

June 2023

Monthly Newsletter

Vol 1 Issue 5

HESKW'EN'SCUTXE



"Take care of yourself"



OFFICE CLOSURES HAPPY FATHER'S DAY! SUNDAY JUNE 18
NATIONAL INDIGENOUS PEOPLES DAY: WEDNESDAY, JUNE 21

CANADA DAY: FRIDAY JUNE 30, IN LIEU OF JULY 1

10 YEAR HEALTH PLAN **FRIENDS & FAMILY** **COMMUNITY MEETINGS**

JUNE 13: SISKA @ BAND HALL
JUNE 14: COOKS FERRY @ ARBOR

1:00 PM - 3:00 PM
5:00 PM - 6:00 PM

JUNE 15: ANTKO @ON SITE
5:00 PM - 6:30 PM

SEE POSTER INVITE AT THE
BACK OF THE NEWSLETTER



It's
Nlaka'pamux
story time on
page: 26-28



HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wʔéx̣ we? ʔú? 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

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

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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

MONTHLY REPORT

By Nadine Methot, Administrative Assistant

The Month of Healthy Men!

The newsletter theme for the month is Canadian Men's Health. Check out selected links about men's health on the theme of the month page.

FNHA Dental Clinic @ HHSS

Michelle Beattie, FNHA dental hygienist has been meeting with several community members, cleaning teeth, dentures, answering dental questions and helping with Jordan Principle applications. We are delighted to have this service in our communities! Another round of dental clinics will be coming in July.

Massage Break for the summer

We are actively searching for a new registered massage therapist and will inform you when this service returns.

Friends & Families

Community Meetings

We will have community engagements in Siska on June 13, Cooks Ferry on June 14 and Antko on June 15. Everyone is asked to partake in the meetings and surveys We will be calling every household. More information in this newsletter and poster invite on the back.

Mental Wellness Body Approach Group

Cooks Ferry Band members Cheryl Billy and Joel Raphael are graduates of the extensive I-Thoughts Indigenous Mental Wellness two year training. Armed with this incredible knowledge, they are working with NLX Health, counselor Wanda Dexell to deliver tools to community members to help them soothe any mental discomfort they may encounter from time to time or on a daily basis. HHSS staff attended the session in Lytton and Cooks Ferry. We highly recommend community members to take advantage of these great learning tools. A new series of workshops will happen in the fall in the evenings.

Pharmacist Chris Dryer in Lytton

We have some good news to share! Chris has resigned from his position at Interior Health and will re-open a pharmacy in Lytton sometime this summer.

Happy Father's Day!

We would like to wish every dad out there a very happy father's day and hope you enjoy your \$30 Home Depot gift card. Every household will receive one card for dad or to honor a father that is no longer with us. Home Depot has a great selection of items suitable to everyone's needs.

LIVE IN MERRITT & LOOKING FOR A FAMILY DOCTOR?

If you are interested in a family doctor or nurse practitioner, register with Health Connect Registry and get matched with a family doctor or nurse practitioner in your community! REGISTER HERE: <https://www.healthlinkbc.ca/health-connect-registry/merritt>

Spring Covid Booster for those at risk

B.C. will be offering a spring booster dose to people most at risk. This approach follows recommendations from the National Advisory Committee on Immunization (NACI) to ensure the people who need it most will be protected. Invitations will start to go out in early April to people who received their last dose 6 months ago.

People in long-term care- If you are living in a long-term care facility, you will receive your spring booster from a health care worker who visits you.

Seniors and Indigenous people - You will get an invitation from the Get Vaccinated system to book an appointment if you are:

- 80 years or older
- 70 years or older and Indigenous



People who are moderately to severely immunocompromised: You will get an invitation from the Get Vaccinated system to book an appointment if you are 18 or older.

You can also get a spring booster if you have never had a COVID-19 infection and you are: 60 years or older, or 50 years or older and Indigenous.

If you are unsure if you should get a spring booster, talk to your health care provider.

FNHA – Newly Updated COVID-19 Support Guide is now available

- FNHA's newly updated COVID-19 Support Guide is now available on our website.
 - For full details click here: [FNHA COVID-19 Community Support Guide](#)
 -

Interior Health Covid-19 Immunization Clinics

For a full listing of clinics visit: <https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/immunization-clinics>

Cancellation of HHSS Covid Support Program

As the pandemic is coming to an end, the HHSS Covid Support to purchase supplies up to \$100 will no longer be offered to those who get sick with Covid.





PROGRAMMING UPDATES

FARMERS MARKET COUPONS

We have partnered up with the Ashcroft Artisan Farmers Market along with Siska and Cooks Ferry Bands. The market is every Sundays from 8:00 am to Noon at the Heritage Park in Ashcroft. Beautiful displays of produce and gift items too. You can purchase veggies, meat, baked goods, bread and more! See our poster announcement about coupon availability.

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: June 30
Cooks Ferry: June 28

FOOT CARE WITH SUZANNE

Siska: July 11
Cooks Ferry: July 13



Call the office to book an appointment



MONTHLY MEDICATION PROGRAM

Chris Dryer will be re-opening a pharmacy in Lytton. This will facilitate our weekly pick up program! Stay tune for more information and an opening date.

RESTORATIVE MASSAGE

The program is on hold until we find a new registered massage therapist. Thank you for your patience.

DENTAL CLINICS IN SISKA & COOKS FERRY

FNHA Michelle Beattie is offering free dental hygiene services. Open to all Cooks Ferry and Siska members on and off reserve! She will be returning in July. Dates coming soon.

Call the office to book an appointment

IN SERVICE DAY OFFICE CLOSURE JUNE 19, 2023

The staff will be having a staff meeting on June 19, 2023. Please note that there will be no home visits or medical travel on that day. We thank you for your understanding.





THEME OF THE MONTH



LINKS TO MEN'S HEALTH

By Corynn Reveley

Knowledge is power, following are reputable health links to learn about Canadians Men's Health!

Here are some resources related to men's health in Canada:

- Canadian Men's Health Foundation:
<https://menshealthfoundation.ca/>
- Men's Health Research:
<http://www.menshealthresearch.ubc.ca/>
- Centre for Men's Health and Wellbeing:
<https://www.menshealthcentre.net/>
- Men's Health Initiative of British Columbia:
<http://www.menshealthbc.ca/>
- Men's Health Network Canada:
<https://menshealthnetwork.ca/>



National Indigenous Peoples Day
Office Closure

Wednesday, June 21, 2023



COOKS FERRY SOCIAL DEVELOPMENT

Mandy Cormier

FITNATION

Exercise Group

The group will be taking a summer break and return in August. Although Mandy wont be in attendance, the group is welcome to continue walking on their own on Mondays and Wednesdays as the gym has been reserved from 12 pm to 1 pm Enjoy the cool air and companionship, everyone welcome!



PASTEL BOOT CAMP COMING TO COOKS FERRY AUGUST DATES TO BE ANNOUNCED



Featuring Breanna Podlasly

Do you want to learn how to create beautiful pastel art? Not sure where to start? Are you looking to keep busy? Come join our step by step pastel bootcamp with Cook's Ferry own award winning artist, Breanna Podlasly!

Open to all Cook's Ferry members

Ages 14+

Call: 250-458-2225

Email:

socialdevelopment@cookserry.ca



Meet Michelle Isaac, new coordinator!

Jordan's Principle News

Nlaka'pamux Services Society



Contact Info:

Michelle Isaac

PO Box 430, Lytton BC

V0K1Z0

604-206-8556 or

250-256-1988

Jordan's@nntc.ca

In Community Dates:

May 23-26, 2023

NNTC Building:

1632 St. Georges rd, Lytton

June 13-16, 2023

NNTC Building:

1632 st Georges Rd Lytton

June 14 I will be at the Lytton First Nations Health Fair set up with applications and information

July 9-14, 2023 Pasulko Lake for Culture Camp I will have an info booth setup with applications

Any other communities that would like me to join events please send me an email

Current Group Requests:

-Laptops

-School Supplies and clothing

I would like to have the group requests in by the end of June 2023.

