

HESKW'EN'SCUTXE

January/February 2024

Monthly Newsletter

Vol 2 Issue 1



"Take care of yourself"

Pink Shirt Day
Lung Health
Casual Medical Driver Wanted!

Mental Health Resources

THEME OF THE MONTH
Brain Health

CULTURAL TEACHINGS

Read the Nlaka'pamux stories recollected
by James Teit “





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, Heskwen'scutxe Society pronounced w?éxw we? lá? which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

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

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

Office Closure
Family Day
Monday February 19



Wear your Pink Shirt

Anti Bullying Day
Wednesday February 28

Check out the list of February contests on pages:

Return your meds: (gift) page 9

Act of Kindness (draw) Page 11

Coloring page (draw) (pages 46,47,48)

Brain Quiz: (draw) Page 49



*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



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Cook's Ferry



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Siska



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HCA



Danielle Munro
HCA



Nadine Methot B.A.
MOA, Admin Assistant
Medical Travel Clerk
Cooks Ferry



Corynn Reveley
Medical Office Assistant
Medical Travel Clerk
Siska



Hazel Billy
Custodian



Medical Drivers
Martha Van Dyke



Dayton Arnett



Jean Mckay



Christy Whittaker
Casual Support

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



THEME OF THE MONTH

Brain Health

By Corynn Reveley

Knowledge is power, following are reputable links for brain health.

Maintaining good brain health is essential for overall well-being. Fortunately, Canada has plenty of resources available to help individuals achieve this goal. Here are some of the top brain health sites in Canada that you can explore:

1. **The Canadian Centre for Aging and Brain Health Innovation:** This organization focuses on improving brain health for older adults through research and innovation. They offer a range of resources and programs aimed at enhancing cognitive function and promoting healthy aging.
2. **Brain Canada:** This non-profit organization is dedicated to promoting brain research and raising awareness about brain health. Their website provides information on brain disorders and resources for managing brain health.
3. **The Centre for Addiction and Mental Health:** This leading mental health and addiction organization offers a range of resources for improving brain health. They provide information on mental health conditions, tips for maintaining a healthy brain, and resources for accessing treatment.
4. **The Alzheimer Society of Canada:** This organization is dedicated to improving the lives of individuals affected by Alzheimer's disease and other forms of dementia. They offer support services, education programs, and resources for managing the condition and maintaining brain health.

Link

Addresses:

1. **cabhi.com**
2. **braincanada.ca**
3. **camh.ca**
4. **alzheimer.ca/en**



**Do the Brain Health Quiz
on page 49 and win a
prize!**

Listen to your lungs

Are you huffing and puffing, hacking or crackling? Those lungs might be giving you a noisy wake-up call. Lung disease affects millions of Canadians. And our asthma rates are among the highest in the world.

Take our two easy online tests below to figure out what your lungs could be telling you. Don't ignore the symptoms that might be right under your nose.

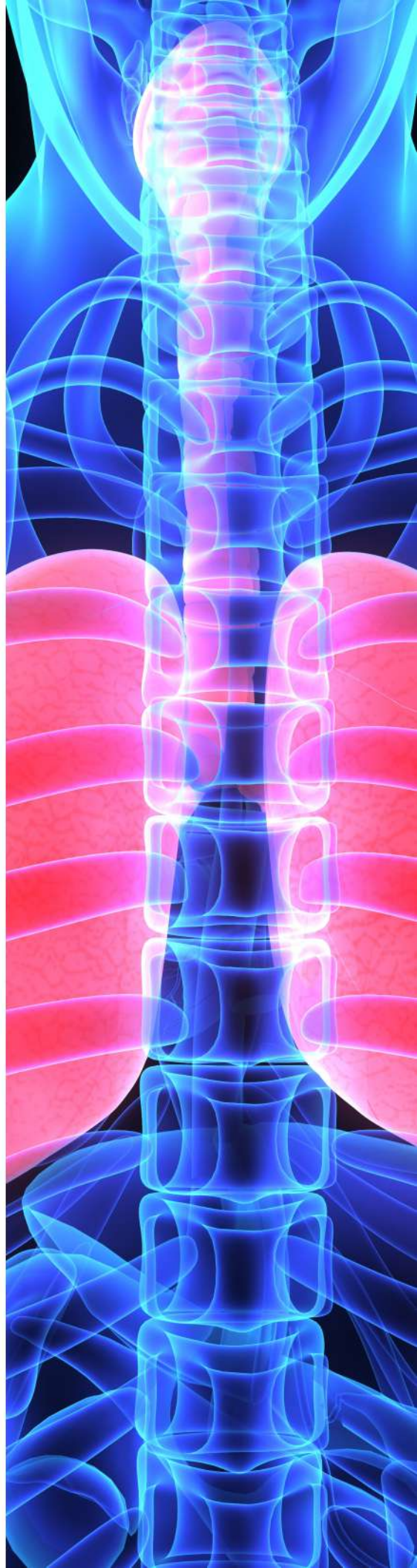
Take the Lung Health Check

Check in with your chest

It may be tempting to overlook things like a nagging cough or slight wheeze, but they can be early warning signs of lung disease. Let's take a few minutes to check out how healthy your lungs really are. Answer these nine simple questions to find out the state of your respiration.

If you, your child or other family member answers YES to ANY of the following questions, contact a healthcare provider. Do you:

1. Currently smoke?
2. Cough regularly, with or without mucus?
3. Cough up blood?
4. Feel short of breath at rest, during physical activity or sports? (compared to others of a similar age and fitness level)



5. Wheeze (whistling sound in chest) or get chest tightness or chest pain?

6. Have any of these symptoms at work or school:

- Cough
- Wheeze
- Chest pain
- Shortness of breath

7. Wake up in the night with any of these symptoms:

- Cough
- Wheeze
- Chest Pain
- Shortness of breath

8. Get frequent colds that last longer than those of other people? Do your child's colds last longer than other children's

9. Snore loudly or have pauses in your breathing during sleep? Tired after a normal night's sleep or sleepy during the day?

