

# HESKW'EN'S CUTXE

May 2023

Monthly Newsletter

Vol. 1 Issue 4

*"Take care of yourself"*



## IN SERVICE DAY OFFICE CLOSURE

Our offices will be closing at 11:00 am on Tuesday April 25 for the day. We have been invited to tour the new Ashcroft Hospital UPCC Centre by Interior Health. We will share the knowledge in the next newsletter.

## 10 YEAR HEALTH PLAN

David Hill and his team from Cornerstone Planning Group will be visiting the Siska community at the Siska Bingo on May 18 from 5:00 pm to 8:00 pm. Everyone is welcome to provide input for a future health plan for community members in Siska.

## HAPPY NURSE WEEK

We would like to extend our thanks and gratitude to nurse Scarleth and her nursing team Clarissa, Jessie, Danielle and Corynn for all the work they do. Watch for social media postings from May 8-14, 2023!

## COMMUNITY EVENTS

**FNHA Health Benefits Meeting**  
May 1: 4:30 pm - 6:30 pm Siska Hall

**NLX Community Visit**  
May 10: 10:30 am - 2:30 pm Cooks Ferry Gym

**Siska / HHSS Health Bingo**  
May 18: 5:00 pm - 8:00 pm Siska Hall

**Dental Clinics with Michelle**  
May 24, 24 Siska Office  
May 25, 26 Cooks Ferry Office

**Mammogram Bus in Cooks Ferry**  
May 26 10 am to 4 pm







Congratulations to Siska's Belinda Charlie and Timmy Pierre for the birth of their twin boys!

Kohl & Saul born April 5th 2023  
at 6:55 pm & 6:56 pm

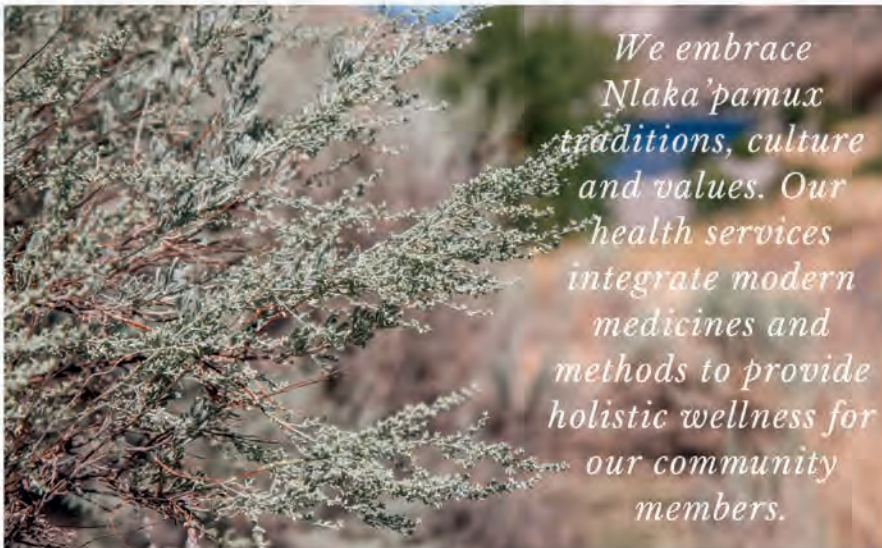


## HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wʔéxʷ weʔ ʔúʔ 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



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# 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



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



# SISKA Community

# FNHA

HEALTH BENEFITS MEETING



**MONDAY MAY 1, 2023**

**SISKA BAND HALL 4:30 P.M. TO 6:30 P.M.**

Come meet Brandy Hazen: Community Relations Representative  
Learn about your health benefit plan, Knowledge is power!

Dental

Medical Supplies & Equipment

Medical Transportation

Mental Health

Pharmacy

Vision Care

Pizza, door prizes and a special gift for everyone who attends

Questions? Call Corynn or Nadine

- Bring your Tablets and or cell phones to sign up for PBC



# HEALTH BENEFITS UPDATES

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## **Meet Brandy Hazen, FNHA's**

## **Interior Community Relations Representative for Health Benefits and Services on May 1 at the Siska Hall from 4:30 p.m to 6:30 p.m.**

Brandy is a Status First Nation from Tsal'alh (Seton Portage Band) St'at'imc Nation. Brandy has 2 siblings and is the auntie to 5 nephews and 1 niece. Brandy's mother and grandmother are also from St'at'imc Nation and great grandmother is from Cooks Ferry. She grew up in Kamloops and is continuing to learn about her homeland and teachings.

With Brandy as the current CR, her position helps communicate Health Benefits plans and services to community members by being well educated and informed of the plan.

### **Health Benefits covers six benefit areas:**

- Dental
- Medical Supplies and Equipment
- Medical Transportation
- Mental Health
- Pharmacy
- Vision

Along with educating on Health Benefits she is here to develop trusted relationships with community engagement coordinators and staff to ensure a common understanding of Health Benefits related objectives throughout the organization. Brandy is also here to ensure a two-way dialogue between Health Benefit and community members, by being a key contact to listen to the concerns of community members and provide recommendations to achieve better health and wellness outcomes.





Nlaka'pamux Health  
Services Society

COMMUNITY

# VISIT

## Cook's Ferry

Join us in community for wellness activities, mental health unpacking exercise, nursing team check-ins, door prizes, and lunch.

|  |  |  |
|--|--|--|
| <p>DATE<br/><b>May</b><br/><b>10TH</b></p> | <p>TIME<br/>10:30 AM -<br/>2:30 PM</p> | <p><b>Cook's Ferry</b><br/>Band Hall</p> |
|--|--|--|

For more information contact the  
NHSS Wellness Coordinators:

Joel Raphael - [raphael.j@nlxfn.com](mailto:raphael.j@nlxfn.com)  
Julia Munro - [munro.j@nlxfn.com](mailto:munro.j@nlxfn.com)

Office Phone (250) 378- 9772





# Siska & Heskw'en'scutxe Bingo+Night

AT 5:00 PM – 8:00 PM  
THURSDAY MAY 18, 2023

Siska Hall

Supper, door prizes and a  
program review presentation  
with Nurse Scarleth.





#BreastCancerAwareness

BC  
CAN  
CER



HAVE YOU HAD YOUR  
*mammogram*  
THIS YEAR?

Cooks Ferry

3691 Deer Lane, Spences Bridge

Friday May 26, 2023

10:00 a.m. - 4.20 p.m

By appointment only for women ages 40 +

Please call 250.458.2212

*early detection*

**SAVES LIVES**







# FREE DENTAL CARE

LET'S TAKE CARE  
OF YOUR TEETH

Services include:

- Dental x-rays
- dental cleanings
- Stain removal
- Tartar buildup
- Denture cleaning

Siska: May 23 & 24  
Cooks Ferry: May 25 & 26

WITH COHI DENTAL HYGIENIST  
MICHELLE BETTIE

**FOR CHILDREN, YOUTH, ADULTS & ELDER**

**BOOK AN APPOINTMENT TODAY**

**SISKA 250.455.6601**

**COOKS FERRY 250.458.2212**



## Interior Health asks for public's input on Lytton health services

Interior Health (IH) is engaging with residents and health partners on the re-establishment of health services in Lytton and we want to hear your thoughts and questions.

