

# HESKW'EN'SCUTXE

October 2023

Monthly Newsletter

Vol 1 Issue 10

*"Take care of yourself"*



**Theme: World Arthritis Month**

## **CULTURAL TEACHINGS**

*The ORIGIN of the DEER*

*a short story, just in time for hunting season*

CONTINUED TO PAGE 49

# Heskw'en'scutxe Health Services



**Office Hours**  
**Monday – Friday**  
**8:30 a.m. to 4:30 p.m.**  
**Closed 12:00 p.m. to 1:00 p.m.**  
**Closed on all statutory holidays**

**Cooks Ferry: (250) 458-2212**  
**Toll Free: 1-866-458-2212**

**Siska: (250) 455-6601**  
**Toll Free: 1-844-255-6601**

## HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskw'en'scutxe Society pronounced wʔéxʷ weʔ λúʔ 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



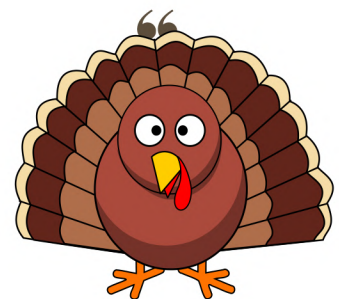
**OFFICE CLOSURES**  
**MONDAY OCTOBER 9, 2023**  
**FOR THANKSGIVING, ENJOY YOUR**  
**DAY!**



## IN THIS ISSUE

Staff Directory  
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Mental Wellness Directory  
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New Merritt Bus in Antko  
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Recipe of the month  
Our Stories  
Farmers Market in the area  
Activities and games

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



# STAFF DIRECTORY

## BOARD OF DIRECTORS



Lorette Edzerza  
Cook's Ferry



Angela Phillips  
Siska



Samantha Gush  
Siska



Florine Walkem  
Cook's Ferry



Tina Draney  
Acting Health Manager  
Finance



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



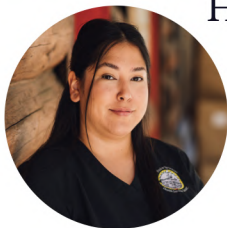
Clarissa Frederick,  
Nursing Assistant /Health  
Lead / HCA



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



Siska  
Corynn Reveley  
Receptionist  
Medical Travel Clerk



### Home Care Aides

Jessie Munro  
HCA



Danielle Munro  
HCA



### Casual Antko Support

Christy  
Whittaker

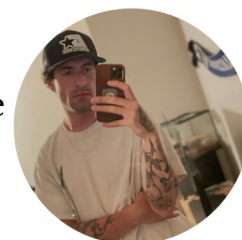
### Medical Drivers



Hazel Billy  
Custodian



Martha Van Dyke



Dayton Arnett

# HHSS Nurse

## Friendly Reminder:

If you need to speak to the nurse, PLEASE contact the Cooks Ferry or Siska Heskwen'scutxe office to schedule a Clinic Visit or Home Visit.

In Adherence to the Health Care Professionals Best Practice Standards the Nurse will no longer be able to respond to text or emails regarding Health Care concerns.

By coordinating appointments centrally, we can optimize the workflow and guarantee that your healthcare needs are met efficiently.



## Other Health Services Available

NLX Nurses (250)378-9772  
LYTTON PCC (250)455-2221  
FNHA NURSES (250-455-2715  
ASHCROFT UPCC (250)453-2211

## More Information :

HESKW'EN'SCUTXE HEALTH  
SERVICES SOCIETY  
COOKS FERRY (250)458-2212  
SISKA (250)455 -6601



# THEME OF THE MONTH

Knowledge is power, following are reputable links regarding Breast Cancer Awareness from the Arthritis Society of Canada!

By Corynn Reveley

Breast cancer is a serious health concern affecting many people around the world, including in Canada. Here are some websites related to breast cancer in Canada that you may find helpful:

1. **Canadian Cancer Society:** The Canadian Cancer Society is a national organization dedicated to preventing cancer, saving lives, and supporting those affected by cancer. They provide information and resources on many types of cancer, including breast cancer.
2. **Breast Cancer Society of Canada:** The Breast Cancer Society of Canada is a registered charity that funds breast cancer research, education, and awareness programs. They also provide support to those affected by breast cancer.
3. **Canadian Breast Cancer Network:** The Canadian Breast Cancer Network is a national organization that works to support and empower people affected by breast cancer. They provide information, resources, and advocacy on breast cancer-related issues.
4. **Breast Cancer Action Quebec:** Breast Cancer Action Quebec is a non-profit organization that advocates for the prevention and treatment of breast cancer. They provide education and support to those affected by breast cancer, and work to raise awareness about the disease.
5. **Rethink Breast Cancer:** Rethink Breast Cancer is a charity that focuses on supporting young women affected by breast cancer. They provide education, advocacy, and support programs for young women with breast cancer and their families.

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

# ONLINE TRAINING AVAILABLE

OFFERING ONLINE TRAINING FOR TAKE HOME  
NALOXONE KITS, EVERY WEDNESDAY AT 11:00 AM  
CALL OUR OFFICES TO REGISTER

JOIN US



## WINNERS OF THE ORANGE TSHIRT CONTEST



A beaded pin was handed out to all the following people who submitted an entry: Rowen Minnabarriet, Sky Billy, Sarah Billy, Gracie Peters, Jr David Wilson, Will, Aiden and Kellen Paul, Gemma Dixon, Alice Munro and Tammy Pierre.

**BECAUSE  
EVERY CHILD MATTERS!**

## FARMERS MARKET COUPONS

Do you have coupons you are holding on to for bigger purchases? You can use them for another month in the Canyon before the markets close for the season, Kamloops farmers Market remains open until December as well.

## RETURN YOUR UNUSED FARMERS MARKET COUPONS TO BE ENTERED IN A DRAW

Life happens, you have coupons you never used? No problem, in fact we have a solution for you: Return them to our offices and your name will be entered in a draw to win one of several gift cards. No questions asked!



## MERRITT BC TRANSIT IN ANTKO CALL OR TEXT LAURIE (250) 378-4080

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 29 and Novemebr 1**  
**Cooks Ferry: October 25**

## FOOT CARE WITH SUZANNE

Next date will be for both communities. **October 10**



Space will be limited am in Siska and afternoon in Cooks Ferry so please Call the office to book an appointment

## COVID AND FLU CLINICS



Clinics will be hosted in both communities once the vaccines are received. We will communicate with everyone to book appointments.



Exercise session with John Tai, September 19 at Cooks Ferry Gym

## JOHN TAI, RMT RESTORATIVE MASSAGE



John has been demonstrating how to do simple exercises to help us stretch our bodies to be more limber. We have covered the upper body and will learn about the lower body on October 3 from 1:30 to 2:00 pm in Cooks Ferry. If you have missed a session, no worries you can review online

Call the office to book an appointment:  
**Siska: October 10 & 24**  
**Cooks Ferry October 3, 17, &31**

## DENTAL CLINICS WITH MICHELLE BEATIE

We are happy to announce that we have rescheduled Michelle for Cooks Ferry clients that missed out in the summer due to the wildfires. Please review the Dental Clinic poster with dates for both offices to book an appointment. Open to all children and adults.

## COHI CONTEST FOR CHILDREN & ADULTS TOO!

All children participating in the COHI 2023-2024 initiative and parents were entered into a draw to win a child and adult electronic toothbrush! Funded by FNHA, the winners are: Kiona and mom Trisha and Junior David and mom Rosemarie. Congratulations!



# 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**

### SISKA CLINIC

**THURSDAY NOVEMBER 16**

**1:00 TO 5:00 PM**

**FRIDAY NOVEMBER 17**

**8:30 TO 4:00 PM**



First Nations Health Authority  
Health through wellness

### COOKS FERRY CLINIC

**MONDAY DECEMBER 4**

**1:00 TO 5:00 PM**

**TUESDAY DECEMBER 5**

**8:30 TO 4:00 PM**



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Best Choices for Drinks at Home

**To make the best choices easy,  
keep drinks with no or low sugar handy!**



## For example:

- Keep your fridge stocked with cold water and milk.
- Keep sugary drinks out of the house most of the time.



**Water is the Best Choice to Satisfy Thirst!  
Water is Calorie and Sugar Free!**

## Some healthy ways to flavor water at home:

- Add a slice of lemon, orange or lime.
- Add some sliced ginger.
- Add fresh herbs such as mint.
- Add a cinnamon stick.
- Or try sparkling water.



## To make ice tea at home:

- Use decaffeinated tea or herb or fruit tea.
- Don't add sugar or other sweeteners.
- Flavor it with slices of ginger, lemon, orange or lime or fresh mint or cinnamon sticks.

