we live, learn, collaborate, and work together. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.

Pathways

COMMUNITY SERVICE DIRECTORY



RESOURCES

- Child & Youth Health
- Chronic Pain
- Indigenous Wellness
- LGBT2Q+ Services
- Maternity Care
- Mental Health
- Seniors' Services
- Specialist Care
- Substance Misuse

Making it Easy to Access Community Resources in Your Area



The Pathways Community Service Directory provides easy navigation for the complex world of community services. The user-friendly search and filter options help you quickly find the best service/program in your local community that meets your specific needs.



pathwaysbc.ca/community



Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street
Open 24 hours

Lytton Primary Care Non Urgent

Tl'Kemtsin Health Centre
1535 St Georges Road, Lytton
(250) 455-2221 | Fax (250) 455-6621
Monday to Friday: 9 a.m. to 3 p.m.

Ashcroft Urgent and Primary Care Centre

700 Ash-Cache Creek Hwy
(250) 453-2211 | Fax (250) 453-1921
Monday to Sunday: 8 a.m. - 8 p.m.

Provincial Resources

[YOUTH Foundry.ca](#)
[Kelty Mental Health](#)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](#)

CRISIS LINE 1-833-456-4566 / text 45645

Hope for Wellness 1-855-242-3310
Domestic Violence 1-800-563-0808



First Nations Supports

Lytton FNHA Health Centre (778) 254-0167
Monday to Friday 8 a.m. to 4 p.m.

First Nations Health Benefits 1-855-550-5454 or
[www.fnha.ca](#) for prescription refilling, medical supplies and equipment

LFN Home & Community Care
Micha Kingston (250) 256-8182
Email: micha.kingston@lfnhealth.com

Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4
Child & Youth CYMH (250) 256-2710
Friendship Centre (250) 256-4800
St'at'imc Outreach (250) 256-7530

811 Nurse

[FNHA Virtual Doctor of the Day: How it works](#)
1-855-344-3800

Mental Health Supports

[FNHA COVID-19 Mental Health and Cultural Supports](#)
Opioid Agonist Treatment (250) 256-1585
FNHA Mental Wellness Inquiries 1-833-751-2525

Travel/Flood Info

[BCRFC Warnings](#) [Drive BC](#)
[FNHA Flood Safety](#) [Wildfire Status](#)

Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262
IDA (250) 256-7538
FNHA (250) 256-7071 8 a.m. to 4 p.m. Monday to Friday

Lab Services

Book lab appointments
1-844-870-4756
<https://www.labonlinebooking.ca>



Home & Community Care

Central Intake 1-800-707-8550
Lillooet (250) 256-1326
Ashcroft (250) 453-1939
Merritt (250) 378-3238

Interior Health

[MyHealthPortal](#)



Public Health

Lytton FNHA (778) 254-0167
Lillooet (250) 256-1314
Ashcroft (250) 453-1940
Merritt (250) 378-3400

COVID Testing Clinics & Vaccination Information

[IH COVID Testing Clinics](#)
1-877-740-7747



[IH COVID Vaccine](#)
1-800-833-2323



[FNHA COVID-19 Testing](#)
(250) 455-2715



[BC Centre for Disease Control](#)
(604) 707-2400



COMMUNITY CONTESTS

DECORATE AN EASTER EGG CONTEST



Decorate using paints, beads or any craft supply you like & share your creation on Heskw'en'scutxe's Facebook Page.

Win one of several gift cards! (\$100, \$50, \$25)

One entry per person.

This contest is open to all ages.

Deadline to submit your entry: April 11, 2023.



EARTH DAY CLEAN YOUR YARD CONTEST



Saturday April 22 is Earth Day! Celebrate by cleaning your yard. Take a picture before you begin cleaning up and once you are done & share on Heskw'en'scutxe's Facebook Page.

CABELA GIFT CARD PRIZES:

ONE OF EACH PER COMMUNITY!

\$500 , \$100 and \$50

One entry per household

Winners will be announced on Monday April 24, 2023

Stwen Soup

(Wind-dried Soup – can also be made with half smoked fish, jarred, or canned fish)



ALBERT ADAMS, NLAKA'PAMUX



INGREDIENTS:

- 1 Tbsp olive oil
- 1 Onion, chopped
- 3 sticks Celery, chopped
- 3 Carrots, chopped
- 1 large Potato (recommend Yukon gold potato, skin-on)
- 1 bay leaf
- 2-3 cups Diced tomato (500-750ml can)
- 5oz Wind dried fish (1/2 smoked fish or 250ml jarred fish)
- Salt and pepper to taste

INSTRUCTIONS:

- 1 . Heat large soup pot over medium-high heat . Add olive oil, once heated, add the onion, celery and carrots . Turn down heat to a medium heat and cook for 10 minutes, stirring occasionally .
- 2 . Add diced tomatoes and 5-6 cups water or stock of your choice . Bring to a boil . Add bay leaf and potato . Boil for 45 minutes .
- 3 . Finally add in the 1/2 smoked fish, jarred fish or boiled wind dried fish and cook for another 3-5 minutes .
- 4 . Season with salt and pepper to taste .

