

HESKW'EN'SCUTXE

November 2023

Monthly Newsletter

Vol 1 Issue 10



Win a beaded poppy featured on this page

"Take care of yourself"

Diabetes Awareness Month

CULTURAL TEACHINGS

Read a story about "The Bush-Tailed Rat, collected by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia"



Office Hours

Monday- Friday
8:30 a.m. to 4:30 p.m.

Closed 12:00 pm to 1:00 pm

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 wʔéx̣ẉ 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

HHSS OFFICE CLOSURES Monday November 13 Remembrance Day



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



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Medical Office Assistant
Medical Travel Clerk
Siska



Hazel Billy
Custodian



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Dayton Arnett



Jean Mckay



Casual Support
Christy
Whittaker



THEME OF THE MONTH

By Corynn Reveley

Knowledge is power, following are reputable links regarding safety!

These websites offer a wealth of information on diabetes prevention, management, treatment options, and lifestyle choices. They also provide resources and support for people with diabetes and their families.

There are several reputable Canadian websites that provide information on diabetes. Here are a few:

- 1. Diabetes Canada (<https://www.diabetes.ca/>)
- 1. Juvenile Diabetes Research Foundation Canada (<https://www.jdrf.ca/>)
- 1. Canadian Diabetes Association (<https://www.diabetes.ca/about-cda>)
- 1. Diabetes Quebec (<https://www.diabete.qc.ca/fr/>)
- 1. Diabetes Education Online (<https://diabetesedonline.com/>)

Our nurses and Home Care Aides are can respond to your questions about diabetes. Please reach out if you would like to talk to the nurse about diabetes or if you are concerned you may be pre-diabetic.

**Available at both offices!
Sharp Containers**



We have lots of different sizes available to hand out at no cost.

We pay to have the containers picked up and needles to be disposed of safely.

Needles thrown in the garbage are considered a hazardous waste and dangerous!

Please reach out to us for a container. Delivery available on reserve too.

Risk factors for type 2 diabetes

- Being 40 years of age or older;
- Having a close relative (parent or sibling) who has type 2 diabetes;
- Being a member of a high-risk population, such as those of African, Arab, Asian, Hispanic, Indigenous or South Asian descent, low socioeconomic status;
- Having a history of prediabetes (impaired glucose tolerance or impaired fasting glucose);
- Having some evidence of the complications of diabetes, such as eye, nerve or kidney problems;
- Having heart disease;
- Having a history of gestational diabetes mellitus;
- Having high blood pressure;
- Having high cholesterol;
- Being overweight, especially around your abdomen.
- Having a history of giving birth to a baby that weighed over 4 kg (9 lb) at birth;
- Having obstructive sleep apnea;
- Having a history of using glucocorticoid medication

What is type 2 diabetes?

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes.

As a result, sugar (glucose) builds up in your blood instead of being used for energy. Your body gets sugar from foods like bread, potatoes, rice, pasta, milk and fruit. To use this sugar, your body needs insulin. Insulin is a hormone that helps your body to control the level of sugar in your blood.

The good news

You can live a long and healthy life by keeping your blood sugar levels in the target range set by you and your health-care provider. You can do this by:

- Eating healthy meals and snacks
- Enjoying regular physical activity
- Monitoring your blood sugar using a home blood glucose meter*
- Aiming for a healthy body weight
- Taking diabetes medications including insulin, if prescribed by your doctor
- Managing stress effectively

*Discuss with your health-care provider how often you should measure your blood sugar level



Get the support you need

A positive and realistic attitude towards your diabetes can help you manage it. Talk to others who have diabetes. Ask your local Diabetes Canada branch about joining a peer-support group or taking part in an information session.



Who can help you?

Your health-care team is there to help you. Depending on your needs and the resources available in your community, your team may include a family doctor, diabetes educator (nurse and/or dietitian), endocrinologist, pharmacist, social worker, exercise physiologist, psychologist, foot-care specialist, eye-care specialist. They can answer your questions about how to manage diabetes and work with you to adjust your food plan, activity and medications.

Remember, you are the most important member of your health-care team

Complications of diabetes

Type 2 diabetes is a progressive, life-long disease. It may become more difficult to keep your blood sugar levels within your target range. High blood sugar levels can cause complications such as blindness, heart disease, kidney problems, nerve damage and erectile dysfunction. Fortunately, good diabetes care and management can prevent or delay the onset of these complications.

You can reduce your chances of developing these complications if you:

- Keep your blood sugar within your target range*
- Avoid smoking
- Keep your cholesterol and other blood fats within your target range*
- Keep your blood pressure within your target range*
- Take care of your feet
- Have regular visits with your doctor, diabetes team, dentist and eye-care specialist

*Discuss your target ranges with your health-care provider

Related articles: *Managing your blood sugar, Managing weight and diabetes, Physical activity and diabetes, Just the basics (tips for healthy eating), Cholesterol and diabetes, High blood pressure and diabetes, Smoking and diabetes, Foot care: a step toward good health, and Staying healthy with diabetes*

**DIABETES
CANADA**

diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

Glycemic Index Food Guide

The glycemic index (GI) is a scale that ranks a carbohydrate-containing food or drink by how much it raises blood sugar levels after it is eaten or drunk. Foods with a high GI increase blood sugar higher and faster than foods with a low GI.

There are three GI categories:



Green = Go

Low GI (55 or less) Choose Most Often

Yellow = Caution

Medium GI (56 to 69) Choose Less Often

Red = Stop and think

High GI (70 or more) Choose Least Often

Foods in the high GI category can be swapped with foods in the medium and/or low GI category to lower GI.

A low GI diet may help you:

- decrease risk of type 2 diabetes and its complications
- decrease risk of heart disease and stroke
- feel full longer
- maintain or lose weight

Try these meal planning ideas to lower meal GI:

- Cook your pasta al dente (firm). Check your pasta package instructions for cooking time.
- Make fruits and milk part of your meal plate (Figure 1). These foods often have a low GI and make a healthy dessert.
- Try lower GI grains, such as barley and bulgur.
- Pulses can be grains and starches or meat and alternatives. Swap half of your higher GI starch food serving with beans, lentils or chickpeas. For example, instead of having 1 cup of cooked short grain rice, have ½ cup of cooked rice mixed with ½ cup of black beans.

Diabetes Canada recommends choosing lower GI foods and drinks more often to help control blood sugar.

Work with your Registered Dietitian to add foods and drinks to your lists, create action plans that include choosing lower GI foods, adapt your favourite recipes, and find ways to swap/substitute low GI foods into your meal plan.

Checking your blood sugar before, and 2 hours after, a meal is the best way to know how your body handles certain foods and drinks.

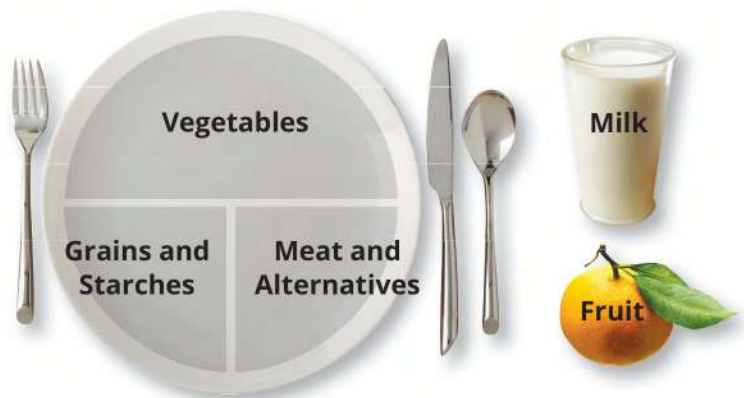


Figure 1: The Plate Method. Using a standard dinner plate, follow this model to control your portion sizes. www.diabetes.ca/mealplanning

Some carbohydrate-containing foods and drinks have so little carbohydrate that they do not have a GI value. This does not mean they cannot be included as part of a healthy diet. Examples include green vegetables, lemons, and some low-carbohydrate drinks. Diabetes Canada calls these foods and drinks “free” because they do not impact the blood sugar of people living with diabetes. You can put free foods in the green category, but they do not have a GI and have not been included in the food lists.

