

# HESKW'EN'SCUTXE

April 2024

Monthly Newsletter

Vol 2 Issue 3



## This month is Oral Health Month



## CULTURAL TEACHINGS

We pull stories from books told by James Tate and this month is about the Grizzly Bear and the Hare



## OFFICE HOURS

**Monday to Friday**  
**8:30am To 4:30pm**  
**Closed 12:00pm to 1:00pm**

**Cooks Ferry (250) 458.2212**  
**Toll Free: 1.866.458.2212**

**Siska: (250)455.6601**  
**Toll Free:1.844.255.6601**



## IN THIS ISSUE

Staff Directory  
Theme of the Month  
Oral Health Care  
Parkinson Awareness  
Information on Regular Adult  
Immunizations  
Mental Wellness Directory  
Programming Updates  
Physical Fitness:  
Fit Nation  
COHI  
Events in the Canyon  
FNHA Pages  
Recipe of the month  
Coloring Pages

## HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wéx we? λú? 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

### **Staff In-Service Day**

**Monday April 8, 2024**

**We will be closed for a staff  
development day.  
Re-open on Tuesday regular  
business hours.**



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

# STAFF DIRECTORY

## BOARD OF DIRECTORS



Lorette Edzerza  
Cook's Ferry



Angela Phillips  
Siska



Samantha Gush  
Siska



Florine Walkem  
Cook's Ferry



Tina Draney  
Finance



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



Pamela Jules R.N  
Community Health Nurse &  
Home Community Care Nurse



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



Siska  
Corynn Reveley  
MOA/Receptionist  
Medical Travel Clerk

## Home Care Aides



Clarissa Frederick, Nursing  
Assistant / HCA



Jessie Munro  
HCA



Danielle Munro  
HCA

## Medical Drivers



Jean Mckay



Martha Van Dyke



Dayton Arnett



Christy Whittaker  
Casual Support Worker



## Adult Immunization and the Benefits from Being Up-To -Date



Prevention of infection by immunization is not just for children; adults require immunization to restore waning immunity against some vaccine preventable diseases and to establish immunity against other diseases that are more common in adults. In addition, immunization of adults prevents infection and, therefore, subsequent exposure of young children and others at increased risk of vaccine preventable diseases.

For example, adults who are in contact with infants should be prioritized to receive pertussis and influenza vaccination to reduce the risk of transmission of these infections to infants who are too young to be fully protected. Some vaccines are needed by all adults and other vaccines may be required due to individual risk resulting from occupation, travel, underlying illness, lifestyle or age.

In recent years, new vaccines such as herpes zoster and human papillomavirus have become available for adults. Despite these advances, the vaccination rates of adults in Canada are low, with the result that many adults remain vulnerable to vaccine preventable diseases.

Common reasons for incomplete immunization in adulthood include:

- lack of recognition of the importance of adult immunization
- lack of recommendations from health care providers
- lack of health care provider's knowledge about adult immunization and recommended vaccines
- misrepresentation and misunderstanding of the risks of vaccine and benefits of disease prevention in adults
- lack of understanding of vaccine safety and efficacy
- missed opportunities for vaccination in health care providers' offices, hospitals and nursing homes
- lack of publicly funded vaccine and reimbursement to vaccine providers
- lack of coordinated immunization programs for adults
- lack of regulatory or legal requirements
- fear of injections
- lack of availability of up-to-date records and recording systems

Adult immunization is an emerging issue that has seen an increasing emphasis in clinical care and health professional training programs.

Your para<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-1-key-immunization-information/page-13-recommended-immunization-schedules.html>graph text



# THEME OF THE MONTH

## Oral Health



## LINKS TO ORAL HEALTH

By Christy Whittaker

Knowledge is power, following are reputable health links to a healthy heart!

<https://www.canada.ca/en/public-health/topics/oral-health.html>

Oralhealth.ca

## LINKS TO AUTISM AWARENESS

www.autismspeaks.ca

www.nimh.gov

## LINKS TO PARKINSON DISEASE

parkinsonsnsw.org

<http://parkinsonsprotocol.com>

April Is Autism  
Awareness Month



April is World Autism Month, an annual opportunity for a dedicated conversation about autism spectrum disorder. Autism touches more than 70 million people globally. Approximately 1 in 50 children and youth are diagnosed with Autism Spectrum Disorder in Canada and this number continues to grow.



## 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@hssbc.ca](mailto:tina.draney@hssbc.ca)

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

# APRIL SERVICES



## Massages

### With John Tai RMT

Siska: April 9 & 23

Cooks Ferry: April 10 & 24



## Footcare With

### Suzanne Marcel LPN

Cooks Ferry: April 2

Siska: April 4

## Counselling with

### Yolanda

Siska: April 3

## Office Closure for Staff In-Service Day

April 8

## Shopping Days

Cooks Ferry: April 2 4  
Siska: May 1

## Dental Clinic in

### Cooks Ferry

Cooks Ferry:

April 15 (afternoon)

April 16 (all day)

Call Nadine to book your  
appointments

## Deadline to submit

### CONTESTS

April 30

Coloring contest

Word search contest

## Income Taxes

April 30



# CHILDREN ORAL HEALTH INITIATIVE



## SUBMIT YOUR CHILD'S TEETH BRUSHING SHEET FOR A GOODY BAG!

Every month your child can submit a tooth brushing sheet and receive a goody bag from COHI Michelle.

