

# HESKW'EN'SCUTXE

December 2023

Monthly Newsletter

Vol 1 Issue 11



*"Take care of yourself"*

## THEMES OF THE MONTH

Women Brain Health

Resources for Mental Health & Wellness



## CULTURAL TEACHINGS

Celebrating an Indigenous Winter Solstice

Read the Nlaka'pamux story recollected

by James Teit "The Raven"





# 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 wʔéxʷ weʔ láʔ 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 WINTER BREAK OFFICE CLOSURES

December 21, 11:00 am to 4:30 pm  
December 22, 2023 to January 2, 2024

Any health concerns while we are away?  
Please dial 811 to speak to a registered nurse  
or 911 for any emergencies.  
Have a safe and peaceful winter break!



*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  
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Home Community Care Nurse



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Nursing Assistant  
HCA



Home Care Aides  
Jessie Munro  
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Danielle Munro  
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Nadine Methot B.A.  
Administrative Assistant  
Medical Travel Clerk  
Cooks Ferry



Corynn Reveley  
Medical Office Assistant  
Medical Travel Clerk



Hazel Billy  
Custodian



Medical Drivers  
Martha Van Dyke



Dayton Arnett



Jean Mckay



Casual Support  
Christy  
Whittaker





# THEME OF THE MONTH

## Brain Health

By Corynn Reveley

Knowledge is power, following are reputable links regarding safety!

Here is a list of some useful links for brain health:

1. **Alzheimer's Association** - <https://www.alz.org/> - This website provides information about Alzheimer's disease and other forms of dementia, as well as resources for caregivers and those living with the disease.

1. **BrainHQ** - <https://www.brainhq.com/> - BrainHQ is a brain training program developed by Posit Science that offers exercises designed to improve cognitive function, memory, and attention.

1. **Brain and Life** - <https://www.brainandlife.org/> - Brain and Life is a website run by the American Academy of Neurology that provides information about brain health and neurological conditions.

1. **National Institute of Neurological Disorders and Stroke** - <https://www.ninds.nih.gov/> - This website provides information about neurological disorders and research related to brain health.

1. **SharpBrains** - <https://sharpbrains.com/> - SharpBrains is a research-based organization that provides information and resources related to brain health and cognitive performance.

## Healthy Brain Activities

### Board Games



### Puzzles



### Knitting / crafting



### Exercise / walk in nature



### Pow Wow, Dance







## MONTHLY REPORT

By Nadine Methot, Administrative Assistant

### WINTER SOLSTIS

As we welcome winter, we make time to gather with friends and family. Acknowledging the winter solstice is an act of decolonization for Indigenous people. The winter solstice is an opportunity for Indigenous people to reconnect to the natural world, sharpen the senses, and access your most powerful selves. In this newsletter you will find an article written in 2019 by Sarah Sunshine Manning about reintroducing the winter solstice in native culture.

### A YEAR IN REVIEW

2023 was a busy year for HHSS with the lingering effects of the Pandemic, hiring Cornerstone Planning Group to head the Health Plan, and hiring ICGE to develop policies for our accreditation process. We welcomed Pamela Jules and new medical driver Jean Mckay. Also joining us is Christy Whitaker, based in Merritt who will be a support to the Antko community. Danielle Munro graduated as a Home Care Aide from the Nicola Valley Institute in Merritt. We also hired John Tai, registered massage therapist and we continue working as a team to deliver services for the community and advocating with other health organizations to improve services available to better the health of membership living on and off reserve.

### WILDFIRES

They burned throughout BC and Siska community had to be evacuated in August. During that time, we received an order of air conditioners and air purifiers that were delivered to every household in both communities.

### MENTAL HEALTH

We have heard from the 10 year health plan draft, that mental wellness is something very important to community members. We have added additional support pages in this newsletter with FNHA and BC resources that we hope can help you, your family and friends. Do not hesitate to reach out to any of us as we are happy to assist you with any mental health support request,

### DECEMBER CONTEST

This month's contest focuses on gratitude. Let's reflect on all the positive things that we are grateful for. Several gift cards will be drawn. We hope you enjoy this contest. Wishing you a very Happy Winter Solstice. Try to go out on December 21 and rejoice in celebrating the last shortest day of the year!



# # Violence Stops with Me



Heskw'en'scutxe Health Services Society is joining in the campaign to end violence towards women and children. You will find in your newsletter bag, commitment sticks (dowels) and a FNHA booklet focusing on support to end violence against women. There is a stick for each member of your family. Join us in painting your commitment stick and keeping it in a special space in your home as a reminder to support victims of violence.

You may wish to share your commitment stick with us on social media. Please remember to use #violencestopswithme in your post. As Chief Charlene Belleau said “Lets stand together in putting an end to another generation of women and children to fall victims to a cycle of abuse and violence”. What fixes our communities are culture and leaders guided by tradition and ceremony, this is what can help us.

**“Lets stand together in putting an end to another generation of women and children to fall victims to a cycle of abuse and violence”.**

## Han Knakst Tsitxw Society

### I AM NO LONGER SILENT ON DOMESTIC VIOLENCE

**We Need Your Help** is a campaign brought to you by Han Knakst Tsitxw Society. 16 days of Activism Against Gender-Base Violence. You will find an orange hand print in your newsletter bag. Thank you for putting the orange hand in your car window, showing your support. The campaign is from November 25th to December 10th.







# 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: December 1**

**Cooks Ferry: December 20**

**Footcare with Suzanne, will be returning in January 2024**

**Note: Massages will return in late January 2024. Dates will be announced when made available. Have a peaceful winter break!**

## RESTORATIVE MASSAGE WITH JOHN TAI, RMT



**Cooks Ferry Walking Group / Fit Nation invites John for 30 minute exercise sessions**

I had the pleasure of attending the two exercise sessions in November with John.

We are a very small group and would love to see more of you join these activities.

We are learning several exercises, how to move our bodies while sitting on a chair. Stretching is important as our bodies age in order to stay limber, avoid atrophy and maintain balance, develop core strength. to prevent overall falls and build stamina.

Learn and practice home exercises!

For example:

Stretch, mobilize and condition a better you, mind and body.

**Date: December 13 from 1:00 pm to 2:00 pm**

**Location: Cooks Ferry Gym**

**Everyone is welcome.**

## Massages Dates

**Siska: Tuesdays December 6 and 19**

**1:00 pm to 4:00 pm**

**Cooks Ferry: Wednesday December 13**

**10:00 am to 1:30 pm**





## *Are you interested in creating a Cooks Ferry Band Ribbon Skirt?*

Elder and expert quilter Judy Service, would like to host a workshop for Elders wishing to make one of these gorgeous skirts. The goal is to wear it as a group at the 2024 Summer Elders Convention during the Opening Ceremony walk. This will only take place if funding is approved.