Items with this

symbol are “sometimes foods”

(foods and drinks eaten only on occasion)

Grains and Starches

Low Glycemic Index (55 or less) Choose Most Often

Breads:

Heavy Mixed Grain Breads
Spelt Bread
Sourdough Bread
Tortilla (Whole Grain)

Cereal:

All-Bran™ Cereal
All-Bran Buds™
With Psyllium Cereal
Oat Bran
Oats (Steel Cut)

Grains:

Barley
Bulgur
Mung Bean Noodles
Pasta (Al Dente, Firm)
Pulse Flours
Quinoa
Rice (Converted, Parboiled)

Other:

Peas
Popcorn
Sweet Potato
Winter Squash

Additional foods:

1. _____
2. _____
3. _____

Medium Glycemic Index (56 to 69) Choose Less Often

Breads:

Chapati (White, Whole
Wheat) Flaxseed/Linseed
Bread
Pita Bread (White, Whole
Wheat) Pumpnickel Bread
Roti (White, Whole Wheat)
Rye Bread
(Light, Dark, Whole Grain)
Stone Ground Whole
Wheat Bread
Whole Grain Wheat Bread

Cereal:

Cream of Wheat™ (Regular)
Oats (Instant)
Oats (Large Flake)
Oats (Quick)

Grains:

Basmati Rice
Brown Rice
Cornmeal
Couscous
(Regular, Whole Wheat)
Rice Noodles
White Rice (Short, Long
Grain) Wild Rice

Other:

Beets*
Corn
French Fries 
Parsnip
Potato (Red, White, Cooled)
Rye Crisp Crackers
(e.g. Ryvita Rye Crispbread™)
Stoned Wheat Thins™
Crackers

Additional foods:

1. _____
2. _____
3. _____

High Glycemic Index (70 or more) Choose Least Often

Breads:

Bread (White, Whole Wheat)
Naan (White, Whole Wheat)

Cereal:

All-Bran Flakes™ Cereal
Corn Flakes™ Cereal
Cream of Wheat™ (Instant)
Puffed Wheat Cereal
Rice Krispies™ Cereal
Special K™ Cereal

Grains:

Jasmine Rice
Millet
Sticky Rice
White Rice (Instant)

Other:

Carrots*
Potato (Instant Mashed)
Potato (Red, White, Hot)
Pretzels
Rice Cakes
Soda Crackers

Additional foods:

1. _____
2. _____
3. _____

*Most starchy/sweet vegetables (e.g. peas, parsnip, winter squash) provide 15 g or more carbohydrate per 1 cup serving. Beets and carrots often provide less than 15 g carbohydrate per serving (marked above with *). Most non-starchy (or free) vegetables (e.g. tomato and lettuce) have not been assigned a GI because they have very little carbohydrate and have very little effect on blood sugar.

Fruits

Low Glycemic Index (55 or less) Choose Most Often

- Apple
 - Apricot (Fresh, Dried)
 - Banana (Green, Unripe)
 - Berries
 - Cantaloupe
 - Grapefruit
 - Honeydew Melon
 - Mango
 - Orange
 - Peach
 - Pear
 - Plum
 - Pomegranate
 - Prunes
- Additional foods:**
- 1.
 - 2.
 - 3.

Medium Glycemic Index (56 to 69) Choose Less Often

- Banana (Ripe, Yellow)
 - Cherries (Bottled) ▲
 - Cherries (Fresh)
 - Cranberries (Dried)
 - Figs (Fresh, Dried)
 - Grapes
 - Kiwi
 - Lychee
 - Pineapple
 - Raisins
- Additional foods:**
- 1.
 - 2.
 - 3.

High Glycemic Index (70 or more) Choose Least Often

- Banana (Brown, Overripe)
 - Watermelon
- Additional foods:**
- 1.
 - 2.
 - 3.

Some fruits have not been assigned a GI because they contain less than 15 g of available carbohydrate per serving (e.g. lemon and lime).



Many fruits and vegetables fall in the low or medium GI categories.

Milk, Alternatives and Other Beverages

Low Glycemic Index (55 or less) Choose Most Often

Almond Milk
 Cow Milk
 (Skim, 1%, 2%, Whole)
 Frozen Yogurt 
 Greek Yogurt
 Soy Milk
 Yogurt (Skim, 1%, 2%, Whole)

Additional foods:

1. _____
2. _____
3. _____

Medium Glycemic Index (56 to 69) Choose Less Often

Additional foods:

1. _____
2. _____
3. _____

High Glycemic Index (70 or more) Choose Least Often

Rice Milk

Additional foods:

1. _____
2. _____
3. _____

Milk, alternatives, and other beverages listed include flavoured (e.g. chocolate), sweetened and unsweetened varieties.

Meat and Alternatives

Low Glycemic Index (55 or less) Choose Most Often

Baked Beans
 Chickpeas
 Kidney Beans
 Lentils
 Mung Beans
 Romano Beans
 Soybeans/Edamame
 Split Peas

Additional foods:

1. _____
2. _____
3. _____

Medium Glycemic Index (56 to 69) Choose Less Often

Lentil Soup (ready-made)
 Split Pea Soup (ready-made)

Additional foods:

1. _____
2. _____
3. _____

High Glycemic Index (70 or more) Choose Least Often

Additional foods:

1. _____
2. _____
3. _____

Meat, poultry and fish do not have a GI because they do not contain carbohydrate. When ½ cup or more of pulses are eaten, they can be included in the Grains and Starches food group or the Meats and Alternatives group.

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts, as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and funding research to improve treatments and find a cure.

This document reflects the *Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada* © 2013 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 115009 02/18

HHSS Nurse

Friendly Reminder:

If you need to speak to the nurse, PLEASE contact the Cooks Ferry or Siska Heskw'en'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

MONTHLY REPORT

By Nadine Methot, Administrative Assistant

Lytton Primary Care Official Opening

The opening ceremony took place on September 27, 2023.

Some of our staff were able to attend and visit the premises. We were informed that clients will be able to have blood work done on site once the fibre optik installation is completed sometime in the new year. The modular adescent to the LFN Health building is where the pharmacy is set to open also in the new year.



Counselling room

Telehealth in Cooks Ferry

Dr Shivkumar was generous with her time and took the staff around the clinic. She is featured here with the Telehealth unit. If you are an existing client with LPCC, you can request a Telehealth appointment instead of having to travel to Lytton. The service is currently offered in Cooks Ferry and will also be launched in Siska once the fiber optik installtion is completed.



Clinic Room

10 year Health Plan Update Vaccine Clinics Update

Cornerstone Planning Group will be returning to communities at the end of November seeking community input before submitting a draft for approval. You will find more information on the page dedicated to this project in this issue.

We had three well attended Influenza and Covid vaccine clinics in October in Cooks Ferry, Siska and Merritt. We also offer tetanus, shingles and other vaccines for adults. These appointments can be booked when the nurse is in at anytime throughout the year. We have more Influenza and Covid vaccines to administer if you missed one of the clinics.



MONTHLY REPORT

By Nadine Methot, Administrative Assistant



Heskw'en'scutxe Welcomes Two New Employees

Joining the team are Registered Nurse Pamela Jules.

Some of you may have met or seen Pamela Jules in her previous role as a nurse for Nlaka'pamux Health in Merritt and in the Canyon. Pamela is from Skeetchestn Band. Pamela will be working for HHSS and she is currently doing training at Interior Health for the next 6 months. However, Pamela will see some of our clients on Saturdays and will give Scarleth a hand when possible until she resumes her training and work on a full time basis beginning in the Spring of 2024. Welcome Pam to the Team!



and new Medical Driver, Jean McKay.