Call our offices if you have any questions.

## COHI

Children's Oral Health Initiative. If your child is enrolled in this program they will be seen in the clinics or at school.

Corynn and Nadine will reach out to the parents to inform and book appointments.

Please call the offices if you have any questions.



## 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

CALL TODAY TO INQUIRE OR  
BOOK AN APPOINTMENT SISKA:  
250-455-6601  
COOK'S FERRY: 250-458-2212

- Oral hygiene instruction.
- Tooth brushing.
- Flossing
- Denture cleaning



# ORAL HEALTH



Your Oral health is the state of the mouth, teeth and orofacial structures that enables individuals to perform essential functions such as eating, breathing and speaking, and encompasses psychosocial dimensions such as self-confidence, well-being and the ability to socialize and work without pain, discomfort and embarrassment. Oral health varies over the life course from early life to old age, is integral to general health and supports individuals in participating in society and achieving their potential.

Oral diseases encompass a range of diseases and conditions that include dental caries, periodontal (gum) disease, tooth loss, oral cancer, orofacial trauma, noma and birth defects such as cleft lip and palate. Oral diseases are among the most common noncommunicable diseases worldwide, affecting an estimated 3.5 billion people. While the global burden of oral health conditions is growing, particularly in low- and middle-income countries, the overall burden of oral health conditions on services is likely to keep increasing because of population growth and ageing.

Oral diseases disproportionately affect the most vulnerable and disadvantaged populations. People of low socioeconomic status carry a higher burden of oral diseases and this association remains across the life course, from early childhood to older age, and regardless of the country's overall income level.



# Cervix Self Screening Kit

## Please call our offices with any questions



## Cervix Self-Screening

The power to screen is in your hands.

Nearly all cervical cancers are caused by HPV. The good news is cervical cancer is almost entirely preventable.

### What is human papillomavirus (HPV)?

HPV is a common virus that spreads through sexual contact. This includes intimate touching, oral, vaginal and anal sex.

Most people will have an HPV infection at some point in their life and never know it. There are usually no symptoms. The majority of HPV infections don't cause any problems and are cleared by your body within 2 years.

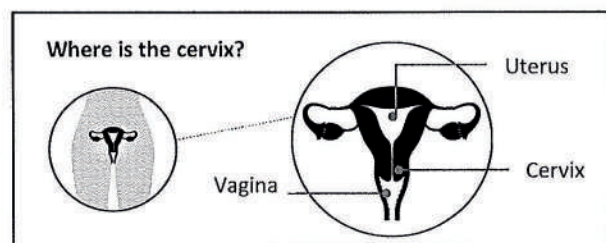
But sometimes, certain HPV types don't clear on their own and can cause cells on your cervix to become abnormal. These abnormal cells may become cancer cells over time.

### Why is cervix screening important?

The cell changes that lead to cervical cancer can happen without you knowing.

Screening can help:

- Find out if you're at risk for developing abnormal cells. Finding and treating abnormal cells early can help prevent cancer.
- Find cancer at an early stage when there are more treatment options.



**Play an active role in your health. Cervix self-screening makes it possible to screen for cervical cancer yourself, anywhere you feel safe and comfortable.**

Cervix self-screening involves testing for HPV. HPV testing looks for the virus that causes cervical cancer. It can find people who are more likely to develop abnormal cell changes caused by HPV.

### Who should get cervix self-screening?

Anyone with a cervix, including women and TTGD (Two-Spirit, transgender and gender-diverse) people, between the ages of 25 and 69 should screen regularly for cervical cancer.

You can stop cervix screening at age 69 if you've always had normal Pap tests. Talk to a health care provider if you've had treatment for pre-cancer cells in the past.

You should screen regularly if:

- You've had the HPV vaccine.
- You've ever had any sexual contact with another person of any gender; and/or
- You've been through menopause.

Do not complete cervix self-screening if:

- You have any symptoms, like bleeding between periods.
- You're pregnant or using a pessary. See a health care provider to discuss cervix screening options and when to screen.
- You've had your cervix removed (e.g. total hysterectomy). Talk to a health care provider to see if cervix screening is still required.

### Why should I consider self-screening?

- It tests for HPV, the virus that causes the changes to the cells of the cervix that lead to cervical cancer.
- You don't need to see a health care provider or have a speculum (pelvic) exam.
- You can do it yourself within the privacy of your home or, if you prefer, at a health care provider's office.
- It's easy and painless: you use a small, Q-tip like swab to collect a sample from your vagina.
- It's free of charge.
- HPV testing is very accurate. Because it's so accurate, if your test shows you don't have HPV, you can wait 5 years for your next screen.

# Cervix Self Screening Kit

## Please call our offices with any questions

### Will I do it correctly? Will it hurt?

The test is easy and shouldn't hurt. You collect a sample by turning a small swab inside your vagina; it doesn't have to go in too far. If you follow the instructions inside your kit, you're doing it correctly. The sample you collect is just as accurate as a provider-taken sample.