Please contact Judy Service for more information. She can be found at the old Band Blue Hall every Thursday 10-2 sewing away.



Elder Judy Service wearing her Cooks Ferry Ribbon skirt and daughter Tina Draney, Acting Health Manager of HHSS.





## Nlakapumx Arts Council - Piecemakers

This Arts Council has been growing since before the Elephant Hill fire. It is the initiative of Judy (Draney) Service, who is a Master Quilter. During the Elephant Hill fire, Judy, Norma Collins, Florine Walkem, and Verna Miller got together and made well over 200 quilts that were given to members of the Ashcroft Indian Band as well as members of the Boston Flats Mobile Home park who lost their homes in that fire. A special wall hanging was made and presented to the Ashcroft Fire Dept.

Cooks Ferry hosted a luncheon in Ashcroft Community Hall to present the quilts. If that wasn't enough, Judy and Verna proceeded to coordinate and make over 500 quilts for the victims of the Lytton fires and the Nicola River flood. We had assistance from one of the Kamloops PEO Chapters and Charlotte Wagner (who sewed for Western Canada Theatre). Our eventual goal is make quilts for our Health Center to provide comfort quilts for newborns, Elders and people with chronic health issues. We also make quilts as fundraisers for our Council.

While this is happening, we have secured the former Cooks Ferry Band Hall as our Studio. Jean York is also one of the leads in this initiative. Jean also prepared and submitted our 2<sup>nd</sup> proposal to New Horizons. Another initiative is to take on reconciliation by inviting townspeople to join us with any crafts that they like to do. We have beaders, knitters, etc. that routinely come to the studio. We would like to see more people join us. Our plan going forward is to provide a variety of programs, lessons, and workshops. Our initiative now is to look for more funding.

### Note: Classes Taught To Date:

Cradle making – Mary Williams

Drum making – Joe Thomas

Beginner Quilts – Judy Service

Feast Bag – Verna Miller

Ribbon Skirt – Jean York

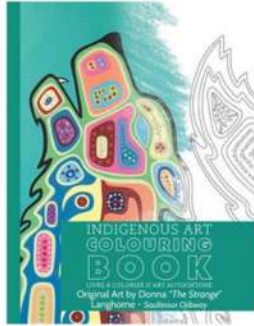




# COMMUNITY NEWS

## Wishing you all a very happy winter Solstice and winter break!

Each household will be receiving a gift package with a coloring book, puzzles, paint by number or cross stitch kit. Pour yourselves a cup of your favorite hot drink and make memories by spending time with friends and family crafting, puzzling away!



## NEW INDOOR FARMERS MARKET LOCATION & RETURN YOUR UNUSED FARMERS MARKET COUPONS



New Location for Indoor Farmers Market in Kamloops. The Mount Paul Community Centre located on the north shore. Market is on Saturdays from 10 am to 2pm.

This is the last month to return any unused farmers market coupons. You will be entered into a draw for a gift card. Bring them into our offices.

## 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.

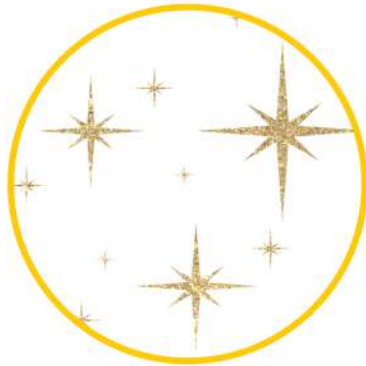
The cost is \$2.00 one way. Some residents may be eligible for free bus rides paid by the Social Development Department. Reach out to Mandy with any questions. Cash only.

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



# THE WINTER SOLSTICE FALLS ON DECEMBER 21

Read the complete article online: [ACKNOWLEDGING THE WINTER SOLSTICE IS A DECOLONIAL ACT FOR INDIGENOUS PEOPLE](#)



In the spirit of self care, community care, accessing our ancestral memory and our most powerful selves, here are 14 different ways that you and your loved ones can spend the winter solstice in observance of a natural phenomena that comes only once a year. Consult with elders and your own traditional teachings for guidance on the best ways to acknowledge this event and deepen your spiritual connection during this time.



1. TAKE THE DAY OFF OF WORK OR JUST SLOW DOWN AND REST
2. COOK AND SHARE A HEALTHY, COMFORTING MEAL WITH LOVED ONES
3. REFLECT ON THE PAST YEAR
4. GIVE THANKS FOR ALL OF YOUR BLESSINGS (Check HHSS December contest)
5. CLEAN AND HONOR YOUR LIVING SPACE BY DECLUTTERING

6. SHOW THE PEOPLE WHO YOU CARE FOR THAT YOU APPRECIATE THEM
7. CHANNEL YOUR CREATIVE ENERGY THROUGH ARTS, CRAFTS
8. DRINK NATURAL AND MEDICINAL TEAS
9. PRACTICE SPECIAL SELF-CARE RITUALS FOR SELF AND OTHERS
10. GO TO A CEREMONY, HOLD A PERSONAL MOMENT OF PRAYER AT HOME
11. PAY ATTENTION TO THE MOVEMENT OF THE SUN



12. LIGHT A FIRE
13. MAKE OFFERINGS
14. SET INTENTIONS FOR THE LONGER DAYS AHEAD

With warmth and solidarity, happy winter solstice.



# 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



# 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**

**Michelle will be in Cooks Ferry DECEMBER 4, 5, 6**

**2023**

Cooks Ferry COHI Children will be seen by Michelle and Danielle on December 5 at 4:00 pm in the gym. Please remind the school/bus to drop them off at the Band office. We will drive them home afterwards.







# Telehealth appointments



## Cooks Ferry Clinic with Doctor Shivkumar & Scarleth

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

**January 12 & 19**

Renew your medications, review your blood work

**PLEASE CALL NADINE TO BOOK AN \*APPOINTMENT  
\*YOU 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](#)  
[Kelty Mental Health](#)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](#)

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

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



### First Nations Supports

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

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

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

### Mental Health & Substance Use

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

### 811 Nurse

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

### Mental Health Supports

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

### Travel/Flood Info

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

### Lillooet Pharmacies & Services

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

### Lab Services

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



### Home & Community Care

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

### Interior Health

[MyHealthPortal](#)



### Public Health

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

### COVID Testing Clinics & Vaccination Information

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



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



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



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





### 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 that needs to be picked up, place an order or have any questions.





# Sharp Containers available at our offices



## Safe Disposal of Needles

Anyone who uses a needle should dispose of it safely.