Over the next few months there will be multiple ways for you to have your say. Input will help IH make future decisions about health care delivery in this community.

- Visit [EngageIH.ca/Lytton](https://EngageIH.ca/Lytton) to learn more and register to have your say
- Ask a question or share an idea online — we will work to respond to you quickly
- Attend a community meeting where all are welcome — IH representatives will be sharing information and asking for your input. Dates will be confirmed soon!

We want to better understand your experiences and questions related to:

- primary care, which includes health care services to meet people's everyday health-care needs.
- mental health and substance use services
  - home health, which provides services for people to recover from illness and injury at home
- lab services and medical imaging (X-ray) services

You may also have questions or ideas about important services such as:

- emergency care
- assisted living services and long term care
- community pharmacy services
- transportation

While some of these services are not currently available in Lytton, we understand these are important and want to hear from the community to learn more about what your needs are.

Visit [EngageIH.ca/Lytton](https://EngageIH.ca/Lytton) to stay up to date on engagement opportunities in the community and online.

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### Register to have your say

If you'd like to share an idea or ask a question on [EngageIH.ca](https://EngageIH.ca), registration is required with a user name and email. We will work to respond to you online and feedback from these discussions will be collected to help IH make decisions.

**Know someone who does not have a computer but would like to participate?** Information on health services and space to share ideas and ask questions can also be [downloaded here](#). **This information package will be available at the Tl'Kemstin Health Centre on the Lytton First Nation starting in April 2023.** Once you have reviewed and shared your thoughts, the information may be dropped off at the health centre reception desk.



# MONTHLY REPORT

By Nadine Methot, Administrative Assistant

## The Month of Medic Alert

The newsletter theme for the month of May is Medic Alert Month. Consider owning a device in your home if you have mobility issues or a life threatening health condition. It can save your life. Please reach out to us if you would like more information on how to order a device or bracelet.

## Upcoming events

The month of May promises to be a busy one with the FNHA Health Benefits presentation on May 1st in Siska, followed by a Siska / HHSS Health Bingo on May 18 and the Mammogram Bus coming to Cooks Ferry on May 26.

## 10 Year Health Plan

Some of you were able to meet David Hill from Cornerstone Planning group in April. David is putting together a draft for the 10 year health plan. He has begun compiling information from community and will visit again seeking your input in creating a health plan that meets your health needs and your loved ones. Stay tune for future meeting dates!

## FNHA Health Benefits Presentation

We invite you to meet with FNHA Brandy Hazen as she will review all the health benefits programs, answer any questions you may have about medication, dental, travel and more. Brandy can also help you install the Pacific Blue Cross Health Benefits App on your tablet or mobile if you have not done so already. We hope to see many of you. There will be a meal and several door prizes

## Looking for a New Massage Therapist

We are sad to see her go but happy for Kathryn Young. She will be moving up North in July. Therefore, we are looking for a new certified massage therapist.. If you know anyone interested, and who is registered, please let us know.

## A New Health Center in Lytton

Interior Health is reaching out, seeking your feedback on building a new health center in Lytton in the next 3-5 years. There will be a pharmacy and a laboratory for blood work and more. We encourage to participate in surveys etc.

## Happy Mother's Day to all

Last but not least, May is also Mother's day. A time to honor our mother and celebrate her. At Heskwen'scutxe, we will deliver a gift card to every household to spoil your mom or remember her if she has gone to the other side. Have a wonderful month of May.



# FACE MASK POLICY LIFTED

Although the pandemic is not over, the BC health guidelines about wearing a mask in an office setting, has been lifted. We ask that you wear a mask if you have been in contact with a sick person or if you do not feel well to minimize the spreading of viruses. We will never judge or stop anyone of wearing a mask. Our clinics are a safe space for all.





# PROGRAMMING UPDATES

## FARMERS MARKET COUPONS

We filled out an application and are waiting for a response from the BC Farmers Association. Ashcroft now has a Farmers Market beginning in May on Sundays.

## 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: May 31

Cooks Ferry: May 31

Antko: May 2

## MENTAL HEALTH CHECK IN

Mental wellness support are available but it may not always be possible to meet someone in person. We have listed several options in this newsletter. If you need assistance in reaching out to someone, please call us. Note that these services are FREE!

## FOOT CARE WITH SUZANNE

Siska: May 30

Cooks Ferry: June 1



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. **Coming soon, a pharmacy in Lytton!**

## RESTORATIVE MASSAGE



We are happy to announce that Kathryn will be visiting twice a month until the month of June.

Cooks Ferry: May 18 & 25

Siska: May 16 & 23

Call the office to book an appointment .

## DENTAL CLINIC IN SISKA & COOKS FERRY

Michelle Beatie from COHI has offered to provide free dental hygiene services in both offices. Call today to book your appointment.

Siska: May 23 & 24

Cooks Ferry: May 25 & 26



# 10 YEAR HEALTH PLAN



## CORNERSTONE

PLANNING GROUP

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

Updated Health & Wellness Planning Under Way

Heskw'en'scutxe Health Services Society (HSSS) has started its work on updating their 10 year Health and Wellness Plan. This plan will set out a pathway for HHSS to support community members to take the necessary steps to achieve their health and wellness goals.

Planning consultants from Cornerstone Planning Group have begun their research and are starting to meet with HHSS Board and staff, and community members.

On Sunday April 2 Cornerstone Partner David Hill came to the Bingo event at Cook's Ferry and engaged community members in a "Bingo Card Survey" to get information about the community's health and wellness concerns, values and actions, and talk about the Health Planning process. Using their Bingo dabbers, nearly all the Bingo players completed the survey, and qualified for a chance to win one of two door prizes. These surveys will help Cornerstone and HHSS get a sense the priorities and needs of community members. A similar survey will be done with Siska members at their Bingo event.

For the following days that week (April 3 – 5) David also visited HHSS Board members and staff in Siska, and met with staff and members in Cook's Ferry.

This is just the beginning of the planning process. Cornerstone's consultants will be coming back to the communities to meet with community members, HHSS Board and staff, and continue to learn more about the strengths, challenges and health goals. The team will be looking forward to meeting more people during community events, information dinners, and through other ways such as Facebook and on-line sessions.

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

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



**Keep an eye out for dates  
for community engagement!  
Cornerstone Planning Group  
wants to hear your ideas for  
the future of  
Healthcare at HHSS**





# THEME OF THE MONTH



## LINKS TO

By Corynn Reveley

Knowledge is power, following are reputable health links to learn about Medic Alert!

1. The official MedicAlert website:  
<https://www.medicalert.org/>
2. Information on how MedicAlert works:  
<https://www.medicalert.org/how-it-works>
3. Frequently asked questions about MedicAlert:  
<https://www.medicalert.org/faq>
4. MedicAlert's blog, featuring articles on health and safety:  
<https://www.medicalert.org/blog>
5. Information on how to become a MedicAlert member:  
<https://www.medicalert.org/become-a-member>
6. The MedicAlert Foundation's page on Facebook:  
<https://www.facebook.com/MedicAlert/>
7. MedicAlert's Twitter account, featuring news and updates:  
<https://twitter.com/MedicAlert>
8. MedicAlert's LinkedIn page, featuring company information and job postings:  
<https://www.linkedin.com/company/medicalert-foundation/>
9. Information on how to donate to MedicAlert:  
<https://www.medicalert.org/donate>
10. The MedicAlert Foundation's YouTube channel, featuring videos on health and safety:  
<https://www.youtube.com/user/MedicAlertFoundation>.