**Be a role model for healthy habits. When we make healthy drink choices,  
our friends and family are more likely to make healthy choices too!**



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Providing Healthy Drinks

**Children drink what you provide, so always check what's inside!**

6



Juice Box (200 ml) has 6 Teaspoons of Sugar



10

Orange Juice (414 ml) has 10 Teaspoons of Sugar

9



1 Soft Drink Can (355 ml) has 9 Teaspoons of Sugar



9

Chocolate Milk (350 ml) has 9 Teaspoons of Sugar

13



Bottled Ice Tea (473 ml) has 13 Teaspoons of Sugar



17

Energy Drink (710 ml) has 17 Teaspoons of Sugar



Soft Drink (1.8 L) has 54 Teaspoons of Sugar

Sweet drinks are **NOT** meant for sippy cups and bottles.



# Pathways to healing from pandemic stress and loss

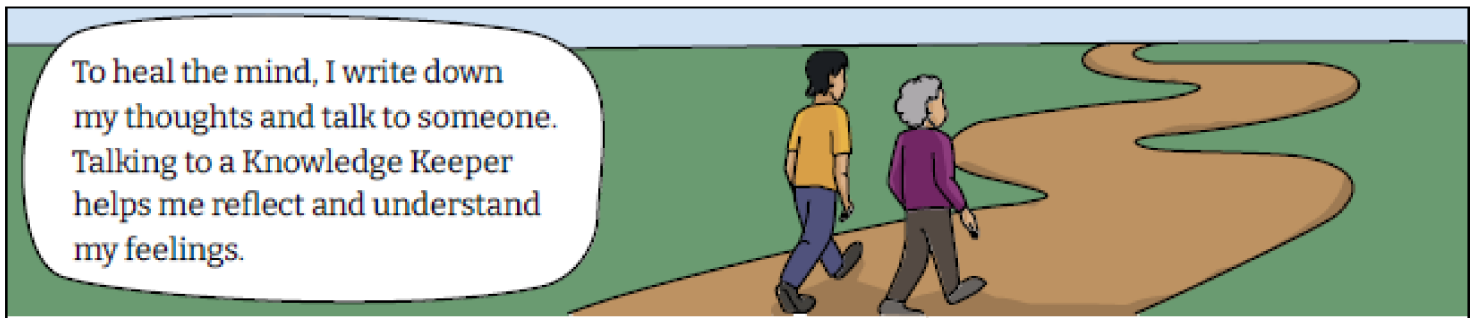


Max feels sad and empty. Max has little energy to do anything and can't sleep well.  
Max talks to Kookum about it.

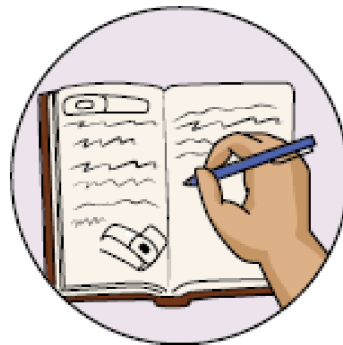


Illustration: Shoshannah Greene

# Pathways to healing from pandemic stress and loss



Write in a journal



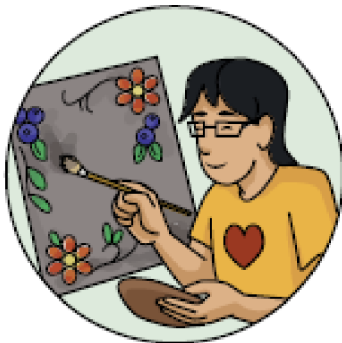
Talk to a counsellor or friend



Join a healing circle or support group



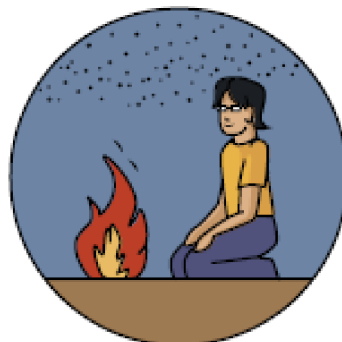
Try a hobby



Listen to or play music



Meditate or practice deep breathing



# Pathways to healing from pandemic stress and loss



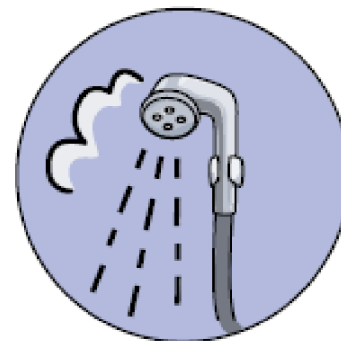
Walk or exercise



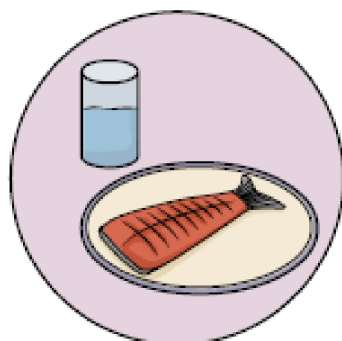
Spend time in nature



Take a shower



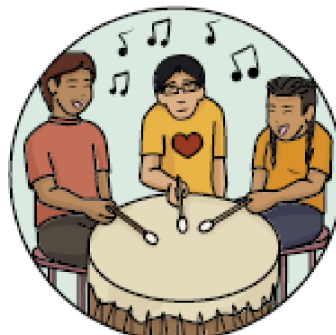
Eat well



Set a routine



Join local community programs



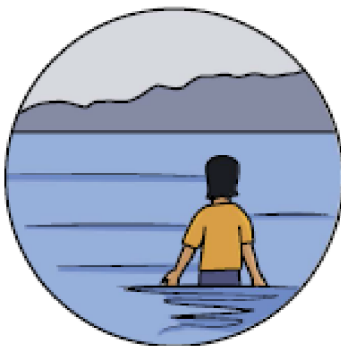
# Pathways to healing from pandemic stress and loss



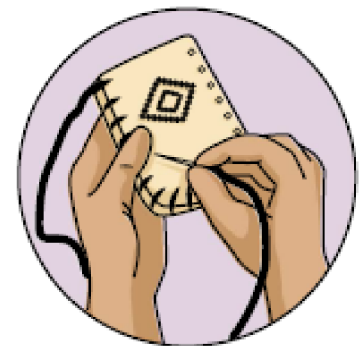
Brush with cedar



Take a dip in water



Make a medicine pouch

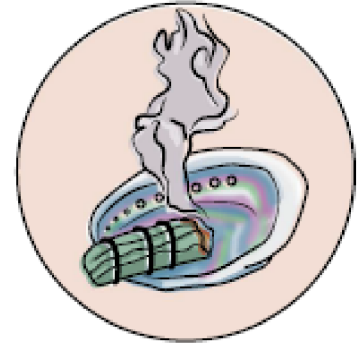


Spend time with loved ones

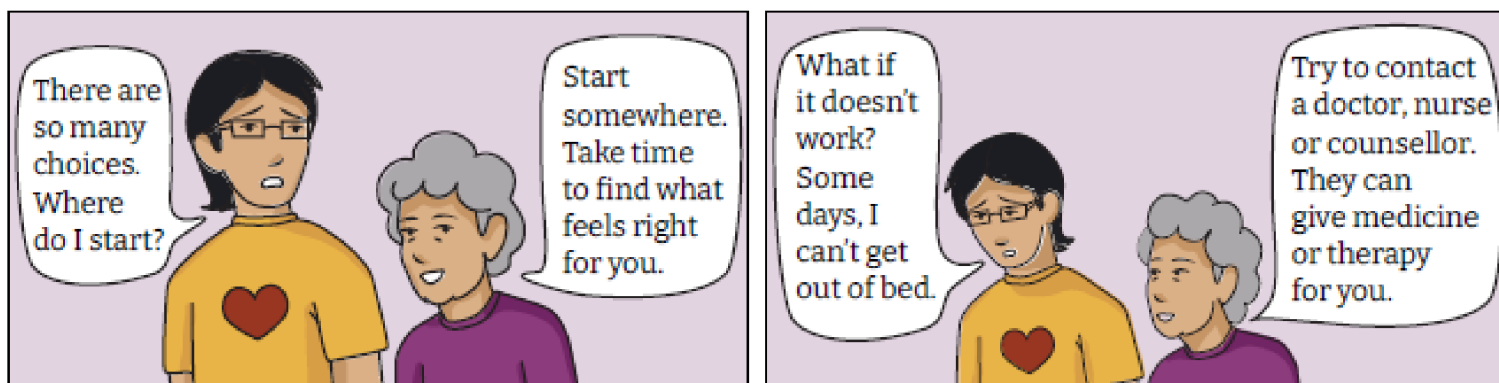


Seek wisdom from an Elder

Honour lost loved ones



# Pathways to healing from pandemic stress and loss



## FREE SERVICES



Visit your local health centre



Talk to an Elder or Knowledge Keeper



Call an Indigenous-specific mental health service

### BC Kuu-us 24/7 Crisis Line

1-800-588-8717 | Adults/Elders: 250-723-4050  
Child/Youth: 250-723-2040 [kuu-uscrisisline.com](http://kuu-uscrisisline.com)

