

# HESKW'EN'SCUTXE

August 2023

Monthly Newsletter

Vol 1 Issue 8



*"Take care of yourself"*



*International Overdose Prevention Month*

## CULTURAL TEACHINGS

Read a story about "Story of the Otter", collected by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"





## IN THIS ISSUE

Staff Directory

Monthly report

Programming Updates

10 Year Health Plan

Theme of the Month

International Overdose Prevention

Free Dental Clinic

End of Life Workshop

Mental Wellness Directory

Naloxone Virtual Training

New Merritt Bus in Antko

Medical Drivers wanted

Interior Health Job Postings

Interior Health Substance Use

Recipe of the month

FNHA Medical Transportation

Our Stories

Farmers Market in the area

Free swims in the Canyon

Activities and games

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

“



Congratulations to Brenda Walkem for graduating from the University of British Columbia with a Masters of Science in Integrated Studies in Land & Food Systems.



## HESKW'EN'SCUTXE MISSION

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

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

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

## OFFICE CLOSURES

**August 7, for BC Civic Holiday**

**August 9, for World Indigenous Day**



# 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



Clarissa Frederick,  
Nursing Assistant /Health  
Lead / HCA

Cooks Ferry

Siska



Nadine Methot B.A.  
Administrative Assistant  
Medical Travel Clerk



Corynn Reveley  
Receptionist  
Medical Travel Clerk

### Home Care Aides



Jessie Munro  
HCA



Danielle Munro  
HCA



Christy Whittaker  
Antko Support

### Medical Drivers



Hazel Billy  
Custodian



Dayton Arnett



Martha Van Dyke





# THEME OF THE MONTH

## International Overdose Prevention

If you are using drugs, there are steps you can take to help reduce your chance of experiencing an overdose:

Use with someone else and take turns spotting for each other. A buddy system is safer than using alone.

If you must use alone, have a safety plan. Get someone to check on you either by phone or in person. Before you use alone, call the National Overdose Prevention Line at 1-888-688-NORS (6677) or use an app like "Lifeguard or Peace of Mind"

Consider your supply. Ask others about what they are experiencing with the same drug or batch.

Start with a small amount.

Mixing substances, including alcohol, increases risk of overdose.

Get naloxone. Find out which local agencies have free naloxone kits available here. Free naloxone kits are also available at some pharmacies and HHSS

## LINKS TO INTERNATIONAL OVERDOSE PREVENTION

By Corynn Reveley

Knowledge is power, following are reputable links regarding Safety!

Here are a list of links that can be found on Towards the Heart which is a great resource for Overdose information:

- Home: <https://towardtheheart.com/>
- About Us: <https://towardtheheart.com/about>
- Harm Reduction:  
<https://towardtheheart.com/harm-reduction>
- Naloxone: <https://towardtheheart.com/naloxone>
- Fentanyl: <https://towardtheheart.com/fentanyl>
- Overdose Prevention Sites:  
<https://towardtheheart.com/overdose-prevention-sites>
- Safer Use: <https://towardtheheart.com/safer-use>
- Resources:  
<https://towardtheheart.com/resources>



What are the six steps to respond to an overdose?

The steps outlined in this section are recommended to reduce the number of deaths resulting from opioid overdoses.

**STEP 1:**

**EVALUATE FOR SIGNS OF OPIOID OVERDOSE. ...**

**STEP 2: CALL 911 FOR HELP.**

**STEP 3:**

**ADMINISTER NALOXONE. ...**

**STEP 4: SUPPORT THE PERSON'S BREATHING. ...**

**STEP 5:**

**MONITOR THE PERSON'S RESPONSE**

Repeat 3,4,5 until paramedics arrive

Life gets busy, that's why we are offering this training every Tuesday of August, open to all 16 +



Learn how to save lives!



# Virtual\* NALOXONE TRAINING



via MICROSOFT TEAMS

With Toward the heart Trainer Corynn Reveley

**Tuesdays August 1,8,15,22,29 2023 | 11:00AM - 11:30AM**

\* Individual, family and or friends training sessions available online or in person

The training covers recognizing signs of an opioid overdose and how to respond using a naloxone kit.

👉 Preregister with [corynn.revely@hhssbc.ca](mailto:corynn.revely@hhssbc.ca) or call 250.455.6601

👉 Meeting ID: 266 462 636 507  
Passcode: S3R52u

👉 Certificate, naloxone kit and a small gift for each participant



@Heskw'en'scutxe



Heskw'en'scutxe





## MONTHLY REPORT

By Nadine Methot, Administrative Assistant

### CF Back to School BBQ August 23

Each child living in community, will receive a \$ 40 Happy Student Gift card to help with the purchase of back to school supplies. Siska's will be delivered with the September newsletter.

### 10 year Health Plan Update

Have you had a chance to fill out the survey? Please scan the QR code with your cell phone to fill it out, our we can provide you with a paper copy at the office. This survey will help draft a 10 year health plan to be presented in the fall.

### Air Conditioner Unit for each household!

Every household is receiving a **portable air conditioner unit** to help with the summer heat. **Air purifiers** have also been ordered and will be distributed once received. Please note that installation is not included. If you cannot do it on your own, please ask a friend or family member for support.

## ADVANCE PLANNING FOR END OF LIFE

This event will be held in Siska on August 22 from 1:30-3:30 pm. Meet End of Life volunteers from the Merritt Hospice to review options for advance care for yourself and or family members. Who will make important decisions about your care when you can no longer advocate for yourself? Come for a discussion, snacks and counsellor Yolanda Hall will be available if you need the extra support. Siska and Cooks Ferry members are welcome!

### End of School Award Recognition



Gemma was really excited about the door prizes at one of our events in Siska. I gave her a door prize ticket and told her to keep her fingers crossed and her wish was granted as her ticket was the first one pulled out of the draw! She was so happy to pick what she had her eyes on!



### End of School Award Recognition Face Paintings with Kathleen Kinawich

Reece is one of many happy face painters ... awesome choice . Lots of takers on the crafts Kathleen brought too which consisted of, clay with color and plain along with sun catcher painting , all a hit at Siska at the end of school celebration in June.