EVENTS COMING UP

Mammogram Clinic

May 26

The Mammogram bus will be heading to Cooks Ferry Band this year, alternating with Siska next year. It will be parked by the HHSS office. Appointments will be from 10:00 a.m. to 4:20 p.m.

To book an appointment, please call Nadine: 250.458.2212.

The BC Cancer Breast Screening has a fleet of three digital mammography coaches that travel to rural and remote communities in BC. The service helps to improve and increase access to screening mammograms across the province.

Screening mammograms are performed in a comfortable and private space, using state-of-the-art digital mammography equipment. The vehicle includes a reception area, dressing area, and mammography examination room. The coach is also equipped with a wheelchair lift.

FNHA Medical

Transportation Benefits

What my plan does not cover

Some types of travel are Exclusions.

Exclusions cannot be covered as an exception and cannot be appealed. **MT benefit Exclusions include, but are not limited to:**

1. Compassionate travel (eg, travelling to visit a family member who is receiving medical treatment)
2. Payment of fees for a doctor's note
3. Travel back to your community of residence if you became sick or injured while away from home
4. Travel when the medically-necessary service is available in your community
5. Travel to access services that are not considered medically necessary
6. Travel where the only purpose is to pick up items that do not need to be fitted (eg, prescriptions, prescription glasses or contacts and some medical supplies and equipment).

NATIVE FOODS



Told by Christine Bobb from "Our Tellings"

Translated by Mamie Henry

I'M GOING TO TELL YOU about the food we used to eat- that we grew up on.

I'm telling you of when we were children.

We went up in the mountains with our parents. There they worked - they dug in the ground. They got everything from there that we were going to eat - they filled everything.

The men roamed around and did things too - lots of things. The horses and all of us hauled packs. I carried the young ones.

Then we went down to our home. When we arrived home our parents made lots of food - they prepared and dried it. My mother dried it while I watched, but I helped her get through drying and fixing it. Then she stored it away.

When it was almost wintertime, my mother cooked it in the dirt. First she dug the ground, then she put down the wood and, finally, the rocks. When finished, the wood was burnt and the rocks were red hot. Then she buried it with dirt - not too much - and blanketed it with fir boughs, maple leaves, and dry pine needles. That's how the roots were cooked for p tting away.

They made licorice, which they washed in water. It was washed in water until it was clean and had turned white. Then it was put in a basket and taken to be cooked. Everything was cooked this way: sk'amats (roots of the yellow avalanche lily), tiger lily, cinquefoil, tatuwen [corms of the western spring beauty, also known as wild potatoes). When wiye [black tree lichen] is cooked it's really goodit tastes just like licorice. They mix sugar with it. Cooked wiye is very good food.

That is what we did when we were children - that was our food. There's the salmon, too, which we dried- and the potatoes.

My parents mined in the river. From what they earned doing that they bought other foods. I mined too, as we all worked.

1997 - Our Tellings, Interior Salish Stories of the Nlha7kapm̓x People, compiled and edited by Darwin Hanna and Mamie Henry, Page 148.



Colouring Contest

Child's first & last name: _____

age: _____

email: _____

phone number: _____

dental hygienist/clinic: _____

Deadline:
May 1, 2023

Submit your entry!

email to: marketing@cdha.ca
or mail to: 1122 Wellington St W
Ottawa, Ontario
K1Y 2Y7

Prizes:
Win a Toys R Us gift card
and kids' prize packs from
Sunstar GUM and Crayola



DENTAL
HYGIENE
CANADA.CA

OFFICIAL LICENSED PRODUCT
© 2023 Crayola, Crayola oval logo, Crayola, Scepterline Design
are trademarks of Crayola used under license.