Information needed:

Childs full name, date of birth, status card #(if they have one), on off reserve, full contact info

Forms Required:

Consent forms

Confirmation of eligibility of status or that you live on reserve

You do not have to live on reserve to receive supports

Individual Requests can include but not limited too:

Educational Needs or fees, Medical Needs including assessments and Dental Surgery, Eye glasses, cultural activities, sports fees, transportation, clothing, groceries, diapers, formula, One to one workers in school, respite to parents

Please if your child has any unmet needs please contact me.

CHILDREN ORAL HEALTH INITIATIVE



First Nations Health Authority
Health through wellness

Oral Health Fact Sheet

Oral Cancer

Did You Know

- Oral cancer is the 13th most common cancer
- In 2016, it was estimated that:
 - 4,600 Canadians will be diagnosed with oral cancer
 - 1,250 Canadians will die from oral cancer

You may be more likely to develop oral cancer if you:

- are more than 40 years old
- are male
- use tobacco (any form)
- have HPV (human papillomavirus)
- have high alcohol consumption
- have sun exposure to your lips
- have a diet low in fruits and vegetables

See your oral health professional or Doctor if any of these early signs **last longer than two weeks:**

- Sore throat or difficulty swallowing
- Lumps: on the sides or bottom of the tongue
- Sores in the mouth or on the lips
- on the floor or roof of your mouth
- Dark red or white patches in the mouth
- on the insides of your cheeks
- Numbness or tingling in the mouth, face or neck
- on your gums
- Bleeding in the mouth



TIP

References:

Oral Cancer is a preventable disease and can be treated if caught at an early stage. See your dental professional for an oral cancer screening once a year, even if you don't have teeth.

www.hc-sc.gc.ca/hl-vs/oral-bucco/disease-maladie/cancer-eng.php

www.cancer.ca/en/cancer-information/cancer-type/oral/statistics/region/?region=bc

CHILDREN ORAL HEALTH INITIATIVE



First Nations Health Authority
Health through wellness

Oral Health Fact Sheet

Dry Mouth

If you have a dry mouth you may have:

- A dry, sticky feeling in your mouth
- A burning sensation
- A metallic taste in your mouth
- Difficulty wearing your dentures
- Many new cavities
- Difficulty chewing and swallowing
- Difficulty speaking
- Cracks at the corners of your mouth
- Loss of sense of taste
- Bad breath
- Mouth sores
- A dry throat
- Cracked lips

Saliva is important because it:

- Helps us to chew and swallow
- Helps us digest food
- Protects teeth from tooth decay
- Controls bacteria in our mouths

Some causes of dry mouth are:

- Menopause
- Smoking
- Alcohol use
- Radiation therapy and chemotherapy for cancer treatment
- Medications such as antihistamines, decongestants, pain killers, diuretics and for high blood pressure and depression
- Diseases such as diabetes, Hodgkin's, Parkinson's, HIV/Aids and Sjogren's syndrome

Some things you can do:

- Sip water or suck on ice cubes
- Suck on sugarless hard candies or mints
- Chew sugarless gum (xylitol gum)
- If you are taking medications see your doctor. A change in medication or dosage may help.
- Speak to your pharmacist for suggestions of products that may ease your symptoms such as Biotene gel or rinse.

Some things to avoid:

- Spicy or salty foods
- Alcohol and tobacco
- Caffeine
- Sweet, sticky foods and snacks
- Sweet liquids such as pop, juice, ice tea, etc.
- Mints, lozenges, and candies that contain sugar

TIPS

- Protect your teeth by brushing twice a day with a fluoride toothpaste
- Use a daily, alcohol-free, fluoride mouthrinse
- Clean between your teeth once a day
- See a dental professional at least once a year

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



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



Hesk'w'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
- Yolanda Hall (Counselor) yjhall@telus.net

FNHA LIST OF PROVIDERS (FREE)

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>



Introduction to a Body-Centered Approach to Mental Health

Over the last few years Nlaka'pamux Health Services Society (NHSS) has been exploring a body-centered approach to mental health from an Indigenous lens and would now like to offer an introduction to this approach to community members.

This introduction will include three presentations:

- Identifying between two approaches to support mental health: We will notice what a “felt sense” is and how it relates to an “implicit story” vs an “explicit story”.
- Dealing with difficult People: We will explore the way in which our nervous system responds to stressful situations and how we can renegotiate our pattern response.
- Unpacking grief: With a focus on “leaning into land” and “slicing things thin” you will have an opportunity to notice that “grief is a process” and how to move through the process.

Dates & Location

Cooks Ferry Community Hall:

Lytton Community Centre:

1. May 17, 2023, 1:00 – 4:00

1. May 16, 2023, 1:00 – 4:00

2. June 28, 2023, 1:00 – 4:00

2. June 29, 2023, 1:00 – 4:00

3. July 18, 2023, 1:00 – 4:00

3. July 19, 2023, 1:00 – 4:00

**The circle is now closed, watch out
for fall dates with evening sessions**

Gas cards, supplies needed, and light refreshments will be provided.

Participants must be willing to commit to attending all three workshops to get the best experience, as each workshop sets the groundwork for the next presentation.

Registration:

Scan to register online:

Contact Joel Raphael at



raphael.j@nlxfn.com or 778.254.8589



Aboriginal Mental Wellness Team

Mental Health and Substance Use (MHSU) Network

TEAM MISSION STATEMENT

Guided by the voices of Aboriginal patients, families, Peers, partners and communities, the Aboriginal Mental Wellness Team envisions access to equitable, culturally safe, stigma-free, timely and relevant MHSU services to improve health and wellness of Aboriginal populations within the interior region.

ABORIGINAL MENTAL WELLNESS (AMW) PLAN: AREAS OF FOCUS

- Promoting awareness of pathways to MHSU care and supporting integration of community, partner and IH services
- Identifying and collaboratively responding to partner priorities through meaningful engagement
- Building trauma-informed, culturally safe MHSU services
- Increasing equitable access, improving transitions, and reducing barriers
- Applying a continuous quality improvement lens



[Aboriginal Mental Wellness Plan \(2017\)](#) Request support: AboriginalMentalWellnessTeam@Interiorhealth.ca

TEAM

Debra Trampleasure, Manager Debra.trampleasure@interiorhealth.ca



Provides direction and leadership to the team to facilitate the work outlined in the AMW Plan

Aligns the work of the team with strategic priorities of the MHSU Network and the broader organization

(Ktunaxa, Nlaka'pamux, Syilx, MNBC) **Practice Leads** (Secwépemc, St'at'imc, Tsilhqot'in, Dakehl Dene)

Jody Wagner Jody.wagner@interiorhealth.ca **Audrey Ward** Audrey.ward@interiorhealth.ca



Engagement with Aboriginal partners to identify priorities, address barriers, and support awareness of pathways to IH MHSU care

The Practice leads are embedded in the overall MHSU planning network and connected to frontline operations to support a continuous quality improvement lens related to Indigenous populations and access to safe, relevant and accessible MHSU services in the Interior Region

Cathy Collinge, Lead Youth Cultural Resources Coordinator Cathy.collinge@interiorhealth.ca



Engaging partners to support planning and coordinating access to cultural resources for care recipients requesting this as part of IH MHSU care

Supporting operations with the inclusion of cultural resources into IH MHSU care
Supporting the integration of Aboriginal specific positions into IH MHSU services



Vacant, Knowledge Coordinator

Supporting partners to access IH education, tools, and resources, as requested to support their identified priorities
Facilitation of the AMW Community of Practice to support knowledge exchange between nation clinicians and IH MHSU staff, and distribution of monthly AMW Newsletter

Danielle Kreutzer, Project Lead, Opioid Agonist Treatment Rural Communities Danielle.kreutzer@interiorhealth.ca



Responding to the Toxic Drug Supply Crisis with a focus on equitable access to Substance Use care and resources for Aboriginal clients by collaborating with partners to identify and remove barriers

Providing Naloxone training and substance use resources to Aboriginal communities and organizations as requested

Nikki Hunter, Indigenous Health Nurse: Knowledge Translation in Mental Wellness nikki.hunter@interiorhealth.ca



In partnership with Interior Health Research Department, Interior Health Aboriginal Mental Wellness, and the BC Chair Indigenous Health Nursing (IHNR) program, the Lead Indigenous Health Nurse in Mental Wellness facilitates and supports the development of a collaborative team approach to guide mental health and wellness knowledge translation initiatives through a decolonizing framework and Indigenous research methodologies distinctions-based, rights-based, and strength-based frameworks to support Indigenous community-driven goals and strategies



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

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

Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262
IDA (250) 256-7538
*Daily delivery now available to Lytton via Dynacare

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



LOOKING FOR A DOCTOR IN THE CANYON?