## End of School Award Recognition Face Paintings with Kathleen Kinasawich

We are so fortunate to have Kathleen Kinasawich set up a table at our events. The kiddos adore her, check these warriors gearing up for some action!



## FARMERS MARKET COUPONS

Have you received your sheet of farmers market coupons? A sheet is worth \$27 dollars and can be used at any farmers market. Just watch out for the signage "we accept coupons".

You can spend the coupons all in one week or you can save them up towards larger purchases.

## TAG US WHERE YOU SHOP!

#heskw;enscutxe and let us know which market you have been at and what you have purchased.

The more we use the coupons, the more chances we have or getting more next year from the food ministry! Happy local shopping!



## MERRITT BC TRANSIT IN ANTKO

Yes, since June 19, Antko residents can now take the bus 5 days a week to go to town. You just need to call 24 hours in advance and the bus will pick you up in front of your home and drop you off.

The cost is \$2.00 one way. Some residents may be eligible for free bus rides paid by the Social Development Department. Reach out to Mandy with any questions.

Let us know how your bus ride went. Another great step to independence!





# PROGRAMMING UPDATES

## 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: September 1**  
**Cooks Ferry: August 30**

## DENTAL CLINICS WITH FNHA MICHELLE BEATTIE



**Cooks Ferry: August 21, 22, 23**  
Do you need a cleaning, have some concerns or questions about your teeth or dentures? Book an appointment with Michelle. This is a free service for all on and off reserve community members.

## FAREWELL KATHRYN!



Farewell Kathryn Young!  
She is expecting a baby boy in December! We gifted her with a quilted baby blanket, a maternity bag and FNHA baby dental supplies. We hope she enjoys her new life up North. Thank you for massaging our clients for over 5 years!



## MEET JOHN TAI, RMT



## RESTORATIVE MASSAGE

John Tai is a BC Registered Massage Therapist practicing in the Greater Vancouver Area and the Fraser Canyon. His area of interest is in pain management, rehabilitation and sports. His approach to RMT can be direct and assertive in dealing with sports like injuries. He works with a gentle touch to help with healing that seeds deeper than the physical body. He has training in both Western and Eastern philosophies: mind/vipassana meditation, Yoga, Pilates, Craniosacral Therapy, Somatoemotional Release, Visceral Manipulation. John lives a very active lifestyle that is full of travel and adventure. In 2019 he and his family relocated to the Fraser Canyon to develop their homestead and future. His massage therapy practice is split between greater Vancouver and the Fraser Canyon.

Call the office to book an appointment  
**Tuesdays Siska August 1 & 15**  
**Cooks Ferry August 8 & 22**

## FOOT CARE WITH SUZANNE



**Siska: August 29**  
**Cooks Ferry: August 31**  
Call the office to book an appointment

## FOOD GIFT CARDS FOR SISKA HOUSEHOLDS

Instead a food bag, Siska will donate a Save On gift card on a monthly basis.



# 10 YEAR HEALTH PLAN



## CORNERSTONE

PLANNING GROUP

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

**10 YEAR HEALTH PLAN SURVEY**  
**PLEASE SCAN THE QR CODE WITH**  
**YOUR CELL OR ASK US FOR A**  
**PAPER COPY**

**YOU WILL BE ENTERED IN**  
**A DRAW TO WIN A GIFT CARD AS**  
**A THANK YOU**

We know you may be surveyed out, however, we do need your input to create a 10 year health plan that reflects what both communities really want.

Even if you went to a community meeting, we still ask you to fill out this survey too.

As a thank you, you will be entered in a draw to win one of several gift cards!



# CHILDREN & ADULT ORAL HEALTH INITIATIVE

FOR ALL SISKA AND COOKS FERRY MEMBERS ON AND OFF RESERVE!

## FREE DENTAL CARE

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



Services include:

- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup
- Tooth polishing and fluoride application.
- Sealants for children to prevent tooth decay if needed
- Oral hygiene instruction.
- Tooth brushing.
- Flossing
- Denture cleaning

**CALL TODAY TO INQUIRE OR BOOK AN APPOINTMENT**

**SISKA: 250-455-6601**

**COOK'S FERRY: 250-458-2212**

MONDAY AUGUST 21  
1:00 P.M. - 5:00 P.M.

TUESDAY AUGUST 22  
8:30 A.M. - 4:30 P.M

WEDNESDAY AUGUST 23  
8:30 A.M. -11:00 A.M.



First Nations Health Authority  
Health through wellness





## Job Posting: Casual Part Time Medical Transportation

Heskw'en'scutxe Health Services Society is looking for a compassionate, responsible, and reliable person to join our team to fill the **Casual Part Time Medical Transportation** position.

**Term: Casual Part Time** Monday – Friday, Hours vary, some overnight stays Hourly wage: **\$18.00**

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

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

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

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

### Responsibilities:

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

### Credentials:

- Valid Class 5 Driver License and clean drivers abstract
- Clear Criminal Record Check
- First Aid/CPR certificate or be willing to take this training
- "As a requirement of this position, the successful candidate will need to provide acceptable proof that they have been fully vaccinated for COVID-19 or demonstrate that they are unable to be vaccinated against COVID-19 for reasons protected under the B.C. Human Rights Code. Heskw'en'scutxe Health Services will grant reasonable accommodation requests up to the point of undue hardship."

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

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

**Tina Draney, Acting Health Manager**

**Email: [tina.draney@hssbc.ca](mailto:tina.draney@hssbc.ca)**

**Heskw'en'scutxe Health Services Society  
3691 Deer Lane, Box 188 Spences Bridge, BC V0K 2L0  
Telephone 250.458.2212 Fax 250.458.2213  
[www.hssbc.ca](http://www.hssbc.ca)  
Closing Date: until filled**



**SHIRLIE HATT** SHE / HER / HERS*ABORIGINAL RECRUITER*

I love what I do and am committed to supporting First Nations, Métis, and Inuit job seekers with their career journey and providing a positive candidate experience. I am a proud member of Westbank First Nation where I also live, work and play. I would love the opportunity to share more about the many opportunities available at Interior Health.