### What will my results mean?

- **If no HPV is found:** You don't need to screen again for another 5 years. It's highly unlikely that you'll have abnormal cells on your cervix.
- **If HPV is found:** Depending on your result, you may need a Pap test or a colposcopy (a procedure that looks at the cervix more closely). This doesn't mean you have or will develop cancer. It does mean more visits with a health care provider are needed.

### How Cervical Cancer Develops:

Not all HPV infections cause cancer. If cervical cancer is going to develop, it usually takes 15 to 20 years. Most infections will go away on their own without causing any problems.

HPV Test: Looks for an HPV infection	Pap Test: Looks for abnormal cell changes and/or HPV
<ul style="list-style-type: none"><li>• Cervix self-screening uses HPV testing to look for HPV in your vagina.</li><li>• HPV testing does not need a sample from your cervix.</li></ul>	<ul style="list-style-type: none"><li>• A Pap test is when a health care provider collects cells from your cervix.</li><li>• They are checked for any cell changes and/or HPV. What gets tested will depend on your age and health history.</li></ul>

### Should I get the HPV vaccine?

Generally, anyone aged 9 and older should get the vaccine. The vaccine is very effective at protecting against HPV types that cause most cervical cancers. Learn more: [immunizebc.ca/hpv](http://immunizebc.ca/hpv).

### How to get screened

1. **Get a self-screening kit.** If you are eligible, order a kit online ([screeningbc.ca/cervix](http://screeningbc.ca/cervix)) or by phone (1-877-702-6566). The kit will arrive by mail in a plain, unmarked package.
2. **Complete the test.** Closely follow the instructions in the kit. The test is painless and very easy to do. You can also ask a health care provider to explain or show you how to take the sample or they can take the sample for you.
3. **Return the kit for testing.** Drop off your completed kit at your nearest post box on the same day you collect your sample. We will mail your results 4 to 6 weeks after returning your kit. You can also see your results online: [healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca).

If you don't want to complete self-screening or have any symptoms, please schedule a Pap test with a health care provider. Visit [screeningbc.ca/cervix](http://screeningbc.ca/cervix) to find a clinic near you.

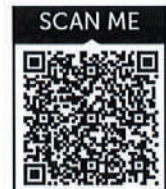
### Things to consider:

- If you have bleeding after sex, between periods or after menopause; increased vaginal discharge; pelvic pain or pain during sex, do not complete self-screening. Talk to a health care provider. It's important to look into these symptoms - even if your screening results are normal.
- A HPV result might cause some anxiety. This result doesn't mean you have or will develop cervical cancer. Most people will clear an HPV infection, and not everyone with an HPV infection will develop cancer.
- Screening may lead to unnecessary stress, treatment, or have potential long-term impacts on future pregnancy (pre-term birth or low birth weight).
- No screening test is perfect. Your result could say no HPV is found even if you have pre-cancerous cells or cervical cancer. Or it might show HPV, even if your cervix cells are normal.

### Contact Us

BC Cancer Cervix Screening  
801-686 West Broadway  
Vancouver, BC V5Z 1G1

Phone: 1-877-702-6566  
Email: [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca)  
Web: [www.screeningbc.ca/cervix](http://www.screeningbc.ca/cervix)



Your personal information is collected and protected from unauthorized use and disclosure, in accordance with the Personal Information Protection Act and, when applicable, the Freedom of Information and Protection of Privacy Act. This information may be used and disclosed only as provided by those Acts, and will be used for quality assurance management and disclosed to healthcare practitioners involved in providing care or when required by law. Any questions regarding the collection of the information by BC Cancer can be directed to the Operations Director, Cancer Screening (address: 801 - 686 West Broadway, Vancouver BC V5Z 1G1, web: [www.screeningbc.ca](http://www.screeningbc.ca) or email: [screening@bccancer.bc.ca](mailto:screening@bccancer.bc.ca)).

# 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](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)



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) (on leave until March 2024)
- Siska Location: Yolanda Hall (Counsellor) [yjhall@telus.net](mailto:yjhall@telus.net)
- HHSS Website <https://hhssbc.ca/mental-health/>

## Health & Wellness Supports in British Columbia Crisis Lines:

**Kuu-us Crisis Line Society:** 24/7 Crisis Line for Indigenous Adults and Elders.  
**1-800-388-8717**

**Métis Crisis Line:** 24-HR Crisis Line for Métis Adults, Elders and Youth.  
**1-833-638-4722 (1-833-MétisBC).**

**The Hope for Wellness Help Line:** 24/7 Immediate counselling/ crisis intervention for all Indigenous peoples across Canada. **1-855-242-3310** or connect to the online chat.

**Indian Residential School Survivors Society Crisis Line:** 24-HR Crisis Line for Residential School Survivors and Intergenerational Survivors. **1-800-721-0066**

**988:** Suicide Crisis Helpline, 24/7 call or text.

**Interior Health Crisis Line:** 24/7 via phone, chat and text for immediate assistance. Trained Crisis Line Responders provide emotional support, crisis de-escalation and intervention. You can also call for information on local services or if you just need someone to talk to. **1-888-353-2273**

## Virtual Mental Health Supports

★ **BC Gov Virtual Mental Health Supports:** This page has an **extensive list of MANY virtual services are available for British Columbians** who are experiencing anxiety, depression, or other mental health challenges. Probably one of the most thorough resources lists I have come across.