We are pleased to have another medical driver join the team. Jean is from Kanaka and also happens to be Clarissa Frederick's mother. Jean will take on the Siska Shopping Days and drive our clients to their medical appointments. Welcome Jean to the Team!

Looking for a Mr & Mrs Santa Clause for the Cooks Ferry Community Luncheon

Do you know anyone who would fit these very important roles? Please contact Cultural Activities Coordinator Amanda Billy at 250.458.2224. The party is on Sunday December 3.



NOVEMBER MENTAL WELLNESS ACTIVITY



Sunday November 5th is Fall Back or daylight savings. As we are heading into the darkest time of the year, we thought of putting a craft kit together with the November newsletter (one per household to share). You will find wooden ornaments with paints and brushes and beads. Get your favorite beverage, put some music on and gather with your family to decorate these ornaments. Share with us on Social Media if you want!

What are the benefits of arts and crafts for adults?

These activities help us to improve the way we think, feel and behave. It also helps us to gain confidence, learn new skills and provide us with a sense of achievement. Arts and crafts encourage us to explore our creativity and imagination, allowing us to express ourselves in several different ways.

RETURN YOUR UNUSED FARMERS MARKET COUPONS



Most Farmers Markets have closed for the season.

Do you have unused coupons?

Please return them to our offices. You will be entered into a draw for a gift card

What will you do with the coupons?

We will do one large shopping at the Kamloops Farmers Market and redistribute in the Band's food hampers. You can also go to the Kamloops market on Saturday mornings (indoor location).

MERRITT BC TRANSIT GOES TO 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 or text Laurie at BC Transit: 250.378.4080. The bus will pick you up in front of your home. You will be picked up at the same place as the drop off unless specified.

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: November 1

Cooks Ferry: November 29

FOOT CARE WITH SUZANNE



Siska: November 28

Cooks Ferry: November 30

Call the office to book an appointment

MEET YOLANDA HALL



Yolanda has been seeing clients in Siska on Wednesdays (by appointment only). She is also willing to come to Cooks Ferry but would need a minimum of two clients. If you are contemplating counselling in either community or even by phone, please reach out to Yolanda.

yjhall@telus.net (778) 554-2332

DENTAL CLINICS WITH FNHA MICHELLE BEATTIE



Do you need a cleaning, have some concerns or questions about your teeth or dentures? Book and appointment with Michelle. This is a free service for all on and off reserve community members. Check dates on the poster in this issue,

RESTORATIVE MASSAGE WITH JOHN TAI, RMT

Coming in November!

Cooks Ferry Fit Nation invites John for 30 minute exercise sessions



Starting on November 15 from 1:00 to 2:00 pm in the Cooks Ferry Gym with Jolene Peters, Recreational Coordinator and John Tai.

Learn and Practice home exercises Stretch, mobilize and condition a better you, mind and body. November 15 & 29 with John

Jolene will begin with the warm up, walk for 20 minutes and John Tai will do gentle exercises for the 30 minutes remaining and relaxation.

Put your comfortable shoes and clothing and come on down for some social and gentle moves. Bottles of water provided.

NEW SCHEDULES IN SISKA & COOKS FERRY

Starting in November, John will visit Siska on Tuesday afternoons from 1:00 pm to 4:00 pm. Cooks Ferry's schedule is moving to Wednesdays from 10:00 am to 1:30 p.m. Check our calendar for dates.

10 YEAR HEALTH PLAN UPDATE



CORNERSTONE

PLANNING GROUP

Cornerstone Planning Group is to return to Antko, Cooks Ferry and Siska to present the Key Health Themes, Objectives and Priorities that have emerged from all the work thus far. The visits will be drop-in style sessions, where community members will be shown the big picture, and have a final comment (i.e., with priority stickers, levels of urgency, high level comments). This visit will not be a review of the Plan in great detail, but a big picture look at what has emerged, to allow for one last round of input to ensure nothing crucial is forgotten or missed.

We were also thinking these sessions could be a chance for some light food to be served, perhaps something like soup and bannock, being it will be a colder time of year? Members could come and grab some food, tour through the set-up we have prepared, and give feedback at their own pace in a walk-through type setting.

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



KEY HEALTH THEMES REVIEW with

David, Darcia and Mackenzie

Join Cornerstone Planning Group
for one last review of the Health Plan

Your input is important to us!

Antko

Monday November 27

5:00 to 7:00 pm

3170 Pointed Arrow Cul-de-sac

Cooks Ferry

Tuesday November 28

5:00 to 7:00 pm

Chief Whitsemnitsa Complex

Siska

Wednesday November 29

5:00 to 7:00 pm

Siska Band Hall

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 NOVEMBER 16& 17, 2023

Full, wait list available

Cooks Ferry DECEMBER 4,5, 2023

Please call Nadine to book an appointment



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

**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
Closing Date: until filled**

We are offering this training one last month.
Every Wednesday of November, 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





Telehealth appointments



Cooks Ferry Clinic with Doctor Shivkumar & Scarleth

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

November 9 & 23
December 15

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

250.458.2212

WWW.HHSSBC.CA



Starting on October 3, 2023

Face Mask is Required



**Please wear a face mask when
visiting our clinics or during a
medical drive**

If you are unwell, please rebook your clinic appointments

***"Everybody masking is ideal because it decreases
the amount of virus in the air that we share."***

Dr Bonny Henry

k^wuk^wscémx^w ~ Thank you

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



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

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

TO IH VP Leadership Teams

FROM Kaelyn Elfert, Manager, Aboriginal Engagement, Interior Health
Bernadette Collins, Community Engagement Coordinator, Nlaka'pamux

DATE March 1, 2023

RE: Staffing Announcement-Collaborative Health Coordinator, Nlaka'pamux

In partnership with Nlaka'pamux Health Services, we are very pleased to announce that Alanna Cowan has accepted the position of Collaborative Health Coordinator, Nlaka'pamux in the Aboriginal Partnerships portfolio effective March 1, 2023.

The Collaborative Health Coordinator (Nlaka'pamux Nation) is a member of Interior Health's Aboriginal Engagement Team and is responsible and accountable for representing and advocating for the unique holistic healthcare needs of the Nlaka'pamux Nation and Nation communities. The Collaborative Health Coordinator engages with Nlaka'pamux Nation leaders to listen, understand, translate and teach Interior Health leaders and employees about Nlaka'pamux Nation Community cultures to ensure that healthcare services are delivered to members in a culturally safe and humble manner and without prejudice and inequity.



Alanna Cowan is a member of the Nlaka'pamux Nation (Cook's Ferry Band). The daughter of Jean York and the granddaughter of the late Theresa Albert - Alanna comes from a long line of savvy, resilient, independent women steeped in tradition and culture.

Having previously held positions with First Nations organizations in health care and housing, Alanna comes to the table with a strong working knowledge of the historical, social, and health challenges faced by First Nations living both on and off reserve. Her previous leadership roles in governance have provided her with a good understanding in policy, program development and governance models. Alanna's professional development over the years includes the Leadership 2020 Indigenous Program, Indigenous Leadership & Management, Board of Directors for the Conayt Friendship Society, Board of Directors for the Nicola Tribal Association, Band Councillor for Cook's Ferry Band, CHOICES/Givers I & II.

Alanna values people and their perspectives, and is unique person with a strong love for the land, animals, and has a passion for working for her grassroots communities. She's a natural leader who is honest and trustworthy, respectful, and has the ability to take on tasks enthusiastically approaching things holistically but from a common-sense perspective. No stranger to facing health challenges herself - Alanna has come through an 18 month battle with breast cancer, on top of being evacuated from her home for 14 months due to the 2021 fires and flooding in the Nlaka'pamux territory, she knows first hand what it is like to stare down the barrel of uncertainty not knowing what the future might hold. It was her Nlaka'pamux teachings, along with family and community support that has helped her to "keep smiling and moving forward in a good way".