### Métis Crisis Line

1-833-638-4722  
[mnb.ca](http://mnb.ca)

### National Hope for Wellness 24/7 Online Chat

1-855-242-3310  
[hopeforwellness.ca](http://hopeforwellness.ca)

### FNHA Virtual Doctor of the Day

1-855-344-3800  
[fnha.ca/virtualdoctor](http://fnha.ca/virtualdoctor)

### Mental Health and Cultural Supports:

- List of treatment and healing centres:  
[fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf](http://fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf)
- Fact sheets and posters on coping with COVID-19:  
[fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness](http://fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness)
- Métis Nation BC Mental Health Resources: [www.mnb.ca/mnb-ministries/mental-health](http://www.mnb.ca/mnb-ministries/mental-health)
- Contact your local Friendship Centre: [www.bcaafc.com/friendship-centres](http://www.bcaafc.com/friendship-centres)



# 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)



# Telehealth appointments



## Cooks Ferry Clinic with Doctor Shivkumar & Scarleth

15 MINUTES CONSULTATIONS FROM 2:00 PM TO 3:00 PM

October 26  
November 9 & 23  
December 15

**PLEASE CALL NADINE TO BOOK  
AN \*APPOINTMENT  
\*MUST BE A LPCC CLIENT**

**250.458.2212**

**WWW.HHSSBC.CA**



## 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](https://www.foundry.ca)  
[Kelty Mental Health](https://www.keltymentalhealth.ca)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](https://www.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](https://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



# Vaccines Recommended for Adults in BC

## Online Quick Reference Guide For Health Care Providers

For additional information on vaccine eligibility, dosing, schedules, etc. go to: [BC Immunization Manual, Part 4: Biological Products \(Vaccines & Immune Globulins\)](#)

- For [Individuals at High Risk for Vaccine Preventable Disease](#) refer to: [BC Immunization Manual, Part 2: Immunization of Special Populations](#)

This quick reference guide does not provide information specific to travel vaccines. For information on travel vaccines refer to a travel health professional or a [travel clinic](#) in your area.

<b>Vaccine</b> Click on the vaccine to go to the BC Immunization Manual, Part 4: Biological Products. Then select the specific vaccine.	<b>Recommended and available for free:</b>	<b>Recommended and available at cost<sup>1,2</sup>:</b>	<b>Available at cost<sup>2</sup>:</b>
<a href="#">Hepatitis A</a>	<ul style="list-style-type: none"> <li>• Adults with medical or lifestyle risks.</li> </ul>	<ul style="list-style-type: none"> <li>• Travelers to destinations where the risk of hepatitis A is high.<sup>3</sup></li> <li>• Adults with occupational risks and food handlers.<sup>4</sup></li> <li>• Adults with lifestyle or other risks.</li> </ul>	<ul style="list-style-type: none"> <li>• Adults who want protection.</li> </ul>
<a href="#">Hepatitis B</a>	<ul style="list-style-type: none"> <li>• Adults born in 1980 or later.</li> <li>• Adults with medical, occupational, lifestyle or other risks.</li> </ul>	<ul style="list-style-type: none"> <li>• Adults living in communities or traveling where the risk of hepatitis B is high.<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Adults who want protection.</li> </ul>
<a href="#">Human Papillomavirus (HPV) (Gardasil®9)</a>	<ul style="list-style-type: none"> <li>• Women 18 years of age.</li> <li>• Women who have commenced a series prior to age 19 may be completed with publicly funded HPV vaccine prior to the 26<sup>th</sup> birthday.</li> <li>• Cisgender males ≤ 26 years of age with lifestyle or other risks.</li> <li>• HIV positive and ≤ 26 years of age.</li> <li>• Two-Spirit, transgender, and non-binary individuals 9-26 years of age.</li> </ul>	<ul style="list-style-type: none"> <li>• Women ≤ 45 years of age.</li> <li>• Men ≤ 26 years of age.</li> <li>• Men 27 years of age and older who have sex with men.</li> </ul>	<ul style="list-style-type: none"> <li>• Women 46 years of age and older.</li> <li>• Men 27 years of age and older.</li> </ul>
<a href="#">Influenza</a>	<ul style="list-style-type: none"> <li>• Adults, every year.</li> </ul>		
<a href="#">Measles/Mumps/Rubella</a>	<ul style="list-style-type: none"> <li>• Adults born in 1970 or later.</li> </ul>		
<a href="#">Meningococcal B</a>		<ul style="list-style-type: none"> <li>• Adults who are medically high-risk.</li> <li>• Adults with occupational risks.<sup>4</sup></li> <li>• Travelers to destinations where the risk of meningococcal B disease is high.<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Adults who want protection.</li> </ul>

<b>Vaccine</b> Click on the vaccine to go to the BC Immunization Manual, Part 4: Biological Products. Then select the specific vaccine.	<b>Recommended and available for free:</b>	<b>Recommended and available at cost<sup>1,2</sup>:</b>	<b>Available at cost<sup>2</sup>:</b>
<a href="#"><u>Meningococcal C Conjugate</u></a>	<ul style="list-style-type: none"> <li>Adults born before 2002 who are 24 years of age and under who did not receive a dose of the vaccine on or after their 10<sup>th</sup> birthday.</li> </ul>	<ul style="list-style-type: none"> <li>Adults with occupational risks.<sup>4</sup></li> </ul>	<ul style="list-style-type: none"> <li>Adults who want protection.</li> </ul>
<a href="#"><u>Meningococcal Quadrivalent Conjugate</u></a>	<ul style="list-style-type: none"> <li>Adults who are medically high risk.</li> <li>Adults born in 2002 or later who are 24 years of age and under who have not received the vaccine.</li> </ul>	<ul style="list-style-type: none"> <li>Adults with occupational risks.<sup>4</sup></li> <li>Travelers to destinations where the risk of meningococcal disease is high.<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>Adults who want protection.</li> </ul>
<a href="#"><u>Pertussis</u></a> (See Diphtheria & tetanus-containing vaccines)	<ul style="list-style-type: none"> <li>Pregnant people in every pregnancy.</li> <li>Adults who have never been immunized against pertussis or whose immunization history is unknown.</li> </ul>	<ul style="list-style-type: none"> <li>Those who have not received the vaccine as adults.</li> </ul>	<ul style="list-style-type: none"> <li>Adults who want protection especially those who will have contact with expectant mothers or newborns.</li> </ul>
<a href="#"><u>Pneumococcal Conjugate</u></a>	<ul style="list-style-type: none"> <li>Some adults who are medically high risk.</li> </ul>	<ul style="list-style-type: none"> <li>Adults who are medically high risk.</li> </ul>	<ul style="list-style-type: none"> <li>Adults who want protection.</li> </ul>
<a href="#"><u>Pneumococcal Polysaccharide</u></a>	<ul style="list-style-type: none"> <li>Adults ≥ 65 years of age.</li> <li>Adults with medical or lifestyle risks.</li> <li>Adults living in residential care or assisted living facilities.</li> </ul>	<ul style="list-style-type: none"> <li>Adults who smoke.</li> </ul>	<ul style="list-style-type: none"> <li>Adults who want protection.</li> </ul>
<a href="#"><u>Polio</u></a>	<ul style="list-style-type: none"> <li>Adults at increased risk of exposure to polio due to occupational, travel, or other risks.</li> </ul>		
<a href="#"><u>Tetanus, Diphtheria</u></a>	<ul style="list-style-type: none"> <li>Adults, every 10 years.</li> </ul>		
<a href="#"><u>Varicella (Chickenpox)</u></a>	<ul style="list-style-type: none"> <li>Susceptible individuals.</li> </ul>		
<a href="#"><u>Zoster (Shingles)</u></a>		<ul style="list-style-type: none"> <li>Adults ≥ 50 years of age.</li> </ul>	

<sup>1</sup> Vaccines in this column are recommended by Canada's National Advisory Committee on Immunization (NACI) but not publicly funded in BC.

<sup>2</sup> Some vaccines in this column may be covered by certain medical benefit programs.

<sup>3</sup> Consult a travel clinic.