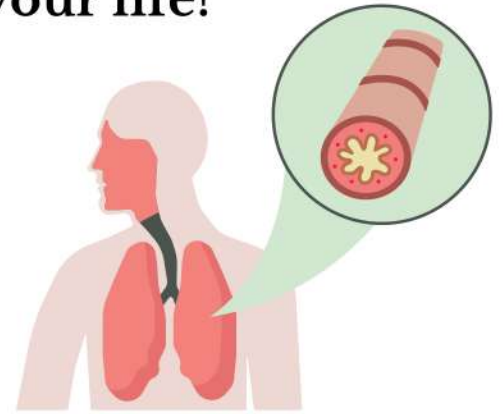


Does asthma make you feel like a fish out of water? Don't let it take over your life!

With a little TLC and attention, you can take control of your asthma and show it who's boss.

Keep tabs on your symptoms, and don't be shy to reach out to your doctor.

Here are some clues to watch out for:



1. Do you need to puff your inhaler more than twice a week?
2. Do asthma symptoms like coughing, wheezing, or shortness of breath intrude more than twice a week?
3. Does asthma make you feel like skipping your gym sesh or sports practice?
4. Does asthma wake you up at night at least once a week? If so, are the symptoms mild?
5. Have you missed work or school days due to asthma in the last month?
6. Do you get asthma flare-ups, like worsening cough, wheeze, or shortness of breath?

If you answered yes to any of these questions, it's time to have a chat with your healthcare provider about the right medications for you. And hey, if you ever need a little extra support, call the Lung Health Line or drop us an email. We've got your back!

Speak to a Certified Respiratory Educator about your results – it's free! Call the Lung Health Line at 1-888-344-LUNG (5864), or email us at info@lunghealth.ca



SHOPPING DAYS

Siska: Friday March 1

Cooks Ferry: Wednesday February 28



FOOTCARE WITH SUZANNE

Cooks Ferry : February 20

Siska: February 22

RESTORATIVE MASSAGE WITH JOHN TAI, RMT

Please see the poster about massages

Massages Dates

Siska: Tuesdays February 13 & 27 from 1:00 pm to 4:00 pm

Cooks Ferry: Wednesday February 13 & 28 10:00 am to 1:00 pm

RETURN YOUR UNUSED OR EXPIRED MEDICATIONS



It is important not to toss meds in the garbage or toilet. Lets keep our land and water safe and clean! Bring your expired meds to the office and we will dispose of them for you. Everyone returning meds, will receive a gift. (1 gift per household).

MEDICAL TRAVEL REMINDER: HHSS is Looking for Medical Drivers!



Do you know anyone who would like to join our medical driver team? Please check our job posting in this newsletter and social media and share it with anyone you see fit for this work!



We heard you!



Some community members have shared that the massages received have been uncomfortable and have been cancelling appointments as a result.

We have shared your feedback with John and please review his response below. We hope you can give John another try as your comfort is important to all of us.



John: I will definitely communicate better with clients throughout the massage.

My first comment to clients on the initial consent is to inform the massage should be comfortable. While change is not necessarily pleasant it needs to be comforting and manageable.

Knowing our clientele is also at a stage where correction may not be ideal, I will focus on supporting and comforting their status quo unless otherwise indicated.

Pink Shirt Day

Helpful Links & Contest



Bullying does not only happen in schools, it can also happen in work places.
Learn to recognize the signs of work bullying.

Government of BC

<https://www2.gov.bc.ca/gov/content/ca-reers-myhr/all-employees/working-with-others/address-a-respectful-workplace-issue/define-discrimination-bullying-harassment>

A large, light pink t-shirt is shown at an angle, tilted to the right. It features black text that reads: "Do you have an act of kindness you'd like to share? Send us your: reel, photo or email your story with a description of your act of kindness. Win a gift card! Lots of consolation prizes! Email to: admin@hhssbc.ca Draw on February 28th Open to on and off reserve Cooks Ferry & Siska members".

Do you have an act of
kindness you'd like to
share?
Send us your:
reel, photo or email your
story with a description of
your act of kindness.

WORKSAFE BC

<https://www.worksafebc.com/en/health-safety/hazards-exposures/bullying-harassment>

Win a gift card!
Lots of consolation prizes!
Email to: admin@hhssbc.ca
Draw on February 28th

Open to on and off reserve
Cooks Ferry & Siska
members

CHILDREN & ADULT ORAL HEALTH INITIATIVE

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

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

Michelle will be in Cooks Ferry

Monday April 15

1 p.m. to 5 p.m.

Tuesday April 16

8:30 am to 5:00 pm

Wednesday April 17

8:30 am to 11 am

Please call Nadine and book your
free dental cleaning, X-rays or if
you have any concerns about your
teeth!

250.458.2212



First Nations Health Authority
Health through wellness

Are you looking for a doctor in Merritt?



2 NEW DOCTORS ARE COMING IN APRIL & SEPTEMBER AND WILL ACCEPT NEW PATIENTS

Anyone looking for a doctor in Merritt needs to call 811 and get their name on the list. First Nations will be prioritize.

The Coquihalla Primary Clinic

Tel: 778-661-0355

Address:

1802 Chapman Street, PO BOX 3090,
Merritt, BC

CALL 811 TODAY!



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



Rural and Remote
Division of Family Practice
An FPC initiative

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.

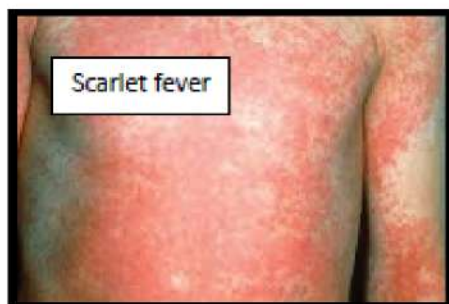
Did you know British Columbia is experiencing higher levels of streptococcus A infection among children?

What is streptococcus A?

- A type of bacteria sometimes found in the throat or on the skin
- Very contagious
- Most people remain symptom free
- Can cause severe illness and be life-threatening (since mid-December, BC Centre for Disease Control has received reports of four deaths in children under the age of 10 where streptococcus A was identified alongside viral respiratory illness)
- Treatable with antibiotics

What are diseases caused by streptococcus A?

- Strep throat
- Scarlet fever (high temperature, sore throat, swollen neck glands, rash)
- Impetigo (infection of the skin that is common in children)
- Cellulitis (redness, swelling, and pain in an infected area of the skin)



Prevention

While there is no vaccine to prevent group A streptococcal infections, there are things you can do to prevent illness in general including:

- Clean hands regularly
- Clean wounds and watch for signs of infection
- Stay up to date on your immunizations including getting the updated COVID-19 and flu vaccines

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.