Tooth Tips

Brush 2 minutes
2 times a day

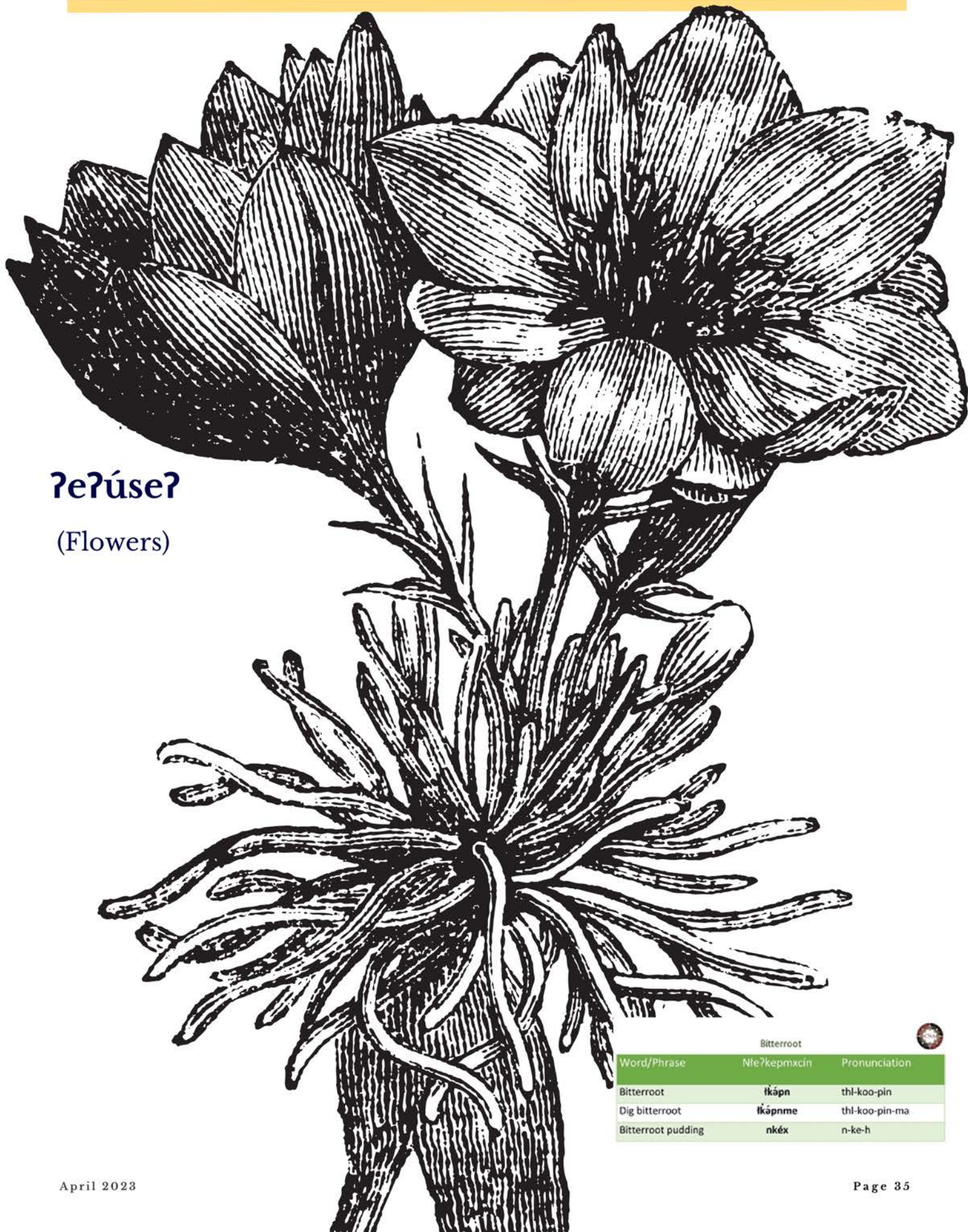
Choose
healthy
snacks



Clean between your
teeth every day

Use fluoride toothpaste
(pea-sized amount)

Change your brush
every 3 months



ʔeʔúseʔ

(Flowers)

Word/Phrase	Nleʔkepmxcín	Pronunciation
Bitterroot	íkápn	thl-koo-pin
Dig bitterroot	íkápnme	thl-koo-pin-ma
Bitterroot pudding	nkéx	n-ke-h

NEWSLETTER ACTIVITIES & GAMES



EASTER

WORD SEARCH



A large black oval containing a word search grid. The grid consists of 15 rows and 15 columns of letters. The letters are arranged as follows:

Y	T	L												
Y	P	H	S	H	Y									
H	S	S	A	R	G	E								
Y	R	Y	I	H	I	R	H	Y						
H	H	D	R	E	T	S	A	E	H	Q				
U	N	S	P	R	I	N	G	I	R	H				
B	N	I	A	A	L	D	L	A	S	I	R	B		
C	T	S	L	C	H	I	C	K	A	S	I	C		
J	E	L	L	Y	B	E	A	N	L	A	S	F		
R	E	W	O	L	F	B	F	N	R	L	U	A		
R	S	T	F	E	A	M	T	E	R	R	N	J		
U	A	E	P	P	B	A	S	K	E	T	D	U		
T	R	N	B	B	L	L	S	B	P	F	A	O		
B	U	N	N	Y	U	S	A	L	E	P	Y	Z		
P	U	O	G	S	A	A	R	S	E	B	O	P		
T	B	N	A	R	P	K	A	P	L	B				
B	S	E	E	K	E	G	G	S	S	L				
A	T	Y	U	E	T	K	R							
Y	D	N	A	C	U									
T	B	S	M											



BUNNY
EGGS
CHICK
JELLYBEAN

BASKET
SPRING
FLOWER
EASTER

GRASS
CANDY
HUNT
DYE

BONNET
SUNDAY
PEEPS
LAMB





*HHSS will no longer be
delivering monthly food
bags*

**DUE TO THE INCREASED DEMAND FOR NURSING AND HOME
CARE THE FOOD BAG PROGRAM WILL BE DELIVERED BY THE
BANDS ADMINISTRATION/SOCIAL DEVELOPEMENT
DEPARTMENTS**