**Wellness Together Canada:** Wellness Together Canada was created in response to a rise in mental health and substance use concerns since the COVID-19 pandemic. It is funded by the Government of Canada. For additional information about available mental health and substance use resources and support call **1-866-585-0445** to speak with a Program Navigator. For other inquiries please see [contact page](#).

## Non-Emergency

**UWBC 211:** 211 is a free and confidential service that connects people to helpful and vital resources in their community. Navigators provide information and referral to a broad range of community, government, and social services that assist with: basic needs like food and shelter; mental health and addictions support; legal and financial assistance; support for seniors; and much more. **Call or ttext 211, available 24/7.**



# April Walking Challenge

This challenge starts and ends based on each participant's local time zone.

GPS walks, hikes, or wheelchair activities will count towards this challenge. Manual activities (e.g. treadmill walks) will also count towards your challenge goal. Goal progress determined by each activity's moving time.

Activities visible to "Everyone," "Only You" or "Followers Only" are eligible for this challenge. Your followers may see notifications that you've joined or completed this challenge, but your activities will remain private according to your Privacy Controls.

Activities logged during the challenge must be uploaded to Strava no later than three days after the challenge ends.

## Rules

We expect all athletes to honor the Strava Community Standards, which includes abiding by all health advisements and restrictions in your area prior to undertaking any physical activity.

If you are located in an area that does not allow outdoor activity, you may not participate except by means of virtual or indoor activity (i.e., treadmill walk). Please see our blog with information about exercising during a pandemic.

To learn more about how to use Strava, please visit the Strava Support Center.

THIS IS A FREE OPPORTUNITY

<https://www.strava.com/challenges/1703r> paragraph text

## Qualifying Activities:

Hike  
Walk  
Wheelchair  
Discussions





## SAIL© Home Activity Program – Level 2: Standing

### 6. Alternate Leg Behind

Stand tall facing the sink. Hold on with both hands.

1. Lift toes on left leg. Keeping left knee straight (and toes up), move left leg slightly behind you.

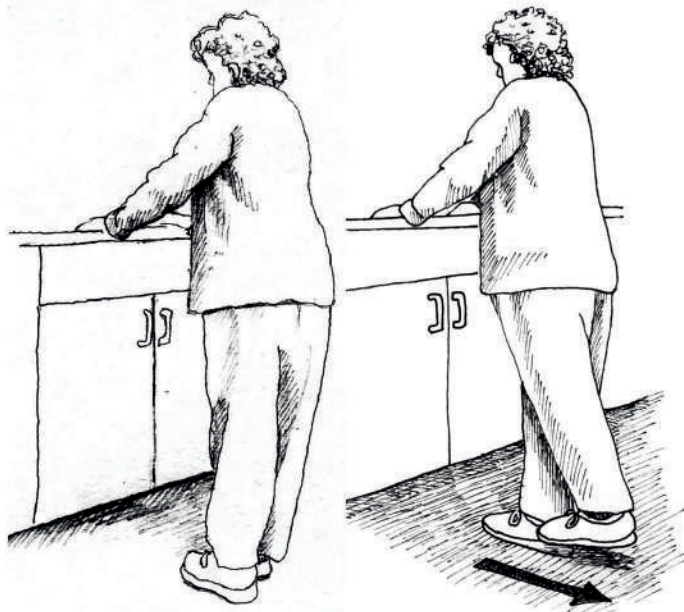
Do not lean forward. Hold.

2. Return to starting position.

- Do with **other** leg. Alternate 2-3 more times each leg.

#### Too easy?

- Slowly do more (up to 15 each foot).
- Slowly hold on less to the sink or counter.



### 7. Step Dance and Feet Together

Stand tall facing sink. Hold on with both hands.

1. Step one foot sideways and return, backward and return, forward and return.

- Do with other foot. Alternate 2-3 more times each leg.

2. Step once with one foot and return, then once with other foot and return at different spots all around you.

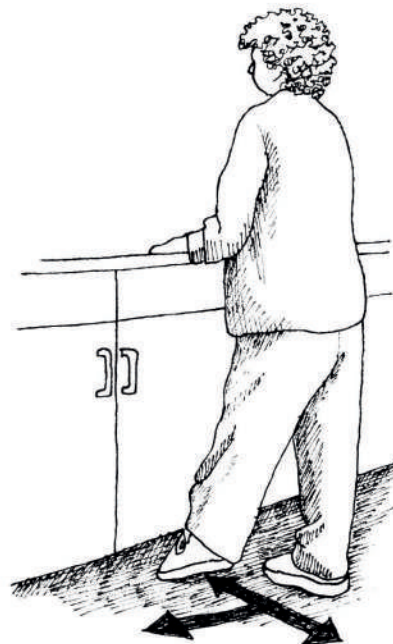
- Alternate feet, stepping 2-3 more times with each foot.

3. Move feet together. Hold position.

- Move feet apart. Move feet together. Hold position.

#### Too easy?

- Slowly do more (up to 15 steps each foot and 15 feet together).
- Slowly hold on less to the sink or counter.



### 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>



First Nations  
Health Authority



### 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.





# MEDICAL SUPPLIES AND EQUIPMENT BENEFITS



First Nations Health Authority  
Health through wellness

First Nations Health Benefits and Services (FNHBS) offers you a comprehensive Medical Supplies and Equipment (MS&E) plan to support you on your wellness journey.