Used needles are unsafe for the environment

However, sometimes discarded needles are found in public areas.

Safe disposal of needles saves others from getting hurt accidentally. Fortunately, the risk of being infected by an accidental needle stick is rare.

Consider using a sharp container. HHSS pays a company to dispose of the sharps in an environmentally safe way.

Sharp containers are available in all sizes at both offices.

Containers can also be found in both Bands public washrooms.





# Updated Medical Travel Form

**NEW: We are now requesting that you please sign your form**



## 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) (Circle) 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 MEDICAL OFFICE STAMP OR DOCTOR/RECEPTIONIST INITIALS**

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

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

I confirm this form is complete and accurate. Client Signature: \_\_\_\_\_



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

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

Email: [admin@hhssbc.ca](mailto:admin@hhssbc.ca) website: [www.hhssbc.ca](http://www.hhssbc.ca)



# Updated Medical Travel Form

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 per week per client = \$ \_\_\_\_\_

Weekly rate (7 nights+) \$425 per week per client with approved escort\* = \$ \_\_\_\_\_

Nightly Rate # of days (up to 6 nights) \_\_\_\_\_ X \$68 Adult/Child (5 yrs +) \$29 (0-4 yrs) = \$ \_\_\_\_\_

The rate of \$425 p/week is an inclusive rate for the Client & escort and applies only when the Client is an outpatient. An approved escort supporting a Client in the hospital will continue to access the weekly meal rate of \$283 p/week.

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'scutxke 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'scutxke 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'scutxke 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 - \$425 per week per Client and approved escort  
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'scutxke collects the details of each patient trip to submit them to the FNHA Program Services Officer each month.



# 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
- 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 List of BC Counsellors (25 pages) <https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf> (registered for Direct Billing)
- 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)
- HHSS Website <https://hhssbc.ca/mental-health/>



# MENTAL HEALTH & WELLNESS SUPPORTS

FREE MENTAL HEALTH AND WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

## 310 Mental Health Support ~ Call 310-6789

- Crisis Intervention and Suicide Prevention Centre of British Columbia
- Provides a toll-free number connecting callers to a BC crisis line, without a wait or busy signal. Offers emotional support, information on appropriate referral options, and a wide range of support relating to mental health concerns.

## Culturally-Safe Supports Available

### • FNHA DOCTOR OF THE DAY

First Nations Virtual Doctor of the Day provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment. Learn more at [fnha.ca/virtualdoctor](http://fnha.ca/virtualdoctor).

### • Indian Residential School Survivors Society (IRSSS)

A partner with FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit [www.irsss.ca](http://www.irsss.ca).

### • Counselling, cultural supports

Tsow-Tun Le Lum Society provides confidential outreach services such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit [www.tsowtunlelum.org](http://www.tsowtunlelum.org).

### • FNHA Virtual Substance Use & Psychiatry Service

A service providing virtual specialist support in addictions medicine and psychiatry. This service requires a referral from a health and wellness provider who can support the individual on their journey. First Nations Virtual Doctor of the Day can provide referral support for anyone who does not have a provider who can refer them to the program. The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

### 310-MHSU (6478)



**Call 310-MHSU if you need support for:**

- ongoing difficulties with mental health concerns including anxiety, depression, paranoia, psychosis, or if you're unsure if you need support
- ongoing difficulties with substance use
- does not replace 911 and other emergency/crisis lines



Interior Health





Some people experience symptoms of anxiety that are severe. Symptoms may consistently happen over and over again, affect someone's ability to do daily tasks, or affect how they get along with other people. These may be signs of an anxiety disorder.

Anxiety disorders can happen at any age and sometimes happen with other mental health, substance use, and medical challenges. Some people experience panic attacks, feel anxious all the time, or avoid daily activities because of intense feelings of fear.

**Why do I have anxiety? Feelings of anxiety can come from many areas in your life:**

**Examples:**



- Difficult, stressful or traumatic life events.
- Family history of anxiety disorders.
- Developmental challenges from childhood, like fetal alcohol spectrum disorder.
- Using alcohol and other drugs a lot or in harmful ways.
- Other physical health or mental health challenges.
- What can I do about anxiety?
- The first step for many people is talking to a friend or family member. It's also important to talk to a health care professional. No matter your age or stage of life, there are safe, trusted, culturally-sensitive resources and support available – to help you, a loved one, or a friend.



**Visit Anxiety Canada for information and supportive resources.**



- Download the free MindShift™ Cognitive Behavioural Therapy App.
- Call HealthLink BC at 8-1-1 for non-emergency health advice and help navigating services.

### **Anxiety Canada**

- Tools, resources, anxiety plans and courses to help anyone living with anxiety.
- First Nations Virtual Doctor of the Day
- Free access to primary and mental health care closer to home for First Nations people who have limited or no access to doctors.
- MindShift CBT App ~ Free app to help you develop helpful
- ways to cope with anxiety.



**24 hour crisis lines**

9-8-8 National Suicide Crisis Helpline

1-800-SUICIDE - 1-800-784-2433

Mental health support line - 310-6789 (no area code needed)

If you are in immediate danger, feeling unsafe or have taken action to harm yourself, please call 9-1-1.



**DISTRESS SERVICES**

<https://crisiscentre.bc.ca/distress-services/>

The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair

Our Online Distress Services are a resource where youth and adults in distress can:

GET HELP by having a real-time online chat with a trained volunteer, or by getting email support from the Crisis Centre's professional staff

LEARN MORE about common issues and concerns such as bullying, disordered eating, depression and self-harm

FIND RESOURCES by connecting to our online library of useful websites and community resources

We are here for you if you are worried about something, feel upset or confused, or you just want to talk to someone.

**Distress Services:**

9-8-8 National Suicide Crisis Helpline

Vancouver Coastal Health Region – Vancouver, Richmond, North Shore, Sea to Sky

call 604-872-3311

Toll Free – Howe Sound, Sunshine Coast, Bella Coola 1-866-661-3311

1-800-SUICIDE (BC-wide) 1-800-SUICIDE (784-2433)

Mental Health Support Line (BC-wide) 310-6789

Online Service for Youth [www.YouthInBC.com](http://www.YouthInBC.com)

Online Service for Adults [www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)

Seniors' Distress Line 604-872-1234

IT'S OKAY  
to get  
F'help?





# Month-Long Day Treatment

Incorporating a blend of traditional healing with evidence-based practices in addictions treatment. This program is offered to Indigenous people who are residents of British Columbia or Yukon.