By Appointment Only

- ✓ FNHA Doctor of the Day
1.855.344.3800
- ✓ Tlekemstin ~ Lytton Primary Care
Centre(LPCC)
250.455.2221, dial 1
- ✓ Ashcroft Urgent Primary Care
Centre (UPCC) 250.453.9353
- ✓ Boston Bar Health Center
604.867.9380

EMERGENCIES 24/7*

Hope, Lillooet, Merritt,
Kamloops

*Hours may vary for some
locations, please call to
confirm

Heskw'en'scutxe Health
Services Society



250.458.2212
250.455.6601



WWW.HHSSBC.CA



LYTTON PCC TELEHEALTH DOCTOR CONSULTATIONS

At the Heskwen'scutxe Health Services
Society Cooks Ferry Clinic

**Virtual dates, online at HHSS
Cooks Ferry Clinic
2:00 p.m. - 3:00 p.m.**

June 14th

July 27th

August 24th

September 14th



250.458.2212

**Call our offices to
book your
appointment.**

**For Siska & Cooks
Ferry Community
Residents**





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

Please remember the following when submitting medical travel forms:

- ✓ The name of the patient, address, birthdate, status number and mailing address to be filled by the one who went to the appointment.
- ✓ Any trip that is six hours and more on the same day is eligible for the lunch allowance of \$16. Please circle yes or no to this question. Medical travel clerks will not fill this on your behalf
- ✓ **NEW:** If you are diabetic, you are eligible for the lunch allowance for any trips under six hours. Please circle accordingly. We do have a list of confirmed diabetics in both communities. If you are not on the list, please add a letter from your doctor stating that you are diabetic.
- ✓ The purpose of the visit must be written for all entries:
example: blood work, eye exam, kidney medical imaging
- ✓ There should be a medical stamp or signature from the provider
- ✓ We do not use the DENTAL travel form anymore. Please use the regular form.
- ✓ Overnight trips during Spring, Summer and early Fall months:
Please book your appointments at a reasonable time so you can drive to the appointments and return home on the same day when possible. (Kamloops, Kelowna and Chillwack).
- ✓ A gentle reminder that the offices are open from Monday to Friday 8:30 a.m. to 4:30 p.m. For hotel bookings and or special requests outside regular office hours; please contact Tina Draney, Health Manager @ 250.457.1395 or tina.draney@hhssbc.ca. Kukchem!



Coming this summer 2023

Kucén, online portal for medical travels

Kucén means “to wander/travel far away/abroad” in Secwepemctsin, the language of the Secwepemc people, from the Interior Salish language family. Kucén is the new online portal for medical travel clerks. Kucén will simplify the administration and reporting associated with the MT program. The application will provide Funding Agreement holders with a common system for travel booking.

What does this mean to our clients:

Everything will remain the same, however, doctors letters/note/referral confirming certain appointments for overnight stays will have to be submitted prior to the travel date when requesting an overnight stay.

All forms will need to have the medical stamp prior to submitting. Payments will be delayed until the forms are completely filled.

Remember to book the closest provider when needing a specialist.





Rattlesnake Anti-Venom Locations:

Nicola Valley Hospital and Health Centre

3451 Voght St, Merritt, BC V1K 1C6 Available 24/7 in ER

Lillooet Hospital & Health Centre

951 Murray St, Lillooet, BC V0K 1V0 Available 24/7 in ER

Ashcroft Urgent Primary Care **NOT AVAILABLE**

Royal Inland Hospital

311 Columbia St, Kamloops, BC V2C 2T1 Available 24/7 in ER

Lytton PCC **NOT AVAILABLE**

CALL 911 IF YOU THINK YOU HAVE BEEN BITTEN BY A RATTLESNAKE



INDIGENOUS MD ADMISSIONS WORKSHOP

at the Island Medical Program (University of Victoria campus, Victoria, BC)

JULY 26 - 28, 2023



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine



University
of Victoria

If you're thinking about pursuing a future in medicine, apply for this unique no-cost opportunity to learn how the UBC MD Undergraduate Program can support you in your studies and connect you with an inclusive, caring community of medical practitioners, students, and faculty. To learn more, contact Meghan MacGillivray, Indigenous Student Initiatives Manager at indigenous.md@ubc.ca



Prepare for Extreme Heat

Prepare an Extreme Heat Kit

Drinking fluids



- Bottled water
- Ice cubes
- Rehydration solution
 - 2½ cups water
 - 1½ cups unsweetened orange juice
 - ½ teaspoon salt

Containers



- Drinking cups
- Water basins or jugs
- Ice packs
- Containers or bags for ice

Supplies for the body



- Misting bottles
- Sunscreen- SPF 15 or higher
- Towels
 - Keep wet towels in the fridge or freezer
- Clothing
 - light-coloured, lightweight and breathable
 - Wide-brimmed hat
 - Sunglasses

Supplies for the home



- Thermometers
 - Body and indoor thermometer
- Tin Foil
 - Place on the windows to reflect heat away

Medical supplies



- First aid supplies
- Take home naloxone kit

Join us from June 1 - September 1, 2023



HEALTHY LIFESTYLE WEIGHT GOAL CHALLENGE

Nurses Carnation & Scarleth will
cover diverse topics:

Health

Exercises Tips

Healthy Food Choices

Benefits:

Be part of a group chat on Facebook

Keep each other on track and
accountable



To register, please reach out to volunteer organizer Angela Phillips:

778.254.0596 or angphillips1977@gmail.com

HHSS is donating
prizes to this great
challenge!

Weigh in from June 1 to the 7 only.



Merritt Regional Transit System



Antko Community: Request a Bus Ride!

UPDATE: COMING SOON TO ANTKO

BC Transit is working on finalizing the request.

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

FOOD IS MEDICINE RECIPES FROM SEASON TWO, EPISODE TWO:

Recipes from Nlaka'pamux Pt. 2

In this episode of Food is Medicine, join our hosts as they continue to ground themselves on the territory and learn from the Adams family. We explore meat stew in two different ways, one on the stove top and one in the slow cooker, both using wild deer, pine mushrooms and stinging nettles. Then they top it off with a traditional ShwuhOOshem (soapberry) drink and a sweet treat with TsulTsala (huckleberries). Recipes below if you'd like to follow along!



Food is Medicine: Nlaka'pamux Pt. 2

ShwuhOOshem (Soapberry) Drink

INSTRUCTIONS:

1. Place a wire strainer over a bowl or mason jar.
2. Put canned jar of soapberries into the strainer.
3. Take a spoon and mash the berries to get all the juice out of the berries.
4. Add as much water as you need for your desired flavor. In this recipe we added 2 litres to the ½ cup of berries.
5. Taste and decide if you want to add some honey for sweetener.
6. Pour over ice and enjoy!



BUSTER ADAMS, NLAKA'PAMUX, AND FIONA DEVEREAUX

CLEAN YOUR YARD CONTEST WINNERS!



Thank you to all participants. We had so many wonderful entries! Spending time on the land is good for our mental health. Fire safing our homes is important and what a feeling when we are all done!