**DEBBIE BEAULIEU***ABORIGINAL EMPLOYMENT ADVISOR*

Being an Advisor within the Aboriginal Career Specialist Team I support First Nations, Métis, and Inuit job seekers along their career journey. I am a proud member of T'exelc - Williams Lake First Nation - also known as *Sugar Cane*.

**AASIA PATERSON***ABORIGINAL EMPLOYMENT ADVISOR*

I am Métis from the Na-cho Nyak Dun Nation in Mayo, Yukon. Working within the Employee Experience Team gives me the opportunity to combine both my personal and professional goals, which have always been to empower Aboriginal individuals and communities to find their own means of success in a collaborative, supportive, and inclusive environment.

**LEANN MILLER***ABORIGINAL EMPLOYMENT ADVISOR*

Hello! I am a thrilled to be an associate of Interior Health's Aboriginal Human Resource Advisors team. It is my pleasure to support First Nations, Métis, and Inuit with their employment aspirations with Interior Health. I am a proud member of Westbank First Nation and I am a strong Syilx Okanagan woman.

GET IN TOUCH WITH US

[ABORIGINALEMEMPLOYMENT@INTERIORHEALTH.CA](mailto:ABORIGINALEMEMPLOYMENT@INTERIORHEALTH.CA)





**RESUME AND  
COVER LETTER  
WRITING TIPS**



**INTERVIEW  
READINESS  
COACHING**



**APPLICATION  
PROCESS  
SUPPORT**



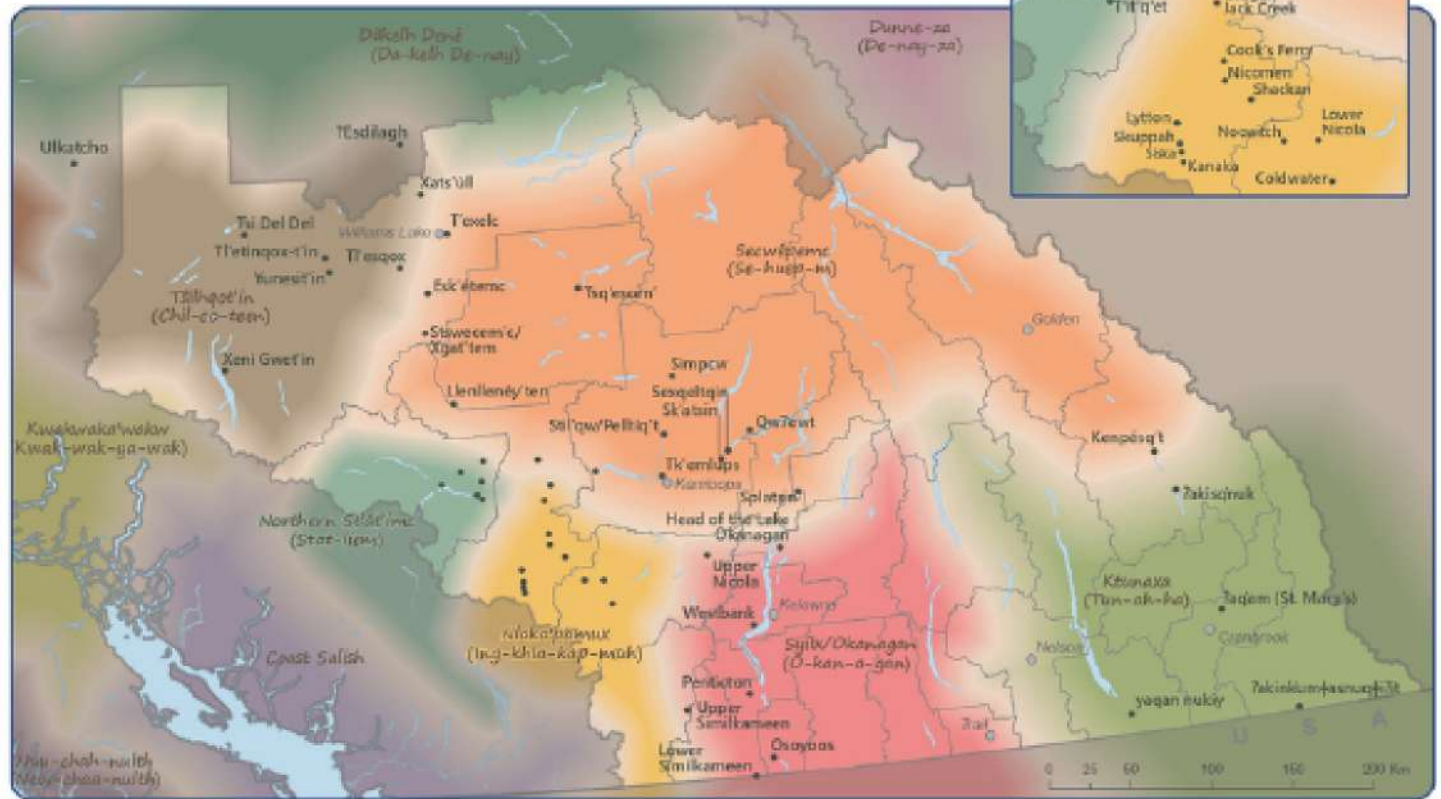
**ONBOARDING  
AND CAREER  
EXPLORATION**



**COMMUNITY  
AND YOUTH  
ENGAGEMENT**

Our Aboriginal Career Specialists provide a vast array of services in support of our continued movement towards a more inclusive healthcare system, where diversity, inclusion and addressing Aboriginal-specific racism are a recognized priority at all levels of the organization. Their work primarily supports the recruitment and retention of Aboriginal employees at Interior Health. We invite Aboriginal (First Nations, Métis, and Inuit) applicants to self-identify within cover letters and resumes.