## Prince George

Runs from February 1 - 29, 2024

Registration deadline: January 31, 2024



CARRIER SEKANI  
FAMILY SERVICES

**For more information and to register:**

Call 250-567-2900 ext 2001

Email [arp@csfs.org](mailto:arp@csfs.org)





# DRUG ADVISORY

**Fake Dilaudid tablets actually containing isotonitazene.**



Looks Like: 8mg Dilaudid tablets, Hydromorphone Tablets

Sold as: Dilaudid / Hydromorphone / Dillies

Contains: Isotonitazene (5%)

Risk: Very High risk of overdose

In effect until: November 21st 2023

**The only way to be sure a tablet is genuine is if you get it directly from a pharmacist. Otherwise, drug checking can help you find out.**

**Isotonitazene is equally or more potent than fentanyl. This means that these fake tablets may be 20+ times stronger than real Dilaudid / hydromorphone tablets!**

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

- Find drug checking locations at [www.drugchecking.ca](http://www.drugchecking.ca)
- **Start with a small amount and space out your doses**
- Be aware of risks if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site if available in your community (OPS)
- Carry naloxone and know how to use it
- Get the LifeGuard App - [lifeguarddh.com](http://lifeguarddh.com)
- Call 211 or visit [bc211.ca](http://bc211.ca) to find services near you

# 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

#### 2. Marching on the Spot (sitting)

1. March on the spot, raising each knee high.
  - Continue for 5-10 seconds. Rest.
  - Repeat for another 5-10 seconds. Rest.

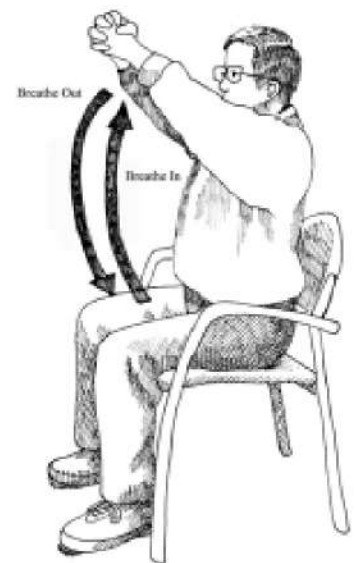
Too easy?

- March for 5-10 seconds, then rest, up to 15 times.
- Slowly do for longer (up to 2 minutes without resting).

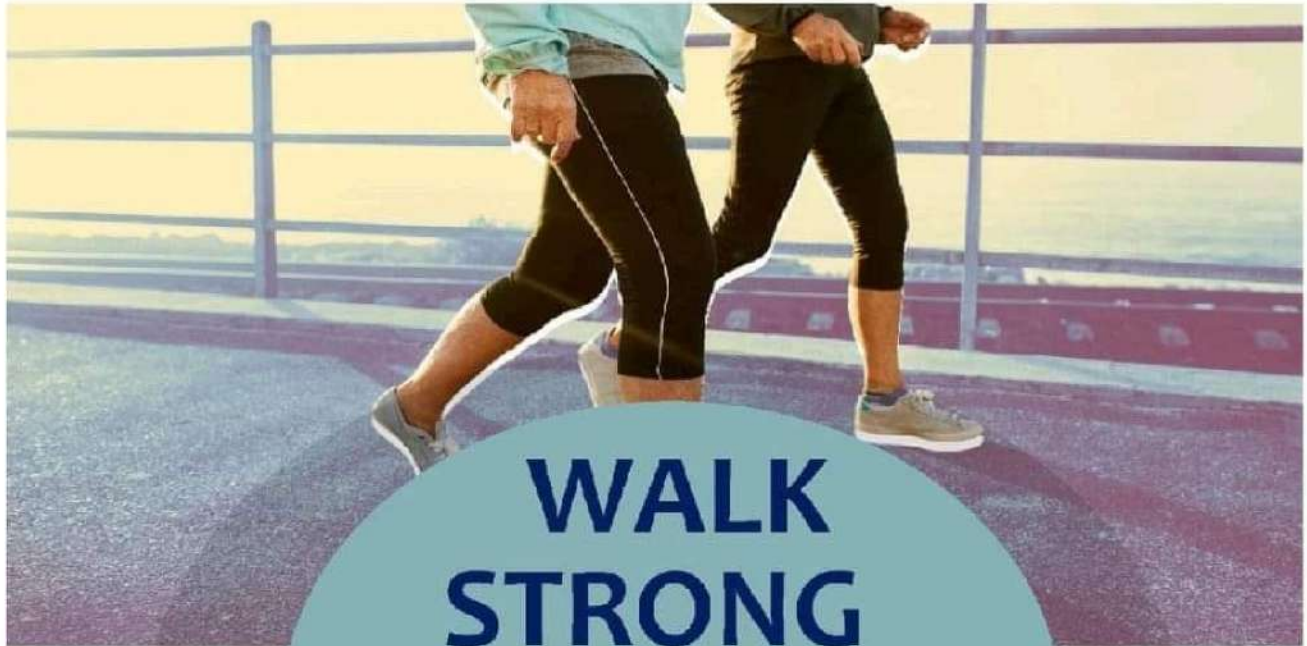


#### 3. Arm Raises and Breathing Activity (sitting)

1. Rest hands on sides of lower rib cage. Keep shoulders relaxed.
2. Breathe in through your nose. Feel your lower ribs move out.
3. Breathe slowly out through your mouth. Feel your rib cage relax. Do 3-4 more times.
4. Now, clasp hands together. Breathe in as you lift arms up (only as high as comfortable).
5. Breathe slowly out as you lower your arms. Do 3-4 more times.







# WALK STRONG

EXERCISE GROUP

**STARTING OCTOBER 4**

**WHEN: MONDAYS AND WEDNESDAYS**

**TIME: 12:00 – 1:00 PM**

Join us at Cook's Ferry Band Gymnasium on Mondays and Wednesdays,  
12:00 – 1:00 PM, for an indoor walking group and light exercise.

**Please wear comfy clothes and bring your exercise shoes – water bottles  
provided!**

Exercise group is open to all ages. All beginner and advance fitness levels welcomed.  
Come be active with others and share some laughs.

**FREE - No sign up necessary**

For more information, please contact Amanda Billy or Jolene Peters  
Phone: 250-458-2224



# WILLS & ESTATES INFORMATION SESSION

MONDAY, DECEMBER 11  
2:00 - 3:00 PM

OPEN TO ALL COOK'S FERRY BAND  
MEMBERS TO JOIN THIS INFORMATION  
SESSION IN-PERSON OR VIRTUALLY.

QUESTIONS? CONTACT MANDY CORMIER  
250-458-2224





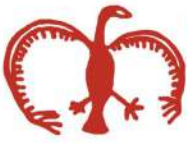
# Community Lunch Day



**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**



Cook's Ferry  
Indian Band  
Nlaka'pamux Nation

You will find the plastic white 5 gallon pail  
in the Cooks Ferry Kitchen.