## Victoria Day Office Closure Siska Band & HHSS Monday, May 22, 2023

24/7 protection,  
wherever you go,  
whatever you do.  
We communicate your  
critical medical  
information to first  
responders and contact  
your loved ones in an  
emergency.

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# 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!



The Cooks Ferry Social Development Grievance group is open to anyone who is experiencing grief, a loss, or has had difficulties with the wildfires and atmospheric river. This is a safe space to share.

Join on Wednesdays til April 26



# FREE 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



## FNHA LIST OF PROVIDERS (FREE)

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Nlaka'pamux-Mental-Health-Services-Mental-Health-and-Addictions-Services-By-Appointment-Only.pdf>  
appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772

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



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. These wellness supports are free and available to all!

- Ricardo Pickering (Counselor) [dickiepickeing@gmail.com](mailto:dickiepickeing@gmail.com)
- Yolanda Hall (Counselor) [yjhall@telus.net](mailto:yjhall@telus.net)



First Nations Health Authority  
Interior Region Mental Health and Wellness  
Quick Reference Mental Health and Substance Misuse  
Support Resources



## Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

**KUU-US: toll free 1-800-588-8717**

**Indian Residential School Survivors Society toll-free: 1-800-721-0066**

Cultural Supports accessible through the office 1-604-985-4465 Monday to Friday 8:30 am to 4:30 pm

**Tsow-Tun Le Lum Society: 1-888-403-3123**

**Hope for Wellness Helpline: 1-855-242-3310**

**Interior Health Crisis Line 1-888-353-2273**

**First Nations and Aboriginal Specific Crisis Line available 24/7**

Toll Free 1-800-588-8717

Youth Line 1-250-723-2040

Adult Line 1-250-723-4050

**British Columbia Crisis Center 1-800-784-2433**

**Canadian Mental Health BC Division 1-800-555-8222**

### Addictions and Substance Misuse Supports

Adults Help Line 1-800-663-1441

Mental Health Substance Use Interior Health 1-888-353-2283

### Family / Domestic Violence

**VictimLinkBC: 1-800-563-0808 (24 Hours) B.C. and Yukon**

**Domestic Violence Help Line 1-800-563-0808 (24 Hour)**

**Kids Help Phone 1-800-668-6868**

**Helpline for Children in BC: 310-1234 or text 686868**

**Seniors Abuse and Information Line (SAIL) 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)**

### Youth and Children Mental Health and Wellness Supports:

**Foundry Youth Mental Health Support: 1-833-308-6379**

Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on

Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) [foundrybc.ca/get-support/virtual](https://foundrybc.ca/get-support/virtual)

Youth in BC online Chat: 1-604-872-3311

### PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week [inquiries@pflagcanada.ca](mailto:inquiries@pflagcanada.ca) [www.pflagcanada.ca](http://www.pflagcanada.ca)

## FNHA Mental Health and Substance Use Support Resources

### FNHA Health Benefits- Mental Health Service 1-855- 550-5454

For a List of First Nation Health Authority Mental Health and Substance Use/ service providers in your area use link below: <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

FNH Benefits service provider information: <https://www.fnha.ca/benefits/contact-health-benefits>

Mental health service providers information: <https://www.fnha.ca/benefits/mental-health>

### FNHA Doctor of the Day Clients call 1-855-344-3800

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

### FNHA First Nations Virtual Substance Use and Psychiatry Service

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

You can be referred into the program through community health and wellness workers, addictions counsellors, mental health clinicians or counsellors, and medical practitioners.

You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry



Call Destiny: Monday - Friday 8:30 a.m. to 4:30 p.m.  
She will help you find a support



## Interior Region – Central Contact Information

*Däkäelh Dend | Ktunaxa | N. St'át'imc | Nlaka'pamux | Secwepemc | Sylix | Tsilhqot'in*

The Interior Region FNHA is happy to announce that we are now able to provide our Nations, communities and members with a direct phone number and email address to access resources specifically related to;

- **Mental Health**
- **Cultural Supports**
- **Crisis Support**

We hope that this new pathway will be better able to provide you with simple, accurate and timely access to programs and services

Our goal is to connect members, staff and partners with the right people the first time!

Below are the **\*NEW\*** Mental Wellness contact details:

**General Inquiries Toll Free Phone Number:**  
1-833-751-2525

**E-mail Inquiries:**  
[IRSupports@fnha.ca](mailto:IRSupports@fnha.ca)





# Mental Health & Wellness Supports

**INTERIOR REGION**

First Nations Health Authority

The **FNHA Interior Region Mental Health and Wellness Team** would like to share this resource for keeping you and your loved ones healthy

**Access 24/7 Culturally Safe Support with the Following Agencies:**



**Tsow Tun Le Lum Society**  
Toll-Free Line  
(P): 1-888-403-3123



**Indian Residential School Survivors Society**  
Toll-Free Line  
(P): 1-800-721-0066



**KUU-US Crisis Line Society**  
Toll-Free Line  
(P): 1-800-588-8717  
Youth-Specific Line  
(P): 250.723.2040

## FNHA Interior Region Community-Based Crisis Support

The Interior Region FNHA offers access to crisis support funds to stabilize a community during a crisis situation. The goal of this program is to support the utilization of external wellness resources for the community, including the supports such as crisis counseling, critical incident stress debriefing, and traditional wellness service providers.

**To access this resource, please have your Chief and/or Health Director submit a Request to: 1-833-751-2525, or [IRSupports@Fnha.ca](mailto:IRSupports@Fnha.ca) (Monday-Friday 8:30-4:30).**

**For a direct link to your local Interior Health Mental Health and Substance Use Centre, Call #310-MHSU (6478)**





# Mental Health & Substance Use Fact Sheet

## MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



### MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

Digital Mental Health Tools (CAMH) to support clinical practice

Mental Health Apps: How to Make an Informed Choice (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your local MHSU Centre, please contact the Interior Crisis Line Network (24 hours) at **1-888-353-2273** for immediate assistance.

Click on the links below to review Mobile Apps, App Directories and Virtual Treatment options.

| Overdose Prevention                         | App Directories  |
|---|--|
| Lifeguard Digital Health Harm Reduction App | Digital COVID-19 and Mental Health Resource List Centre for Addiction and Mental Health (CAMH) |
| Be Safe                                     | Best Apps to Stop Drinking Alcohol   |
| Digital Safety Planner App                  | Medicine News Today  |
| National Overdose Response Service          | Addiction and Mental Health Mobile App Directory (2019)  |
| Overdose Prevention Hotline                 | Alberta Health Services  |
|   | Mobile Tools to Promote Mental Wellness  |
|   | Alberta Health Services  |
|   | Healthy Living Apps & Tools (Foundry)  |
|   | Active Living Healthy Eating Mindfulness Sleep Relationships Sexual Wellness Technology & You  |
|   | Substance Use Apps & Tools (Foundry)   |
|   | Alcohol Cannabis Opioids Vaping & Tobacco  |
|   | Mental Health Apps & Tools (Foundry)   |
|   | Anxiety Stress Psychosis Depression Body Image & Eating  |
|   | Tough Topics (Foundry)   |
|   | Bullying Loss & Grief Violence & Abuse Self-Injury   |
|   | Help Lines Fact Sheet  |
|   | Directory of Provincial Help Lines   |
| Virtual Treatment                           |  |
| Wellness Together Canada                    |  |
| Government of Canada/Kids Help Phone        |  |
| eHealth & Virtual Health                    |  |
| First Nations Health Authority              |  |
| Kelty's Key Free Self Help Courses          |  |
| Vancouver Coastal Health                    |  |
| Bounce Back                                 |  |
| Canadian Mental Health Association (CMHA)   |  |
| Foundry Virtual Health                      |  |
| Virtual Drop-in sessions for ages 12-24     |  |

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.