**FIRST NATIONS COMMUNITIES  
WITH LOCAL HEALTH AREA BOUNDARIES**



- People (Pronunciation) / Have Been Called Language Family
- Dáiksh Dene (Da-kah De-Nay) / Carrier/Athapaskan
- Tlilhqat'in (Chil-co-teen) / Chilcotin Athapaskan
- Northern St'at'imc (Stat-liem) / Lillooet Interior Salish
- Ktunoxa (Tun-ah-ha) / Kootenay Ktunoxa
- Syilx/Okanagan (O-kan-a-gan) Interior Salish
- Secwépemc (Se-hup-m) / Shuswap Interior Salish
- Nlaka'pamux (Ing-kha-kap-mux) / Thompson / Coteau Interior Salish
- First Nation Community

For traditional and English names of First Nations communities visit: <http://a101.net/interior.health.ca/about/Progress/Aboriginal/Documents/Interior%20First%20Nations%20Communities%20New%202017%20Communities.pdf>

Notes: This map has been adapted from the First Nations Peoples of BC. It is intended to be used as a general reference that reflects the regional diversity of First Nations People served by Interior Health. It is not intended to delineate territorial boundaries.



-----

# INDIGENOUS EARLY CHILDHOOD EDUCATION CERTIFICATE

-----

**START:** AUGUST 2023

10-MONTH PROGRAM

**Location:** Cook's Ferry



**FREE TUITION, BOOKS AND SUPPLIES  
TRAVEL ALLOWANCE PROVIDED!**

**OPEN TO ALL COOK'S FERRY MEMBERS  
AND INDIGENOUS RELATIONS**



Funding provided by the Government of Canada through  
the Canada-British Columbia Workforce Development Agreement.

For more information or assistance with applying,  
Contact Mandy Cormier  
Director, Community and Social Development



**Cook's Ferry  
Indian Band**  
Maka'pansax Nation

email: [socialdevelopment@cookserry.ca](mailto:socialdevelopment@cookserry.ca)  
phone: (250) 458-2224

# MENTAL WELLNESS SUPPORTS

FREE 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](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.

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





*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)



**June 14, 2023**

What is Outpatient Withdrawal Management (OWM)?

**July 12, 2023**

Prenatal substance use: Help for expecting mother's



**August 2023**

No session

**September 13, 2023**

Mental Health & Substance Use Aboriginal Patient Navigators (APN)



# Advance Care Planning Session



**End of Life Care**  
**Who would you trust to make your healthcare decisions?**



Join us for a planning session on advance care with Merritt's End of Life Hospice Volunteers

**When: August 22, 2023**  
**Where: Siska Band Hall**  
**Time: 1:30 p.m. to 3:00 p.m.**

**Teams Online Link:**  
**Meeting ID: 285 706 210 339**  
**Passcode: Hfpr6Z**

**Snacks & light refreshments & door prizes**

Learn more at  
[advancecareplanning.ca/acpday](http://advancecareplanning.ca/acpday)  
[#ifnotyouwho](https://twitter.com/ifnotyouwho)



[www.merrithospice.org](http://www.merrithospice.org)



250 455.6601 to register, everyone welcome



# Hello Summer

## Checklist for AC maintenance

Regular maintenance of your air conditioning system is crucial to ensure its optimal performance and longevity. Here is a checklist of tasks you should perform to keep your AC running smoothly:

1. Clean or replace the air filter every month.
2. Check the evaporator coil and condenser coil for dirt and debris and clean them if necessary.
3. Inspect the fins and straighten them if bent.
4. Clear the condensate drain line of any obstructions.
5. Check the refrigerant level and top it off if necessary.
6. Inspect the electrical connections and tighten any loose connections.
7. Test the thermostat and calibrate it if needed.
8. Schedule an annual maintenance check with a professional technician to ensure your AC is in top shape.

By following this checklist, you can ensure that your air conditioning system is running efficiently and effectively, providing you with cool and comfortable air all summer long.



# Heat-Related Illness Watch for Signs

Heat-related illnesses can quickly progress from heat exhaustion to heat stroke – and even result in death.

## Heat Exhaustion



### Take Action

**Move** to a cooler, shaded location.

**Remove** as much clothing as possible (socks and shoes too).

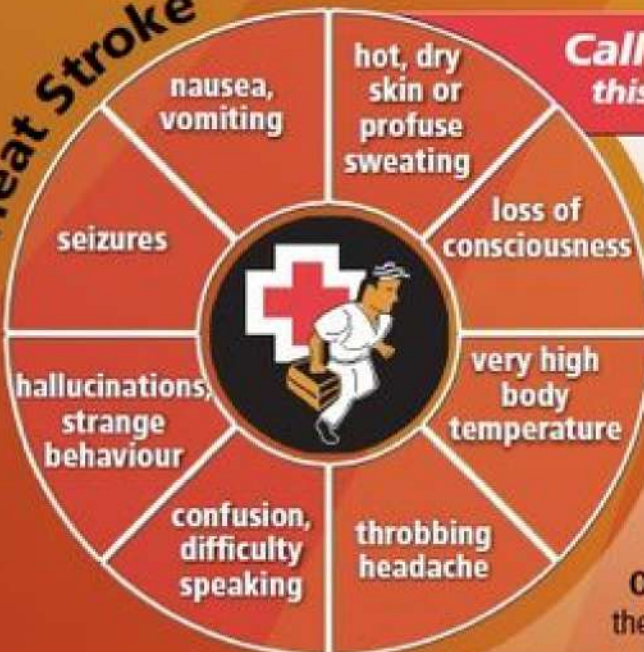
**Cool down** by applying cool wet cloths or ice to your head, face or neck. Spray yourself with cool water.