COOKS FERRY:

\$500 BRENDA WALKEM
\$100 BERNICE ANDERSON
\$50 MADELYNN ALBERT

SISKA:

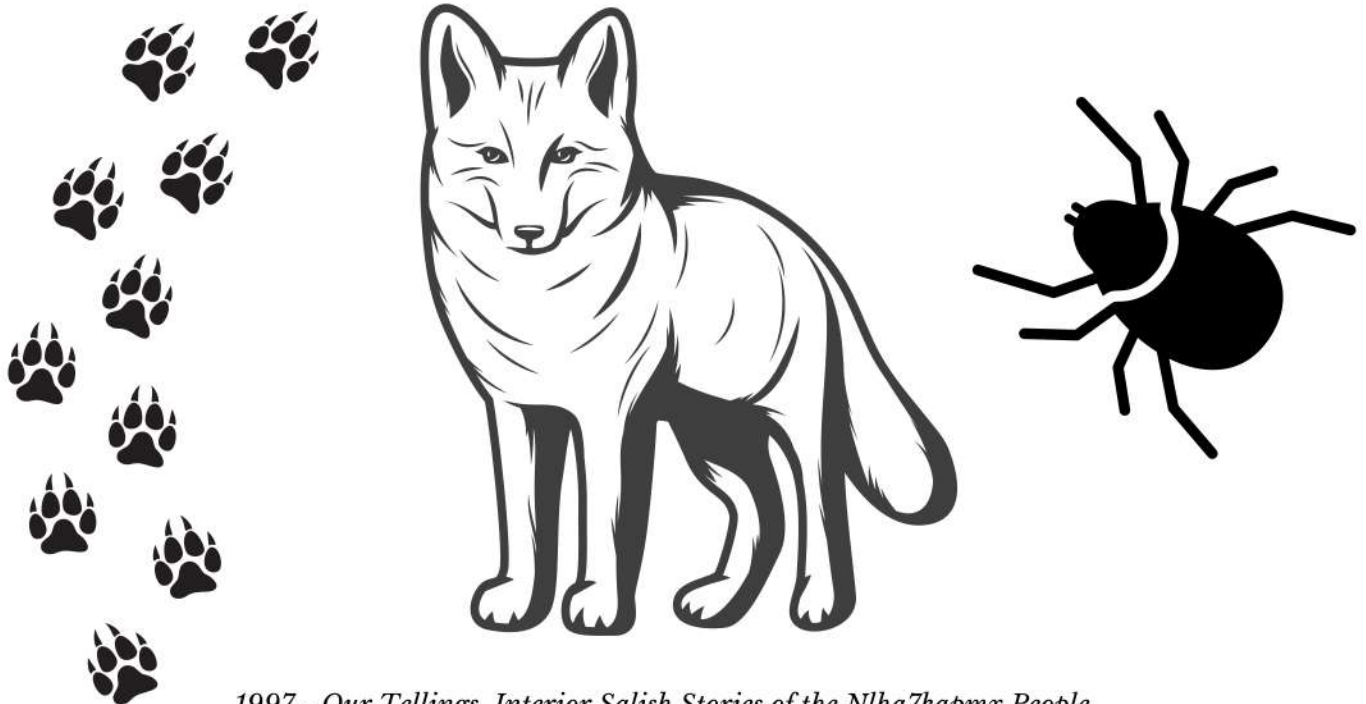
\$500 KANE DIXON
\$100 LINDA PETERS
\$50 BETSY MUNRO



COYOTE AND WOODTICK

Told by Herb Manual from "Our Tellings"

COYOTE WAS ALWAYS a poor hunter "- he was absolutely no good at anything. He was hungry, walking along, and he seen smoke coming up. He edged his way along the rocks - got closer to the rocks. He could smell something- 'Fresh meat!' He changed himself from his ugly, usual self -he made himself presentable. He put on some clean clothes, walked over there, and asked,'What are you doing?' 'Oh, I live here by myself - I eat a lot.' That was WoodTick.'Oh,' he said, 'let me help you with that meat you're skinning there. If I help you, will you let me eat with you?' So he told him, 'Okay.' So they started a fire, and Coyote went down to skin. Got the skin off, and they cooked the whole deer up and they ate it through the night. In the morning, Wood Tick went out to get another deer. Coyote told him, 'I'll tan these hides for you. All of these hides I'll tan for you, if you let me stay with you - just eat with you.'



*1997 - Our Tellings, Interior Salish Stories of the Nlha7kapmɔx People,
compiled and edited by Darwin Hanna and Mamie Henry.*

COYOTE AND WOODTICK

Told by Herb Maual from "Our Tellings"

'Okay, you can tan hides all you want, eat, go up the hill.' All Wood Tick had was his staff, and he went to this big bluff. At the bottom of this big bluff he would hit his staff on the ground. Down came a deer. It was dead. He took it home. Not long he was home, and Coyote was starting to get a little fatter.

Coyote, a little bit lively, 'Gee whiz, you know, big chief like you shouldn't drag that mawits [Chinook for deer] home like that! Let me go with you, see how you do it, and I'll drag the ma.wits! You're a big chief-you don't have to do anything!' So Coyote convinced him of that.

They went up there. Wood Tick struck the staff on the ground again. Down came a deer. Hauled it home -skinned it out. Coyote said, 'Lay down over there. I'll do the cooking, you're a big chief now - I know how to do all this now.' He did the cooking.

This went on pretty good for a while. Wood Tick was getting a little lazy, and Coyote was doing a pretty good job. He seemed to be an honest guy. Coyote told him, 'You know, a big chief like you shouldn't even have to go up there and kill them deer. Lend me your staff, and I'll bring one down. Just tell me how you do it.' Wood Tick said, 'Well, don't hit more than once on the ground.' He said, 'One a day-just one. Bring it back and put it here, in that corner.'

'Okay,' Coyote said.

Coyote tried. He struck the staff on the ground. 'Gee, that's great!' Down came a deer. He gutted it out-dragged it home. This went on for a few days. One day, 'Bang! Bang!' -just kind of slipped. Down came two, but nothing happened.

Wood Tick already knew about it. Warned him, 'Coyote,' he said, 'I told you just one!'



COYOTE AND WOODTICK

Told by Herb Manual from "Our Tellings"

Coyote said, 'Last day I slipped. I didn't know the stick went down again -I pretty near fall on my face trying to brace myself.' 'Okay,' Wood Tick said, 'don't let it happen again, or you're a goner!' •

'That's okay, I won't let it happen again,' Coyote said, making new moccasins, making his partner new clothes, making him feel good. Wanted to gain his trust every time he went hunting. Until one day he got into his foolish mood again. 'This is foolish, crazy coming over here once a day!' he said, 'I'm going to bring home a week's supply and I won't have to walk over here every day.'

'Bang! Bang! Bang!' and down came the deer and the stick wouldn't quit bouncing. The deer just fell all over him - landed on top of him and squashed him down on the bottom, and then he jumped up and he ran because he broke the spell of the stick. The deer ran right by the camp. And all the old bones that were laying down there jumped lack together, and all the skins went to their own bones, and they were all mended together, and they ran. Coyote was grabbing for one chunk here, trying to take a bite. Taking bites of deer going by, but they stampeded on by him. They were all gone. Wood Tick jumped on the last deer going by-that is when he turned into a wood tick. He jumped and landed behind the deer's ear - carried himself a ways. The wood tick is always there now. Coyote looking around there. There were a bunch of bones over there. 'They couldn't have gone.' He looked over there and they were gone. 'Buried some over there,' he looked and they were gone. 'All my lunch -at least I'll eat that dried meat.' The dried meat was gone - everything. It all went back together and left. Coyote was taking advantage of Wood Tick's kindness and courtesy. So Coyote, because of his greed, was punished.

*1997 - Our Tellings, Interior Salish Stories of the Nlha7kapm̄x People,
compiled and edited by Darwin Hanna and Mamie Henry,*

Farmers Market Nutritional Coupon Program



16 weeks of coupons across the summer months, supporting local farmers markets (Ashcroft, Cache Creek, Lytton, Merritt, Lillooet) while increasing food security throughout our Nation!

On a rotating basis, Elders and Families with Children will receive weekly coupons to purchase fruits, vegetables, herbs, meat, cheese, eggs or honey from their Social Development Worker.

For any questions, please contact Heskw'en'scutxe Health Services Society or Social Development's Clark or Mandy.



Cooks Ferry Band 250.458.2224 Siska Band: 250.455.6619



Cook's Ferry
Indian Band
Nlaka'pamux Nation



ASHCROFT FARMERS AND ARTISAN CO-OP
ACCEPT FARMERS MARKET COUPONS!