# DRUG ALERT

## Entire Interior Health Region

Substance sold as cocaine connected with multiple overdose incidents and fatalities noted across Interior Health



Looks Like: White Powder

Sold as: Cocaine

Contains: Fentanyl

Risk: High risk of fatal overdose.  
Amnesia, sleepiness, heavy snoring, nodding out for a long time.

In effect until: April 20th 2023

**When using with others, take turns so you can help if needed.**

### Consider these additional tips if you are going to use drugs

- Find drug checking locations at [www.drugchecking.ca](http://www.drugchecking.ca)
- Start with a small amount and space out your doses
- Be aware of risks if mixing with other drugs, including alcohol
- Be aware that benzodiazepine induced sedation is not reversible by naloxone
- Use with others around or at an Overdose Prevention Site if available in your community (OPS)
- Carry naloxone and know how to use it
- Get the LifeGuard App - [lifeguarddh.com](http://lifeguarddh.com)
- Call 211 or visit [bc211.ca](http://bc211.ca) to find services near you





# Decriminalization: The Facts

## What you need to know

Beginning on Jan. 31, 2023, **possession of small amounts of certain illegal drugs will be decriminalized** in British Columbia. There is a lot of misinformation about what drug decriminalization is and what it isn't. Here are some facts.

### What is Decriminalization?

|   |  |   |
|---|--|---|
| Applies to adults 18+   | Includes opioids (heroin and fentanyl), cocaine (powder or crack), methamphetamine (meth) and MDMA (ecstasy) | <b>NO</b> arrests or seizures for personal possession under the threshold |
| Police will provide resource cards with information on supports and will make voluntary referrals       | 2.5g cumulative threshold with police discretion above   | <b>NO</b> fines, tickets or other administrative sanctions                |
| Culturally safe approaches for Indigenous Peoples, including First Nations living in rural/remote areas | Robust police training and monitoring and evaluation framework   | <b>NO</b> mandatory treatment or diversion                                |

### What WILL decriminalization do?

- 9 Reduce stigma, shame and fear. People who are using drugs need support and not judgment.
- 9 Decriminalization will allow people to be more open about their use and help to ensure they are connected and cared for. This care and connection can support open conversations on options for healing.
- 9 Reduce the risk of toxic drug poisoning and save lives and relationships.
- 9 There will be continued engagement with communities about how decriminalization will be implemented at home.

Make substance use and the toxic drug crisis a public health issue and not a criminal one. This means there will be no criminal record with the associated stigma and legal issues it creates when trying to establish a future life.



### What WON'T decriminalization do?

- 8 Enable substance use – without decriminalization people will still use but in an unsafe and unsupported way.
- 8 Legalize substances – trafficking and producing stays illegal.
- 8 Override First Nations self-determination – Nations will still be able to decide what works for them on their own land.

Visit our Decriminalization Q&A to learn more

[www.fnha.ca/harmreduction](http://www.fnha.ca/harmreduction)





# Decriminalization: The Facts

## What you need to know

### How will decriminalization help?

Decriminalization alone won't solve the toxic drug crisis, but together with harm reduction strategies, treatment and recovery options, overdose prevention, community-based initiatives, and systems of support, decriminalization will help save lives and relationships.

**Decriminalization is an important part of a larger response to the toxic drug crisis.**

### Building a System of Care: Our initiatives span the continuum

| Provincial Peer Network and peer engagement |   |   |                      |                    |                              |  |  |
|---|---|---|----------------------|--------------------|------------------------------|--|--|
| Stigma reduction campaign                   | Prevention  | Harm Reduction  | Treatment & Recovery | Systems of Support | Overdose Response Priorities | FNHA-Led Supports  | Community-based initiatives and engagement |
|   | School-based prevention for youth<br>Nurse/family partnership | Take home Medication Integrated Naloxone-assisted child and youth Lifeguard app treatment (OAT) teams<br>Overdose Bed-based Complex care prevention treatment housing and supervised Detox/withdrawal Team-consumption management based care sites<br>Rapid access coordination<br>Drug checking addictions clinics<br>Aftercare supports |                      |                    |                              | Inhalation OPS<br>Decriminalization<br>Prescribed safe supply<br>OAT optimization<br>Nurse prescribing |  |
| <b>Decriminalization</b>                    |   |   |                      |                    |                              |  |  |
| <b>SUPPORTIVE ENVIRONMENT</b>               |   |   |                      |                    |                              |  |  |

#### Decriminalization is for and by people who use substances

The BC government consulted with people who use drugs, their advocates and their loved ones to understand their needs and concerns because they are the people most impacted by the toxic drug crisis. Decriminalization didn't come into effect because of government-to-government engagement at any level.

#### How is the FNHA addressing the toxic drug crisis?

The FNHA's framework for action for addressing the toxic drug crisis is to support people on their healing journeys, create an accessible range of treatment options, keep people safer while using, and prevent people who experience drug poisoning from dying.





*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](mailto: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](mailto:aboriginalmentalwellness@interiorhealth.ca)

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the Dákeln Dene, Ktunaxa, Nláká'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.





## SCHSS WELLBRIETY GROUP

WILL BE HELD EVERY TUESDAY

### **CHANGE OF LOCATION @**

**SCHSS Boardroom - #103 – 2090 Coutlee Ave.**

**@ 6:00 – 8:00pm.**

If you have any questions, if you need a ride, please  
contact: **Christine Provost or Elizabeth Perdok-Waboose.**

**@ (250) 378-9745.**

May 2023 Page 3

Transportation & Snacks are provided.



**SCHSS**

SCW'EXMX COMMUNITY  
HEALTH SERVICES SOCIETY





# Ask Wellness Merritt

2196 Quilchena Avenue, PO Box 697, Merritt, BC V1K 1B8

**Askwellness.ca**

## Adult Addiction and Supportive Housing (AASH)

AASH runs in partnership with Interior Health and is a six-bed, abstinence-based program that offers 24/7 supports, housing, wellness planning, life skill development, and recovery focused group meetings. Participants in this program address their substance-use challenges and are supported in their recovery and transition to healthy living. Progression to independent living is supported with the exploration of educational and employment opportunities.