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](#) 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



Urgent and Primary Care Centre

7 days a week from
8:00 am– 8:00 pm
including statutory holidays

Other service offered in the Ashcroft Health Centre

- Primary Care
- Home Health
- Opioid Agonist Therapy
- Mental Health Substance Use
- Long Term Care

All services located in the Ashcroft Health Centre

700 Ash– Cache Creek Hwy

Phone Number
250-453-2211

All services located in the Ashcroft Health Centre

700 Ash– Cache Creek Hwy

Phone Number
250-453-2211



ASHCROFT URGENT AND PRIMARY CARE CENTRE (UPCC)



**IF YOU ARE EXPERINCING A LIFE
THREATENING ILLNESS OR INJURY
CALL 911**

Ashcroft Urgent and Primary Care Centre

How to Access Care? What is Team-Based Care?

What services are offered at the Ashcroft Urgent and Primary Care Centre?

Serves patients with urgent, non-life threatening illnesses or injuries that need attention within 12-24 hours.

Monday to Friday services are offered through a team of nursing and allied health staff.

Saturday and Sunday full primary care services are offered by physicians in addition to nursing and allied health staff.

The full primary care services are expected to expand to 8 a.m. to 8 p.m., seven days a week, 365 days a year.



IF YOU ARE EXPERINCING A LIFE
THREATENING ILLNESS OR INJURY
CALL 911

To book an appointment, please call the Ashcroft Urgent and Primary Care Centre at 250-453-2211.

Drop in visits are available and serve patients with urgent, non-life threatening illnesses or injuries and will be seen based on urgency.

*To connect with the
Aboriginal Patient Navigator
call 250-453-2211
for an appointment*

Can I have a virtual appointment?

Patients can be seen via phone or video; however your health concern may require an in-person visit.



A team of health care professionals with different backgrounds working together for the best medical outcomes.

You will see a professional depending on your health care needs. Even though you may only see one professional at a time for your appointment, information will be shared with the team to support your health goals.

Who may be part of the health care team at the UPCC?

- You
- Registered Nurses
- Medical Office Assistants
- Aboriginal Patient Navigator
- Social Worker
- Licensed Practical Nurses
- Physiotherapist
- Physicians
- Nurse Practitioners
- Clinic Manager





What is Hospice?

Caring people working in co-operation with physicians and other members of the health care team to offer palliative care to the terminally ill and support to their family.

Hospice also includes grief support services and programs

Who can Receive Hospice Care?

Persons who are suffering from a disease that is no longer responsive to treatment aimed at a cure.

Persons who are grieving the loss of a loved one.

What do Hospice Volunteers Do?

- Visit the palliative care persons in their home, in hospital and or nursing home.
- Provide companionship to clients and their families.
- Offer time-out for family members.
- Listen
- Provide Bereavement support individually or in our drop –in self-help group, “Living with Loss”.
- Respect confidentiality and the wishes of the ill person.

Cost of Hospice Service

There is no charge for Hospice services. These services are provided by volunteers who are member of the Merritt & District Hospice Society.

What Happens When I Contact the Merritt & District Hospice Society?

The Hospice Co-ordinator will meet with you and explain the Program and learn your needs.

Who can make a referral?

- Family member
- Physician
- Friend
- Patients themselves

The Merritt & District Hospice Program is generously supported by:



Nicola Valley Health
Care Auxiliary
www.nvhealthcareaux.ca



and
DONATIONS

Library of Books, Pamphlets & DVDs

The Merritt & District Hospice Society has a library of books, pamphlets and DVDs on palliative care, grief support and related topics.

Topics for palliative care include

- ☑ Comfort and caring for a dying person
- ☑ Death and dying
- ☑ Talking to a dying person
- ☑ Healing after a death
- ☑ Suicide
- ☑ Death of a child

Topics of grief include:

- ☑ Talking to grieving person
- ☑ The journey of grief

Please visit or call the office to look over our selection or to arrange a convenient time to visit our library.

Contact:
Hospice Co-ordinator
250 280 1701

Office hours:
Thursday 9:00 am to 12 noon

Office Location:
#12 -2025 Granite Avenue
Merritt, B.C.

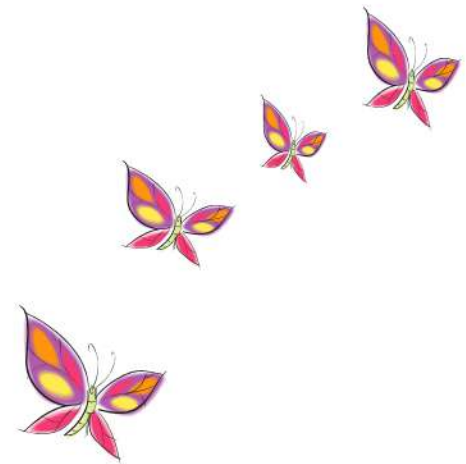
Mailing Address:
3451 Voght Street
Merritt, B.C. V1K 1C6

Email: merritthospice@shaw.ca
Website: www.merritthospice.org
Merritt Hospice | Facebook

Merritt & District Hospice Program



A Special Kind of Caring



No one should die or grieve alone

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 1.800-588-8717
- 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
- Diana Lepine-Thomas and@nlxfn.com
- Stacy Hebner (Child counsellor) hebner.s@nlxfn.com
- Melissa Dexel (Child counsellor) Dexel.m@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 (on leave until March 2024)
- Siska Location: Yolanda Hall (Counsellor) yjhall@telus.net
- HHSS Website <https://hhssbc.ca/mental-health/>



INTERIOR REGION
First Nations Health Authority

24-HOUR WELLNESS SUPPORTS

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy



INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE
1-800-721-0066



TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE
1-888-403-3123



YOUTH HELP LINE

TEXT CONNECT
TO **686868**



KUU-US CRISIS LINE SOCIETY

TOLL-FREE LINE
1-800-588-8717
YOUTH-SPECIFIC LINE
1-250-723-2040



Interior Health

INTERIOR HEALTH CRISIS LINE NETWORK

TOLL-FREE LINE
1-888-353-2273

INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SUPPORT

Call **#310-MHSU (6478)** to reach the nearest Interior Health Mental Health & Substance Use Centre.

Monday-Friday, 08:30-04:30pm

FOR MORE INFORMATION, SEE:



WWW.FNHA.CA/BENEFITS/MENTAL-HEALTH

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.