Please join us in extending a warm welcome to Alanna in her new role with the Aboriginal Partnerships team.

For Immediate Release | September 28, 2023

Interior Health opens temporary Primary Care Clinic in Lytton

LYTTON – Patients in Lytton and area now have access to improved local health care services with the opening of a primary care clinic. The primary care clinic is located at 1535 St. Georges Road, right across from the TI'kemtsin Health Centre. It is on Lytton First Nation (LFN) lands and Interior Health is leasing the space.

“The people living in Lytton and surrounding areas will now have access to health care in a modernized facility in their own community, as well as an Indigenous Patient Navigator who will provide direct patient and family support, including access to traditional ceremonies and healing practices,” said Adrian Dix, Minister of Health. “Re-establishing health services and connecting patients to a primary care provider has been a high priority and one of many steps in rebuilding Lytton after the devastation by wildfires. I would like to recognize the hard work and dedication of the Interior Health and Lytton staff, health-care providers, and the Indigenous health partners and leaders in the community who have worked together to make this possible.”

The clinic will be operated by Interior Health and will serve the community while planning and construction for a permanent health facility proceeds over the next few years.

The clinic offers physician visits, mental health and substance use services, home health and public health services, which have been prioritized to meet the needs of the community. It is open Monday to Friday, 9 a.m. to 4 p.m. and services are supported by two physicians who see patients on a rotating basis and two registered nurses, who assess and co-ordinate care, along with support staff including an Aboriginal Patient Navigator position, which is in the recruitment process. The integration of additional health-care equipment and increased digital information sharing capacity will also support the expansion of health services over the next few months and years.

“We’re very grateful to Lytton First Nation for making this possible and for working together with us to deliver health services in the area,” said Susan Brown, Interior Health president and CEO. “We want to also thank them for opening space within the TI'kemtsin Health Centre for more than a year between May 2022 and August 2023 so that Interior Health could re-establish primary care services in the community and plan for this new temporary clinic after the 2021 wildfire. We look forward to our continued relationship with community and health partners as this project evolves.”

Planning for the final phase of this project, a permanent health facility to replace the St. Bartholomew’s Health Centre, which was destroyed in the 2021 wildfire, is also underway and will be located within the Village of Lytton.

“The opening of the temporary building is a welcomed event. Now the members of the Nlaka’pamux communities along with the Village of Lytton and others can look forward to the service delivery and support that is critically important to all,” said Debbie Abbott, executive director, Nlaka’pamux Nation Tribal Council.

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.

Interior Health has been engaging with community and health-care partners on re-establishing health services for the past year to ensure that ideas, concerns and questions are addressed and integrated into decision making around future services in the community.

"Opening this temporary clinic is an important milestone in restoring medical services for all community members", said Lytton mayor Denise O'Connor. "We look forward to being involved in discussions to plan for construction of Lytton's permanent health-care facility."

Dr. Sushmita Shivkumar is one of the physicians supporting care in Lytton and has ties to the area, having worked in neighbouring Lillooet previous to her work in Lytton.

"There are strong community links between the two areas. When this opportunity arose to provide health care in Lytton and be involved with the rebuilding of essential services, it was an easy choice," said Dr. Shivkumar.

The Lytton health services area is located within the Nlaka'pamux Nation and includes six Indigenous communities: Lytton First Nation, Kanaka Bar Indian Band, Nicomen Indian Band, Siska First Nation, Skuppah Indian Band, and Cook's Ferry First Nation. Interior Health recognizes and acknowledges the traditional, ancestral, and unceded territory of the Nlaka'pamux Nation where this health services work is happening and is grateful for the ongoing conversations and partnerships with these communities.

[View the video](#) from the opening celebration.

Don't forget.... Sunday November 5 at 2:00 a.m.



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.

For Immediate Release | Oct. 16, 2023

Calling young artists to join tobacco and vaping poster contest

IH WIDE – Interior Health is asking young artists to share their thoughts and experience in Interior Health’s second Tobacco and Vaping Poster Contest for a chance to win \$150.

Young people are the experts when it comes to understanding why youth use tobacco and vape, and how smoking/tobacco and vaping impacts them and their friends, family, school and community – it’s important to hear their voices and views.

Contest Details:

Youth in Grades 8 to 12 living in the Interior Health region are invited to participate in the Take a Breath: Teen Voices on Tobacco and Vaping poster contest. Aspiring artists may create and submit an original artwork that shares a message about the impact of youth tobacco use, smoking and vaping in one of five contest themes:

- The importance of ceremonial tobacco for Indigenous traditions, and how it differs from everyday (commercial) tobacco use (open to Indigenous youth only)
- Important facts about smoking/tobacco, cannabis and vaping products
- Tobacco and vaping companies’ strategies to promote use
- Impact of smoking/tobacco, cannabis and vaping on my life
- Environmental impact of smoking/tobacco and vaping

A winning poster will be chosen for each of the five themes. The successful artists will be awarded \$150 in the form of an appropriate gift card of the winner’s choosing. The winning posters will be professionally printed and displayed in Interior Health hospitals and health-care centres, as well as on social media and the IH website.

The contest is underway now, with entries due by 11:59 p.m. on Dec. 1 2023. The winners will be announced during the week of Jan. 15, 2023 – National Non-Smoking Week.

For more information about the contest and how to enter, visit interiorhealth.ca/takeabreath.

- 30 -

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and uncoded 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.

MEDIA, FOR INFORMATION:

PHONE 1.844.469.7077 EMAIL media@interiorhealth.ca

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>



MEDICATION PICK UP

Medication pick up is available for any client who calls the pharmacy and HHSS to notify that we will pick up on their behalf. Pick ups are done on Thursdays at the Pharmasave in Lillooet. Please call Corynn Reveley at 250.455.6601 if you have any medication pick up, order or questions.





My Healthy Feet Checklist

Checking your feet each day will help to keep your feet healthy.

I have healthy feet because....

Week of: _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I have looked at my feet today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have washed my feet today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have dried between my toes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have put lotion on the tops and bottoms of my feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found changes in my feet today*	yes/no	yes/no	yes/no	yes/no	yes/no	yes/no	yes/no

*if yes, consider a plan to see your health care provider

For more information or support, contact:

Name _____ Phone number _____

Based on resource from the Indigenous Diabetes Health Circle

HOW TO BOOK AN X-RAY APPOINTMENT ONLINE

Login to MyHealthPortal

- 1 Visit myhealthportal.interiorhealth.ca to login. If you do not have an account, contact Digital Health Support Desk **1-844-870-4756**

View Appointments

- 2 In MyHealthPortal, click **Schedule Appointment or Virtual Visit** from the Appointments Tab.

Select Appointment Details

- 3 Select desired **appointment type, location, available date/time** and confirm contact details. Click **Submit**.

Review Instructions

- 4 Review appointment instructions by clicking the Appointment. Please note: a Requisition is required.

To Reschedule/Cancel

Open the appointment in MyHealthPortal to reschedule or cancel your appointment. Please note: at this time only appointments that have been self-scheduled can be rescheduled or cancelled.



SCAN ME

Need help with booking your appointments?
Call the office



Need help?
Digital Health Support Desk
1-844-870-4756

HOW TO BOOK A LAB APPOINTMENT ONLINE

Login or Register

- 1 Visit **LabOnlineBooking.ca** to login or register. Click **Book Appointment**.

View Appointments

- 2 Choose **patient, lab** and date options. Click **Search Availability**.

Book Appointment

- 3 Select **appointment** and **confirm**. Please note: a Requisition is required.