<sup>4</sup> The vaccine cost may be covered by your client's employer.

All vaccines listed in the table above are available in BC. Public health programs provide vaccines based on age, gender, health, occupation, medical or lifestyle risks. Some vaccines may be covered by certain medical benefit programs or provided free in response to disease outbreaks. Adults who are not eligible for publicly funded vaccines may purchase any of the vaccines listed in the table at most pharmacies and travel clinics. Individuals who missed an immunization as per the routine schedule may remain eligible for certain vaccines and these should be offered at opportune encounters with an immunization service provider. In some instances, certain vaccines may no longer be indicated beyond a certain age. Refer to the [BC Immunization Manual, Part 4: Biological Products](#) for more information.

# Feeling sick? Stop the spread



Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well – no matter what virus you have – help stop the spread.

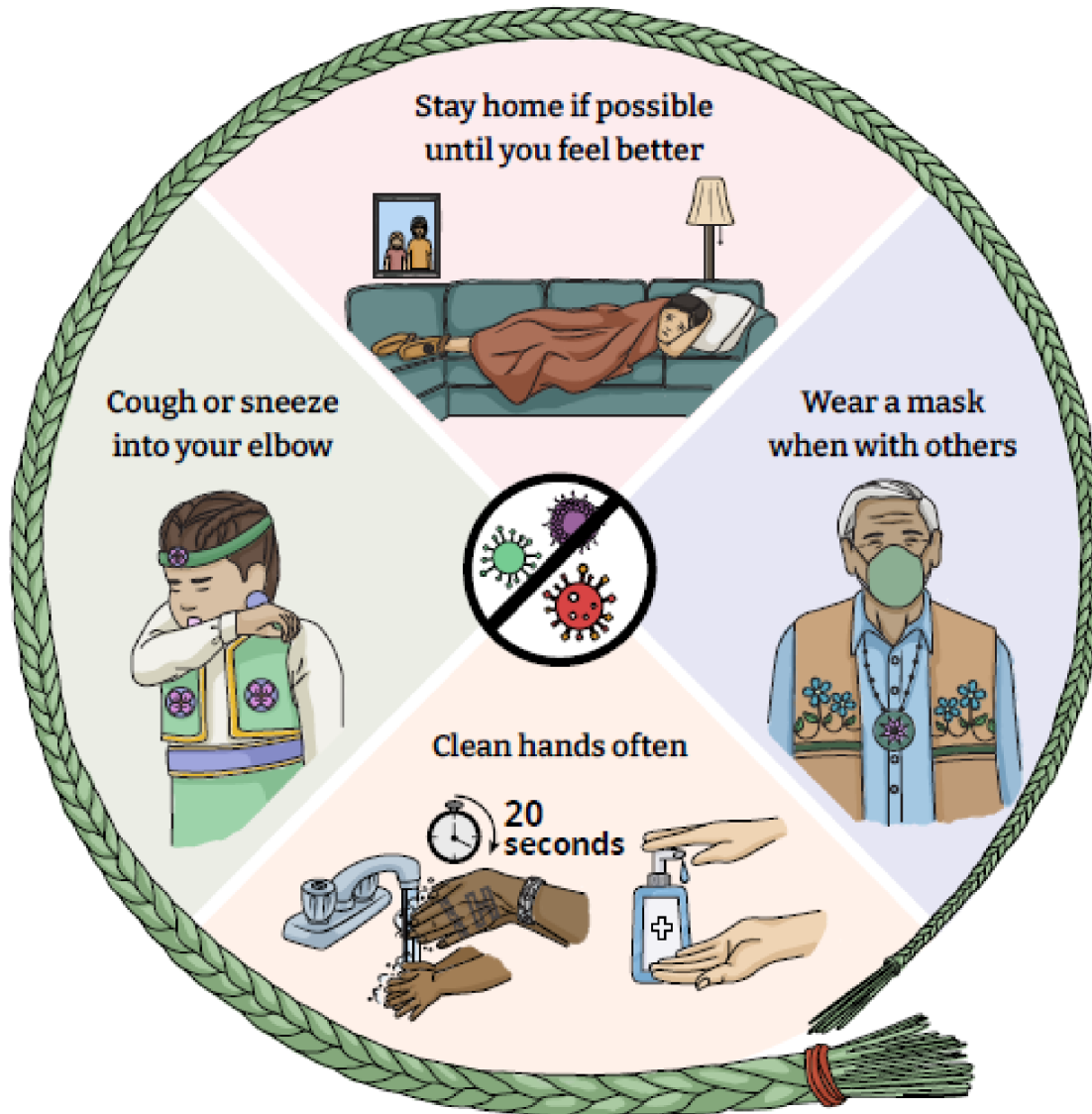


Illustration: Shoshannah Greene

**Keep up to date with your vaccines.**  
Check with your healthcare provider for more information.



# If you have COVID-19 symptoms



Sam gets a fever and runny nose. Sam thinks it might be COVID-19.



Short to mid-term behaviours you may see in your children who are experiencing trauma could include:

Sam stays in their own room as much as possible.



Sam wears a mask when near others and taking care of the kids.



Grandma is older and has other health issues. Grandma is extra careful to stay away from Sam.

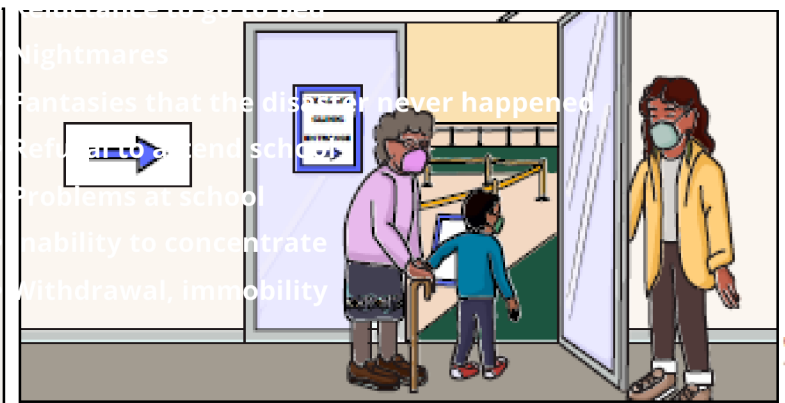


Return to earlier behaviours. Sam checks with Grandma and kids every day to see if they have symptoms. Everyone cleans their hands often.

Clinging to parents, crying and screaming



Sam's fever is gone and symptoms have improved. Sam can go meet family and friends again.



- Nightmares
- Fantasies that the disease never happened
- Refusal to attend school
- Problems at school
- Inability to concentrate
- Withdrawal, immobility

Sam makes sure their family's vaccines and boosters are up-to-date. They still might get COVID-19, but vaccines will help protect them from getting seriously sick.

# Each COVID-19 vaccine dose increases your protection against severe illness

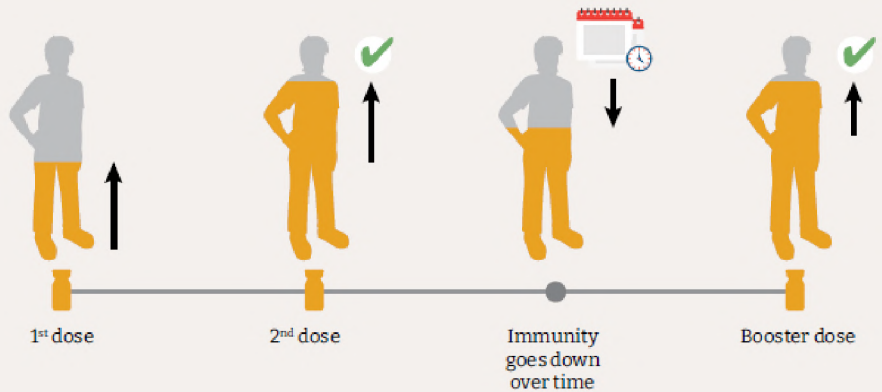


Each time you get a COVID-19 vaccine, it boosts your immunity and increases your protection.

Over time, your immunity will go down. Boosters bring your protection back up again.



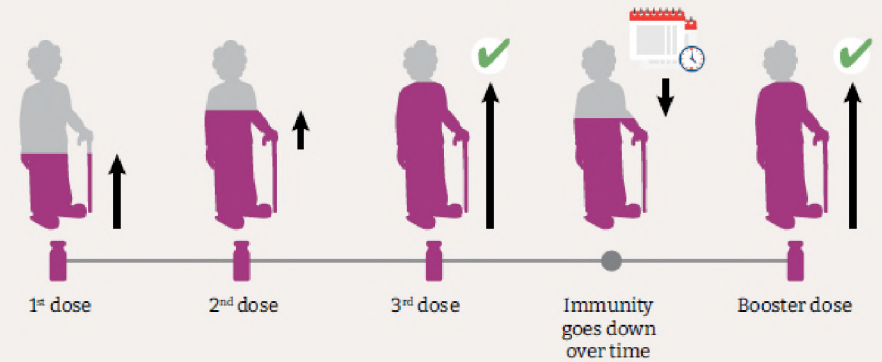
Max



Everyone's health is unique and some may need more doses to reach a high level of protection (like Max's Grandma).