MS&E items and services are required by many people for short or long-term needs and can be essential in supporting your health and wellness.

## Did you know?

There are over 400 MS&E items and services available to you.

Your MS&E benefit offers you a comprehensive list of items and services based on your needs and eligibility.

## What my plan covers

Some items and services that are covered by your MS&E plan include, but are not limited to:

- > Bathing and toileting aids
- > Low vision aids
- > Braces and splints
- > Offloading boots (Air Casts)
- > Cushions and protectors
- > Ostomy supplies
- > Diabetic and heart
- > Oxygen, sleep and patient devices
- > breathing Aids
- > Foot orthotics and
- > Prosthetics and supplies
- > orthopedic shoes
- > Surgical stockings and
- > General MS&E
- > pressure garments
- > Hearing aids and repairs
- > Urinary supplies and devices
- > Hospital beds
- > Walking aids and wheelchairs
- > Lifting and transfer aids
- > Wound care supplies
- > Limb and body orthotics

## What my plan does not cover

Some items and services that are not covered by your MS&E plan include, but are not limited to:

- > Household items (e.g., air conditioner)
- > Home renovations (e.g., ramps, stair lifts)
- > Sports equipment (e.g., treadmills, exercise items)



To have your MS&E plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit [www.pac.bluecross.ca](http://www.pac.bluecross.ca), to login to your member profile.

# How do I access coverage?

There are certain steps you can take to access your coverage, avoid out-of-pocket costs and get the items you need quickly.

1

If your doctor, nurse practitioner or other health care provider suggests an MS&E item, ask them for a prescription or written recommendation.

2

Ask your pharmacist or MS&E provider if they are registered with PBC for direct billing.

3

Talk to your pharmacist or MS&E provider about which items and services are fully covered by your MS&E plan.

4

Make sure any prior approval requests for items or services have been approved.

If you have any questions about your MS&E plan or how to access coverage, please call FNHBS at [1-855-550-5454](tel:1-855-550-5454).

NOVEMBER 2023



# Medical Transportation Updates

## Updates to escort coverage

FNHBS recognizes the unique challenges that some Clients experience when accessing medical services. In response, we have updated and expanded our escort coverage policy to better support those in need.

**Effective April 1, 2024, Clients meeting the following criteria are now eligible for escort coverage without the need for additional documentation:**

- **Clients aged 65 and above, requiring assistance to attend scheduled medical appointments; and**
- **Clients travelling to and from First Nations Health Authority (FNHA) funded substance use treatment centres, or approved non-FNHA-funded treatment centres.**

Note, escort support for travel to treatment centres without requiring an Exception is an interim support provided until March 31, 2025, as part of FNHA's response to the toxic drug crisis.

## Increase in private accommodation rates

Effective April 1, 2024, FNHBS is pleased to announce a change in the rate for Clients staying in a private home while on medical travel. The nightly rate will increase from \$30 to \$50 and the weekly maximum will increase from \$100 to \$350.

MT private accommodation coverage aims to support culturally safe stays, enabling Clients to remain close to family or friends while on medical travel. The rate is intended to cover any expenses associated with incidentals or to provide support, if desired, to their hosts.

**Effective April 1, 2024, private accommodation rates will change as reflected in the table below:**

### Fee schedule for accommodation in a private home

#### New rate:

Effective April 1, 2024 new rate **\$50** Maximum rate per week **\$350**

## Introduction of hospital parking supports

Effective April 1, 2024, FNHBS is pleased to introduce short-term hospital parking benefits for Clients attending medical appointments. This benefit aims to alleviate the financial burden associated with parking fees during medical visits.

Clients will now be eligible for reimbursement of short-term hospital parking expenses, provided the parking receipt corresponds to an attended appointment.

## Updates to mileage rates

FNHBS actively monitors gas prices across BC to ensure that changes do not impact Clients' ability to access medically necessary appointments when using their private vehicles.

- **The standard mileage rate of \$0.23/km has now been permanently adjusted to \$0.25/km, effective April 1, 2024.**



**TRAVELLING TO AN  
APPOINTMENT AT THE  
HOSPITAL. DON'T FORGET  
TO BRING YOUR CARE  
CARD.**

**HOSPITAL** 

*If you have lost your Card  
Replacing Your BC Services Card with a Photo  
Report your missing card by phoning the ICBC driver licencing  
centre as soon as possible.*

*Victoria: (250) 978-8300*

*Elsewhere in B.C.: 1-800-950-1498*

*Get your card replaced by visiting an ICBC driver licencing office  
near you.*

**TO** IH West Clinical Operations Leadership Team (Rural and Thompson)

IH West Clinical Operations Managers

All Staff, Physicians, and Community Members, Ashcroft

**CC** IH West Administrative Assistants

**FROM** Robbi Kirichenko, Manager Clinical Operations Ashcroft UPCC

**DATE** January 4, 2024

**RE:** Aboriginal Patient Navigator, Ashcroft UPCC

It is with great excitement we welcome Willard Cook as the Ashcroft UPCC Aboriginal Patient Navigator. Willard's start date will be January 15th, 2024. Willard will support Indigenous patients and families to access culturally safe care at the Ashcroft UPCC.