- **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.



- **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.

- **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.

You can also book an appointment with Nurse Scarleth and get referred to Interior Health resources.



HELP STARTS HERE



**LIFE
CAN BE
HARD.**

**FINDING HELP
CAN BE EASY.**

**Dial or Text 2-1-1
bc.211.ca**

Free | Confidential | 24/7
150+ Languages



World Suicide Prevention Day

If you are having thoughts of suicide, or are worried for a loved one, you are not alone. There is help.

Call 811, day or night, seven days a week, or go online to ahs.ca/preventing-suicide.



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

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

Online Service for Adults www.CrisisCentreChat.ca

Seniors' Distress Line 604-872-1234

IT'S OKAY
to get
Help?

Outpatient Withdrawal Management (Detox) Services



We are a team of nurses working together with other community based services including physicians, Peers, and others, to provide you with caring, and compassionate planned withdrawal management services.

**Mental Health &
Substance Use Services**

**For more information
call 310-MHSU (6478)**

Available in:
Kamloops
Kelowna
Penticton
Vernon



824191 Jun 2-23

Outpatient Withdrawal Management (Detox) Services support you to withdraw from or reduce alcohol use. We can also support you to stabilize on OAT therapy if you need additional support to do so and are referred by a local OAT provider.

We can offer you prescription medications to support you with withdrawal/detox symptoms and your recovery goals. We can provide this care face to face, virtually, and in your home.

Who would benefit from outpatient alcohol withdrawal management (detox)? If you live in the Kamloops, Kelowna, Vernon or Penticton area and...

- want to withdraw from alcohol and need support to do so safely
- have access to safe housing
- have a support person for the first 72 hours of your planned withdrawal
- have access to a phone
- any chronic health conditions are well managed

Who would NOT benefit from outpatient alcohol withdrawal management services?

You will be offered connection to live-in withdrawal management services if your goals require 24hr medical care or you **have any of the following:**

- Complex medical and / or mental health needs
- Dementia, memory loss or confusion
- Insulin Dependent Diabetes Mellitus (IDDM)
- Seizure disorders (Epilepsy or withdrawal seizures) or history of delirium tremens (DTs)
- Pregnancy
- Using a combination of substances that would pose a risk of complicated withdrawal

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Dákelh Dené, Ktunaxa, Nlaka'pamux, Secwépmc, St'át'imc, Syilx, and Tšilhqot'in Nations.



824191 Jun 2-23



SAIL© Home Activity Program – Level 2: Standing

Do only the activities you feel safe and comfortable doing.

Stand tall through all the activities, feet shoulder width (about 12” or 30 cm) apart. counter.

Over time, hold on less to the sink or Hold position means hold position for 3 seconds (count thousand 1, thousand 2, thousand 3).

Over time, add more activities until you are doing all 7 of them.

Keep breathing normally. Do not hold your breath.

If necessary, begin with a few of the activities but do them several times each day. 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.

Hold on with one hand and only a few fingers of the other hand.

Hold on with just a few fingers of each hand.

Hold on with only one hand.

Hold on with just a few fingers of one hand.

Keep hands close to the sink or counter but don't hold on unless you need to.

1. Sit to Stand

Sit in a firm chair with armrests.

If you use a walker, put it in front of you and lock the brakes. If needed, sit closer to the front of the chair.

Make sure your feet are close to the chair and far enough apart.

1. Put your hands on armrest of chair or on your thighs.
2. Lean forward, feeling the weight through your feet.
3. **Stand up.** Stand for a few seconds (if needed, hold onto the walker or table or other furniture for help).
4. **Slowly sit down** (if needed, reach back for the armrests of the chair). Stand up 2-3 more times.

Too easy?

- Do more (up to 15 times. Rest. Work up to doing 15 more).
- Use your arms less.





Call to Indigenous Artists

INTERIOR HEALTH'S INDIGENOUS
MENTAL WELLNESS TEAM WOULD
LIKE TO COMMISSION SEVERAL
ORIGINAL PIECES OF DIGITAL ART
REPRESENTING INDIGENOUS
WELLNESS & CULTURE.

Details

- Submit images by **February 23, 2024**
- Announcement of chosen images March 6, 2024
- \$1,000 for each piece selected
- Artwork provided in digital format or have ability to convert to digital
- Artwork will be used on an ongoing basis in promotional materials and resources.

To submit artwork email:
aboriginalmentalwellness@interiorhealth.ca



The Virtual Addiction Medicine (VAM) Clinic supports urgent access to addiction medicine services from FNHA and FNHSO healthcare providers

Virtual Addiction Medicine

The Virtual Addiction Medicine (VAM) Clinic provides urgent care and medical support for those with substance use disorder.



INTERIOR REGION
 First Nations Health Authority

VAM gives clients access to a doctor over the phone who can assess their needs, and start a treatment plan.

Alcohol Use Disorder (AUD)

VAM provides assessment and initiation of pharmacotherapy for AUD harm reduction and relapse prevention.

Opioid Use Disorder (OUD)

VAM provides assessment and initiation of treatment for Opioid Agonist Treatment (OAT).

How to Access

Please contact our Cooks Ferry or Siska office to schedule an appointment with Nurse Pamela or Nurse Scarleth, either of whom can refer you to this program.



SISKA & COOKS FERRY THERAPIST AVAILABLE

Beverley Anderson, M.S.W., RSW, CPF (Certified Parenting Facilitator) and
Compassionate Bereavement Care Certified Provider

I am a therapist who is committed to providing a safe, supportive space for individuals to process emotions and to develop skills and discover solutions that will enable them to live most authentically.

I am a Registered Social Worker with 28 years of counselling experience in the mental health field.

I specialize in Perinatal Mental Health and offer support, resources and strategies for mental wellness through an eclectic approach. I have further specialization in Compassionate Bereavement Care for those who have suffered Perinatal Loss, and I am dedicated to offering a deep presence as I help accompany clients on their respective bereavement journeys.

I also have experience in counselling individuals and couples around fertility issues, building alternative families, depression and anxiety, parenting issues, LGBTQ issues, life transitions and relationships.

I bring an authentic, encouraging, humorous and deeply caring approach to my work. I believe that my commitment to my clients' well-being is evident in my style and manner and this is at the foundation of my practice.