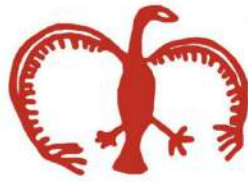
# COMPOST

PUT ALL FOOD  
LEFTOVERS  
IN HERE  
FOR WRAY'S FARM  
CHICKENS  
KUKCHEM!

# FOOD WASTE







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

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





A MEMBER OF THE PSA GROUP

# SKATE WITH *Santa*

 DEC 9 | 3:30PM - 5:00PM

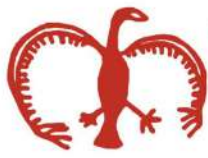
 DRYLANDS ARENA - ASHCROFT, BC

Join Ashcroft Terminal, Mr. & Mrs. Claus, and their friend the Grinch for a free afternoon skate!

Free hot chocolate, hot dogs and snacks.







Cook's Ferry  
Indian Band  
Nlaka'pamux Nation

Spences Bridge Community Club

# VOLUNTEERS NEEDED

## TO CLEAN UP AFTER COMMUNITY & ELDER'S LUNCHEONS DECEMBER 8, 2023 CHIEF WHITSEMNITSA COMPLEX

LET'S ALL DO OUR PART, CLEANING TOGETHER  
WILL GO FASTER.



2023 CPKC Holiday Train Sunday

December 17, 2023 at 11:15 a.m.

Enjoy music from Keisza and Tyler Shaw  
from 11:30 a.m. to noon.



Location: CPKC TMS Building on Station Road, Lytton

Please join us for our  
**Winter Solstice  
Celebration**  
December 21st, 2023 from 4 p.m. to 7 p.m. at the  
Nicola Canford Elementary Gym

**New Date and Location!**

Everyone is welcome! Come together to acknowledge the winter solstice, the longest night of the year. Join us for a community meal featuring traditional foods gathered over the past year. We are excited to showcase our immersive skits! Don't miss out on the captivating performances to be presented in nte?kepmxcín.

Gas cards are available for community members who travel to the event. Door prizes are also available to be won! For more information, please contact the office at 250-378-1864 or email [programs@cna-trust.ca](mailto:programs@cna-trust.ca).

To register, visit: <https://forms.office.com/r/33sSAUGFBS>

**Register now!** → 



# Lytton Elders Christmas Luncheon November 23, 2023

Rides provided by HHSS

'TIS THE SEASON TO BE  
JOLLY





## Venison Steak N Gravy Recipe

### ALL RECIPES (online)

Try this one on for size if you love shrooms, otherwise omit them. Serve with rice or mashed potatoes, and green beans. Now THIS is good eatin'!

#### Ingredients

- 4 (4 ounce) venison steaks
- 1 cup all-purpose flour
- 2 tablespoons ground bay leaves
- 1 pinch salt and pepper
- 4 tablespoons olive oil, divided
- ½ onion, chopped
- 6 fresh mushrooms, sliced
- 1 tablespoon minced garlic
- 1 (10.5 ounce) can beef gravy
- ¼ cup milk

Cut all fat and gristle off the meat, and pound each steak out with a meat tenderizer until they are thin but not tearing. In a shallow bowl, combine flour, bay leaf, salt and pepper. Dredge steaks in the flour mixture until evenly coated.

Heat 1 tablespoon olive oil in a large heavy skillet over medium heat. Saute onions until soft and translucent. Stir in mushrooms and garlic, and cook until tender. Remove from skillet and set aside. Heat remaining oil, and fry each steak for 2 minutes on each side, or until golden brown. Return onion mixture to skillet. Stir in gravy and milk. Reduce heat, cover, and simmer for 30 to 40 minutes. Stir occasionally to prevent sticking.





## XXXV. THE RAVEN

[Nkamtci'nEmux.]

*Collected by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia" Vol. 6 pages 89-91.*

A maiden who lived in Lytton refused all offers for marriage, much against the will of her parents. A young man, the Raven who lived in the distant country towards the east, knew of her by his magic power, and said to himself, "I will go and get the girl for my wife." Then by his magic he went to Lytton in half a night, and shortly after midnight entered the underground lodge in which the girl lives. He crawled up to her couch and awoke her, whereupon she struck him, telling him to go away, as she did not wish any man from that neighborhood (meaning her native place bracket to touch her.) But he replied to her, "I am not of your people. I came from far away. My name is Raven, and I have come to marry you." Then she consented to become his wife. He said, awake your parents, tell them that I wish to start home with you before Daybreak. She awakened them and told them, and also bade them not to tell the neighbors what had become of her. Before Daybreak the Raven departed from there with her as his wife, but did not give her parents any marriage presents. Shortly they arrived in the husband's country, where he hit her, for he did not wish his father, who was a great chief to know that he had married a strange woman. He said to his wife, I will prepare a house for us to live in, then I will come and fetch you. The houses in the country were like white men's houses, and the people had plenty of horses, and metal [money]. He then went some distance from his father's house, and, pulling a feather out of his wing threw it down, and immediately a house sprang up. On the second day he pulled another feather out of his wing, and this became food of many kinds and of great quantity. On the third day he did likewise, and at once there was a young male slave to cook for them.

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

## IXXXV. THE RAVEN

Meanwhile his father wondered at the new house which had so suddenly arisen, and sent his younger son to see who was there. He found his own brother in the house who told him, I am married and I have made this house to live in; at the same time he warned him not to tell their father. The young brother returned and said, "I do not know whose house it is. I could not gain admittance. Neither did I see anybody."

." At this the old man's curiosity was aroused, and the next day he went himself to look at it. He was surprised to find his son therein. The latter gave him to eat, and told him all the circumstances. The father said nothing but went home and told his wife everything, adding, I will kill my son, for he has displeased me. The Raven, however, already knew of his father's intentions and kept away. For four successive days the father went to kill the Raven, for each time found him absent. The Raven, who was annoyed at these attempts of his father on his life, said to his younger brother when they met, let us travel, at which his brother consented. They traveled towards where raven had hidden his wife. Her hiding place was surrounded by a deep chasm, which has was banned by a single long thin log, so that any person who attempted to cross was at once precipitated into the chasm below; for Raven by his magic cause this log, when trodden upon in the centre at once to turn over. The younger brother had left Raven along distance behind on reaching this place, and was surprised to see on the other side of that rasm a beautiful young woman washing herself. He did not know that it was his brother's wife, for Raven had not told him where his wife was hidden.