**Drink** water, clear juice, or a sports drink.

**Get medical aid** if you don't start to feel better.

**Have** someone stay with you until help arrives.

## Heat Stroke



### Call 911 immediately; this is a medical emergency.

**Stay** with the person until help arrives.

**Move** to a cooler, shaded location.

**Remove** as much clothing as possible (socks and shoes too).

**Wet** the person's skin and clothing with cool water.

**Apply** cold, wet cloths or ice to head, face, neck, armpits, and groin.

**Offer** sips of water, but do not force the person to drink.





## 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.MentalHealth.ca)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](http://BouncebackBC.ca)

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

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



### First Nations Supports

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

First Nations Health Benefits 1-855-550-5454 or  
[www.fnha.ca](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  
FNHA (250) 256-7071 8 a.m. to 4 p.m. Monday to Friday

### Lab Services

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



### Home & Community Care

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

### Interior Health

[MyHealthPortal](#)



### Public Health

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

### COVID Testing Clinics & Vaccination Information

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



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



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



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



For Immediate Release | July 19, 2023

## Interior Health heat warning guidance for Lytton

**LYTTON** – Environment Canada has issued a [heat warning](#) for the Fraser Canyon including the community of Lytton. Daytime high temperatures near 35 degrees Celsius combined with overnight lows near 18 degrees are forecast for the next three days. This is not an extreme heat emergency.

Interior Health is reminding people that elevated temperatures increases the risk of heat-related illness increases.

The BC Centre of Disease Control provides a broad range of heat-related guidance on its [website](#), including information on the different types of heat alerts, how to prepare for hot temperatures, symptoms of heat-related illnesses, those most at risk during hot weather and ways to stay cool.

### Preparing for and responding to hot weather:

- If you have air conditioning at home, make sure it is in good working order and turn it on.
- If you do not have air conditioning at home:
  - Find somewhere you can cool off on hot days. Consider places in your community to spend time indoors such as libraries, community centres, movie theatres or malls. Also, as temperatures may be hotter inside than outside, consider outdoor spaces with lots of shade and running water.
  - Shut windows and close curtains and blinds during the heat of the day to block the sun and prevent hotter outdoor air from coming inside. Open doors and windows when it is cooler outside to move that air indoors.
  - Ensure that you have a working fan, but do not rely on fans as your primary means of cooling. Fans can be used to draw cooler late-evening, overnight and early-morning air indoors. Keep track of temperatures in your home using a thermostat or thermometer. Sustained indoor temperatures over 31 C can be dangerous for people who are susceptible to heat.
  - If your home gets very hot, consider staying with a friend or relative who has air conditioning if possible.
- Identify people who may be at high risk for heat-related illness. If possible, help them prepare for heat and plan to check in on them.

### Who is most at risk?

Everyone is susceptible to heat-related illness. It is important to monitor yourself, family members, neighbours and friends during hot weather. Consider developing a check-in system for friends, family, and neighbours who are at high risk of heat-related illness.

Those who are at highest risk include:

- older adults, especially those over 60
- people who live alone
- people with pre-existing health conditions such as diabetes, heart disease or respiratory disease
- people with mental illnesses such as schizophrenia, depression or anxiety

---

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations. 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.



- people with substance use disorders
- people with limited mobility and other disabilities
- people who are marginally housed
- people who work in hot environments
- people who are pregnant
- infants and young children

**Your health:**

- Drink plenty of water and other liquids to stay hydrated, even if you are not thirsty.
- Spray your body with water, wear a damp shirt, take a cool shower or bath or sit with part of your body in water to cool down.
- Take it easy, especially during the hottest hours of the day.
- Stay in the shade and use a broad-spectrum sunscreen with SPF 30 or more.
- Take immediate action to cool down if you are overheating. Signs of overheating include feeling unwell, headache and dizziness. Overheating can lead to heat exhaustion and heat stroke.
- Signs of heat exhaustion include heavy sweating, severe headache, muscle cramps, extreme thirst and dark urine. If you are experiencing these symptoms, you should seek a cooler environment, drink plenty of water, rest and use water to cool your body.
- Signs of heat stroke include loss of consciousness, disorientation, confusion, severe nausea or vomiting and very dark urine or no urine. Heat stroke is a medical emergency.

In the event of a medical emergency, call 911. However, it is important to use 911 responsibly to avoid overwhelming the system.

**When to call 911:**

- In cases of heat stroke: loss of consciousness, disorientation, confusion, severe nausea or vomiting or very dark urine or no urine.
- In general: when there is chest pain, difficulty breathing, loss of consciousness, severe burns, choking, convulsions that are not stopping, a drowning, a severe allergic reaction, a head injury, signs of a stroke or a major trauma.

**If you have a less urgent health issue:**

- You can call HealthLinkBC at 811 and speak with a nurse or go to an urgent care centre or clinic if you can do so safely. That way, our emergency medical dispatch staff and paramedics will be available for people who need their services the most.
- There are also online tools at [healthlinkbc.ca](https://healthlinkbc.ca), including a "Check Your Symptoms" tool.

- 30 -

---

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations. 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.



## Wondering what equipment is covered under your plan?

Your plan covers certain MS&E items and services under the following categories:

- bathing and toileting aids
- braces and splints
- cushions and protectors
- diabetic and heart patient devices
- foot orthotics and orthopedic shoes
- general medical supplies and equipment
- hearing aids and repairs
- hospital beds
- lifting and transfer aids
- limb and body orthotics
- low-vision aids
- offloading boots (air casts)
- ostomy supplies
- oxygen, sleep and breathing aids
- prosthetics and supplies
- surgical stockings and pressure garments
- urinary supplies and devices
- walking aids and wheelchairs
- wound care supplies

If you have any questions about your MS&E plan, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.

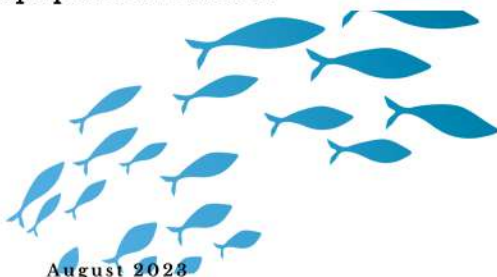
You can find detailed information about your MS&E benefits through your PBC Member Profile, which you can access online or through the PBC app.