I aim to work collaboratively with my clients, respectfully offering support, encouragement, insights, constructive feedback and practical tools to empower them to take action in order to cultivate a life that is in congruence with their core values.

I am proud to offer a queer-positive, inclusive and culturally sensitive practice.

For more information, please visit my website
www.mariposapsychotherapyservices.ca



How do I/my family member/my client access services?

What substance use services are available?

What are Interior Health and First Nations Health Authority doing to support culturally safer care?

Acknowledging that the journey to wellness and safety includes both capacity building & knowledge gathering, the intent of this series is to create an opportunity for those who provide care to Indigenous clients and families to learn about Interior Health and First Nations Health Authority substance use services as well as advances in substance use care.

DATES AND TOPICS

- When:** The second Wednesday of every month from 10am-11am PST / 11am-12pm MST
Who: **Everyone is welcome and no registration is required!**
Format: The sessions will be interactive, including a 15-20 minute presentation followed by a group discussion.
How: Use this permanent link to access every session
Laura Rhodes is inviting you to a scheduled Zoom virtual visit.

Join your Zoom Virtual Visit:

<https://interiorhealth.zoom.us/j/64397693080?pwd=eFVncHNQY3hlc2llU2hrylB4Y2JLZz09>

*If you would like to request an invitation so you can easily add this to your calendar, please email: aboriginalmentalwellness@interiorhealth.ca

	November 8, 2023 New Alcohol Use Disorder Screening	
	December 13, 2023 Depression, Grief and Loss; Access to MHSU Counselling and Quick Interventions	
	January 10, 2024 FNHA Benefits Program	
	February 14, 2023 TBA	

We encourage everyone to let us know if there are specific topics you would like to hear about in future sessions.

For more information, contact:

Laura Rhodes Regional Knowledge Coordinator 250.488.3623
Danielle Kreutzer, Project Lead 250.319.8421
Email us: aboriginalmentalwellness@interiorhealth.ca

How do I/my family member/my client access services?



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 *If you would like to request an invitation so you can easily add this to your calendar, please email: aboriginalmentalwellness@interiorhealth.ca

	March 13, 2024 TBA	
	April 10, 2024 TBA	
	May 8, 2024 TBA	
	June 12, 2024 TBA	

We encourage everyone to let us know if there are specific topics you would like to hear about in future sessions.

For more information, contact:

Tannis Hiebert, Regional Knowledge Coordinator 778-694-0714
 Danielle Kreutzer, Project Lead 250.319.8421
 Email us: aboriginalmentalwellness@interiorhealth.ca

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the O&Kellh Dene, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Sylix and T&ilhqot'in Nations, where we live, learn, collaborate, and work together. 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.



First Nations Health Authority
Health through wellness

First Nations Treatment Centres in BC

Services for all genders, youth and families. FNHA funds over 200 residential treatment beds in a number of treatment centres within BC.

Services for concurrent disorders; clients on Opioid Agonist Therapy; family treatment; couples counselling; pregnant women; and clients on psychoactive medications.

Services offer a variety of cultural and clinical interventions and support for First Nations in BC.



In British Columbia there are currently 9 residential treatment centres, funded through the National Native Alcohol and Drug Abuse Program (NNADAP).

Services are offered to males, females, youth (Nenqayni Wellness Centre) and families. Services offered at treatment facilities vary, but overall include services to clients with: physical disabilities; concurrent disorders; clients on Opioid Agonist Therapy; family treatment; couples counselling; pregnant women; and clients on psychoactive medications.

TREATMENT CENTRES	DESCRIPTION
<p>Carrier Sekani Family Services Addictions Recovery Program P.O. Box 1219 Vanderhoof, B.C. V0G 3A0 Phone: (250) 567-2900 Toll-free: 1-866-567-2333 Fax: (250) 567-2975</p>	<p>We believe the Carrier Sekani culture and spiritual way of living, which honours and respects all of creation, will empower our communities and strengthen our First Nations. The integrated Health and Wellness Addiction Recovery Program, "Lhet'sut'en" is delivered by our multidisciplinary team consisting of clinical counsellors and cultural knowledge holders. We believe culture is healing and incorporate a blend of traditional healing practices along with evidence based best practices in addictions treatment reflective of our program's vision statement: "Culture is Healing." Residential from April to October only.</p>
<p>Gya' Wa' Tlaab Healing Centre P.O. Box 1018 Haisla, B.C. V0T 2B0 Phone: (250) 639-9817 Fax: (250) 639-9815</p>	<p>The Gya' Wa' Tlaab Healing Centre offers this Early Recovery/Stabilization Program to all First Nations, Inuit and other people of Canada. This program can be defined as an assessment, orientation, and readiness phase to treatment.</p> <p>The Program utilizes the following program resources to assist clients: Acu-Detox, Physical Fitness, Psycho-educational group facilitation, Mental Health Counselling, Methadone Maintenance Support, Attending Physician, Attending Pharmacist, and Culturally Appropriate Ceremonies.</p>
<p>Kackaamin 7830 Beaver Creek Road Port Alberni, B.C. V9Y 8N3 Phone: (250) 723-7789 Fax : (250) 723-5067</p>	<p>Kackaamin employs Certified Addiction Counsellors that facilitate educational workshops that broaden the knowledge of our adult clientele on a variety of topics and issues. Weekly individual, couple, and family counselling along with community capacity building support sessions.</p>
<p>Namgis Treatment Centre P.O. Box 290 Alert Bay, B.C. V0N 1A0 Phone: (250) 974-5522 Fax: (250) 974-2257</p>	<p>To meet the goals of the program, a variety of themes are introduced during the six-week program. The program is designed to ensure maximum flexibility to meet client needs within theme areas:</p> <ul style="list-style-type: none"> • Physiological and psychological effects of mood altering substances • Family dynamics • Historical influences on substance abuse • Abstinence from alcohol and addiction as a way of life • Spirituality • Self-help programs for after treatment (e.g., Alcoholics Anonymous, Narcotics Anonymous, Adult Children of Alcoholics) • Self-awareness in the cycle of change • Trauma and its long-term and short-term effects