Sunday Market



MAY 14 - OCTOBER 22
8AM- 12PM

HERITAGE PARK
700 RAILWAY AVE, ASHCROFT BC



WEBSITE: WWW.ASHCROFTFARMERSMARKET.CA
EMAIL: ASHCROFTFARMERSMARKET@GMAIL.COM

COMMUNITY PANTRY

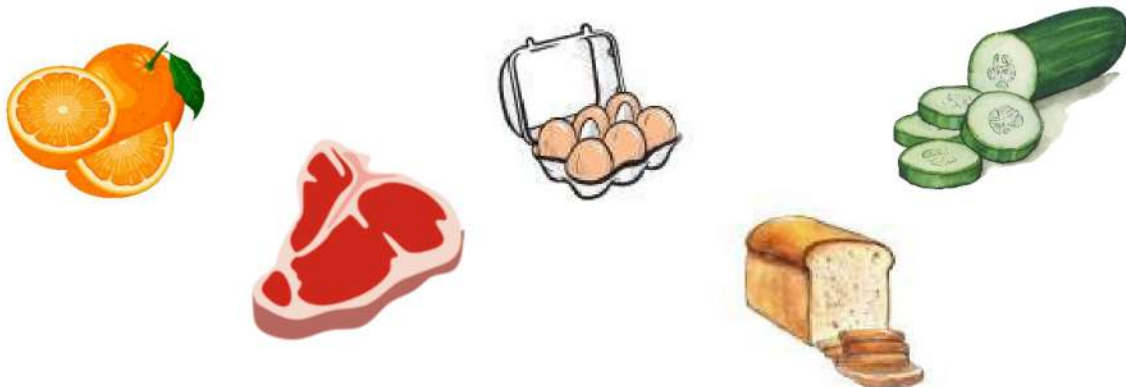
When: Wednesday, June 28

Time: 8:00 AM – 4:00 PM

**Please arrange to have someone pick up your food
if you are not available to pick it up.**

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





RELIEF CENTRE

Store hours: 10:00 a.m. to 3:00 p.m.
Wednesday, Thursday & Friday

**OPEN TO SISKA,
KANAKA, SKUPPAH,
LYTTON, & NICOMEN
COMMUNITY
MEMBERS**

Grain breakfast
Canned or dried
beans, fresh and
canned fruit
Hygienic supplies

Canned & fresh
fish, meat
Peanut butter /
jam

Pasta sauce
canned tomatoes
Dairy products
Canned and fresh
vegetables



FOOD BANKS



Merritt

2026 Quilchena Avenue
250.378-2282

- Tuesday, Wednesday, Thursday
- Open from 10:00 a.m.- 1:00 p.m.

Ashcroft

601 Bancroft Street
250.453.9656

- First & third Wednesdays of every month
- Open from 12:00 p.m. noon - 2:30pm.

People who come to the food bank must provide:




- Photo ID (BCDL, BCID, or Status Card)
- Proof of residency - Anything with your CURRENT address – phone bill, Hydro bill, rent receipt, etc.
- Source of income - We do not look at the amount, we look at the SOURCE of income – social assistance stub, disability stub, etc.





Need to See a Doctor?



Call the First Nations
Virtual Doctor of the Day
service at 1.855.344.3800

With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2	
 <p>Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.</p>	 <p>Computer or Laptop</p> <p>When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>	 <p>Smart Phone or Tablet</p> <p>Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>

Helpful Zoom tips	 <p>If the doctor can't hear you, unmute your microphone in the Zoom app.</p>	 <p>Use a headset or earpods to remove echoes and protect your privacy.</p>
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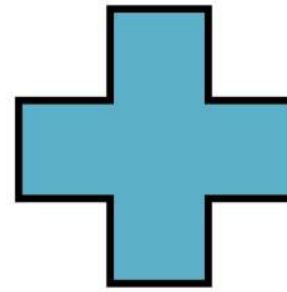
Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.</p>	 <p>The doctor will call you when it is time for your appointment</p>

Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.



First Nations Health Authority
Health through wellness



How to activate your Member Profile

Did you know?

You do not need to activate your Member Profile to claim your benefits. Simply show your Status Card to dental, vision and medical supplies and equipment providers.

If you are already covered by a **group benefits plan** administered by Pacific Blue Cross, instead of activating your FNHA profile, sign in or activate your Member Profile using your group plan's Policy and ID number. You should be able to see both your group plan and FNHA Policy 40000 in your profile.

What is your Member Profile?

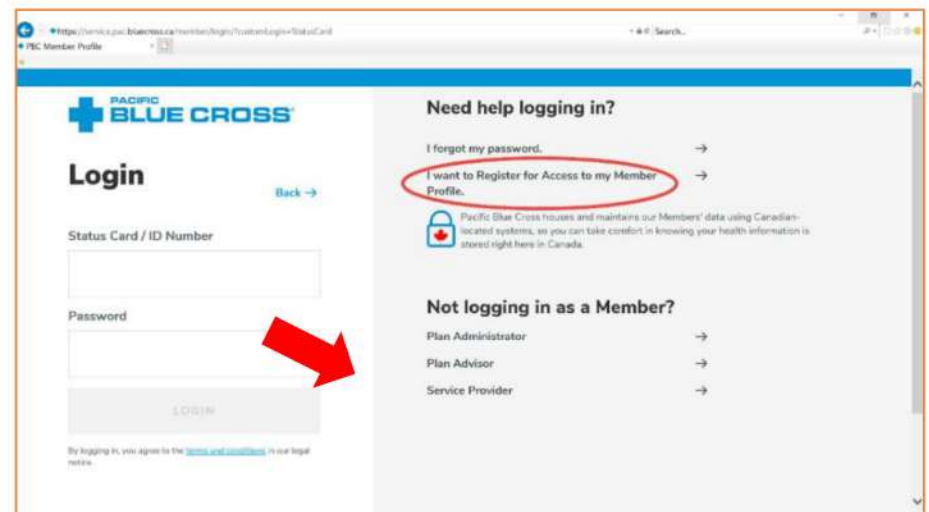
As a client of the First Nations Health Authority (FNHA), you automatically get a Pacific Blue Cross Member Profile as part of our Health Benefits Program. Your profile is unique to you. Your Status Number doubles as your Pacific Blue cross Member ID number.

You can sign in to your Member Profile any time to:

- look up your dental, vision and medical supplies and equipment benefits
- keep track of how much you've claimed for each benefit
- submit claims online
- set up direct deposit payments to your bank account
- print or email a copy of your Pacific Blue Cross Member ID card
- find vision care providers who offer direct billing

Getting started

Go to pac.bluecross.ca/fnhaclient and click **I want to Register for Access to my Member Profile:**



How to activate your profile

Enter your Status Card Number. Click Continue.

Then, type in your:

- first and last name on your Status Card
- contact email address
- birthdate

Follow the same steps to activate your child's Member Profile.

If your child is over 18 months of age but too young to activate a Member Profile, create a profile by entering your child's:

- Status Number
- first and last name
- birthdate

Enter your email address as the contact. A child under 18 months of age will appear in your Member Profile as a dependent.

PACIFIC BLUE CROSS

Register for your Member Profile

Please enter your Status Card Number.

You can find your Status Card Number on your Status Card.

Status Card Number *

PACIFIC BLUE CROSS

Register for your Member Profile

In order to complete your registration, please fill out all requested fields and ensure you have verified the information for accuracy.

Once completed, you must accept the User Agreement and click the Register button to finalize your request.

First Name *

Last Name *

Birthdate *

E-mail *

Confirm E-mail *

Next, choose 3 security questions and answers. Pacific Blue Cross will ask these to confirm your identity if you forget your password. Choose a hint for each one, in case you need help to remember the answer.

Question	Answer	Hint
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Check the first box if you want to subscribe to the Pacific Blue Cross Member newsletter (optional). If you leave this box blank, you will still receive important emails about your account and claims confirmations.

Click on the second box **I accept the User Agreement and Privacy Policy** (required).


Click on the blue button **Register for Caresnet**.

By checking this box, I consent to receive emails about healthy service, savings and coverage from Pacific Blue Cross. These emails are sent out to Pacific Blue Cross Members and include valuable savings along with information on Pacific Blue Cross benefits, insurance offerings, health information and our community initiatives. You can withdraw your consent and unsubscribe at any time.

I accept the User Agreement and Privacy Policy.

CANCEL
REGISTER FOR CARESNET

If you see the box below, congratulations! You've now activated your Member Profile.



Register for your Member Profile

You have successfully registered for CARESnet access.