Info at: <https://www.fnha.ca/benefits/medical-supplies-and-equipment>



### Pacific Blue Cross 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.



August 2023



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 who offer direct billing



# Updated Medical Travel Form

Same as posted in the July edition in case you missed it



## Hesk'wen'scutxe Health Services Society *Medical Transportation Form*

2023

Client Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number:

DOB          
Day Month Year

Status Number

Departure Date          
Day Month Year

Return Date          
Day Month Year

Departing Location: CFIB  SIB  ANTKO  Destination Location: \_\_\_\_\_

Requires Driver? (Circle) YES / NO HHSS: \_\_\_ Other: \_\_\_ Name of Driver: \_\_\_\_\_

Driver Mailing Address: \_\_\_\_\_

*\*Please note that MT cheque will be made out to driver*

Doctor Authorization Required for "Escort" - Provided (Circle) YES / NO

Reason for Escort: (check one)

- 1) Not Required       4) Legal Consent Required       7) Minor Child  
 2) Care Instructions Required       5) Medically Incapacitated  
 3) Language Barrier       6) Person with Disability

Method of Travel: (check one)

- Private Transportation       HHSS Vehicle       Bus       Other: \_\_\_\_\_

Medical Trip 6 + hours: (Circle) YES / NO Diabetic Client (required to have regular meals) YES / NO

Referred By: \_\_\_\_\_ Health Purpose: \_\_\_\_\_ Surgery  or circle  
*(Please attach note/letter of referral)* *(Procedure or medical specialty)*

Dentist    Cardiology    Dialysis    Mental Health    Obstetrics    Oncology    Optician    Orthodontics    X-rays    Ultrasound  
Lab/Pathology    Podiatry    Gerontology    Gynecology    Urology    Gastroenterologist    Internal Medicine    Infectious Disease  
Radiation    Pediatrics    Prenatal Confinement    Rheumatology    Traditional Healer    Withdraw Management    Diagnostic Testing

### CONFIRMATION OF ATTENDANCE

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

This note will confirm that: \_\_\_\_\_ attended their appointment on the  
above mentioned date, with Doctor \_\_\_\_\_ at \_\_\_\_\_  
Address

**Medical Office Stamp or Doctor/Receptionist Initials**

**NOTE TO CLIENTS:** Confirmation of attendance is required to receive medical travel assistance. You must have this portion stamped/filled out by the medical office. Failure to submit the required confirmation will result in travel claim to be denied for reimbursement.

Hesk'wen'scutxe Health Services: PO Box 188, Spences Bridge, BC V0K2L0 \* Cooks Ferry Office: 250 458-2212; Fax: 250 458-2213 \* Siska Office: 250 455-6601; Fax: 250 455-6608

Toll Free: 1 866.458.2212 Email: [admin@hhsbc.ca](mailto:admin@hhsbc.ca)



# YOUTH LAHAL AND DRUMMING

JULY 21, 2023  
ROTARY PARK  
MERRITT, BC

JULY 27, 2023  
LONG HOUSE  
BOSTON BAR, BC

AUG 18, 2023  
MONCK PARK  
MERRITT, BC

## 11:00AM-3:00PM

COME AND JOIN US FOR SOME FUN!

Lets enjoy lunch together and play lahal.

No registration required, door/game prizes included. Bring your drum or rattle if you have one or use one of our drums/rattles!

\*Gas cards available for CNA members- call Shannon to inquire (250-378-1864)

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT SHANNON AT  
(250) 378-1864 OR [PROGRAMS@CNA-TRUST.CA](mailto:PROGRAMS@CNA-TRUST.CA)

- Citxw Nlaka'pamux Assembly -



2025 Unit A, Granite Ave.  
PO Box 618  
Merritt, BC V1K 1B8



[cna-trust.ca](http://cna-trust.ca)  
[programs@cna-trust.ca](mailto:programs@cna-trust.ca)  
[reception@cna-trust.ca](mailto:reception@cna-trust.ca)



250-378-1864  
250-378-2910



# Merritt Regional Transit System



## Antko Community: Request a Bus Ride!

**Starting on June 19!**

### 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.

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. Maximum of 18 seats per trip and 2 wheelchairs access.

**Pick-up: Call 24 hours ahead to book. Bookings received less than 24 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 weekends and Christmas day.

### Office Hours

Monday to Friday, 9:00 am to 4:00 pm

**Book your trip including return @: 250-378-4080**

Elder's

# COFFEE & TEA

Tuesday July 25<sup>th</sup>

1:00pm-3:00pm

Spence's Bridge Old  
School Building

OPEN TO EVERYONE

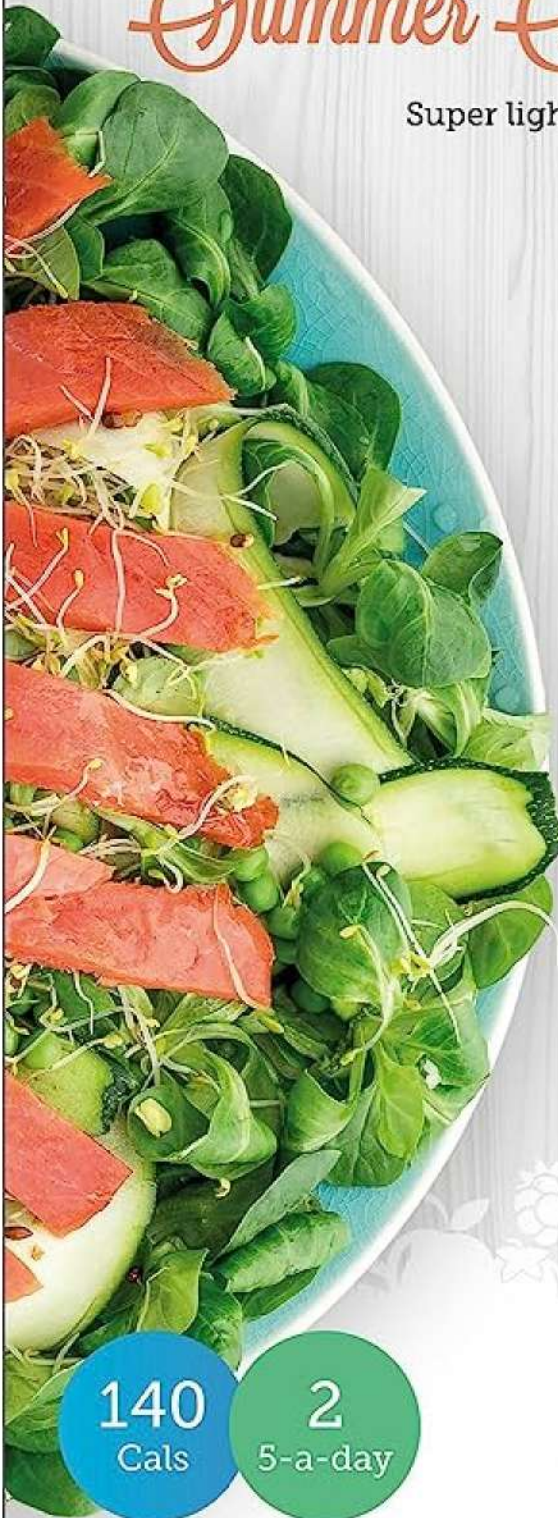
- Come enjoy lunch and your choice of coffee, tea , juice or water
- Come out and visit, share some stories.