<p>Nenqayni Wellness Centre P.O. Box 2529 Williams Lake, B.C. V2G 4P2 Phone: (250) 989-0301 Fax: (250) 989-0307</p>	<p>To achieve a safe team environment where employees respect one another, communicate effectively, and are able to efficiently carry out their duties and responsibilities” (Staff Purpose - Developed in 2011).</p> <p>Staff are certified by the Canadian Council of Professional Certification and receive ongoing training relating to their positions and as required by accreditation and licensing.</p>
<p>North Wind Wellness Centre Mailing Address: PO Box 2480 Station A Dawson Creek, B.C. V1G 4T9</p> <p>Physical Address: 5524 235 Road Farmington, B.C. V0C 1N0 Phone: (250) 843-6977 Fax: (250) 843-6978</p>	<p>The effects of alcohol and drug addiction are often devastating to individuals, families and communities.</p> <p>The North Wind Wellness Centre offers a 45-day, culturally based, residential treatment program for ages 19 and up. Youth and Land-based programming take place locally within our Treaty 8 Member First Nations Communities that offer them.</p> <p>Each day begins and ends with smudging and prayer. Sweat lodge, Blanket, and Pipe Ceremonies introduce and reinforce the concept of sacredness by means of traditional culture.</p>
<p>Round Lake Treatment Centre 200 Emery Louis Road Armstrong, B.C. V0E 1B5 Phone: (250) 546-3077 Fax: (250) 546-3227</p>	<p>1. 35-bed Treatment Centre 6-week Treatment Program addresses the impact of historic and intergenerational trauma by guiding participants through activities and ceremonies that help to resolve trauma, grief, and shame. Emphasis in the healing circle is on safety, trust, and self-care and facilitates wellness for indigenous trauma survivors.</p> <p>2. 10-bed Recovery Home Post treatment home for clients who require more assistance to further strengthen their wellness and recovery.</p>
<p>Telmexw Awtexw Treatment Centre 4690 Salish Way Agassiz, B.C. V0M 1A1 Phone: (604) 796-9829 Fax: (604) 796-9839</p>	<p>Outpatient / Community based</p> <p>Accessible to clients with physical disabilities, Pregnant women, Court referral or Corrections clients, Clients taking other psychoactive medications</p> <p>Transportation provided to outlying community members to enable attendance at the Day program.</p>
<p>Tsow-Tun Le Lum Society 699 Capilano Rd Lantzville B.C. V0R 2H0 Phone: (250) 390-3123 Fax: (250)390-3119</p>	<p>Tsow-Tun Le Lum means “helping house.” We provide programs that address the issues of addictions, and healing survivors of trauma and residential schools. Our mission is to strengthen the ability of First Nations people to live healthy, happy lives and to have pride in their native identity. Tsow-Tun Le Lum is a registered non-profit society operating a fully accredited treatment centre in Lantzville, on Vancouver Island, British Columbia.</p>
<p>Wilp Si'Satxw House of Purification Box 429, Cedarvale-Kitwanga Rd Kitwanga, B.C. V0J 2A0 Phone: (250) 849-5211 Fax: (250) 849-5374</p>	<p>Program length: 42 days In-patient / Adult co-ed</p> <ul style="list-style-type: none"> • Residential schools • On-the-land • Gender-based • Family treatment • Child counselling • Couples counselling • Clients with physical disabilities • Pregnant women



First Nations Health Authority
Health through wellness

501 - 100 Park Royal South
Coast Salish Territory
West Vancouver, BC
Canada V7T 1A2

Telephone
604.693.6500

Toll-Free
1.866.913.0033

Fax
604.913.2081

Website
www.fnha.ca

In British Columbia, the First Nations Health Authority funds 9 residential treatment centres through the National Native Alcohol and Drug Abuse Program (NNADAP). These treatment centres offer a variety of cultural and clinical interventions and support for First Nations in BC.

Services are offered to males, females, youth (Nenqayni Wellness Centre) and families.

Services offered at treatment facilities vary but overall include services to clients with: physical disabilities; concurrent disorders; clients on Opioid Agonist Therapy; family treatment; couples counselling; pregnant women; and clients on psychoactive medications.

respecting tobacco



The tobacco plant has had a sacred role in ceremony, ritual, and prayer for many BC First Nations for thousands of years. Let's keep tobacco sacred.

Thinking about quitting commercial tobacco?

Call Talk Tobacco:

1.833.998.TALK (8255)

or visit:

talktobacco.ca

For more information on respecting tobacco visit the FNHA online:

**[FNHA.ca/
respectingtobacco](http://FNHA.ca/respectingtobacco)**

Find us on Social Media:



**Vancouver
Coastal Health**

fraser health
help health. live in health care.

First Nations Health Authority
Health through wisdom

northern health

Interior Health
Every voice matters

island health





Donate

Chunky chicken vegetable and rosemary stew

Here's a great one-pot meal to warm and soothe a hungry, weary body after a hard workout.

220 cal • Serves 6

Prep time	Cook time	Total time
0h 15m	0h 45m	1h 0m

Ingredients

- 1 tbsp (15 mL) canola oil
- 12 oz (350 g) boneless chicken breasts, cut into 1-inch (2.5-cm) pieces
- 1 tbsp (15 mL) canola oil
- 1 medium onion, cut in 8 wedges
- 3 medium carrots, quartered lengthwise and cut into thirds
- 1 medium celery stalk, cut into 1-inch (2.5-cm) pieces
- 2 cups (500 mL) water
- 2 dried bay leaves
- 1/4 tsp (1 mL) crushed red pepper flakes
- 1 can (15 oz/426 mL) reduced-sodium navy beans, rinsed and drained
- 1 cup (250 mL) grape tomatoes, quartered
- 1/2 cup (125 mL) chopped fresh Italian parsley
- 1 tbsp (15 mL) chopped fresh rosemary

Directions

Step 1

In Dutch oven, heat 1 tbsp (15 mL) canola oil over medium-high heat. Add chicken and cook about 3 minutes per side or until it begins to brown. (Center will still be slightly pink.) Remove from oven and set aside.

Step 2

Add remaining 1 tbsp (15 mL) canola oil, onion, carrot and celery. Sauté for 5 minutes or until just beginning to lightly brown on edges, stirring frequently. Add water, bay leaves and pepper flakes. Bring to boil over high heat. Reduce heat to medium-low and simmer, covered, 20 minutes or until vegetables are tender.

Step 3

Stir in chicken, beans, tomatoes, Italian parsley and rosemary. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked.

Tips

Let stew stand 30 minutes to develop flavors and texture. It's even better the next day!