### Quick Contact

Toll-Free within 250 area. Click button below

**CALL 250.299.2262**

Email (all locations)

[j.keetch@askwellness.ca](mailto:j.keetch@askwellness.ca)

**Maverick Supportive Recovery**

236-425-2028 EXT:555

Merritt

Local: 250.315.0098 Fax: 250.378.0089

### Hours

Monday: 8:30am - 4:30pm

Tuesday: 8:30am - 4:30pm

Wednesday: 8:30am - 4:30pm

Thursday: 8:30am - 4:30pm

Friday: 8:30am - 4:30pm

Saturday: Closed

Sunday: Closed





### 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 (250) 455-2715  
Monday to Friday 8 a.m. to 4 p.m.

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

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

### 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 (250) 455-2715  
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



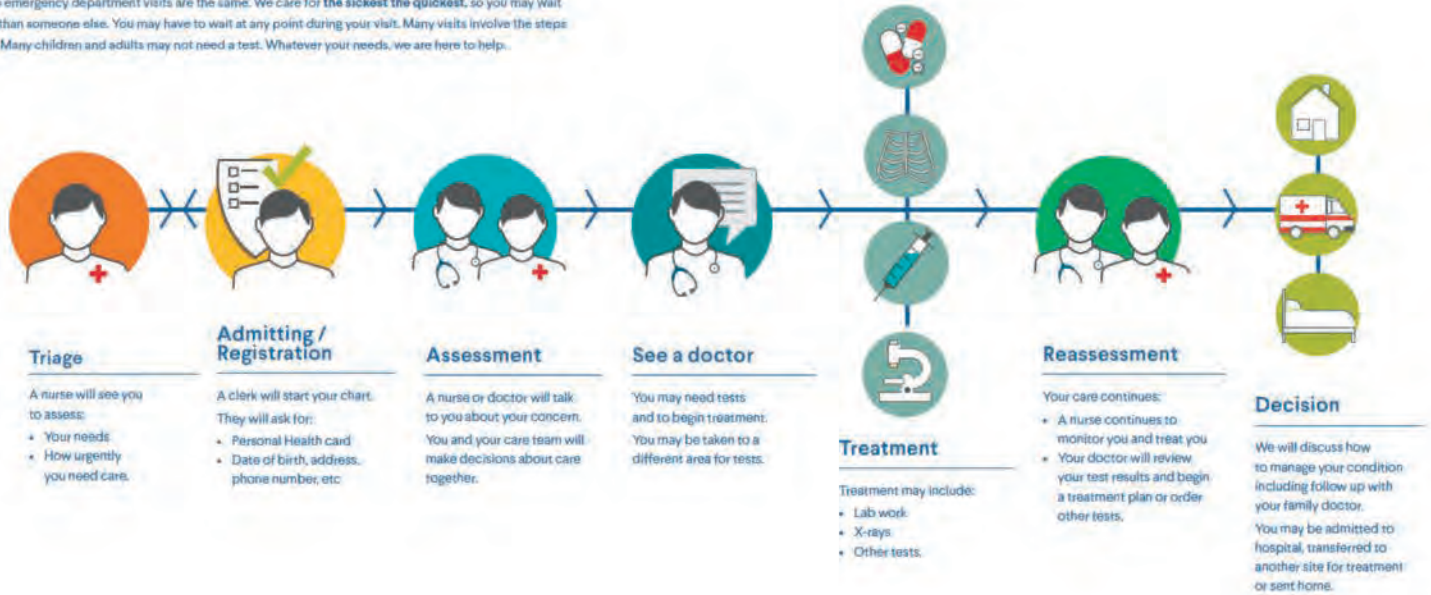
[BC Centre for Disease Control](#)  
(604) 707-2400





# AN EMERGENCY VISIT

No two emergency department visits are the same. We care for the **sickest the quickest**, so you may wait longer than someone else. You may have to wait at any point during your visit. Many visits involve the steps below. Many children and adults may not need a test. Whatever your needs, we are here to help.



## WHAT IS MY EXPECTED WAIT TIME?

| Priority Level     | Reimbursement | Emergent | Urgent | Less Urgent | Not urgent |
|--------------------|---------------|----------|--------|-------------|------------|
| Expected wait time | no wait       | ⊙        | ⊙⊙     | ⊙⊙⊙         | ⊙⊙⊙⊙⊙      |



## 5 Steps to happiness

1. Practice gratitude by reflecting on the positive things in your life.
2. Engage in activities that bring you joy and fulfillment.
3. Cultivate positive relationships with friends and loved ones.
4. Take care of your physical and mental health through exercise, self-care, and seeking help when needed.
5. Set goals that align with your values and work towards achieving them.





## Point of Care Risk Assessment (PCRA)

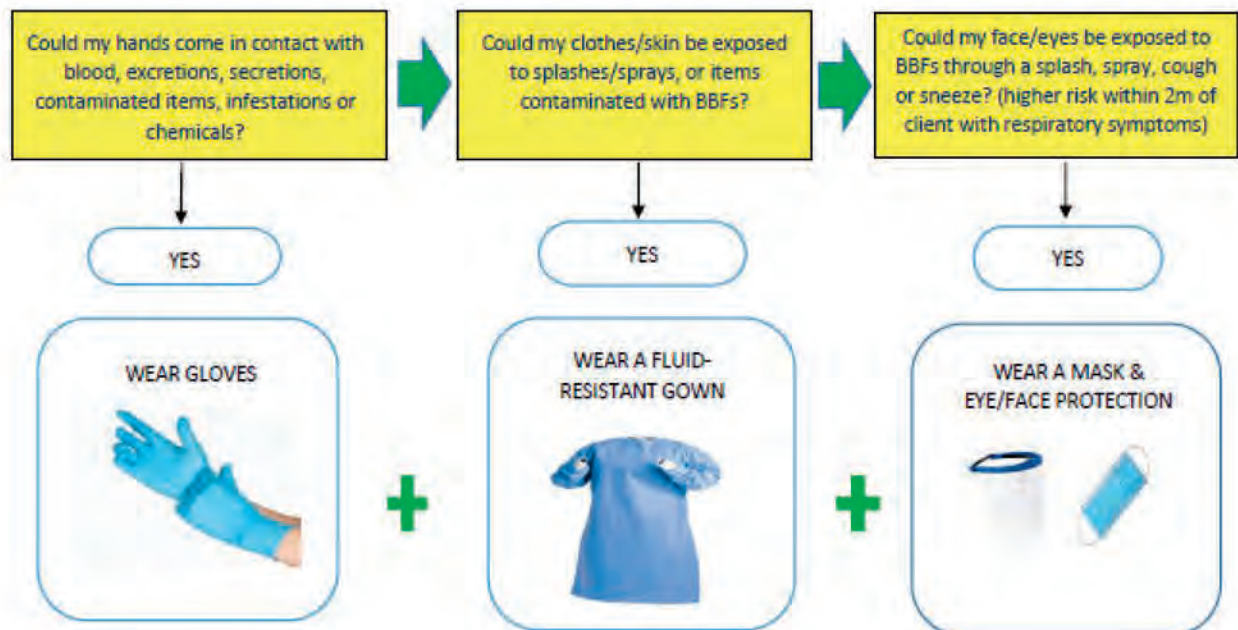
**ROUTINE PRACTICES** are to be used with **ALL CLIENTS** for **ALL INTERACTIONS** at **ALL TIMES**

A Point of Care Risk Assessment (PCRA) is an essential part of routine practices. It assesses your risk of exposure to Blood and Body Fluids (BBF), or hazards such as chemicals, and helps you to determine what Personal Protective Equipment (PPE) is needed to protect yourself from exposures and to prevent the transmission and spread of infections and Antimicrobial Resistant Organisms (AROs).