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



## XXXV. THE RAVEN

Being equally gifted in magic with his brother he bounded across the log and was immediately on the other side and then he went up to the woman and said, i should like you to become my wife she answered, certainly you must become my husband because you have seen my naked body. She then by her magic caused food to appear and they ate he told her that he was traveling with his brother to a distant country book, and asked her to accompany them.

No, she answered I cannot go with you, but I will help you, Anne forthwith gave him a long knife and a Scott sing, when you get tired and wish to ride, throw that down and it will become a horse. When you desire, command, an it will become screen. Then he went on his way in shortly through the down in it became a fine large Black Horse fleet of lamb on which he mounted, tying the large knife on one side saying to himself, when he sees me, my brother will wonder. Presently his brother overtook him, but did not say much, because he had already knew what had happened; But in his heart he resolved that he would kill his younger brother. Thus they went on in towards evening they neared a large village. The younger man suggested let us enter the village before it gets too dark; but the elder said, no we are too late period let us camp here and go into the daylight in the morning. The younger brother tide his horse to a tree, and presently they lay down to sleep period while the younger brother was sleeping, the Raven went to the horse, untie the large knife and returning, killed his brother with it by cutting off his head. Then he dug A shallow grave in the ground and buried the body.

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

## XXXV. THE RAVEN

In the morning he mounted the Black Horse and rode into the village where for several days he road races, beating everybody, and obtaining great wealth. He also found favor with the chief of the village, who gave him his daughter to wife. The evening afterwards while the raven was eating with his new wife and his parents in law, the younger brother who had in the mean time come to life again, appeared in the doorway and saluted him, saying, i have been looking for you. Raven did not answer for he was ashamed, but at the links invited his brother to eat which he did, an after finishing went outside. The night the horse which the Raven had taken disappeared, the younger brother being seen next morning riding him out of the village, and afterwards nothing more was known of him.

Then the Raven took his new wife and returned home. He put her in the house he had formerly built, and made a new one in another place for his wife from Lytton. He lived with both his wives, time about, and neither of them knew of the other period afterwards his first wife said that she wished to see her people and her country again, and the raven accompanied her to Lytton, where he stayed with her for a time period they had at the time several children. He built a new house for her there, an on departing left plenty of food, and many toys for the children. He said he would return for her very soon, but did not come back.



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



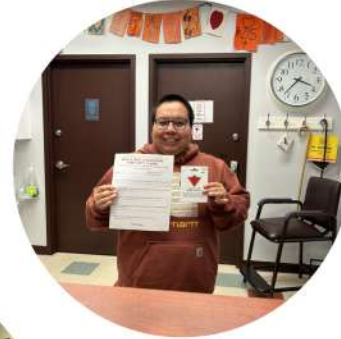
# NOVEMBER CONTEST RESULTS



## Diabetes Word Search Winners of Beaded Poppies

Norma Collins  
Daniel Wilson  
Dale Wilson  
Britney Shipman  
Tracey Carlson  
Madelyn Albert  
Jean York  
Jolene Peters  
Regina Pierre  
Anna Marie Adams  
Florine Walkem  
Jodi Cure  
Will Paul  
Amanda Billy

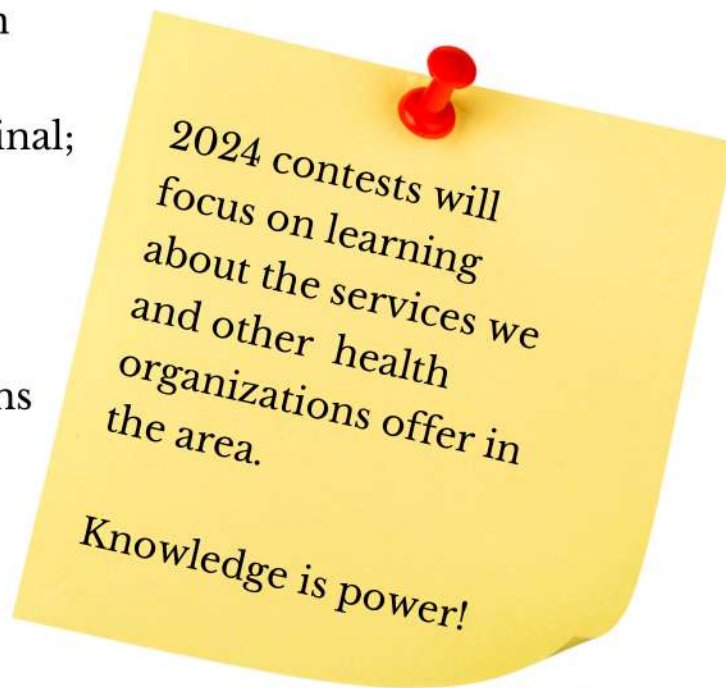
Annette Albert  
Bernice Anderson  
Faro Albert  
Teresa Thomas  
Gwendolyn Cardinal



## HHSS Website Questionnaire Winners of a \$40 Canadian Tire Gift Card

Brittney Shipman  
Ashley Shipman  
Madelynn Albert  
Faro Albert  
Teresa Thomas  
Trinity Thomas  
Eddy Peters  
Wilfred Paul  
Dale Wilson  
Tamara Munro  
Scott Paul  
Aiden Paul  
Lena Nicholson

Jolene Peters  
Bernice Anderson  
Amanda Billy  
Gwendolyn Cardinal;  
Annette Albert  
Florine Walkem  
Rose Dunstan  
Anna Marie Adams  
Jodi Cure  
Guy Dunstan