Grandma



The greater your immunity, the more your body is able to fight COVID-19. This means you are less likely to have a very serious case or need to go to the hospital.

For more info on COVID-19, visit [www.bccdc.ca](http://www.bccdc.ca)

Questions? Call Healthlink BC at 8-1-1

## Myth:

The influenza vaccine can cause serious side effects.

## Fact:

Serious side effects from the influenza vaccine (flu shot) are extremely rare. The vaccine is very safe and the best way to protect yourself against influenza.





# Let's Review Toxic Drug Poisoning Response!

Assess for signs of toxic drug poisoning:

- Not moving and cannot be woken.
- Slow or not breathing.
- Choking, gurgling sounds or snoring
- Blue lips and nails
- Cold or clammy skin
- Tiny or dilated pupils



After Assessing for signs and symptoms, follow the SAVE ME STEPS:

**Stimulate:** Perform a trap-squeeze and remember to always tell someone what you are doing before you touch them. Call 911 if there is no response during this step.

**Airway:** Check the airway for anything that may be lodged in their throat. Ensure you are wearing the gloves in your naloxone kit and remove anything that may be inside their mouths.

**Ventilate:** Provide rescue breaths using the face shield in your naloxone kit. Perform one breath every five seconds.

**Evaluate:** Have any of the symptoms of toxic drug poisoning improved? Are they breathing on their own. If not, move on to the next SAVE ME Step.

**Muscular Injection:** Administer 1 ampule of naloxone into the arm or thigh and wait 3-5 minutes before giving another injection of naloxone. Continue breaths during those 3-5 minutes.

**Evaluate:** If no response after that 3-5 minute period, give another injection. Remember to continue to give breaths and wait for paramedics to arrive.

[Towards the Heart: Virtual Naloxone Training:](https://towardtheheart.com/naloxone-course)

<https://towardtheheart.com/naloxone-course>

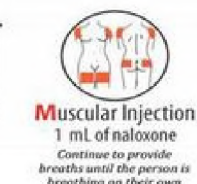
[Additional Naloxone Training:](http://www.naloxonetraining.com)

[www.naloxonetraining.com](http://www.naloxonetraining.com)

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.





## Trauma-Informed Care and Consent During Toxic Drug Poisoning Response

It is challenging to gain verbal consent from someone who is experiencing a toxic drug poisoning event. It is important to understand that touching someone who is unconscious is never okay, but when they are in a medical emergency there is no choice. To remain as trauma-informed as possible we always tell someone what we are going to do before we do it.

This looks stating "Hi, my name is \_\_\_\_\_, I am going to put my hand on your shoulder" during the stimulate stage. If the individual can hear you but is non-responsive, they will still know you are going to touch them and where.

Communication is key! It is essential to communicate with the individual while you are responding. This looks like letting them know you are going to give them naloxone, or that paramedics have arrived, etc. This may also look like providing them space when they begin to regain consciousness and explaining what happened step by step what happened.

## Signs and Symptoms of Opioid-Related Withdrawal



- Restlessness or Trouble sleeping
- Anxiety



- Increased pain
- Goose bumps on the skin, chills or sweating
- Stomach cramps
- Nausea, vomiting or diarrhea
- Muscle cramping or aches and joint pain
- Tremors or muscle twitching



- Rapid heart rate
- Blood pressure changes



- Irritability or mood disturbances
- Thoughts of suicide

When supporting someone who is detoxing from substances it is important to know that the symptoms they experience will change as they move through the process and can get worse before they get better.

## What is Xylazine?

Xylazine is used in veterinary medicine to sedate large animals, such as horses and elephants. It acts as a sedative, muscle relaxant and is used to relieve pain.

- Without color the "crystalline substance", tastes harsh, and dissolves easily in water.

- Persistent use can cause skin abscesses and soft tissue infection.

- Xylazine is a common cutting agent found in opioids and other substances known as 'downers'.

When Xylazine is present in substances, the risk of toxic drug poisoning significantly increases.

This may look like: prolonged sedation, the individual may not respond to naloxone and breaths will most likely be given for a longer amount of time.

## What is Nitazene?

Nitazene was recently found in a substance sold as down (typically this is fentanyl), though no fentanyl was found in the FTIR test. A drug alert for nitazene was then issued by Interior Health.

Nitazene is similar to xylazine, as it increases the risk of toxic drug poisoning, resulting in prolonged sedation.

Though nitazene may also cause amnesia, resulting temporary memory loss.

This is where trauma informed care when responding to a toxic drug poisoning is crucial, as the person may wake up confused and disoriented.

Main takeaway: Nitazene, though different than xylazine presents similar when used, though memory loss is an added factor. Follow the SAVE ME steps and clearly communicate with the individual who experienced the toxic drug poisoning event.



First Nations Health Authority  
Health through wellness





## Thunderbird Partnership Foundation: Wellness APP

- Strength Based
- Trauma Informed Approach
- Substance Use Treatment and Prevention
- Culturally Grounded Harm Reduction Strategies
- Addressing Stigma Associated with Substance Use

The Thunderbird Wellness App is free and is available on the iOS App Store and Google Play: <https://thunderbirdpf.org/thunderbird-wellness-app/>

Titled Thunderbird Wellness in the App Store.

Connecting to Wellness! "... the Great Spirit gave to his/her children to live in this physical world in a good way, was given forever. This means that the answer to addressing substance use and mental health issues exists within Indigenous culture". -Elder Jim Dumont, Thunderbird Partnership Foundation

## Indigenous Knowledge and Harm Reduction:

Stated by an Elder, "Indigenous Harm Reduction is love."

Our Knowledge and kinship systems teach us that we are in relation to each other, and to everything in Creation. Fear and stigma are not natural ways of interacting in our relationships. When we seek to learn about the experiences of people who use drugs, we better find ways to connect and build our strengths toward achieving wellness together.

## Crisis Resources and Mental Health Support Lines



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



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



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



# E-cigarettes and Youth: What Parents Need to Know



## WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called "vaping." E-cigarettes do not create harmless "water vapor" – they create an aerosol that can contain harmful chemicals.

## HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2020, CDC and FDA data showed that at least 3.6 million U.S. youth, including about 1 in 5 high school students and about 1 in 20 middle school students, used e-cigarettes in the past 30 days.

## WHAT ARE THE RISKS FOR YOUTH?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
  - » Harm brain development, which continues until about age 25.
  - » Impact learning, memory, and attention.
  - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
  - » Nicotine
  - » Ultrafine particles
  - » Cancer-causing chemicals
  - » Flavorings that have been linked to lung disease
  - » Volatile organic compounds
  - » Heavy metals such as nickel, tin, and lead



[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)

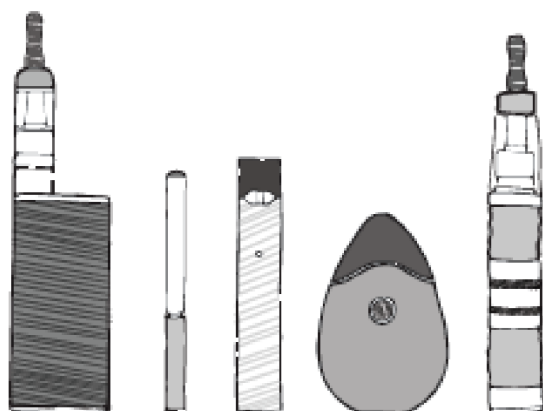


U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems – or “mods” – do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.



## WHAT CAN YOU DO AS A PARENT OR CAREGIVER?

As a parent or caregiver, you have an important role in protecting children from e-cigarettes.

- » Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.
- » Set a good example by being tobacco-free.
- » Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at [CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes).

## ABOUT USB FLASH DRIVE-SHAPED E-CIGARETTES

As a parent or caregiver, you may have heard about the use of USB flash drive-shaped e-cigarettes, including JUUL (pronounced “jewel”). JUUL is the top-selling e-cigarette brand in the United States.

JUUL is being used by students in schools, including in classrooms and bathrooms. JUUL's nicotine liquid refills are called “pods.” According to the manufacturer, a single JUUL pod can contain as much nicotine as a pack of 20 regular cigarettes.