**ASSESS the TASK, the CLIENT and the ENVIRONMENT prior to each client interaction**

**Carry out a PCRA prior to contact with every client even if they are on Additional Precautions as extra PPE may be required**

| RISK FROM THE CLIENT  | RISK FROM THE TASK  | RISK FROM THE ENVIRONMENT   |
|---|---|---|
| <ul style="list-style-type: none"> <li>✓ Respiratory secretions and illnesses</li> <li>✓ BBF (emesis, blood, stool)/ non-intact skin</li> <li>✓ Mucous membranes</li> <li>✓ Antimicrobial resistant organisms (i.e., MRSA)</li> </ul> | <ul style="list-style-type: none"> <li>✓ Personal care or tasks with BBF contact/splash</li> <li>✓ Invasive procedures / Ultra-sound</li> <li>✓ Wound care</li> <li>✓ Oral/respiratory tasks (suctioning etc.)</li> </ul> | <ul style="list-style-type: none"> <li>✓ Environment: High touch surfaces (door handles, handrails etc.), Beds, Bathrooms</li> <li>✓ Equipment: BP Cuff, Stethoscope, Cell Phone, IV systems, Point of Care (POC) devices</li> <li>✓ Items: Dressings, Sharps, Soiled linens</li> </ul> |



*Note: Usually when there is an indication to wear gloves, a gown is also needed*

**PERFORM HAND HYGIENE BEFORE/AFTER TOUCHING A CLIENT OR THEIR ENVIRONMENT, AND WHEN DONNING & DOFFING PPE AND WHEN INDICATED BY THE 5 MOMENTS OF HAND HYGIENE**





First Nations Health Authority  
Health through wellness

# Are You Living with Diabetes?

## We Would Like to Hear from You!

If you are a First Nations person with diabetes, we invite you to share your stories about living with diabetes.



The First Nations Health Authority's Office of Chief Medical Officer is developing a report on diabetes among First Nations living in British Columbia (BC). This report will highlight First Nations stories and lived experience related to diabetes.

### Why Share Your Story with the FNHA?

Your story will help us better understand the needs of First Nations people in BC who live with diabetes and plan for the improvement of wholistic diabetes services.

### Contact Information:

If you would like to participate in the study, or have any questions, please contact Kathy Riyazi at [Kathy.Riyazi@fnha.ca](mailto:Kathy.Riyazi@fnha.ca) or call **778-879-2263** to book a phone interview. A gesture of appreciation will be sent to you to honour your sharing. Interviews will be held between February and June 2023.





First Nations Health Authority  
Health through wellness

# QUESTIONS & ANSWERS

## DIABETES REPORT PROJECT

### What is the Diabetes Report project?

The First Nations Health Authority (FNHA) is seeking to better understand how diabetes is impacting First Nations communities in British Columbia (BC) and First Nation people's wellness journeys. To do this, we are inviting people to share their experience of living with diabetes through an interview (phone/Zoom/in-person). The stories will be kept anonymous, and shared in a publicly available BC First Nations Diabetes Report alongside available data related to diabetes. This report will capture where we are, and what is needed to guide us forward in a good way.

### Who can participate?

This report highlights the experiences of First Nations people living with diabetes, so anyone who identifies as First Nations, and living with diabetes, is invited to share their story.

### Why are you collecting stories?

Stories are culturally relevant and helpful as First Nations people have always had an oral tradition; stories and knowledge are passed down from generation to generation. Hearing and collecting stories directly from community members will allow us to better understand what is working well for people living with diabetes, what the gaps in care are, and what could better support people on their wellness journey.

### When is this story collection happening?

The interviews will be held between February and June 2023.

### How/where do I participate?

The interviews will take place virtually with a member of the FNHA team. If there are any supports needed, such as access to a computer or Internet, the FNHA team can work with the health team in your community to help you connect.

To participate or for questions, please contact Kathy Riyazi at [Kathy.Riyazi@fnha.ca](mailto:Kathy.Riyazi@fnha.ca) or call 778-879-2263. A gesture of appreciation will be sent to you to honour your sharing. Interviews will be between February – June 2023.



# MEDICAL TRANSPORTATION REMINDER

---

Heskw'en'scutxe Follows the FNHA Medical Travel guidelines as follows:

Appointments/treatment **NOT** covered under the Medical Transportation benefits are:

- Special camps
- Chiropractors
- Psychologists
- Orthodontics
- Non-surgical podiatry
- Weight loss clinics or screening programs
- Speech assessment and therapy
- Massage Therapy, and Naturopathy
- Physiotherapists (unless surgery related)
- Hearing tests (unless medically referred by physician)
- Where third party liability (such as ICBC) is involved
- Court-ordered treatment/assessment, or as condition of parole
- Client-initiated appointments for a second opinion



You may appeal if you feel your refusal is unjust. If you are unsure as to whether you can be covered for Patient Travel Please feel free to call or drop by the office and inquire.





# EARTH DAY CLEAN YOUR YARD CONTEST



IT HAS BEEN COLD AND WE WANT TO MAKE  
SURE YOU HAVE ENOUGH TIME TO CLEAN  
YOUR YARDS TO YOUR LIKING.

**NEW DEADLINE: MAY 15**  
**SUBMIT YOUR PICTURES BY EMAIL, MSG,  
TEXT ETC...**

**PRIZES (ONE OF EACH PER COMMUNITY)**  
**CABELAS GIFT CARD**  
**\$500, \$100, \$50**  
**& MANY OTHER SURPRISES!**





# FREE SWIMS IN MERRITT



## BENEFITS OF Swimming

### Build Muscle Mass

Swimming is a sport that moves the whole body, especially the muscles. For that swimming is great for increasing muscle mass.



### Lose Weight

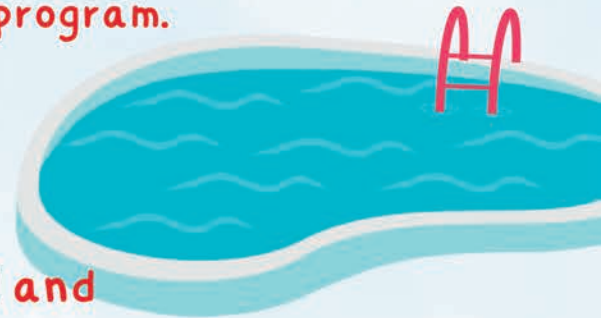
Swimming for one hour can burn about 400-700 calories, which is ideal for those who are on a diet program.

### Controlling Stress

Swimming is proven to improve mood and reduce excess stress levels.

### Healthy For Heart & Lungs

Swimming is the same as cardio exercise, it can increase the flow of oxygen, which is good for the health of the heart and lungs.



Free swims, aquafit & gym (16+)

Nicola Valley Aquatic Center @ 2040 Mamette

Call Corynn / Nadine to add your name to the sign in sheet



# Merritt Regional Transit System



## Antko Community: Request a Bus Ride!

### On-Request Service

Bus service includes a curb-to-curb, shared transit service on-request to and from destinations in the Merritt area. All customers are eligible to use this service.

**On-Request service is limited to two per trip.** Priority is given to the first to call and people with mobility challenges.

This is not handyDART service. If you need assistance from another person to board or exit the bus, please have an attendant with you to assist.