Willard's diverse knowledge and experience, both professionally and culturally, will undoubtedly be a valuable asset to this role. As an active Elder, Willard is personally involved in attending cultural programs, gatherings and activities that promote Indigenous Healing and Wellness with a focus on positive personal growth. Willard spent the past thirty years of his professional life sharing and guiding young offenders towards a positive lifestyle through cultural awareness working with the BC Ministry of Children and Family and Youth Custody Services.

Willard is a husband and father of three adult children. He is

a registered member of Semiahmoo First Nation and has recently relocated to the Ashcroft community. Outside of work Willard keeps busy maintaining and caring for his home and animals on his ranch in Ashcroft. He shares his home with his horses, a mini pig, dogs and cats. The words he uses to describe his time with them are love, gratitude and hard work. Willard also enjoys riding his Harley Davidson Tri-glide touring the country close to home, as well as, fishing and boating on Barnes Lake.

Willard will be located at the Ashcroft Urgent Primary Care Centre 700 Ash-Cache Creek Hwy, Ashcroft, BC and you can contact him on his cell phone 778-694-1335. He is looking forward to working closely with our First Nations partners and Interior Health teams.

Please join me in welcoming Willard to his new position with Interior Health.

*Robbi Kirichenko*

Robbi Kirichenko

[Robbi.kirichenko@interiorhealth.ca](mailto:Robbi.kirichenko@interiorhealth.ca)

778-207-8934

**TO** IH West Clinical Operations Leadership Team (Rural & Thompson)  
IH West Clinical Operations Managers  
All Staff, Physicians and Community Members – Lytton

**CC** IH West Clinical Operations Administrative Assistants

**FROM** Robbi Kirichenko, Manager Clinical Operations

**DATE** February 23, 2024

**RE:** **Indigenous Patient Navigator, Lytton**

We are delighted to announce that Stacy Thom has joined the Lytton Primary Care Team as the new Indigenous Patient Navigator, effective February 21, 2024.



Stacy brings invaluable expertise to provide culturally safe care to Indigenous clients and families in the Lytton community. Her Indigenous culture expertise will support our clinical teams in providing the circle of care lead by humility and compassion.

Stacy currently resides on Spapium, within the Lytton area. When Stacy is not at work, she enjoys being out on the land with her family and friends, gathering traditional foods, and beading. Stacy is passionate about learning Nlaka'pamuxin and finds opportunities to incorporate it into her daily life.

Stacy is located at the Lytton Primary Care Center, 1535 St Georges Road, Lytton, BC, and can be contacted via cell phone: 778-209-7446 or email: [stacy.thom@interiorhealth.ca](mailto:stacy.thom@interiorhealth.ca).

Please join me in welcoming Stacy to her new role.

*RKirichenko*

Robbi Kirichenko  
[Robbi.Kirichenko@interiorhealth.ca](mailto:Robbi.Kirichenko@interiorhealth.ca)  
778-207-8934

FNHA's Quality Care and Safety Office and Interior Health's (IH) Patient Care Quality office have a process for managing care concerns. While operating as two separate and distinct entities with unique processes, both agencies work together to ensure that community members are heard in their concerns. The arrows below show a simplified outline of the processes that the offices use.

## How can we reimagine this process to work better for families, communities, and nations in the Interior Region?

### Step 1

#### Access and Story Sharing:

A community member contacts FNHA or IH and raises a care concern, and a staff member reaches out to gather more information and provide support

### Step 2

#### Navigation and Review

FNHA provides navigational support and connections with agencies. IH begins their investigation process. The appropriate agency reviews the complaint or concern

### Step 3

#### Follow-up and Resolution

The agency completes their review and responds to the community member. Resources and additional support are provided. The community member has a chance to respond back or appeal, if applicable



For more information about Interior Health's Patient Care Quality Office, visit [interiorhealth.ca](http://interiorhealth.ca) OR scan the QR code on the left.

For more information about FNHA's Quality Care and Safety Office, visit [fnha.ca](http://fnha.ca) OR scan the QR code on the right.



# Are you looking for a doctor in Merritt?

The Coquihalla Primary Clinic

Tel: 778-661-0355

Address:

1802 Chapman Street, PO BOX 3090,  
Merritt, BC



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

You can also register online

<https://www.healthlinkbc.ca/health-connect-registry>

A Nurse Practitioner is on duty and 3 doctors are coming to Merritt shortly and another Nurse Practitioner too!

**Please call the office if you need any assistance with registering**

## CALL 811 TODAY!







## Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street  
Open 24 hours

### Lytton Primary Care Non Urgent

\*New Building across from TI'Kemtsin Health Centre\*  
1540 Silo Road, Lytton  
(250) 455-2221 | Fax (250) 455-6621  
Monday to Friday: 9 a.m. to 4 p.m.