JUUL delivers nicotine in a new form called “nicotine salts,” which can make it less harsh on the throat and easier to use by youth. JUUL also comes in flavors that can appeal to youth.



[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# The Story of Influenza

**Influenza (“flu”) is a contagious respiratory illness caused by influenza viruses.**

Influenza type A and B cause the majority of influenza illness in humans.

Transmission occurs through close contact with others and contact with contaminated surfaces.



Healthy people can spread influenza before showing any signs of illness.

Symptoms are often confused with influenza-like illnesses like the common cold.

Young children < 59 months of age, pregnant persons, Indigenous peoples, adults > 65 years of age, residents of nursing homes or other chronic-care facilities, and people with medical conditions are most vulnerable.



Complications such as pneumonia may lead to hospitalization or even death.

An average 12,200 hospitalizations and approximately 3,500 deaths are attributed to influenza annually in Canada.

New strains of influenza appear every year. This is why immunization is required annually.



Influenza vaccines **cannot** give you influenza.

Influenza vaccines are **safe** and **reduce** the spread of influenza viruses.

**The National Advisory Committee on Immunization (NACI) recommends all Canadians 6 months of age and older be immunized against influenza.**

Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized against influenza.



# Protecting Yourself and Those in Your Care From the Flu: What Canadian Caregivers Need to Know

A caregiver is anyone, paid or unpaid, who provides care and supports an individual in need.



One in four Canadians provide essential care. Diseases like influenza and COVID-19 can **seriously impact** a caregiver's health and

ability to provide care to those who depend on them, including their parents, partners, and children.

**1 IN 4 CANADIANS IS A CAREGIVER**

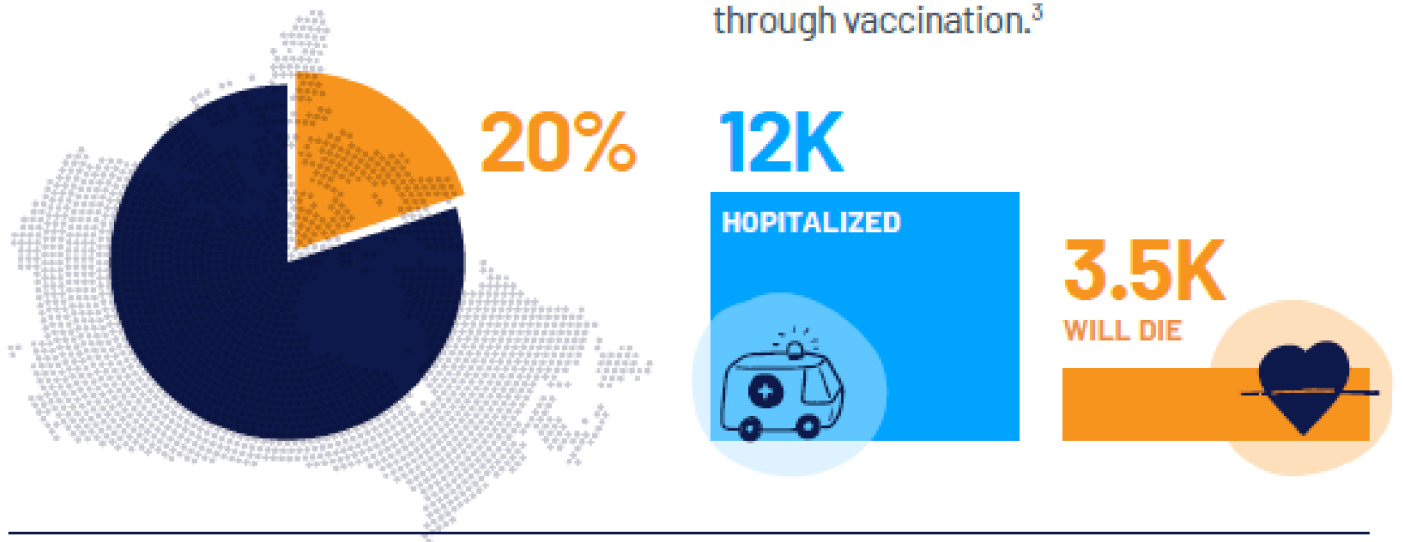




## Influenza: A Preventable Health Crisis for Canadians

Each year, up to 20% of Canadians will become ill with influenza, or “the flu.”<sup>1</sup>

Of those, 12,000 are hospitalized and 3,500 will die,<sup>2</sup> and yet, many of these cases could have been prevented through vaccination.<sup>3</sup>



A case of the flu can have major health implications, including:

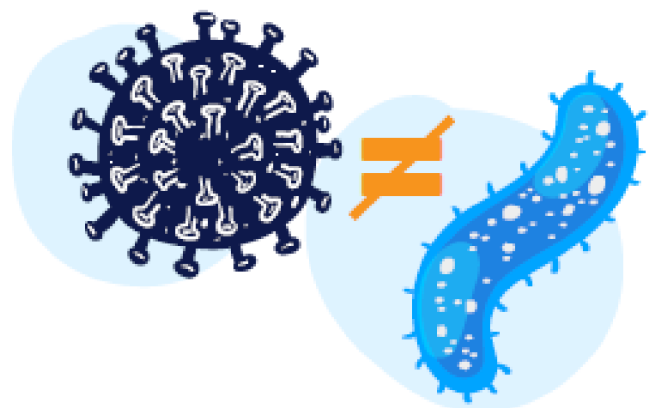
**6x** increased risk of heart attack<sup>4</sup>

**8x** increased risk of pneumonia<sup>5</sup>

The best way to protect yourself and your loved ones against the flu is to get the influenza vaccine every year.<sup>6</sup>

## The Flu & COVID-19: Similar symptoms, different diseases

The flu and COVID-19 are different diseases, caused by different viruses. Canadians can protect themselves against both by receiving **both a flu vaccine and the COVID-19 vaccine series**. You can even receive both vaccines at the same time.<sup>7</sup>

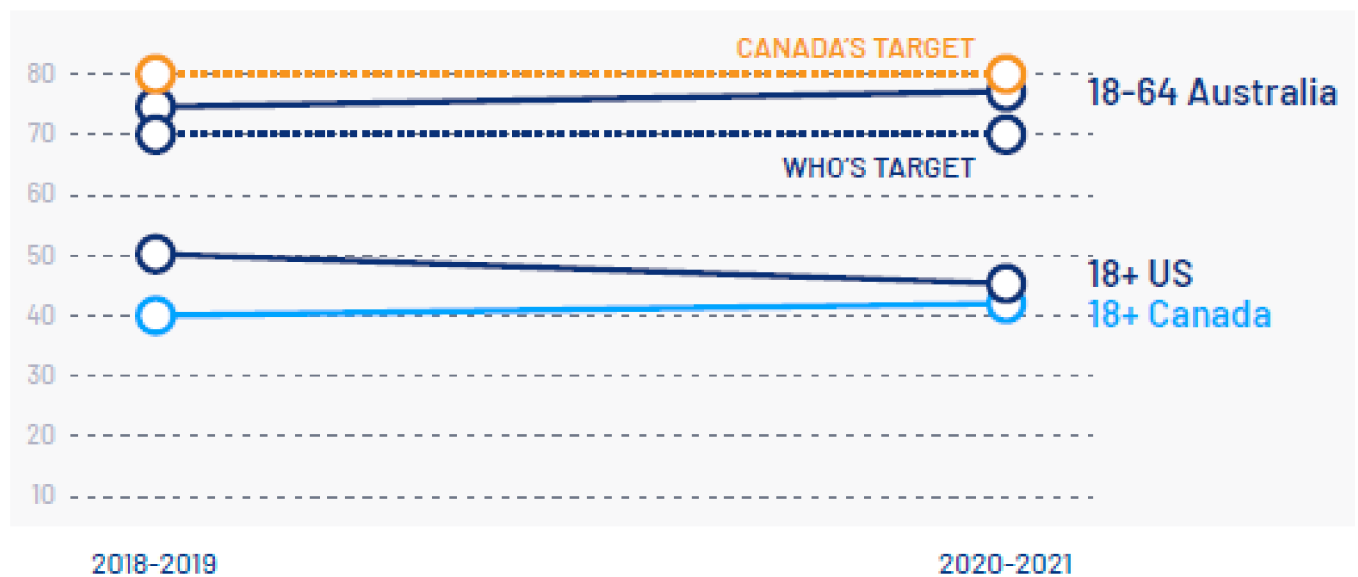


## Influenza Vaccine in Canada

Fewer than half of Canadian adults received the flu vaccine during the 2020/2021 flu season,<sup>8</sup> far below the target rates recommended by both Canada's National Advisory Committee on Immunization (NACI) and the World Health Organization and the vaccination rates of many of its peers.<sup>9,10</sup>



### Adult's Flu Immunization Rate and Vaccination Targets



## Who should get vaccinated against the flu?

NACI recommends that everyone gets vaccinated for the flu, but particularly the target groups as defined by the WHO, including health workers....<sup>11,12</sup>

Vaccinating caregivers helps prevent them from transmitting the flu to those they interact with every day.