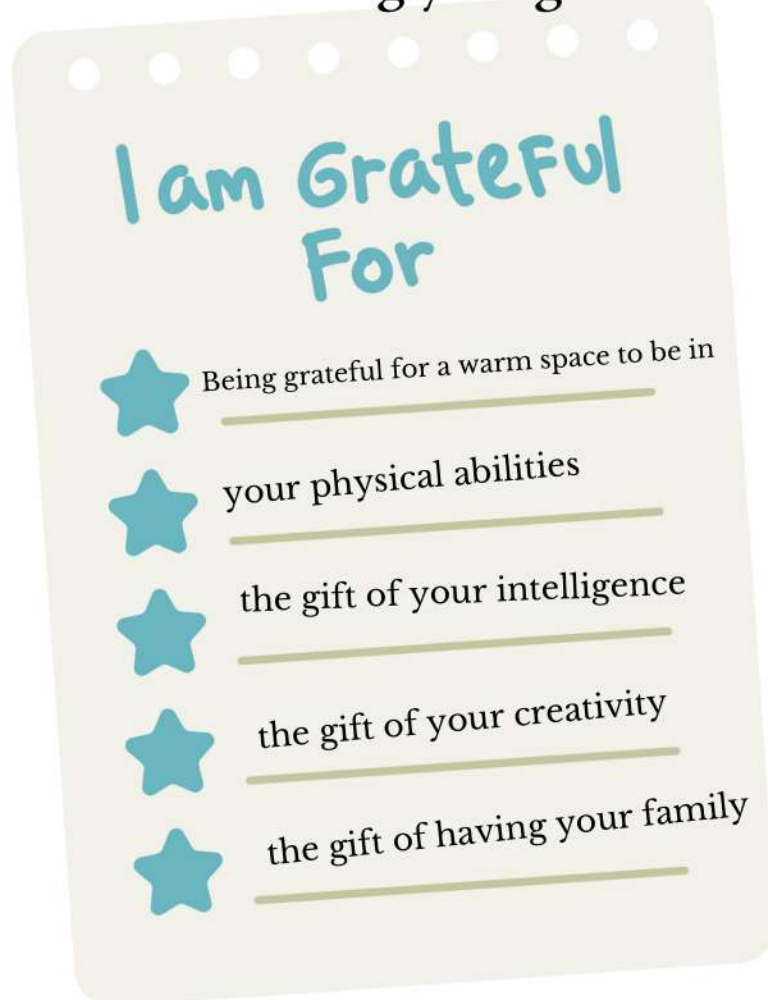
2024 contests will focus on learning about the services we and other health organizations offer in the area.

Knowledge is power!

# Gratitude List Contest

Share five things that you have been grateful for this past year.

There is no limit to how long your gratitude list can be!



Open to on and off  
reserve

Cooks Ferry  
& Siska members!

Email, text, fb msg, or call us with your list  
by December 19th, 2023.

**Win a Cabela Gift Card! \$500, \$200, \$100 denominations  
or a Walmart Gift Card \$100 denominations**

**Draws on Tuesday December 20**

admin@hhssbc.ca

250.458.2212 / 250.455.6601







Share 5 things you were grateful for in 2023

Submit by December 19, 2023

I AM SO GRATEFUL



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*Frwm*

# NEWSLETTER ACTIVITIES & GAMES

## Sudoku Puzzle

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

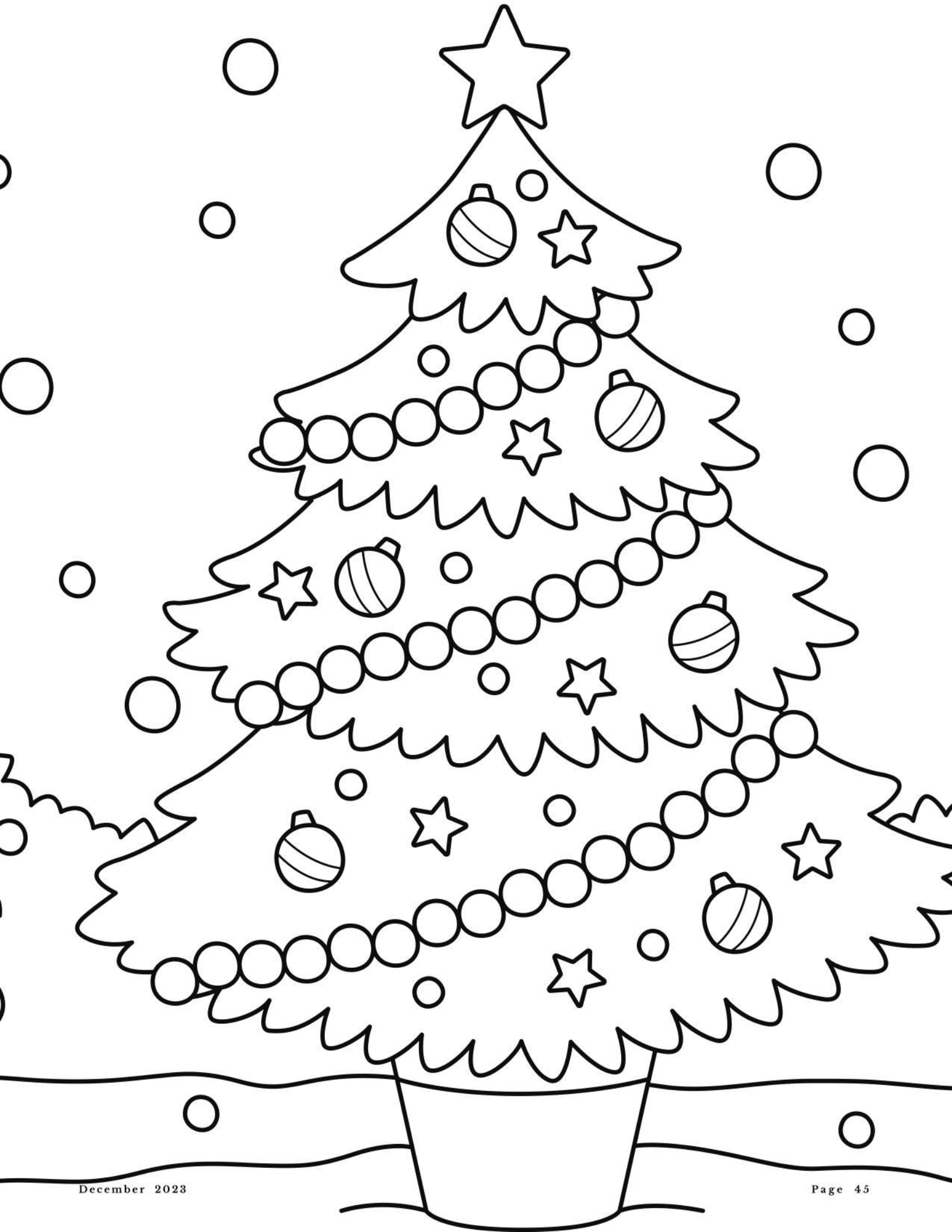
	5		7					
	4		3			7		2
	9	7	4	6		8		3
		9			2			5
4	6			7			8	9
3			1		6			7
5				8		9	6	1
1			9		4			
	2	8		1			7	