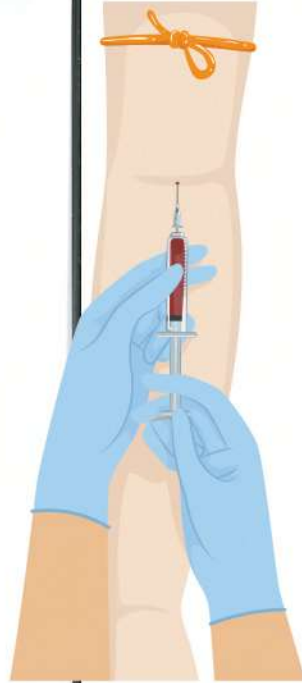
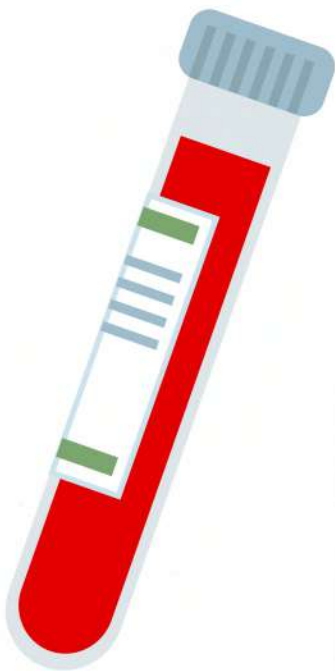
Need help? **Digital Health Support**
1-844-870-4756

HOW TO ENROL FOR MyHealthPORTAL

1. Have your email address added onto your patient record by:
 - Calling Digital Health Support at **1-844-870-4756**
or
 - Requesting at Registration during your next hospital visit
2. Visit interiorhealth.ca/MyHealthPortal
 - Follow the instructions under "**How to sign up for MyHealthPortal**"
 - You will receive an email with instructions to complete your enrolment



Need help with
booking your
appointments?
Call the office





Find a Health Care Provider in Merritt



With humility, we acknowledge that the practice of family medicine will take place on the unceded, traditional, and ancestral territories of the Syilx and Nlaka'pamux peoples

New Patients

A confidential patient waitlist is now available to connect local residents to a family physician or nurse practitioner providing primary health care in Merritt

Health Connect Registry

Register online at www.healthlinkbc.ca/health-connect-registry or call 8-1-1
You will need to provide:
Personal Health Number, phone number, email and home address with postal code

Eligible Patients

Register yourself, family members, and/or persons in your care if each person resides within the Merritt local health area

Ineligible Patients

Persons who already have a family doctor or nurse practitioner in Merritt
OR do not currently live in the Merritt area
OR do not have a personal health number*
*PHN is found on the BC Services Card

What Happens Next

You will be contacted as soon as a provider has capacity to accept you as a patient. We are not able to provide an estimated timeline or any indication of your position on the list but it is expected to take some time and your patience is appreciated.

Health Care Help

HealthLinkBC.ca: 8-1-1
[Urgent Care Clinic](#) - Kamloops: 250-314-2256
[Pharmacists](#): can renew certain prescriptions
PathwaysBC.ca: community health resources
[Virtual Doctor of the Day](#) - First Nations Health Authority: 1-855-344-3800



The Health Connect Registry is a provincial initiative of British Columbia's Ministry of Health, administered in this community by the Rural and Remote Division of Family Practice. Recruitment of new family physicians and nurse practitioners is an ongoing priority and registration also helps us to better understand how many primary care providers are needed so we can plan and advocate appropriately. While the goal is to connect every registrant to a primary care provider, it is not a guarantee. Please call 8-1-1 to make any changes to your registration.



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

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

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



First Nations Supports

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

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

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

Mental Health & Substance Use

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

811 Nurse

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

Mental Health Supports

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

Travel/Flood Info

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

Lillooet Pharmacies & Services

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

Lab Services

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



Home & Community Care

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

Interior Health

[MyHealthPortal](#)



Public Health

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

COVID Testing Clinics & Vaccination Information

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



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



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



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



Updated Medical Travel Form

NEW MEDICAL TRAVEL FORM RATES



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
- 2) Care Instructions Required
- 3) Language Barrier
- 4) Legal Consent Required
- 5) Medically Incapacitated
- 6) Person with Disability
- 7) Minor Child

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: 250 453-6601; Fax: 250 453-6608

Toll Free: 1.866.458.2212 Email: admin@hhsbc.ca

Gentle reminder to fill out the form before submitting to the medical travel clerks. If you are diabetic, you are eligible for the \$17 payment even if the travel is less than 6 hours. Remember to circle Yes in the diabetic section.

FNHA does not cover Medical Travel for clients attending appointments to see their family physician (unless client is mentally disabled); Medical Travel is provided ONLY to those clients that have been referred to a specialist by their family physician.

Circumstances NOT covered:

- To pick up prescriptions
- If it is not the nearest appropriate facility
- Or to return home in cases of an illness while away from home on personal or business reasons.
- The medical services are available/ regularly made available locally.
- The client discharges themselves and returns home (few exceptions),

The appointments/treatment NOT covered under the Medical Transportation benefits are:

- Special camps
- Chiropractors (unless MSP approved)
- Psychologists
- Dental/Orthodontics
- Non-surgical podiatry
- Weight loss clinics or screening programs
- Speech assessment and therapy
- Massage Therapy, and Naturopathy
- Physiotherapists (unless surgery related)
- Appointments while outside of Canada
- A third party requested medical examination.

Check Request – to be completed by HHSS Administration ONLY

Code Acct: 5301-4000 _____

Travel Receipts attached or Mileage _____ X \$0.29 = Transportation Cost: \$ _____

For overnight trips only

Accommodations (can only be arranged by HHSS) _____ # of days @ \$ _____ /day = \$ _____

Private Accommodations: Weekly rate \$100 OR _____ # of days X \$30 /day = \$ _____

Daily rate Meal: (Same day 6+ hour trip) \$17.00 X _____ (w/ escort) Diabetic Client = \$ _____

Weekly rate (7 nights) \$283 Number of weeks _____ OR = \$ _____

Nightly Rate # of days (up to 6 days) _____ X \$68 Adult = \$ _____

*Child \$68 (5 years and up) \$29 (under 5 yrs) = \$ _____

Any stay over 7 nights must be pre-approved by FNHA (fill Exception Benefit Form)

TOTAL COST: \$ _____

Certified by: _____ **Date:** _____

Health Managers Approval: _____ **Date:** _____

- Hearing tests (unless medically referred by physician)
- Where third party liability (such as ICBC) is involved
- Court-ordered treatment/assessment, or as condition of parole
- Client-initiated appointments for a second opinion

Medical Transportation Benefit Guidelines from the First Nations Health Authority (FNHA), Regional Director.

The FNHA, governs the Patient Travel rules and conditions we implement in compliance with the Heskwen'scutxe Contribution Agreement. Following is a summary of the Medical Transportation guidelines as outlined in the Agreement:

- ✓ The objective is to provide all status Natives (regardless of their band affiliation) living on reserve at either Cook's Ferry or Siska locations with medical transportation benefits.
- ✓ Heskwen'scutxe must pre-authorize eligibility of applicants, use of an escort, and use of a private vehicle, unless in urgent circumstances and depending on the given situation, costs may be reimbursed if approved. Also, the health services required and covered by NIHB must be booked at the nearest appropriate facility to the clients.
- ✓ The most economical means of transportation is to be used, considering the urgency of the situation, and the medical condition of the client. When more than one client is traveling in the same location, maximum space in vehicles shall be used and the rate charged must be for one trip since individual charges for additional clients aren't permitted.
- ✓ Extended travel status for the use of an escort is permitted only in the circumstances such that the client has a disability which requires help with daily activities, or is medically unfit, or declared mentally incompetent by a court of jurisdiction, or to accompany a minor, or legal consent by a parent or guardian is needed, or when a language barrier prevents access to medically required services, or instructions.
- ✓ You may appeal if you feel your refusal is unjust. If you are unsure as to whether you can be covered for Patient Travel Please feel free to call or drop by the office and inquire.