Nutritional info per serving: (1 cup / 250 mL)

Nutritional information

Per serving (1 portion)

Calories 220

Protein 22 g

Total fat 7 g

Saturated fat 1 g

Cholesterol 50 mg

DECEMBER CONTEST RESULTS

WINNERS OF THE GRATITUDE LIST CONTEST



Winners of the \$500 Cabelas Gift Cards: Shayla Spence - Cooks Ferry JK Sterling - Siska

All children received a \$40 happy Student Gift Card
Adult prizes were \$100 and \$50 Walmart, Canadian Tire
Cabela and Esso Gift Cards

Gracie Peters
Aliza Michell
Elijah Pierre
Jaden Swakem
Chanel Munro

Jolene Peters
Gwen Cardinal
Trinity Thomas
Judy Service
Grace Scott
Fred Peters
Toni Lynn Michell
Corby (partner of Toni Lynn)

Jackie Smithers
Jocelyn Dunstan
Rain Dunstan
Alice Munro
Jeigh Isaac
Harriett Isaac
Dwayne Isaac
Connie Walkem
Ernie Pointing

CONGRATULATIONS TO ALL!

THE TALE OF THE BAD BOY; OR THE SUN AND THE LAD.

[Nkamtci'nEmux.]

Collected by James Alexander Teit from "Traditions of the Thompson River Indians of British Columbia" Vol. 6 pages 51, 52

There once was a boy who lived with his parents near Lytton, period. He was very a very bad boy, constantly getting into mischief and doing what he was forbidden. He was also very lazy, quarrelsome, and they resolved to desert him for a while, thinking that if he were thrown on his own resources, It might do him good.

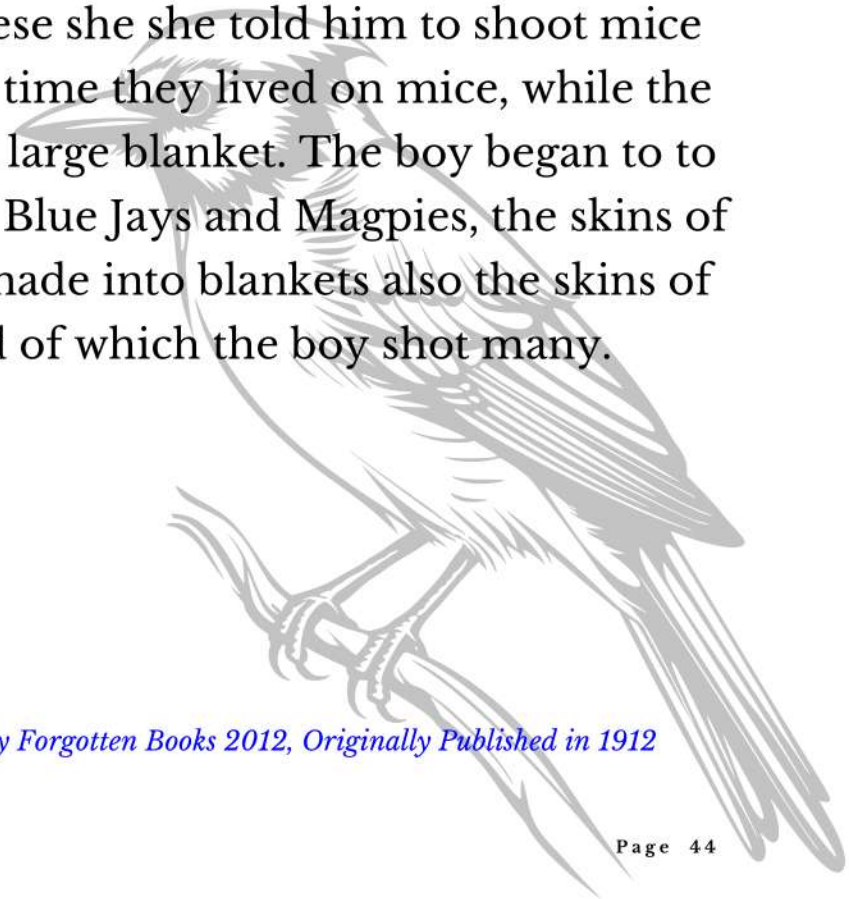
It was in the springtime, and his parents were still living in an underground lodge. Their neighbors, who were occupying four or five other houses close by, agreed to leave. At the same time, and remove, bag and baggage, into the mountains where they intended to stay while hunting deer. One morning the boy went away for a ramble. Then the boy all packed up and went away. When he came home, he found the place deserted, and commenced looking at the tracks to find out which way they had gone. He followed them for some distance, but eventually lost them. Then he heard the sound of whistling, which he thought came from some other people. He then went in the direction of the sound, but the next time it came from another quarter. Thus it came from every direction, sometimes sounding as if close to him, and sometimes far away at last the boy grew weary of following the sound, and he could not see anyone, he retraced his steps.

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

THE TALE OF THE BAD BOY; OR THE SUN AND THE LAD.

On arriving at the village he, he felt hungry, and search through all the empty houses for something to eat, but could not find anything accepting in the House of the Raven and the crow, where he discovered a few strings of dried fish. These he took to his own house and began to eat them. While eating, he saw move a basket, which was turned upside down. It was half hidden in the corner. He went up to it and kicked it over when to his surprise he found underneath his old grandma. She was unable to travel, and had been left behind. Being very angry, he kicked instruct the old woman who had said to him, "Do not treat me so my child. I bet I may be of service to you." She had a piece of cedar bark, which she lighted on at the fire before it had gone out. She told the boy to gather firewood, which he did, and soon they had a good fire. The old woman then showed the boy how to make a small bow and arrows. After he had finished making these she she told him to shoot mice which were plentiful. Thus, for a time they lived on mice, while the old woman made the skins into a large blanket. The boy began to to shoot larger game in the shape of Blue Jays and Magpies, the skins of which the old woman may also made into blankets also the skins of another variety of birds, and of which the boy shot many.

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



THE TALE OF THE BAD BOY; OR THE SUN AND THE LAD.