### Ashcroft Urgent and Primary Care Centre

700 Ash-Cache Creek Hwy  
(250) 453-2211 | Fax (250) 453-1921  
Monday to Sunday: 8 a.m. - 8 p.m.

### Provincial Resources

YOUTH [Foundry.ca](http://Foundry.ca)  
[Kelty Mental Health](http://KeltyMentalHealth.ca)

KIDS CRISIS LINE 1-800-668-6868

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

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

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



### First Nations Supports

TI'Kemtsin Health Centre (778) 254-2545

Lytton FNHA Health Centre (250) 455-2715  
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

### Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4  
Child & Youth CYMH (250) 256-2710  
Friendship Centre (250) 256-4146  
Nlaka'pamux Health Services (250) 378-9772

### 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/Wildfire Info

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

### Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262  
IDA (250) 256-7538  
\*Daily delivery now available to Lytton via Dynacare

### 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 (250) 455-2715  
Lillooet (250) 256-1314  
Ashcroft (250) 453-1940  
Merritt (250) 378-3400

### COVID Testing & Vaccination Information

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



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



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



# AUTISM AWARENESS

Autism is a bio-neurological developmental disability that generally appears before the age of 3.

Autism impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function.

Autism is also referred to as autism spectrum disorder and constitutes a diverse group of conditions related to development of the brain.

About 1 in 100 children has autism.

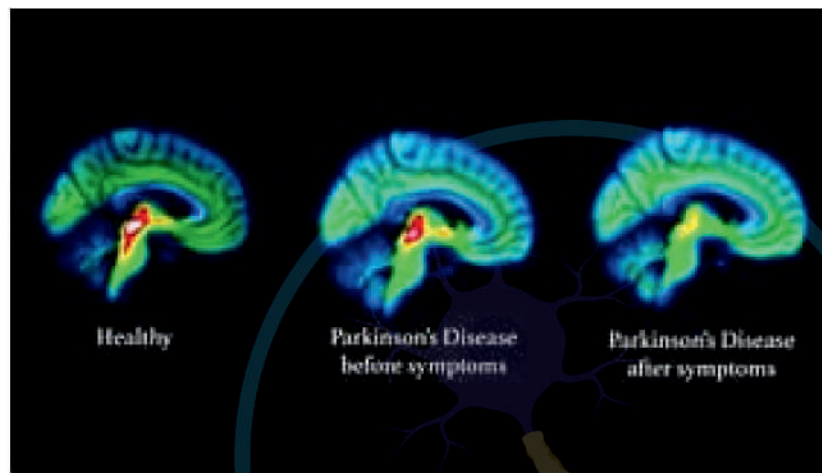
Characteristics may be detected in early childhood, but autism is often not diagnosed until much later.

Boys are nearly 5 times more likely than girls to be diagnosed with ASD.

Autism spectrum disorder affects all nationalities, all creeds, all religions, all races and both sexes.



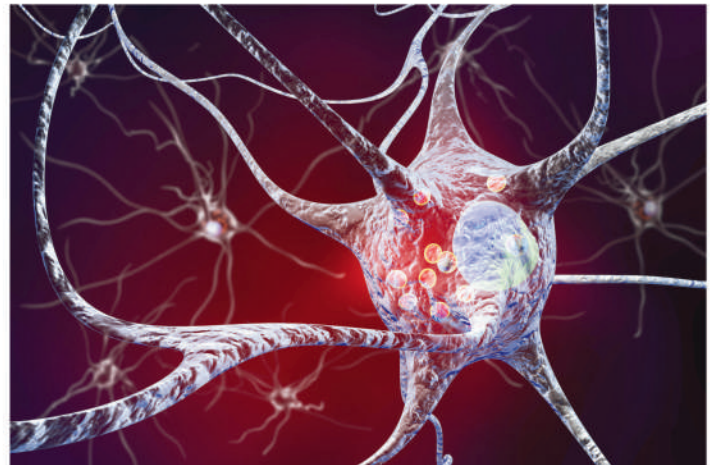
[www.cdc.gov/ncbddd/autism/data.html](http://www.cdc.gov/ncbddd/autism/data.html)



**Parkinson's disease (PD) is a progressive neurological disease. It is well known for affecting movement and balance. However, it can also affect mood and memory.<sup>1</sup>**

**PD affects everyone differently. It can progress at different speeds, and people can experience certain symptoms but not others.<sup>2</sup>**

**To better understand and treat Parkinson's, experts divided PD into 5 stages based on motor symptoms. This is called the Hoehn-Yahr (H-Y) staging system. However, motor symptoms are only 1 piece of the puzzle. Researchers are also beginning to use the Unified Parkinson's Disease Rating Scale (UPDRS).<sup>2,3</sup>**



Stage of Parkinson's Disease	1	2	3	4	5
<b>Severity of Symptoms</b>	<b>MILD</b> Symptoms of PD are mild and only seen on one side of the body (unilateral involvement)	<b>MILD</b> Symptoms of PD on both sides of the body (bilateral involvement) or at the midline	<b>MODERATE</b> Symptoms of PD are characterized by loss of balance and slowness of movement	<b>SEVERE</b> Symptoms of PD are severely disabling	<b>SEVERE</b> Symptoms of PD are severe and are characterized by an inability to rise
	<b>SYMPTOMS</b> Tremor of one hand Rigidity Clumsy Leg One side of the face may be affected, impacting the expression	<b>SYMPTOMS</b> Loss of facial expression on both sides Decreased blinking Speech abnormalities Rigidity of the muscles in the trunk	<b>SYMPTOMS</b> Balance is compromised Inability to make the rapid, automatic and involuntary adjustments All other symptoms of PD are present	<b>SYMPTOMS</b> Patients may be able to walk and stand unassisted, but they are noticeably incapacitated Patient is unable to live an independent life and needs assistance	<b>SYMPTOMS</b> Patients fall when standing or turning May freeze or stumble when walking Hallucinations or delusions.