Travel Rates Private Mileage Rate: \$0.23 cents per kilometer / \$0.29 cents per kilometer. (Until March 31, 2024)

Accommodation: Hotel - HHSS is responsible for arranging accommodation for stays of five days or less. Approval from the regional office is required for anticipated stays of more than five days, upon approval, Heskwen'scutxe Health will make the arrangements in the usual way.

Private Accommodation: In order to encourage the use of family support systems, the rate for private accommodation is \$30/day (max. of \$100/week). Prior approval is required for stays of more than 30 days. ****NOTE**** taxi fees will NOT be paid as the rate of \$30 is inclusive of ground transportation to the hospital, etc.

Meal Rates: One to six nights/days: Adults /children 5+ - \$68 per day / Children (1yr – 4yr) - \$29
 Seven nights/days or more (Weekly Rate) Adults - \$283 per week
 Any stay over 7 nights must be pre-approved by FNHA (fill Exception Benefit Form)

The number of overnight stays equals the number of days of meals allowance to be paid. No receipts are required for this meal allowance.

Heskwen'scutxe collects the details of each patient trip to submit them to the FNHA Program Services Officer each month.

ASK A LAWYER DAY

Join us for **Ask a Lawyer and Legal Advocate Day** – This event is an opportunity for you to have **free** legal advice and can give you advice on **how to resolve child protection concerns**.

Our special guests will be joining us from the Parents Legal Center in Kamloops. The team is made up of lawyers and an Indigenous Legal Advocate.

The Indigenous Legal Advocate can help with:

- Providing information and support;
- Connect you with other services such as counselling and housing; and
- Go with you to meetings and appointments.

Drop in or book an appointment to speak with a lawyer, Indigenous Legal Advocate or both on **November 14th**.



NOVEMBER 14

10:00 – 2:30 PM

Cook's Ferry
Gymnasium

Drop-in or book an
appointment

Open to everyone
in the surrounding
communities
needing support
with legal aid for
child protection
concerns.

QUESTIONS?

Mandy Cormier
Cook's Ferry Indian Band
Phone: 250-458-2224

FIT NATION

Indoors for the
cold season



Join Recreational Activity
Coordinator
Jolene Peters



**Mondays and Wednesdays:
1:00 p.m. to 2:00 p.m.**

Location: Cooks Ferry Gymnasium

Warm up, walk in the gym and complete with
gentle chair exercises and meditation. Wear
comfortable clothing. Water provided.



Everyone welcome!

Special Guest John Tai

Wednesdays November 15 & 29



Cook's Ferry
Indian Band
Nlaka'pamux Nation

SAIL EXERCISES

STAY ACTIVE & INDEPENDANT FOR LIFE

There will be one page per newsletter of gentle sitting exercises you can do at home. You can also find these sheets online. Its important to keep active to prevent stiff joints. Any questions, reach our to the nurse and or Home Care Aides,



Strategies and Actions for Independent Living®

SAIL® Home Activity Program – Level 1: Sitting

Do only the activities you feel safe and comfortable doing.

- Sit tall through all the activities, preferably in a firm chair with armrests.
- Keep breathing normally. Do not hold your breath.
- Hold position means hold position for 3 seconds (count thousand 1, thousand 2, thousand 3).
- If necessary, begin with just a few of the activities but do them several times each day.
- Over time, add more activities until you are doing all of them.
- Over time, do more of each activity.

If any of these activities add to your pain or shortness of breath, stop and rest. Do less another day. Talk with your doctor or other health care professional.

1. Toe and Heel Lifts (sit with feet close to chair)

Toe Lifts:

1. Lift toes of both feet as high as you can (keep heels on floor).
Hold. Relax feet on floor. Do 2-3 more times.

Heel Lifts:

2. Lift heels of both feet up together (keep toes on floor).
Relax feet on floor. Do 2-3 more times.

Too easy?

- Slowly do more (up to 15 times each).
- Lift toes of one foot while lifting heel of other foot. Switch.



Community Lunch Day



Where: Cook's Ferry Band Office
When: November 1 and December 6
January 10 and February 7
Time: 12:00 - 2:00 PM

**As we head into the winter, please join us for
community lunch days and connect with others.**

Open to everyone living on and off-reserve

INTERNET FOR GOOD PROGRAM



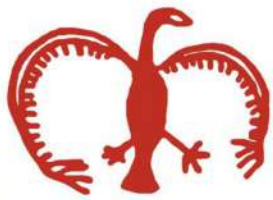
**TELUS IS PROVIDING DISCOUNT
INTERNET FOR FAMILIES AND
INDIVIDUALS WHO ARE
EXPERIENCING FINANCIAL HARDSHIP**

**THIS PROGRAM IS AVAILABLE FOR
COOK'S FERRY MEMBERS LIVING ON-
RESERVE AS PER THE PROGRAM.**

**PLEASE CONTACT MANDY CORMIER TO
SIGN UP OR ASK QUESTIONS**

(250) 458-2224





Cook's Ferry
Indian Band
Nlaka'pamux Nation

Spences Bridge
Community Club

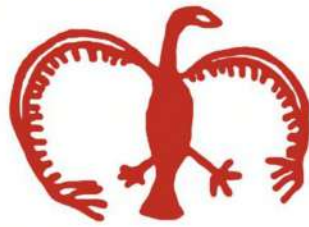
VOLUNTEERS NEEDED

November 30, 2023

We need help to decorate the gym, fill
candy bags, gift wrapping & more

Starting at 10 am
Chief Whitsemnitsa Complex





Cook's Ferry
Indian Band
Nlaka'pamux Nation

SPENCES BRIDGE COMMUNITY CLUB

COOKS FERRY & SPENCES BRIDGE COMMUNITY CHRISTMAS LUNCHEON

Sunday

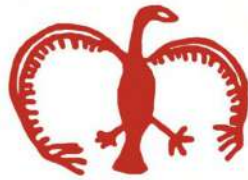
December 03

12:00 p.m. - 3:00 p.m.

COOKS FERRY BAND CHIEF
WHITSEMNITSA COMPLEX
3691 DEER LANE
SPENCES BRIDGE, BC

Santa will be visiting!

**Gingerbread house
judging contest!**



Cook's Ferry
Indian Band
Nlaka'pamux Nation

Spences Bridge Community Club

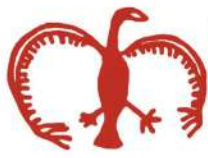


CHRISTMAS ELDERS LUNCHEON

Friday, 08 December 2023

12:00 PM AT CHIEF WHITSEMNITSA COMPLEX

Join us to celebrate Christmas with a
special menu and goodies
Indian Bingo & Gift Exchange!



Cook's Ferry
Indian Band
Nlaka'pamux Nation

Spences Bridge Community Club

VOLUNTEERS NEEDED

TO CLEAN UP AFTER COMMUNITY & ELDERS LUNCHEONS DECEMBER 3 & 8, 2023 CHIEF WHITSEMNITSA COMPLEX

LETS ALL DO OUR PART, CLEANING TOGETHER
WILL GO FASTER.