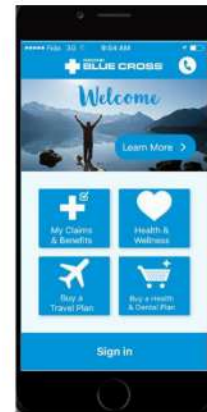
A temporary password has been emailed to you. You must use this temporary password the first time you sign in to CARESnet.

Please close this window and sign into CARESnet when you receive your temporary password.

CLOSE

Next step: create your personal password

**Something not working?
Call us at 1.855.550.5454**



Did you know?

You can also activate your Member Profile on the Pacific Blue Cross mobile app at pac.bluecross.ca/mobile.

Create your new password

Check your email account.

You should see an email from Pacific Blue Cross with the subject line **Activate your Member Profile**.

Click on the temporary password link to go back to the Pacific Blue Cross member sign-in page.

Type in your Status Card number and click the **Login** button to choose your new password.

Choose a strong password

Your new password:
 must be between 8 and 255 characters long
 can include any combination of letters, symbols and numbers EXCEPT the following: < , > .

Click **Login with your new password**.

Congratulations on activating your Member Profile. Click on the Account menu and follow the steps to print your ID card or sign up for direct deposit.



First Nations Health Authority
Health through wellness

First Nations Health Benefit Program

The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit fnha.ca/benefits/eligibility for more information on how to enroll.

Health Benefits Coverage



The FNHB Program covers six benefit areas:

DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheelchairs.



MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

OTHER COVERAGE

BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

View Your Plan Details

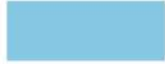
To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on www.pac.bluecross.ca or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email healthbenefits@fnha.ca or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.



First Nations Health Authority
Health through wellness

Mental Health and Wellness Supports



The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

SUPPORT AVAILABLE 24 HOURS A DAY

- J **HOPE FOR WELLNESS HELP LINE** offers immediate mental health counselling and crisis intervention by phone or online chat to all Indigenous people across Canada. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at hopeforwellness.ca.
- J **INDIAN RESIDENTIAL SCHOOL CRISIS LINE** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.
- J **KUU-US CRISIS LINE SOCIETY** provides crisis services for Indigenous people in BC. Adults/Elders line 250-723-4050; children/youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at www.kuu-uscrisisline.com.
- J **MÉTIS CRISIS LINE** is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

OTHER CULTURALLY-SAFE SUPPORTS

- J **FIRST NATIONS VIRTUAL DOCTOR OF THE DAY** provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment. Learn more at fnha.ca/virtualdoctor.
- J **INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY (IRSSS)** is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools in BC, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit www.irsss.ca.
- J **TSOW-TUN LE LUM SOCIETY** provides confidential outreach services in BC, such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit www.tsowtunlelum.org.
- J **VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE** is an FNHA service providing virtual specialist support in addictions medicine and psychiatry to First Nations people in BC and their family members. This service requires a referral from a health and wellness provider. The first Nations Virtual Doctor of the Day provides referral support for anyone who does not have a provider

SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

- **INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.
- **MENTAL HEALTH AND WELLNESS COUNSELLING IN BC** may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit fnha.ca/benefits to check if they are registered and if the service is eligible for coverage.
- **MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS HEALTH SUPPORT SERVICES** is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.

Colors that repel mosquitoes

A study published in Nature Communications revealed that the mosquito's sense of smell (olfaction), influences how it responds to visual cues/colors. However, this color preference only occurs in the presence of carbon dioxide (CO₂), which we exhale when we breathe.

Blue

lighter blues actually reflect more heat and light — which mosquitoes do not like



Purple/violet

Similarly, purple was also ignored by the mosquitoes. This is mainly because violet has the shortest wavelength of any color on the visible light spectrum.

White

Generally, mosquitoes keep away from light colors that reflect heat — making white the ideal deterrent. In fact, white was the control object used in the study.

Green

This might seem strange, since mosquitoes tend to fly around our yards or land on plants. But it turns out research shows they will try to avoid the color green. It seems that mosquitoes are not fans of the color green after all!





First Nations Health Authority
Health through wellness

First Nations Health Benefits: Over-the-Counter Medications

You can now easily find out which over-the-counter (OTC) medications are fully covered by First Nations Health Benefits Plan Wellness (Plan W). The searchable and sortable [list of OTC medications](#) is available online.

How to access OTC medications covered by Plan W

There are two ways to get a covered medication from the Plan W OTC list

:View the list online or [download a PDF copy](#).

Check back regularly to see list updates!

A prescription from a doctor or nurse practitioner, or

A recommendation from a pharmacist

Note: Self-selected OTC items are not eligible for coverage through Plan W.

Request a prescription from a doctor or nurse practitioner

Talk to your doctor or nurse practitioner about your health conditions and potential treatments with OTC medications. They may write you a prescription for an OTC medication covered by Plan W. You can fill the prescription at your local pharmacy.

Request a recommendation from a pharmacist (no prescription required)

Talk to your pharmacist about your health conditions and potential treatments with OTC medications. They will assess whether an appropriate, safe and effective OTC therapy can treat your specific condition.

If the pharmacist recommends a Plan W OTC treatment for you, they will complete the OTC Recommendation Form. Pharmacists use this form to meet documentation and care requirements. The pharmacist will ask you to sign the recommendation form to confirm they are dispensing you an OTC medication and have provided the information you need for your wellness.

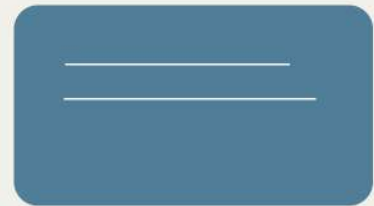
As with all medications, it's important to ask the pharmacist about what to expect from the treatment and when to follow-up with the pharmacist or another healthcare provider.

Sometimes a pharmacist will not be able to recommend an OTC medication covered by Plan W. This could be because the side effects of an OTC item may outweigh the potential benefits, your symptoms may require longer-term treatment, or a prescription or non-pharmaceutical treatment would be better. In these situations, the pharmacist can discuss the options available to you and may refer you to your prescriber or a hospital for further assessment.

If you have questions about coverage for medications please contact First Nations Health Benefits toll free phone number at 1-855-550-5454

Additional resources:

- n [Increasing wellness through pharmacists providing OTCs](#) College of Pharmacists of BC (Guest Post) [FNHA Plan Wellness \(W\)](#)





First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Pharmacy

First Nations Health Benefits (Health Benefits) provides coverage for medications and certain pharmacy items and services. The pharmacy benefit is administered through a partnership between Health Benefits, BC PharmaCare, and Pacific Blue Cross (PBC). Prescription medications are one part of a client's wellness journey.

What is covered?

Health Benefits covers items from the following categories:

- ✓ Prescription drugs
- ✓ Non-drug OTC items (e.g., lancets for diabetic use)
- ✓ Over-the-counter (OTC) drugs

BC PharmaCare is the primary provider of eligible pharmacy items and services through Plan W. PBC provides supplementary pharmacy coverage. Clients are encouraged to contact Health Benefits at [1.855.550.5454](tel:18555505454) to confirm their enrollment in Plan W.

If clients require a drug not normally covered or only partially covered, in some cases, a prescriber can apply for Special Authority through PharmaCare to request coverage for these items. Special Authority must be approved before the prescription can be filled. For a full description of the pharmacy benefit, please visit www.fnha.ca/benefits/pharmacy.

Over-the Counter Drugs

OTC drugs and non-drug items can treat or support some conditions or illnesses. Consult with your primary care provider on how to best manage your condition or illness. OTC drugs and items include, but are not limited to:

- Help for minor pain and inflammation
- Relief of cold and flu symptoms
- Treatment for nausea or constipation
- Allergy treatment
- Eye drops for dry eyes and irritations
- Supplies such as ketone strips (for diabetes) or inhaler spacers
- Disinfectants and treatment for skin conditions including fungus and head lice
- Vitamins/supplements including multivitamins for children and pregnant women only

Ask your provider for information to help you understand your options and coverage.

Exclusions

Examples of pharmacy items or medications that will not be covered include:

- Alternative therapies (e.g., glucosamine and evening primrose oil)
- Fees for writing prescriptions or forms
- Vaccinations for travel

Working with providers

Clients will only be covered if they obtain pharmacy items and services from pharmacies registered with PBC and PharmaCare. Items and services purchased from other pharmacies are not eligible for reimbursement. Pharmacies registered with PBC and PharmaCare can direct bill for all eligible pharmacy items and services.