# IT'S TIME TO GET IMMUNIZED AGAINST TETANUS



**WHAT IS TETANUS?** Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment.



## TETANUS INFECTION

Most individuals associate tetanus infection with rusty nails, but the bacteria that cause tetanus also live in dirt, dust and soil. Infection can occur from a minor scrape or puncture during gardening or renovation work, or from an animal bite.



## GET IMMUNIZED

Being fully immunized is the best way to prevent tetanus. Tetanus vaccines are safe and effective, and are recommended for individuals of all ages, with booster shots every 10 years.



## ARE YOU PROTECTED AGAINST TETANUS?

Publicly-funded immunization schedules for tetanus may vary between provinces and territories. Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.

For more information,  
visit [immunize.ca](https://immunize.ca)



# Tetanus:

# What you need to know

## What is tetanus?

Tetanus is a serious bacterial infection that can affect anyone. It is caused by spores produced by the bacterium *Clostridium tetani*. These spores are in every environment worldwide, particularly in soil, dust, and the intestines/feces of humans and animals.

When the spores enter the body, they develop into bacteria. These bacteria then release a neurotoxin (a poison that affects your nervous system) that can lead to muscle spasms and stiffness that usually begin in the jaw and neck. This can make it hard to open your mouth, which is why tetanus is sometimes referred to as "lockjaw".

## Other symptoms of tetanus can include:

- headache,
- seizures,
- trouble swallowing,
- fever and sweating,
- fast heart rate, and
- changes in blood pressure

In severe cases, tetanus can lead to complications such as broken/fractured bones due to muscle spasms, or pneumonia.



## How is it spread?

Unlike many other vaccine-preventable diseases, **tetanus cannot be spread from person to person**. Instead, tetanus spores commonly enter the body through wounds contaminated with feces, dust, or soil (e.g., cutting yourself while gardening or puncturing yourself by stepping on a contaminated nail). Spores can also enter the body through wounds that involve dead skin (such as frostbite and burns), animal bites, and injectable drug use.

## Who should be immunized?

- Infants, children and adolescents, according to the childhood immunization schedule in their province/territory.
  - Adults who have not previously been vaccinated against tetanus, or who have not been fully vaccinated against tetanus.
  - Routine booster doses are required every ten years throughout the lifespan, with the first booster dose administered in adolescents at 14 to 16 years of age.
  - Depending on a person's prior immunization history and the severity of the wound, a tetanus vaccine should be administered if it is likely a person has been exposed to tetanus spores through a wound. **If you think you have been exposed to tetanus, talk to your healthcare professional about whether or not you need the tetanus vaccine.**
- Publicly funded immunization schedules for tetanus may vary between provinces and territories.

## Are you protected against tetanus?

**Tetanus vaccines are safe and the most effective way to protect against tetanus infection.**

The tetanus vaccine is combined with other vaccines - commonly diphtheria and pertussis vaccines - which means that you get protection against multiple diseases in one shot.

Talk to your doctor, nurse, pharmacist or public health office about getting the tetanus vaccine for you or your child.



**For more information, visit: [immunize.ca/tetanus](https://immunize.ca/tetanus)**

## Did you know?

The tetanus vaccine is made using what is called a "toxoid". Toxoids are created when toxins produced by bacteria are inactivated. The toxoid is the part of a vaccine that triggers your immune system to create protective proteins called antibodies. For the tetanus vaccine, the tetanus neurotoxin is inactivated by scientists, and the resulting toxoid is used in the vaccine. The antibodies produced by this toxoid specifically target the tetanus neurotoxin, to protect you against this disease.

### References

Public Health Agency of Canada. (2023.) Canadian Immunization Guide. Tetanus toxoid. <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-22-tetanus-toxoid.html>

Government of Canada. (2023.) Tetanus: Symptoms. <https://www.canada.ca/en/public-health/services/immunization/vaccine-preventable-diseases/tetanus/symptoms.html>

Centers for Disease Control and Prevention. (2022.) Tetanus. <https://www.cdc.gov/tetanus/index.html>

World Health Organization (2018.) Tetanus. <https://www.who.int/news-room/fact-sheets/detail/tetanus>

# PNEUMOCOCCAL DISEASE

Pneumococcal disease is caused by bacteria that can result in serious complications such as meningitis, pneumonia and blood infections.

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**ADULTS 65 AND OLDER AND ADULTS LIVING WITH A CHRONIC ILLNESS ARE AMONG THOSE AT HIGHEST RISK.**

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**Getting the pneumococcal vaccine is important for the health of adults 65+.**

Talk to your family doctor, nurse, pharmacist, or local public health office about getting immunized against pneumococcal disease.



# Preventing Pneumococcal Disease in Adults and Children

Pneumococcal disease is a bacterial infection that can cause severe illness and is among the top 10 leading causes of death in Canada.



Children under 2 years of age, individuals with chronic health conditions, individuals with lifestyle risk factors such as smoking and adults 65 years and older are at highest risk of pneumococcal infection.



Pneumococcal disease spreads through close contact such as kissing, sneezing, coughing, and sharing items such as toys and cigarettes.

Complications related to pneumococcal infection include:

- Meningitis (brain infection)
- Bacteremia (bloodstream infection)
- Pneumonia (lung infection)

**Immunization is the most effective way to prevent pneumococcal disease.**

Immunization against pneumococcal disease is part of routine immunization schedules. Schedules may vary between provinces and territories.

**Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized against pneumococcal disease.**



Statistics Canada. Leading causes of death, total population, by age group. (2022.) <https://www150.statcan.gc.ca/t1/tbl/en/tvaction?pid=1310039401>

Government of Canada. Canadian Immunization Guide - Part 4: Active Vaccines. (2016.) <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-16-pneumococcal-vaccine.html>

Visit our website for more information on pneumococcal disease and vaccination: <https://immunize.ca/pneumococcal>

# PNEUMOCOCCAL DISEASE

Pneumococcal disease is caused by bacteria that can result in serious complications such as meningitis, pneumonia and blood infections.

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**CHILDREN UNDER TWO YEARS OF AGE ARE AMONG THOSE AT HIGHEST RISK.**

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**Pneumococcal vaccination is part of routine childhood immunizations.**

Talk to your family doctor, pediatrician, nurse or local public health office about immunizing your child against pneumococcal disease.





**Myth**

COVID-19 vaccines cause organ failure

**Fact**

COVID-19 vaccines have no adverse effect on the body's organs. On the contrary, it is the infection with COVID-19 that could place patients with organ disorders at increased risk of severe illness or death.

World Health Organization  
REGIONAL OFFICE FOR THE Eastern Mediterranean

#COVID19  
#Coronavirus

January 2022

## Varicella (Chickenpox) & Herpes Zoster (Shingles) Vaccination

Both varicella and shingles are painful and potentially dangerous diseases caused by the varicella zoster virus (VZV). Primary varicella zoster virus infection results in chickenpox, usually among children and young adults, causing fever, malaise and extensive itchy, blister-like skin lesions. In some cases, it can lead to complications, which can include pneumonia and encephalitis, progressing to fatal disease in rare cases.

Even after a case of chickenpox has passed, the virus remains dormant lifelong within the nervous system, and can reactivate later in life, causing shingles. Shingles most frequently manifests in those aged 50 or older, and it can be permanently debilitating. Shingles is characterized by a painful skin rash on the

body or face, lasting several weeks. In addition to scarring, this can lead to permanent neuropathic pain (known as post-herpetic neuralgia) in about 20% of cases. Depending on the location of the shingles rash, some more serious cases of shingles can cause blindness, facial paralysis, and other permanent disability.

In countries without vaccination programs, up to 90% of children will get chickenpox by the age of 12. Prior to the introduction of varicella immunization in Canada, chickenpox was responsible for thousands of hospitalizations and 5 to 10 deaths each year<sup>1</sup>. In adults, shingles vaccination is able to prevent – or reduce in severity and duration – up to 90% of shingles cases.