Call us if you need a ride. Rides from Cooks Ferry & Siska
Limited seats



Save the Date
Lytton Community
Elder's Christmas Party



Wednesday
November 22
11:00 - 3:00 p.m.
Battlefield
Community Building



Stove Top Cornbread



INGREDIENTS:

- 1/2 cup Milk alternative
- 1/2 Tbsp White vinegar
- 1 Tbsp Olive oil
- 1 Egg
- 1 Tbsp Maple syrup, honey or sugar (use more, if desired)
- 3/4 cup Cornmeal
- 1/2 tsp Salt
- 1/2 tsp Baking soda
- 2 tsp Oil or butter, for the pan

INSTRUCTIONS:

1. Take your milk alternative and add a tablespoon of vinegar and let it sit until it starts to curdle.
2. Put your cornmeal in a bowl and add in your baking soda and salt.
3. Crack and whisk your egg into a bowl. Add in your maple syrup, honey or sugar and oil. Mix together.
4. Add in your milk alternative and then add in your dry ingredients and mix together.
5. Heat up your cast iron pan on medium to low heat and add in some butter and oil to prevent from the butter burning. Once your pan is hot, pour everything in cover it and let it cook for 6-8 minutes.

Stove Top Fruit Crisp

INGREDIENTS:

- 2 Apples
- 1 cup Strawberries
- Cinnamon
- Honey
- Granola
- Butter

INSTRUCTIONS:

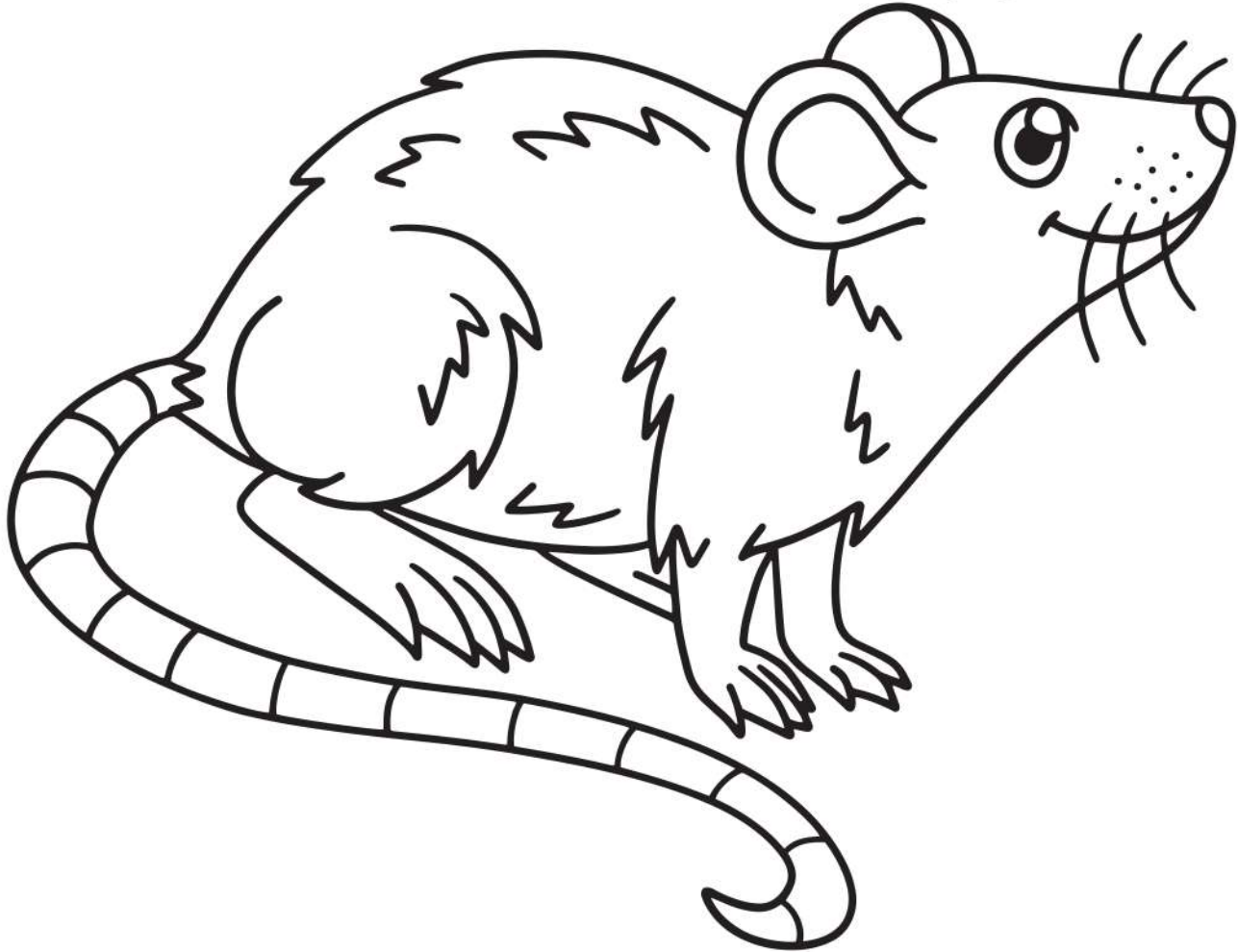
1. Heat up your pan to medium heat. Add butter or oil in your pan.
2. Add your diced apples, cook them down a bit before adding your strawberries.
3. Add water, a tablespoon of honey or maple syrup, cinnamon and mix together.
4. Sprinkle granola over top.



IV. STORY OF THE BUSH-TAILED RAT!

[Nkamtc'i'nEmux.]

Collected by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia" Vol. 6 pages 46-48.



The Bush-tailed Rat was a man who lived in a cave in the rocks. He was always abundantly supplied with provisions. The door of his house used to open and shut at his command, without his having to touch it; for he merely used to say, "Wikaiu' teiLX!" and immediately the door swung open, and "Misaiu' teiLX!" and it shut at

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

IV. STORY OF THE BUSH-TAILED RAT!

once. Many people used to visit him, and these were always fairly well received; but occasionally he acted stingily, and did not offer them any food. At such times he used to say, "The times are hard. I have not been able to gather any food lately. I am sorry that I cannot offer you anything to eat." Not far from the Bush-tailed Rat's house there dwelt a large number of Indians in underground lodges; and as might be expected, these people had many cellars or caches in close proximity to their dwellings, in which they kept their dried fish and other provisions.

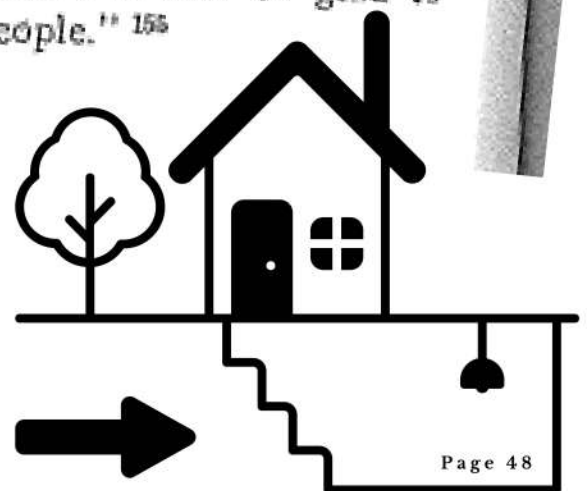
One day a man from the village went to pay a visit to the Bush-tailed Rat, for he suspected that the latter had stolen some of the provisions out of his cellar. The Rat saw him coming, and when the man approached the door, he told it to open, and ordered it to shut again as soon as the visitor had entered. After having placed some food before the man, the latter addressed the Rat, saying, "What a large quantity of provisions you have! How do you manage to accumulate so much? We never see you or your wife gathering fruit, digging roots, hunting, or trapping." The Rat answered, "My friend, the store of provisions I have is small, and as I am not able to do much work, what little food I have to eat is kindly given to me by my younger brother the Long-Tailed Mouse, who is thus the means of keeping me alive." The man answered, "That is strange! We all know your younger brother is small and weak: so it does not seem likely that he should be able to gather such large stores of provisions as we see in your house." The Rat then reiterated his former statement. Before long the man said, "Well, my friend, I will now go home." The Rat commanded the door to open, and the man went out. As soon as he departed, the door shut again. On reaching his lodge the man said to his wife, "I think the Bush-tailed Rat steals food from our cellars. Keep a watch to-night and see if he comes." The woman went and opened ¹⁵⁰ the door of their cellar, and leaving it open, went inside and hid in a corner.¹⁵¹ Shortly after dark the Bush-tailed Rat arrived, and, entering the cellar, began to help himself to the provisions, which he gathered in a pile outside the door. He then went home and told his wife ¹⁵² that he found the door of one of the cellars open, and had taken out so much provisions that it would need their combined strength to carry them home. Consequently his wife accompanied him to the place and helped him to carry home his stolen goods. After their departure, the woman went in and told her husband, who in his turn informed all the people.