## Summer Sprouty Salmon

Super light and refreshing with only 140 calories



### Ingredients

- 1 clove **Garlic** (minced)
- 20g **Alfalfa Sprouts**
- 1/4 **Lemon** (juice only)
- 40g **Petit Pois** (cooked)
- 1/3 **Courgette** (ribboned)
- 2 handfuls **Lambs Lettuce**
- 50g **Smoked Salmon** (strips)

### Preparation

1. Combine **all the ingredients** except the salmon.
2. Lay the **salmon** on top of the salad and season with pepper.

**140**  
Cals

**2**  
5-a-day

**3g**  
Fibre

**1g**  
SatFat

**5g**  
Fat

**17g**  
Protein

**6g**  
Carbs

**Size**  
Large  
230g

**Recipe Tip**  
We recommend using wild or organically farmed salmon to cut down the environmental impact



# FARMERS MARKETS

**8.00**  
**12.00** | **ASHCROFT**  
**700 RAILWAY AVENUE** | **EVERY**  
**SUNDAY**

**9.00**  
**1.00** | **CACHE CREEK**  
**HIGHWAY 1** | **EVERY**  
**SATURDAY**

**10.00**  
**4:00** | **LYTTON**  
**BY G'WESEP GAS & FOOD** | **EVERY**  
**FRIDAY**

**9.30**  
**1.00** | **MERRIT**  
**VOGHT ST @ MERRITT**  
**AVENUE** | **EVERY**  
**SATURDAY**

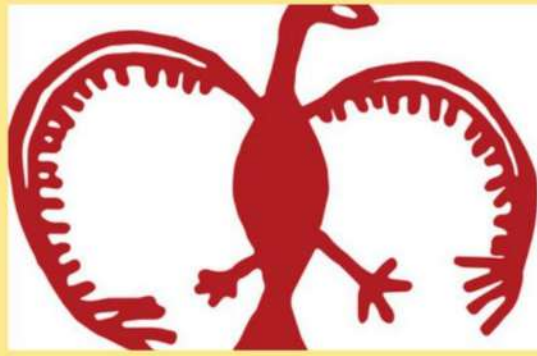
**8:30**  
**12.00** | **LILLOOET**  
**ON MAIN AND 11TH**  
**AVENUE SOUTH** | **EVERY**  
**FRIDAY**

**9.30**  
**2.00** | **HOPE**  
**MEMORIAL PARK** | **EVERY**  
**SATURDAY**

FARMERS MARKET COUPONS ACCEPTED  
BUY LOCAL







Cook's Ferry  
Indian Band

Nlaka'pamux Nation

## Strong Start

July 19th at the old school

from 10am to 2pm

come do some arts and crafts,  
story telling/sharing, outside play.

light lunch and snacks will be  
provided.

Children under the age of 10 I kindly ask  
they be accompanied by a caregiver.

Open to everyone!!

**Please contact Jolene for any questions**

**250 458 2224**





Cook's Ferry  
Indian Band  
Mika'pumas Nation



**COOK'S FERRY PRESENTS**

# **Back to School BBQ**

**FACE  
PAINTING  
GAMES!**

**door prizes**

**SCHOOL SUPPLIES/BACK PACKS**

**WEDNESDAY AUGUST 23RD**

**4 - 7:30 PM**

**COOK'S FERRY GYMNASIUM**

**ON AND OFF RESERVE  
WELCOME!**







# ART TRAILER AFTERNOONS!

Antko – July 11 & 25 and August 8 & 22

Cook's Ferry – August 24

Time: 3:00 – 5:00 PM

Open to children, youth and young adults

Snacks and supplies provided



## XXI. STORY OF THE OTTER.

[NkamtcinEmux.]

*Told by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"*

At one time there was a group of underground lodges somewhere in the NLak'alpamux country. In one of these lived a very pretty girl, who had numerous suitors or lovers, all of whom she refused. Her real lover was the Otter, a young man who had spent much time in training, but who was too bashful to ask for the girl from her parents, seeing that so many others had been rejected by both the parents and the girl; moreover, he had never been able to see the girl himself. One day, one of the rejected suitors threw a sickness on the girl, so that she died in a few days. The night after she was buried, the Otter repaired to the grave, and dug her up, and tried to resuscitate her until daybreak, but without avail. He then hastily buried the body again. During the daytime he sat sullen and sorrowful, without talking to any one, neither would he partake of food. At night he again dug up the body of his love, and tried to resuscitate her until daybreak. He did this four successive nights, and on the fourth he brought her so far back to life, that she was able to sit up and speak to him. He then took her on his back, to her father's house, laying her down in the same place she had occupied when in life, and which was not yet occupied by the people.