**Immunization is the only effective way to prevent the severe harm caused by this globally endemic and highly contagious virus, in both its chickenpox and shingles presentations.**

# Varicella (Chickenpox) & Herpes Zoster (Shingles) Vaccination

## Healthy children (12 months to 18 years of age)

- Routine immunization with **VAR** or **MMRV** is recommended
- Provincial and territorial schedules consist of 2 doses, with the first administered at 12 to 15 months of age, and the second administered at 18 months of age or any time thereafter, though no later than the age at which children begin schooling
- Children with a history of varicella disease occurring before 12 months of age should still receive routine immunization, as such disease is associated with an increased risk of a second episode of varicella
- [See Table 3 for schedule.](#)

## Healthy adults (less than 50 years of age)

- Healthy adults who have not received a varicella-containing vaccine, and who do not have laboratory confirmation of immunity, should receive two doses of **VAR**
- [See Table 4 for schedule.](#)

## Older adults (50+ years of age)

- All adults aged 50 years or older should receive a 2-dose series of **RZV**, regardless of any known previous immunization or exposure to varicella zoster virus
- **LZV** may be recommended instead for immunocompetent individuals in situations where **RZV** is contraindicated, unavailable, or inaccessible
- [See Table 5 for schedule.](#)

## Persons significantly exposed to varicella zoster virus

- **VAR** is the post-exposure management of choice for susceptible, healthy, non-pregnant persons, showing roughly 90% effectiveness if given within 5 days of exposure
- **Varlg** may be recommended instead for those at risk of severe varicella (see below) or those for whom **VAR** is contraindicated
- [See page 6 for details.](#)

**Red boxes:** information on varicella vaccines only (VAR and MMRV)

**Yellow box:** information on shingles vaccines only (RZV and LZV)

## Myth:

Vaccines are not safe during pregnancy.

## Fact:

Some vaccines are not recommended during pregnancy. However, routine vaccines that are offered to pregnant people have been studied and shown to be safe. If you are pregnant, ask your healthcare professional about recommended vaccines.

## WHAT MEDICAL EQUIPEMENT IS COVERED UNDER MY HEALTH PLAN?

### 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.

- 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



# RECIPE PUMPKIN SOUP



## INGREDIENTS

- 4 tablespoons olive oil, divided
- One 4-pound sugar pie pumpkin
- 1 large yellow onion, chopped
- 4 large or 6 medium garlic cloves, pressed or minced
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon cloves
- Tiny dash of cayenne pepper (optional, if you like spice)
- Freshly ground black pepper
- 4 cups (32 ounces) vegetable broth
- 1/2 cup full fat coconut milk or heavy cream
- 2 tablespoons maple syrup or honey
- 1/4 cup pepitas (green pumpkin seeds)

## INSTRUCTIONS

Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper for easy cleanup. Carefully halve the pumpkin and scoop out the seeds (you can roast the seeds if you'd like—see note—but you won't need them for this recipe).

Slice each pumpkin halve in half to make quarters. Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.

Heat the remaining 3 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.

Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and a few twists of freshly ground black pepper. Use your stirring spoon to break up the pumpkin a bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to meld.

While the soup is cooking, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until fragrant, golden and making little popping noises. You want them to be nice and toasty, but not burnt. Transfer pepitas to a bowl to cool.

# RECIPE

## INSTRUCTIONS

Once the pumpkin mixture is done cooking, stir in the coconut milk and maple syrup. Remove the soup from heat and let it cool slightly. You can use an immersion blender to blend this soup in the pot.

I prefer to use my stand blender, which yields the creamiest results—working in batches, transfer the contents of the pan to a blender (do not fill your blender past the maximum fill line!). Securely fasten the blender's lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth.

Transfer the puréed soup to a serving bowl and repeat with the remaining batches.

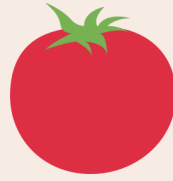
Taste and adjust if necessary (I thought the soup was just right as is, but you might want to add more coconut milk for extra creaminess/milder flavor, or maple syrup to make it a little sweeter).

Ladle the soup into individual bowls. Sprinkle pepitas over the soup and serve. Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months.

## SEAWEED DRYING DAY WITH RHONDA BILLY

On a beautiful August day, Rhonda called me up to come and see how she dries seaweed that she received from family up in Terrace. What a wonderful addition to soups, rice and stews. Kukchem Rhonda for sharing your culture with all of us!





# 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



# Happenin' At the HUB

Check out what's happenin' at the HUB this Fall

## **Weekly Activities**

Community Coffee - Mondays at 1 pm  
Coffee and a Craft - Wednesdays at 1 pm  
(Starting September 20th) Registration  
Required  
Pickleball - Thursdays at 1 pm

## **School's Out at the HUB**

*September*

6-week themed afterschool program  
available on Wednesdays and Thursdays 3:30  
to 5:30. Starting September 20th  
Registration required  
Sept 20th to Oct 25th - Science, Technology,  
Engineering and Math  
Sept 21 to Oct 26 - Crafts, activities and  
kitchen fun  
November 8 to Dec 13th - Winter Holidays  
around the World  
November 9th to Dec 14th - More Crafts,  
activities and kitchen fun  
Healthy Snacks provided

## **Ashcroft HUB AGM**

*October  
12*

Join us for our Annual General Meeting  
6:30 pm in the Social Centre

## **Halloween Movie Night**

*October  
27*

Family Movie at 5:30  
Adult only Movie at 7:30  
Come out and enjoy a (slightly) scary movie  
on the big screen along with popcorn and  
treats!

## **Halloween Fun**

*October  
31*

Bring the little ones inside at the HUB for some  
trick-or-treating from 2 to 4 pm.

Halloween Party in partnership with the Cache  
Creek Recreation Society  
Cache Creek Community Hall 7 to 8 pm  
Costume parade with prizes, free hot dogs and  
drinks.

For detailed information: [ashcrofthub.ca](http://ashcrofthub.ca)

call: 250 453 9177

# Happenin', At the HUB

## **Fall Ladies' Night**

**November**

**3**

A fun night out for the Ladies!  
Fashion show, signature drinks, appetizers,  
vendors, 50/50, door prizes, and more!  
Get your tickets before they sell out!  
7 to 10 pm

**December**

## **FRIDAY Santa Parade**

**1**

Railway Ave and Brink St  
The parade starts at 6 pm

If you would like to have a float in the parade,  
give us a call!

## **SATURDAY HUB Christmas Market**

**2**

Get your Christmas shopping done and  
support local at the same time!  
Market runs 10 am to 2 pm  
Concession with lunch items available

## **SATURDAY Turkey Bingo**

**9**

At the Cache Creek Community Hall in  
partnership with the Lions Club  
Doors open at 10:30 Bingo starts at 11 until 4  
Concession, door prizes, 50/50 and more!

## **FRIDAY Snowflake Kids Dance**

**15**

Dress up in your finest holiday outfit and come  
dance with us.

## **Holiday Closure**



The HUB will be closed from noon December  
22nd to 8 am on Monday January 8th 2024

For detailed information: [ashcrofthub.ca](http://ashcrofthub.ca)

call: 250 453 9177



## OUR STORIES AND NLKAPAMUX CULTURE

### The Origin of the DEER documented by James Alexander Teit

In the beginning there were no trees, and many kinds of bushes were wanting; neither was there any salmon or other fish, nor any berries. The only animals on the earth at that time were deer which were plentiful, but the people could not kill them because they were so fleet of foot and jumped so far.

They sprang from one mountain-top to another in a single bound. At last however, a woman managed to curtail their powers by means of throwing her breech-clout on one of them. After this they became ordinary deer, and could only jump a moderate distance as they do now; so the people were enabled to kill them, and they thus commence to form an important part of their food supply.



“Traditions of the Thompson River Indians of British Columbia” by James Alexander Teit

# NEWSLETTER ACTIVITIES & GAMES

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

1sudoku.com

n° 321658 - Level Hard

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

1sudoku.com

n° 32566 - Level Hard

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

1sudoku.com

n° 312249 - Level Hard

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

1sudoku.com

n° 31525 - Level Hard





# NEWSLETTER ACTIVITIES & GAMES

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

1sudoku.com

n° 321658 - Level Hard

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

1sudoku.com

n° 32566 - Level Hard

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

1sudoku.com

n° 312249 - Level Hard

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

1sudoku.com

n° 31525 - Level Hard

# Help in making the right choices for your health

## With the YUKA Application

Scan the labels of your food and cosmetic products

### Food analysis

Yuka analyzes food items, providing a detailed data sheet for each product to explain how it was evaluated.

### Cosmetic analysis

Yuka analyzes hygiene and cosmetic products. You get a detailed data sheet for each product to help you understand its score.

### Recommendations

When you scan a product that scores poorly, Yuka offers independent recommendations for similar items that are better for your health.

### History

Yuka displays the products you have already scanned. An easy-to-understand color code lets you view the product's impact on your health.