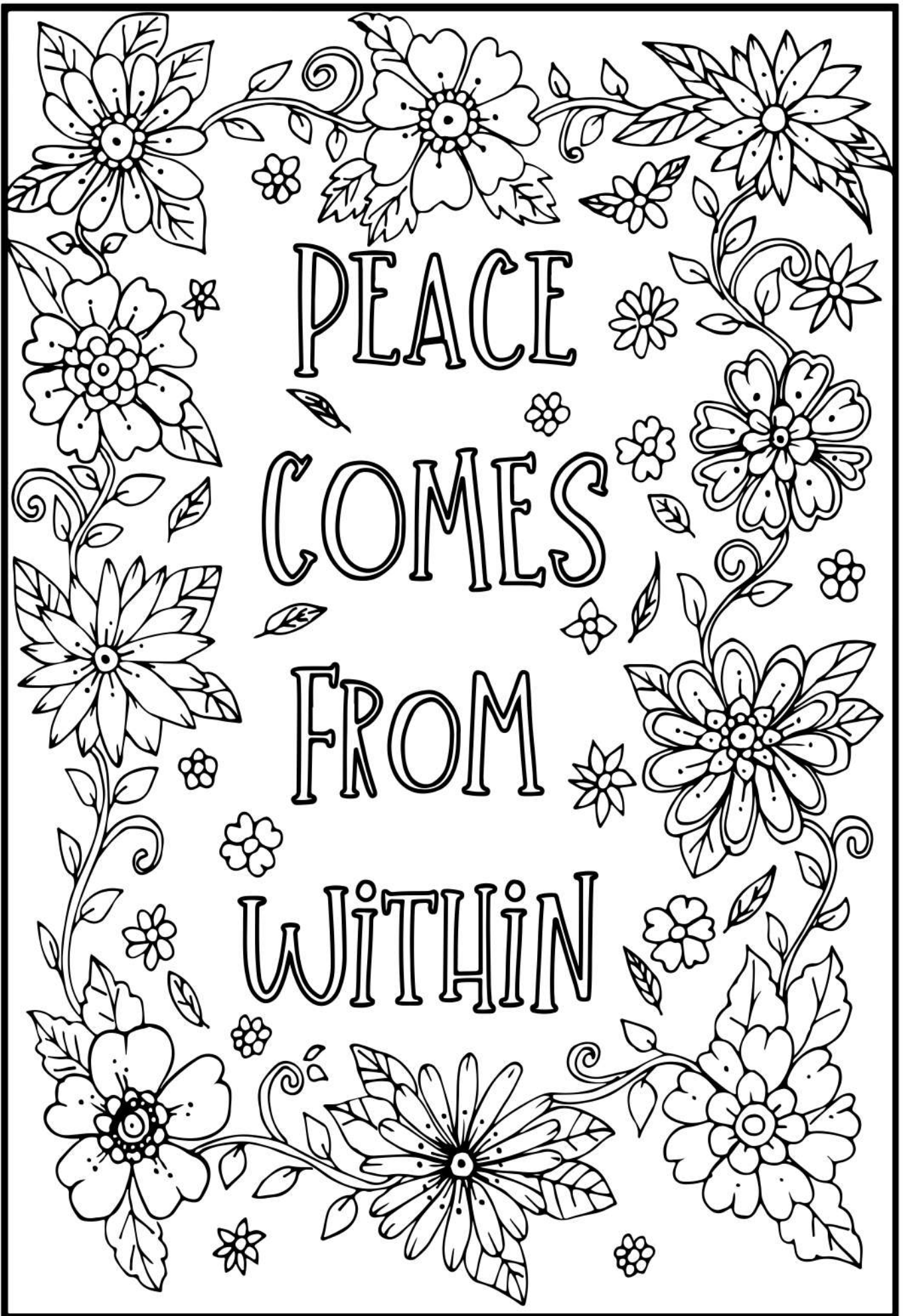
							1	
2	7	4			8		3	
	5		2	7	6	8	9	
	8			1		4		5
	3		9		5	7		
4	1				7	3		
5				2	9			3
	4	1	8				7	2
3				6				8

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

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







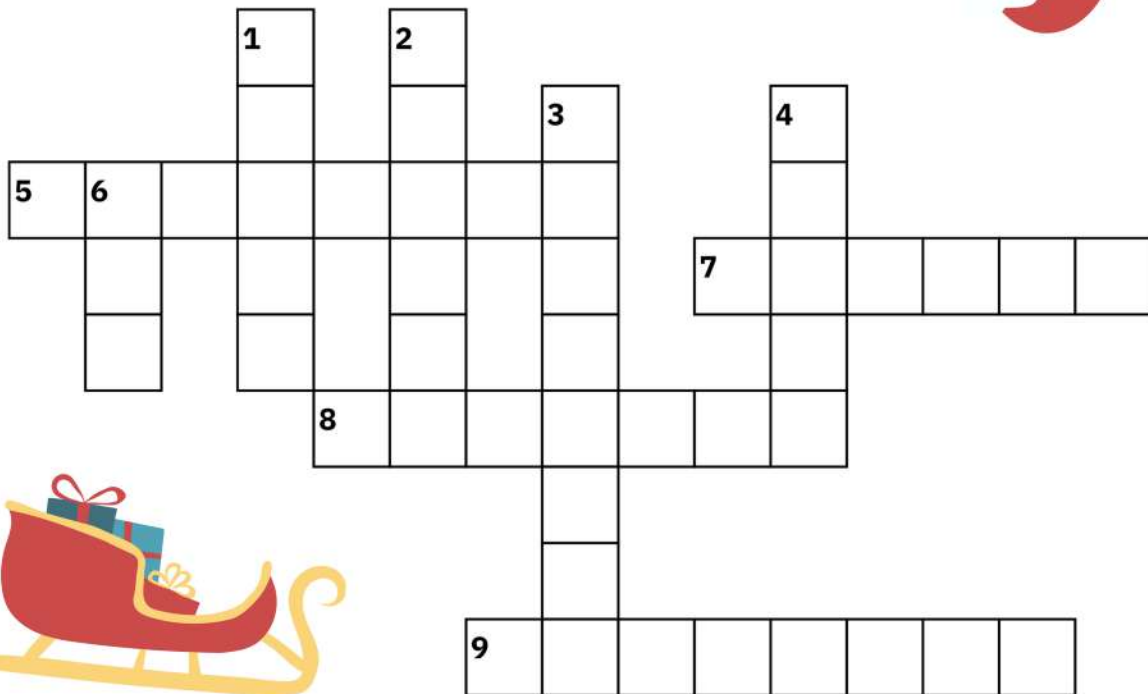




# Christmas Crossword



Read the clues and fill in the crossword grid.



## Across

5. a special animal with antlers that help Santa pull his sleigh at Christmas
7. a special sled that Santa rides on while delivering presents
8. a tall, narrow space in the house where Santa is said to come down to deliver presents
9. a big sock that children hang by the fireplace for Santa to fill with gifts

## Down

1. a kind man who wears a red suit, has a white beard, and brings presents to children at Christmas
2. a circle made of leaves or flowers, often hung on doors during Christmas
3. a small, pretty decoration used to decorate the Christmas tree
4. a plant with shiny green leaves and red berries, used for decorations at Christmas
6. a magical tiny person who helps Santa make toys at the North Pole