Most pharmacy items are fully covered under the pharmacy benefit. If clients are asked to pay for their medication at the pharmacy counter, it's likely that the item is not covered. Clients should ask their pharmacy provider for a recommendation that is covered by the Health Benefits pharmacy benefit.

Accessing Pharmacy Benefits

SEPTEMBER 2019

1

- Client visits a health care provider (doctor, nurse practitioner, or pharmacist) who prescribes or recommends a treatment.
- Coverage for some OTC items is available without a prescription.

2

- If a prescribed item is not on the PharmaCare Plan W or PBC formulary, the prescriber requests Special Authority or Prior Authorization directly from PharmaCare or PBC.

3

- The pharmacy provider bills the prescription or OTC item and processes payment, either through PharmaCare Plan W or PBC.

4

- Client receives their medication or over-the-counter item.
- The pharmacist is available to provide information about healthy medication use and to answer any questions the client may have, such as how to take the medication, how to know the medication is working, and any possible side-effects of the medication.



First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Vision Care

First Nations Health Benefits (Health Benefits) provides coverage for eye exams and glasses to ensure clients maintain good eye health. The vision care benefit is administered through a partnership between Health Benefits and Pacific Blue Cross (PBC). Eye exams are important to check the eyes for common diseases and as an indicator of overall health. Regardless of age or physical health, a comprehensive eye exam will help detect any eye problems early when they are most treatable.

What is covered?

Health Benefits covers items and services under the following categories:

✓ Eyewear and Repairs ✓ Tests and Exams

Optometrists can bill eye exams to the BC Medical Services Plan (MSP) for children 18 and younger and adults 65 and over. Providers may choose to charge more than what MSP covers, in which case Health Benefits may cover some of the remaining cost.

Health Benefits offers coverage for eyewear and exams according to the following rates:

For clients 18 and younger:	For clients 19 and older:
• \$100 every year for exams	• \$100 every two years for exams
• \$275 every year for standard eyewear	• \$275 every two years for standard eyewear

Clients can access detailed information about their vision care benefits through the online PBC Member Profile at www.pac.bluecross.ca or by calling Health Benefits at 1.855.550.5454. Items and services not listed as a benefit may be covered on an exceptional basis. Call Health Benefits to learn more about exception requests.

Exclusions

Examples of vision care items and services that are not covered include:

- Items that support the use of prescription eyewear • Surgical procedures (e.g., laser eye surgery) (e.g., contact lens solution, glasses cases) • Vision training
- Industrial safety frames or lenses
- Non-prescription items

Working with providers

Most vision care providers in BC are registered with PBC and can directly bill for items and services. Clients who see a provider who is not registered with PBC will need to pay out-of-pocket and submit a reimbursement request to PBC after their appointment. Vision care benefits must be provided by a licensed ophthalmologist, optometrist, or optician.

Clients are strongly encouraged to discuss billing with their provider before booking an appointment.

Some questions to ask your provider about billing:

- Are you registered with PBC for direct billing or do I have to pay out-of-pocket? • Do you require payment up front for services (e.g., before treatment)?
- Do you charge above the amount covered by Health Benefits?

Accessing Vision Care Benefits

SEPTEMBER 2019

1

- Client makes appointment for eye exam.
- Client confirms that provider can directly bill PBC.
- Client learns about any out-of-pocket charges before the exam.

2

- Client attends appointment.
- Provider may give the client a corrective eyewear prescription if needed.

3

- Client uses the prescription to buy new eyewear, if needed.

4

- Providers registered with PBC submit invoices directly to PBC.
- Providers not registered with PBC will provide client with an invoice. Client will need to pay out-of-pocket and request reimbursement from PBC.



First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Medical Supplies & Equipment

Health Benefits provides coverage for certain Medical Supplies and Equipment (MS&E) for clients who receive care at home. The MS&E benefit is administered through a partnership between Health Benefits and Pacific Blue Cross (PBC). When it is needed, using medical equipment is important for one's safety and can provide clients with greater mobility and independence.

What is covered?

Health Benefits covers items under the following categories:

- ✓ Bathing and Toileting Aids ✓ Low Vision Aids
- ✓ Braces and Splints ✓ Offloading Boots (Air Casts)
- ✓ Cushions and Protectors ✓ Ostomy Supplies
- ✓ Diabetic and Heart Patient Devices ✓ Oxygen, Sleep, and Breathing Aids
- ✓ Foot Orthotics and Orthopedic Shoes ✓ Prosthetics and Supplies
- ✓ General Medical Supplies and Equipment ✓ Surgical Stockings and Pressure Garments
- ✓ Hearing Aids and Repairs ✓ Urinary Supplies and Devices
- ✓ Hospital Beds ✓ Walking Aids and Wheelchairs
- ✓ Lifting and Transfer Aids ✓ Wound Care Supplies
- ✓ Limb and Body Orthotics

Some MS&E items require a prescription or written recommendation. Clients can access detailed information about their benefits through the online PBC Member Profile at www.pac.bluecross.ca or by calling Health Benefits at 1.855.550.5454. Items and services not listed as a benefit may be covered on an exceptional basis. Call Health Benefits to learn more about exception requests.

Exclusions

Examples of MS&E items that are not covered include:

- Household items • Items required for medical trials or studies
- Home renovations (e.g., ramps, stair lifts) • Sports equipment (e.g., treadmills, exercise items)
- Items that are not medically necessary (e.g., items for cosmetic purposes)

Working with providers

Some MS&E providers in BC are registered with PBC and can directly bill for items and services. Clients who see a provider who is not registered with PBC will need to pay out-of-pocket and submit a reimbursement request to PBC after their appointment. MS&E items must be provided by a licensed pharmacy or medical supply and equipment provider to be eligible.

Clients are strongly encouraged to discuss billing with their provider before booking an appointment.

Some questions to ask your provider about billing:

- Are you registered with PBC for direct billing or do I have to pay out-of-pocket? •
- Do you require payment up-front for services (i.e., before treatment)?
- Do you charge above the amount covered by Health Benefits?

Accessing MS&E Benefits

SEPTEMBER 2019

1

- Client receives prescription or written recommendation/assessment for an eligible MS&E item and brings it to a licensed MS&E provider.

2

- Provider assesses client and submits approval request to PBC, if necessary.
- PBC reviews approval request and determines eligibility based on benefit guidelines.
- Client learns about any out-of-pocket charges before paying for item.

3

- Client receives medical item or device from provider.

4

- Providers registered with PBC submit invoices directly to PBC.
- Providers not registered with PBC will provide client with an invoice. Client will pay out-of-pocket and submit a reimbursement request to PBC.



First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Dental Benefit

First Nations Health Benefits (Health Benefits) provides coverage for dental services to maintain good oral health, prevent cavities and gum disease, and restore function. The dental benefit is administered through a partnership between Health Benefits and Pacific Blue Cross (PBC). Seeing a dentist regularly helps catch dental problems before they get too serious. Dental infections can make certain health conditions such as diabetes, heart disease, and pregnancy more complicated.

What is covered?

Health Benefits covers items and services under the following categories:

- ✓ Bridges ✓ Fillings
- ✓ Crowns, Inlays, Onlays, Veneers ✓ Night guards
- ✓ Dental Sedation ✓ Orthodontic Services
- ✓ Dental Surgery ✓ Periodontal Services
- ✓ Dentures ✓ Preventive Services
- ✓ Exams and X-rays ✓ Root Canals and Related Services

Some dental items and services may require approval before providers can bill for them. Clients can access detailed information about their dental benefits through the online PBC Member Profile at www.pac.bluecross.ca or by calling Health Benefits at 1.855.550.5454. Items and services not listed as a benefit may be covered on an exceptional basis. Call Health Benefits to learn more about exception requests.

Exclusions

Examples of procedures that are not covered include:

- Cosmetic treatments
- Implants
- Ridge Augmentation

Working with providers

Most oral health providers in BC are registered with PBC and can directly bill for items and services. Clients who see a provider not registered with PBC will need to pay out-of-pocket and submit a reimbursement request to PBC after their appointment. Dental services must be provided by a licensed oral health provider to be eligible.