**Pick-up: Call 24 hours ahead to book. Bookings received less than 25 hours ahead will be subject to availability.**

**Drop-off: Ask the driver when you board.**

Examples of locations: a house, childcare centre, or employment site.

### Service Hours

Monday to Friday, with trips operating at 8:45 am, 9:45 am, 12:45 pm and 2:45 pm.  
No service on holidays.

### Office Hours

Monday to Friday, 9:00 am to 4:00 pm  
Phone: 250-378-4080





**Nlha'7kapmx Child and  
Family Services**



CULTURE  
CAMP



**JULY 9 - 13, 2023**

**PASULKO LAKE**

BOTANIE VALLEY, LYTTON, BC

CULTURE, ACTIVITIES, FUN, GAMES,  
ADVENTURES, FAMILY EVENT  
DRUG AND ALCOHOL FREE

NCFSS

250-455-2118

RECEPTION@N7XSERVICES.COM



The background of the entire page is a warm-toned photograph featuring a close-up of a woven fabric, possibly burlap or a similar natural fiber, on the right side. On the left side, there are thin, dark branches with small, dried, yellowish-orange flowers. Overlaid on this background are three circular shapes: a light orange circle at the top, a larger dark orange circle in the middle, and a light beige rounded rectangle at the bottom. The text is white and centered within these shapes.

# Sewing Studio

**WE ARE OPEN!**  
**THURSDAYS**  
10 AM TO 2 PM

JOIN US AT THE BLUE HALL BY THE  
OLD GREEN CHURCH IN SPENCES  
BRIDGE

BRING YOUR OWN PROJECT AND  
LUNCH

Everyone Welcome!



# COMMUNITY CONTEST RESULTS



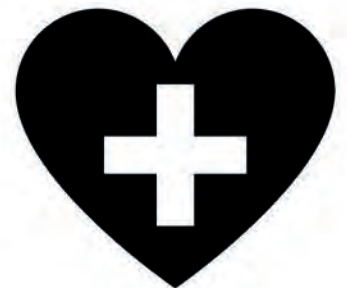
**Congratulations to all our  
Decorate your Easter Egg  
Contest Winners:**

Elijah, Semiah, Regina, Alice,  
Janet, Kellen, Andre, Gabe  
Rhonda, Sky, Sarah Celeste,  
Carol and Lena



**Congratulations to all Naloxone  
Contest Winners:**

Haley Dunstan Garwood, Penny  
Dixon, Lucille Machele and  
Bernice Anderson, Kenny Yamelst  
and Barbara Yamelst









# FOOD IS MEDICINE RECIPES FROM SEASON TWO, EPISODE ONE: Recipes from Nlaka'pamux Pt. 1

In this episode of Food is Medicine, join Rachel and Fiona on the beautiful Nlaka'pamux territory as they learn to harvest TatOOwe-n (wild potato), and TSawAta (celery plant) and see how the Adams family likes to incorporate these wild foods into their everyday meals, like, fish soup and a wild food power bowl. Recipes below if you'd like to follow along!



Food is Medicine: Nlaka'pamux Pt . 1



## Buster's Fish Soup

### INGREDIENTS:

- 8 cups Water
- 10-15 oz Sockeye salmon (skin on)
- 1 Onion, diced
- 4 Potatoes cut into ½" cubes (recommend Yukon gold, skin-on)
- 1 tsp Salt
- 1 tsp Pepper

### INSTRUCTIONS:

- 1 . Boil water in a large pot .
- 2 . Add salmon and cook 2 minutes .
- 3 . Remove from pot and gently remove skin . Return the salmon to the pot and break into bite-sized pieces .
- 4 . Add 1 chopped onion and 2 chopped potatoes . Season with salt and pepper .
- 5 . Boil for 30-35 minutes .



# OUR STORIES AND NLAKA'PAMUX CULTURE

## GRIZZLY AND THE BLACK BEAR CUBS

Told by from "Our Tellings" by Mary Williams

Translated by Mamie Henry

THIS IS ABOUT what happened when a Black Bear mated with a Grizzly, who also had a Grizzly wife. He had four children by one wife and four by the other. They came to Petani [Botanie] Valley, where they were digging roots.

Grizzly told 'her husband, 'Come here. I am going to look through your hair.' While pretending to clean his hair, she chewed his head and he died.

Grizzly called her rival, Black Bear, and killed her also. She then cut off Black Bear's breasts, packed them in her basket, and went home. She arrived at the lake by her home and sat down to prepare a meal. She told her children in the morning, 'You are going to make some gruel -one a heavy kind, the other a watery kind.' The children did this.

'Now you are going to kill Black Bear's children,' their mother told them. When the children all went to sleep, Grizzly got up to see where her husband was lying. In the meantime, the children woke up and ate.

After eating, they decided to go swimming. They went down to the lake and swam. They began to hold one another underwater. All of Grizzly's children died. Black Bear's children dragged them to shore and laid them in a row on a blanket. Beside them they laid figures of rotted trees. Then they left them there.

Grizzly came along and, thinking the figures were Black Bear's cubs, devoured them. Then she realized they were only rotted wood.

As for her own children, there were some roasts propped on sticks. Grizzly took one and ate. A bird spoke to her, saying, 'You are eating your children's fingertips.' She took a look and cried -they were her children!

Black Bear's children ran until they got to a spot where they decided to create a blockage. They fixed up the brush so nothing could pass. When they were finished they started running again, but Grizzly was gaining on them.

They gathered up some ants and climbed a tree, but Grizzly caught up with them. 'Your parents are here!' she said to them. 'Come on! Come home!'

'Oh, no!' the children replied. 'We are going to stay around here - we are not coming home.'

Then they relented. 'Oh, alright! If you really want us to come home, lie flat on your back.'

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



## GRIZZLY AND THE BLACK BEAR CUBS

Told by from "Our Tellings" by Mary Williams

Translated by Mamie Henry

Grizzly lay down and the children poured the ants on her. The ants got into every part of her. She struggled up, but couldn't walk. The children scrambled down the tree and ran and ran until they came upon Chipmunk, who started calling them names.

'Where are you going, you ugly things?' cried Chipmunk.

The children called back, 'Oh, should someone come along and scratch your back, it will remain so!'

The children ran further until they came to a place called Ngwuyuyrhxw [lot 47 up Botanie Road]. Coyote popped up and commanded, 'Wait there! Wait there! I want to talk to you!'

'No, no, no!' said the youngest one. 'Don't stop! Let's go! Hurry!' They were carrying the youngest one, you know.

Coyote started calling names. 'Oh, you children are no good!' he said. 'You don't listen!'

The children called back, 'May your head be stuck out forever, you Coyote!' They ran and ran until they came to the shore, where they found Skwani7kwa hammering his canoe.



*1997 - Our Tellings, Interior Salish Stories of the Nlha7kapmx People, compiled and edited by Darwin Hanna and Mamie Henry, Page 148.*



# OUR STORIES AND NLAKA'PAMUX CULTURE

## GRIZZLY AND THE BLACK BEAR CUBS

Told by from "Our Tellings" by Mary Williams

Translated by Mamie Henry

'Skwani7kwa! Skwanf7kwa!' they cried. 'Take us across! Take us across! Hurry! Grizzly is going to kill us!' He took the children across and let them go.

Skwani7kwa took his canoe and bored a hole in it, then stuffed the hole. By that time, Grizzly had arrived at the shore - Skwani7kwa returned for her. Water was leaking through the hole.