The next day all the people of the village repaired in a body to the house of the Bush-tailed Rat, who, seeing them coming, ordered the door to stand open. After they had all arrived and entered, the

IV. STORY OF THE BUSH-TAILED RAT!

48 *Traditions of the Nlaka'pamux*

Rat ordered the door to shut. The leader of the party then demanded of the Rat to explain where he obtained his abundant supply of provisions, and the Rat answered, "I have no provisions, and am sorry I cannot offer you anything to eat. If it were not for my younger brother the Long-tailed Mouse, who gives me food, I should be reduced to starvation." The man answered, "Why do you lie thus?" He grew angry and attacked the Rat with a spear. To avoid the man's savage thrusts, the Rat ran up and down the walls of the house, and along the roof, whilst his wife hid in a corner. Being sorely wounded, and hard pressed by the people, the Rat called to the door to open. He jumped outside and ordered the door to close again. Thus the people were all imprisoned in the cave. The Rat caused the roof and the walls of the house to fall in, and thus all the people were killed. The Bush-tailed Rat then left that part of the country, and took up his abode in another place, where he lived in a cave in the rocks, and killed all the people who went to visit him. He made the door of his house close on them, thereby crushing them to death. Eventually a man¹⁵³ went to the Rat's house, and placed a spear-head¹⁵⁴ horizontally across the entrance. The Rat called to the door to shut; but it could not do so, owing to this obstruction. The man then changed the Bush-tailed Rat into the animal known by that name at the present day, and cursed him, saying, "You will now be an ordinary bush-tailed rat, and you will be dependent for your livelihood on the refuse that you may steal from people's cellars. Your house hereafter will be only an ordinary hole between rocks, and the entrance will no longer open or shut at your command. You will also be glad to take refuge in the deserted habitations of people."¹⁵⁵



NOVEMBER CONTEST WEBSITE QUIZ

WIN A \$40 CANADIAN TIRE GIFT CARD

Submit your entry anytime in November and receive a card
(while quantities last).

NAME: _____ Circle your community
Cooks Ferry / Siska:

Where can you download the Medical Transportation Form on the website?

Answer: _____

Name one “Other Services” HHSS offers HINT: (scroll “Programs & Services”).

Answer: _____

Name one of 3 “Electronic Medical Records” listed on the website.

Answer: _____

What is happening on November 23 from 2-3 pm? You can find the answer on the “Event Calendar”.

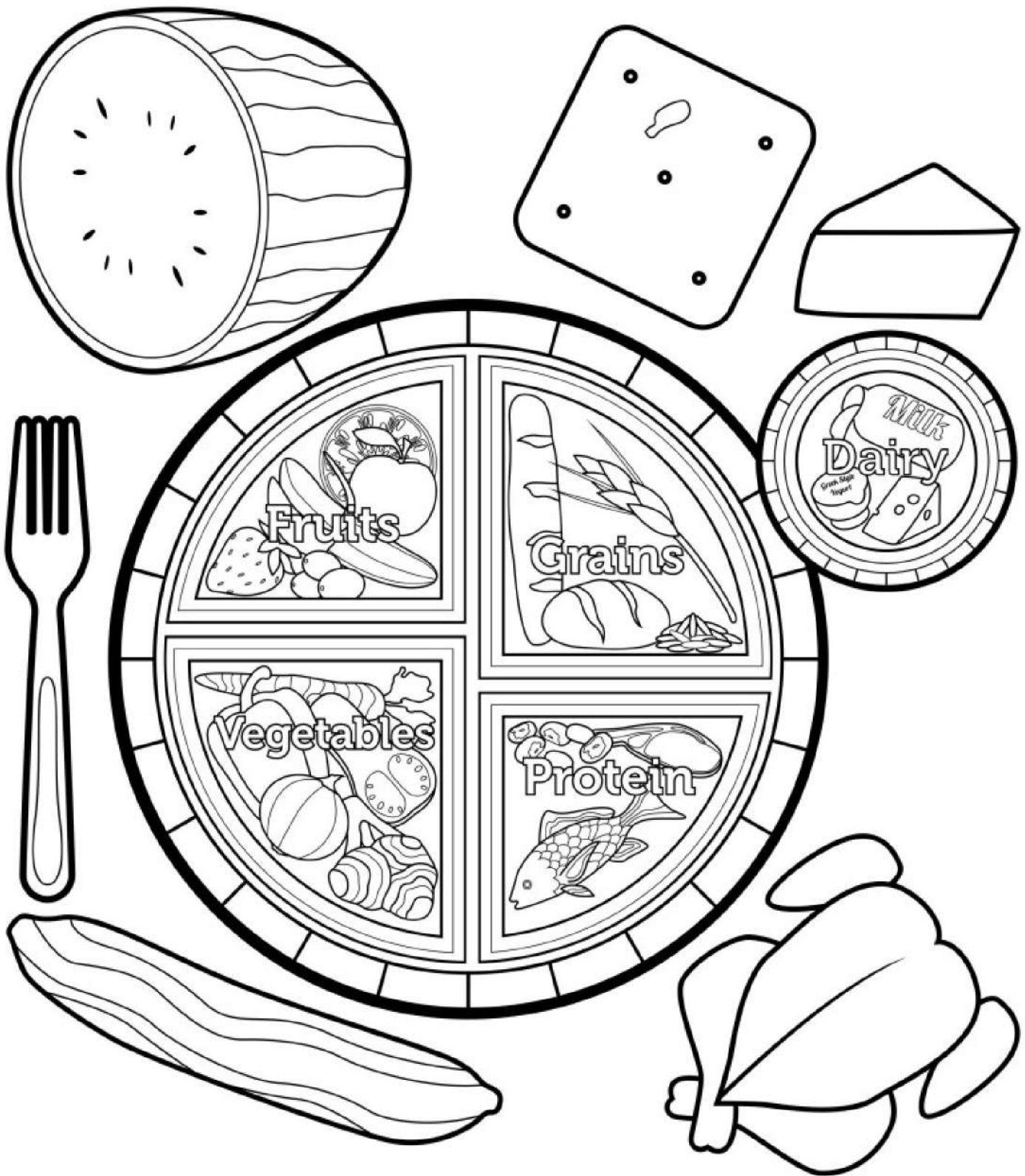
Answer: _____

Name one person you recognize from the website’s pictures.

Answer: _____

Good luck!





Choose **MyPlate**.gov

WIN A BEADED POPPY Page 36



Submit this completed form anytime in November
(while quantities last)

DIABETES WORD SEARCH:

NAME:

Community

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

neuropathy
exercise
monitor
fasting
insulin

medications
symptoms
Type two
hypoglycemia
Glucose

risk factors
cells
Testing
hyperglycemia
diabetes

My name:

Name of author:

My age:

Date submitted:

SUDOKU

A Game for Mathematicians

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

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

Nlaka'pamux Arts Council &
Spences Bridge Community Club



Christmas Craft Bazaar

SATURDAY NOVEMBER 18

10:00 AM - 3:00 PM

CHIEF WHISTEMNITSA COMPLEX

SPENCES BRIDGE

FREE ENTRY

SBCC RAFFLE

CONCESSION

SILENT AUCTION

\$5.00 TABLE (778-253-0277)