Clients are strongly encouraged to discuss billing with their provider before booking an appointment.

Some questions to ask your provider about billing:

- Are you registered with PBC for direct billing or do I have to pay out-of-pocket?
- Do you require payment up front for services (e.g., before treatment)?
- Do you charge above the amount covered by Health Benefits?

Accessing Dental Benefits

SEPTEMBER 2019

1

- Client makes an appointment with an oral health provider.
- Client confirms if the provider can directly bill PBC.

2

- Provider establishes treatment plan and submits approval requests to PBC, when necessary.
- Client learns about any out-of-pocket charges before undergoing treatment.

3

- Provider delivers services based on treatment plan and authorized approval requests.

4

- Providers registered with PBC can submit invoices directly to PBC.
- Providers not registered with PBC will bill client who will pay out-of-pocket and request reimbursement from PBC.

SUDOKU

Puzzle

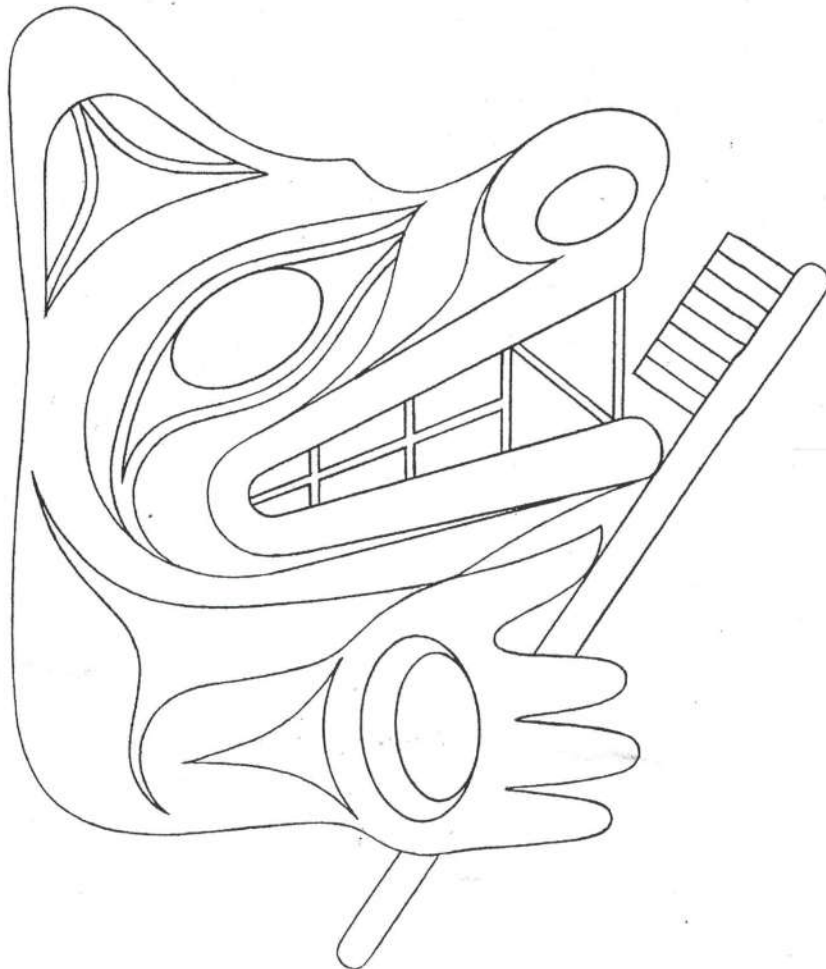
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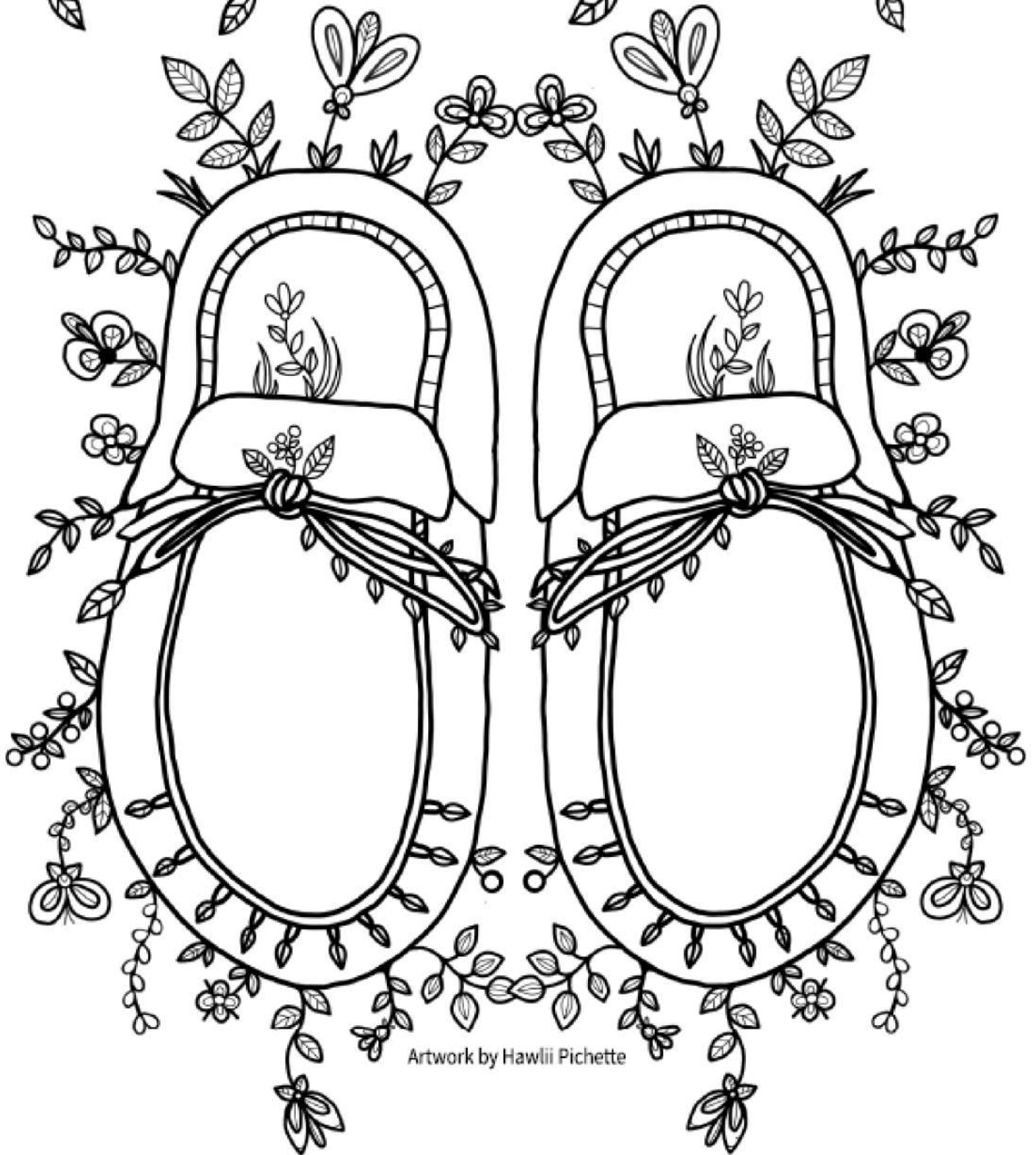
NEWSLETTER ACTIVITIES & GAMES



NEWSLETTER ACTIVITIES & GAMES



ROCK YOUR MOCS



Artwork by Hawlii Pichette



**DOOR PRIZES, SNACKS
& REFRESHMENTS
WILL BE SERVED**

We will be meeting to discuss the future of health and wellness in our communities, and your feedback is crucial to help guide our future Health Plan!



JOIN CORNERSTONE PLANNING GROUP

FRIENDS & FAMILIES MEETINGS

WE LOOK FORWARD SEEING YOU THERE!

Sessions will be held:

Siska Band Hall: June 13, 1:00 – 3:00 and 5:00 – 6:00
Cooks Ferry Arbor: June 14, 1:00 – 3:00 and 5:00 – 6:00
Antko: June 15, 5:00 – 6:30 p.m.