One day he had his four blankets spread round outside on the ground, when the Sun, who was on his daily round, saw them cleared and admiring them greatly, he came to see whom they belong to. At the time the sun wasn't traveling, he always went naked for he only used robes when he slept in his house at night. Finding the owner he offered to purchase them. The boy sold them receiving in return many fine presents. The Sun wrapped them around his body, and soon disappeared out of sight; But the colours of the four blankets may still be seen in the sun at the present day, especially the blue tint of the Blue Jay blanket. After this the boy became a mighty hunter he filled the cellars of the crow and the Raven with deer fat, because they had been kind to him by leaving a few fish skins. The cellars of the other people were filled with only partly. Thus being thrown on his own resource is made a man of him.

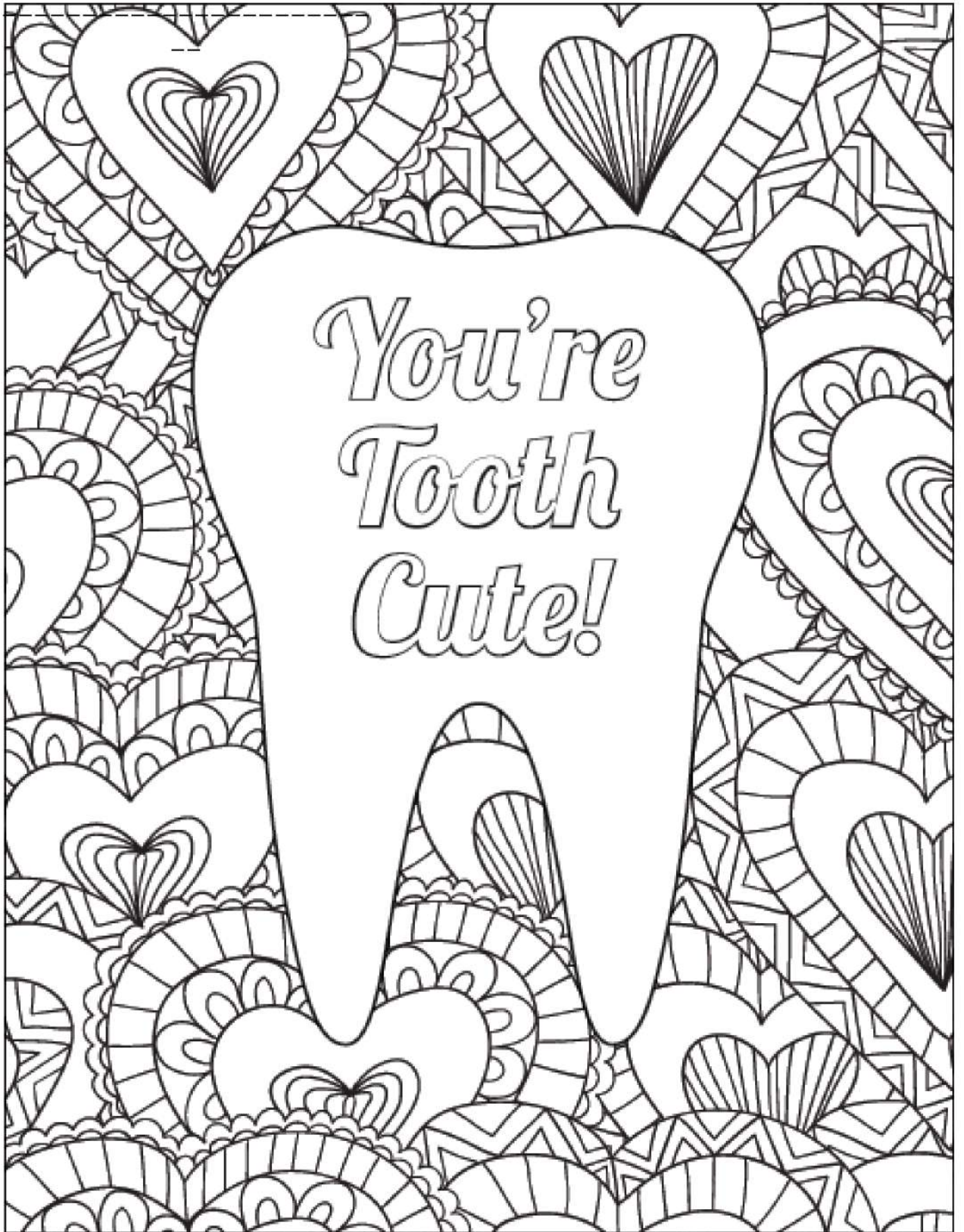
By Alexander James Teit, Published by Forgotten Books 2012, Originally Published in 1912

NAME: _____



NAME: _____

Deadline to Submit February 28



SURFDOG RICOCHET WANTS YOU TO PAW IT FORWARD

BE A FRIEND

WOOF!

MEOW!



NOT A BULLY!

Submit this quiz and win a prize! NAME: _____

Deadline to submit: February 28, 2024

Brain health is critical. What you eat and drink, how much or how little you exercise, and how you sleep, socialize, and manage stress impacts your brain's cognitive functioning.

Take this six-question quiz and find out if your brain is healthy

1. I exercise regularly to stimulate chemical changes in the brain that enhance learning, mood, and thinking. ___ T ___ F

2. I eat food rich in antioxidants (dark chocolate, pecans, blueberries, strawberries, artichokes, goji berries, raspberries, kale, etc.) that help fend off the harmful effects of oxidation in my brain caused by exposure to harmful stress. ___ T ___ F

3. I control and reduce the risks of hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking by getting my annual check-up, following my doctor's recommendations, and taking medications as prescribed. ___ T ___ F

4. I use sleep and relaxation techniques to energize me, improve my mood and immune system, and manage stress. ___ T ___ F

5. I stay mentally fit and promote new brain cell growth by continuing to learn, embrace new activities, and develop new skills and interests. ___ T ___ F

6. I protect against memory loss by spending time with others, engaging in stimulating conversation, and staying in touch and connected with family and friends. ___ T ___ F

Score:

6 True: Your brain is healthy! Keep up the great work!

4-5 True: Good job, but maybe it's time to implement some healthy new habits.

2-3 True: Some healthy habits are easier than others. Make some additional time in your day for your brain. You may need to make some intentional habit changes, and if that seems challenging, bring a friend or family member along and make healthy changes with a supportive loved one.

0-1 True: Your brain needs some TLC. If you're not engaging in any brain health activities, now is the time to re-calibrate. Select 1 brain healthy activity and start small. Now is as good a time as ever to think smarter.



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: \$19.00

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@hhssbc.ca

Heskw'en'scutxe Health Services Society
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Closing Date: until filled