'Sit there!' he told Grizzly. 'Sit really tight or we'll drown before we get to shore!' Grizzly squatted over the hole. In the middle of the river, fishes bit out her guts. She died and was thrown into the water.

Now the children were wandering throughout the country, all the way down to Lytton, then up towards the Stein. At the mouth of the Stein, there are imprints of small footprints in a rock, opposite the church. The children wandered from the Stein to the Coast, opening the rivers on their way. That's why we are now getting fish.

That's what this story is about. That's all I remember of it.



*1997 - Our Tellings, Interior Salish Stories of the Nlha7kapmɔ People, compiled and edited by Darwin Hanna and Mamie Henry, Page 148.*



My name:

Name of author:

My age:

Date submitted:

# SUDOKU

## A Game for Mathematicians

Fill out the blocks so that the numbers one to nine will only appear once in each row, column and 3x3 grid.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 9 | 7 | 3 |   | 5 | 2 | 6 |
|   |   | 5 |   | 2 |   | 8 |   |   |
| 6 |   | 8 |   |   |   |   | 4 | 7 |
|   |   |   |   |   | 9 |   | 6 | 2 |
|   | 4 |   | 6 |   | 3 |   | 8 |   |
| 8 | 9 |   | 5 |   |   |   |   |   |
| 2 | 6 |   |   |   |   | 1 |   | 8 |
|   |   | 7 |   | 1 |   | 6 |   |   |
| 9 | 5 | 1 |   | 6 | 4 | 2 |   |   |



# May Day



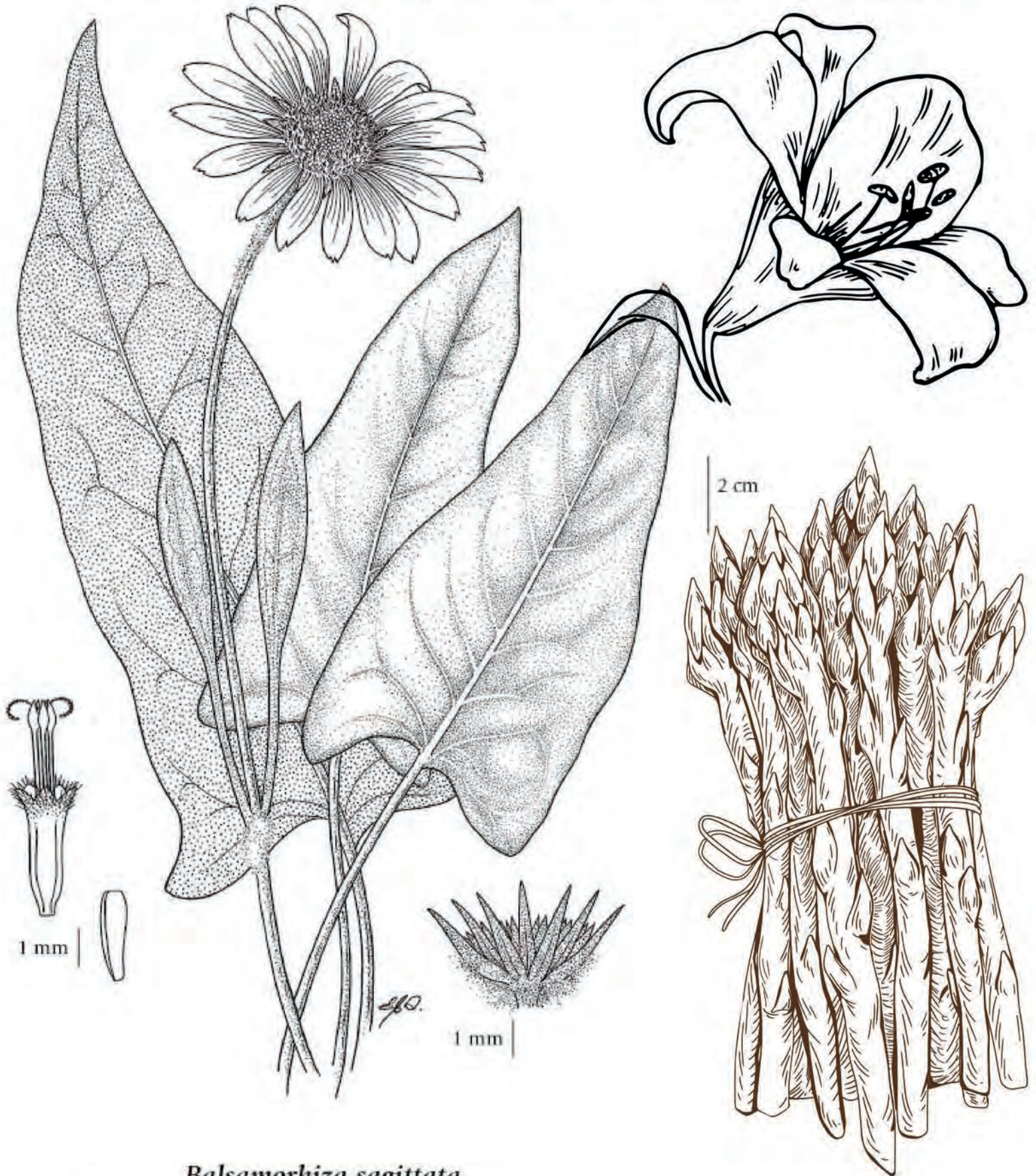






# NEWSLETTER ACTIVITIES & GAMES

Practice your Nlaka'pamux writing skills. Write the names of these plants in the language!



*Balsamorhiza sagittata*



# COMMUNITY PANTRY

**When:** Wednesday, April 26th

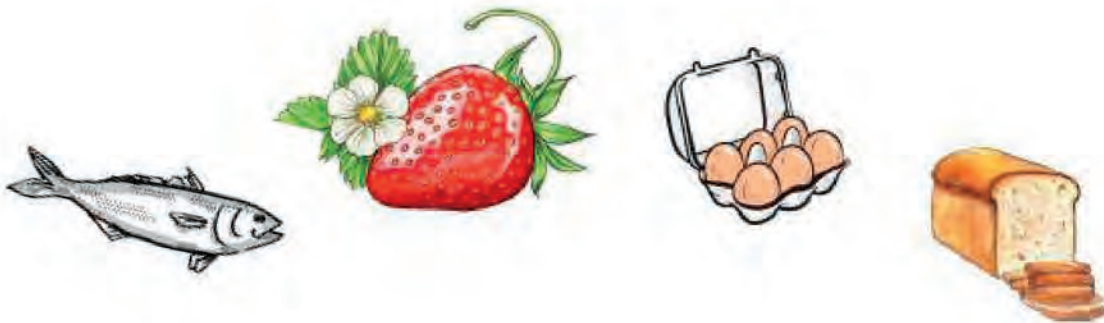
**Time:** 8:00 AM – 4:00 PM

**Pick-up only – delivery is not available. Please arrange to have someone pick up your food if you are not available.**

The community pantry is available for all Cook's Ferry members living on-reserve, in Cook's Ferry and Antko.

**Each household will receive a community pantry "hamper."**

**Fresh fruit, vegetables, meat, and dairy products are available for choosing.**



Please contact the social development office if you have questions.  
Phone: 250-458-2224