*By Alexander James Teit, Published by Forgotten Books 2012, Originally Published in 1912*



## XXI. STORY OF THE OTTER. [NkamtcinEmux.]

*Told by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"*

He then lay down beside her, spreading her robe over both. The people woke up in the morning, and were startled to see a couple sleeping there in the place of the dead girl. Her father and mother cried out, "Whoever you are, don't sleep there, for evil will befall you." But the couple never moved. The people wondered who they might be, until the Coyote, who was sleeping in one corner of the house, said, in his usual peculiar manner of speaking, "It is the Otter, and he has dug up his sweetheart out of the grave, and brought her home." The people would not believe the Coyote until the people saw it was their daughter brought back to life again, they were both astonished and pleased. Messengers were sent out to cry with a loud voice; and all the people gathered in the lodge to verify the statements, and to see the man who had restored her to life. The Otter then became a mighty shaman. One day he was lying down in the house with his wife, when a lad came in, and said to him in a whisper, "How did you manage to bring your wife back to life again? My sweetheart is dead and I want to resuscitate her."



*By Alexander James Teit, Published by Forgotten Books 2012, Originally Published in 1912*



# OUR STORIES AND NLAKA'PAMUX CULTURE

## XXI. STORY OF THE OTTER.

[Nkamtci'nEmux.]

*Told by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"*

The Otter, for fun, said, "I dug her up, and carried her home, then I tickled the soles of her feet, and she came to life again." The boy at once ran away. The Otter's wife said to her husband, "Why did you tell the boy that? He will go and do it." About midnight the boy stole softly into the underground lodge carrying the body of his dead sweetheart. He laid her down and at once commenced to tickle the soles of her feet. He tickled until near daybreak, but there was no appearance of life coming. He became frightened, and took the body on his back to go and bury it again. But going up the ladder of the underground lodge his packing-line broke, and the body fell down with a thud. He hastily tied it up again, and mounted the ladder; but the line broke a second time when he was half way up, the corpse falling as before. He did this four times, the line breaking each time, and at last the people awoke. They inquired what was the matter. The fifth time he got outside with the corpse; but as some one came up the ladder behind him, he became afraid, and let the body down, and ran. The people were surprised to see the body of the girl there, and knew that some one had been carrying it. They buried it again. The Otter was not only a noted shaman, but also a very successful fisherman, and used to catch immense numbers of fish



*By Alexander James Teit, Published by Forgotten Books 2012, Originally Published in 1912*



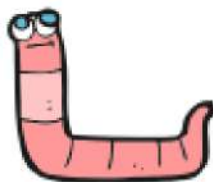


# Lehets Otter

# INSECT SCAVENGER HUNT



sməmiʔx



earthworm

skekiʔt



spider

məce



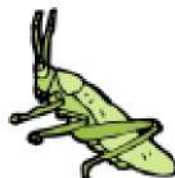
bumblebee

ʂəlsəl



cricket

ćéncəñ



grasshopper

sx<sup>w</sup>úx<sup>w</sup>eće



ant

kećeýñ



wood-tick

məze



housefly

q<sup>w</sup>óq<sup>w</sup>éskiʔ



mosquito





# NEWSLETTER ACTIVITIES & GAMES

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

1xudoku.com

n° 227466 - Level Medium

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

1xudoku.com

n° 20394 - Level Medium

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

1xudoku.com

n° 220074 - Level Medium

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

1xudoku.com

n° 220562 - Level Medium



# Ashcroft Pool Schedule July /August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	C	SWIM LESSONS 9:00-12:00	SWIM LESSONS 9:00-12:00	SWIM LESSONS 9:00-12:00	SWIM LESSONS 9:00-12:00	CLOSED
LANE SWIM MOM & TOT 12:00-1:00PM	L	LANE SWIM/ MOM & TOT 12:00-1:00	AQUA FIT 12:00-1:00	LANE SWIM/ MOM & TOT 12:00-1:00	AQUA FIT 12:00-1:00	LANE SWIM/ MOM & TOT 12:00-1:00
PUBLIC SWIM 1:00-4:00PM	O	PUBLIC SWIM 1:00-4:00	PUBLIC SWIM 1:00-4:00	PUBLIC SWIM 1:00-4:00	PUBLIC SWIM 1:00-4:00	PUBLIC SWIM 1:00-4:00
CLOSED FOR POOL RENTAL 4:00-5:00PM	S	PRIVATE LESSONS 4:00-5:00	PRIVATE LESSONS 4:00 -5:00	PRIVATE LESSONS 4:00 -5:00	PRIVATE LESSONS 4:00 - 5:00	CLOSED FOR IN-SERVICE TRAINING 4:00-5:30
PUBLIC SWIM 5:00-7:00PM	E	PUBLIC SWIM 5:00-7:00	PUBLIC SWIM 5:00-7:00	PUBLIC SWIM 5:00-7:00	PUBLIC SWIM 5:00-7:00	PUBLIC SWIM 5:30-7:00
LANE SWIM 7:00-8:00PM	D	AQUAFIT 7:00-8:00	LANE SWIM 7:00-8:00	AQUAFIT 7:00-8:00	LANE SWIM 7:00-8:00	LANE SWIM 7:00-8:00



# Free Swims

Kumsheen, Merritt



For on and off reserve community members:

Swim for free at Kumsheen Resort Pool & the Nicola Valley Aquatic Centre.

Please call our offices if you are not already on the Merritt Swimming pool list.



Brought to you by  
Cooks Ferry Social  
Development

## COOKS FERRY

On and Off Reserve Cooks  
Ferry Members:

Swim for free at the Ashcroft pool all summer long! Just sign in your name at the pool reception area.





# HYDROTHERAPY FUNDAMENTALS

WITH JOHN TAI, RMT

**LEARN THE BENEFITS OF HOT/COLD THERAPY FOR  
YOUR CIRCULATION, MUSCLE AND JOINT HEALTH.**

**PRACTICE BASIC EXERCISES TO CONDITION AND  
SMOOTH YOUR HEALTH AND FITNESS.**

## KUMSHEEN POOL & HOT TUB

### AUGUST 1, 2023

2:30 PM TO 3:30 PM

Free of charge, for all Siska & Cooks Ferry members. Limited to 12 participants so please sign up early to hold your spot by calling Corynn or Nadine at the HHSS offices