ParkinsonsDisease.net / Stages of Parkinson's Disease

Parkinson's is a complex disease that affects many aspects of life. It is hard to rate the severity of PD using scales since the condition looks differently for everyone living with it.<sup>2</sup>

Also, people may feel differently about different symptoms. Some people living with PD might feel strongly about problems walking while others might feel strongly about difficulty speaking.<sup>2</sup>

The stage of your disease also cannot predict your lifespan or how it will continue to progress. The different staging systems were created to help experts and those living with the disease to have a clear way to discuss symptoms. It also helps researchers understand which treatments are helpful for which symptoms.<sup>2</sup>

If you have more questions about your PD or if you need more support, reach out to your healthcare team.

# LEADING a FRAMEWORK for CULTURAL SAFETY & HUMILITY

for FIRST NATIONS IN BC

NON AFFIRMATION OF COMMITMENT of BC Govt or Health

DETERMINED by indigenous people  
**Safety**  
 CULTURAL COMPETENCY  
 CULTURAL SENSITIVITY

TO NOT BE INVISIBLE IN OUR OWN LANDS

**GOALS:**  
 EDUCATION as STEP 1...  
 BEING ACCOUNTABLE...  
 TAKING THE NEXT STEPS

**IT STARTS WITH ME**

TRANSFORMING the system

respect, understanding and reciprocity accountability  
 a health system that proactively addresses behaviours

**FNHA'S VISION**  
 The Culture of Humility & Respect

provides an understanding of what health + wellness means to First Nations people  
 Respects the balance of power between care providers & clients who deserve respect

LIFE CHANGES people's the Solution  
**SAN 'VAS**  
 WHO'S TAKEN THE PISA CULTURAL GYM TRAINING?  
 Think you ready ward

HISTORY AND PLANS to  
 ROOTS OF VIOLENCE  
 STRUCTURE  
 unless there's dramatic HARM or DEATH  
 Name the ELEPHANT in the ROOM...  
 HUMAN RIGHTS  
 TELL THE PAST IS STILL WITH US

we make Health Decisions DAILY - IMPACTED BY TIME POWER AUTHORITY  
**DECISIONS**  
 WHAT'S IMPACTING my brain?  
 We rationalize a DIFFERENT STANDARD of CARE  
 DENIAL of COLONIZATION  
 NOT FULLY HUMAN  
 pathologize culture  
 isn't that always seeing?

THIS creates a WORLDVIEW OF HARM  
 We need strong accountability: SUGGESTION BOX  
 WHY ONLY 5 COMPLAINTS OF INDIVIDUAL RACISM... ever?

CULTURAL SAFETY IMPROVES QUALITY

SUCCESS: we have cultural safety when First Nations patients "tell us!"

that results IN SAFETY

APC recommendations  
 Education + Health can collaborate

TURNED AWAY AT Hospital

IT'S PAINFUL TO WEAR THE STORIES

we rationalize a DIFFERENT STANDARD of CARE

SELF REFLECTION: UNDERSTAND YOUR OWN BIASES AND MAINTAIN ANTI-RACIST PRACTICES

CULTURAL HUMILITY: LIFE LONG PROCESS

TAKE MY GUILT + OUTFRAGE... + BE PART OF THE SOLUTION

YOU CAN RUN... or LEAD the RUN

C.I.N.A.N.G.E Leadership

THINK you ready ward

TELL THE PAST IS STILL WITH US

we rationalize a DIFFERENT STANDARD of CARE

SELF REFLECTION: UNDERSTAND YOUR OWN BIASES AND MAINTAIN ANTI-RACIST PRACTICES

CULTURAL HUMILITY: LIFE LONG PROCESS

TAKE MY GUILT + OUTFRAGE... + BE PART OF THE SOLUTION

YOU CAN RUN... or LEAD the RUN

C.I.N.A.N.G.E Leadership

TURNED AWAY AT Hospital

TELL THE PAST IS STILL WITH US

we rationalize a DIFFERENT STANDARD of CARE

SELF REFLECTION: UNDERSTAND YOUR OWN BIASES AND MAINTAIN ANTI-RACIST PRACTICES

CULTURAL HUMILITY: LIFE LONG PROCESS

TAKE MY GUILT + OUTFRAGE... + BE PART OF THE SOLUTION

YOU CAN RUN... or LEAD the RUN

C.I.N.A.N.G.E Leadership

TURNED AWAY AT Hospital

TELL THE PAST IS STILL WITH US

we rationalize a DIFFERENT STANDARD of CARE

SELF REFLECTION: UNDERSTAND YOUR OWN BIASES AND MAINTAIN ANTI-RACIST PRACTICES

CULTURAL HUMILITY: LIFE LONG PROCESS

TAKE MY GUILT + OUTFRAGE... + BE PART OF THE SOLUTION

YOU CAN RUN... or LEAD the RUN

C.I.N.A.N.G.E Leadership

# RECIPE



## Carrot Potato Pancakes

**Prep time**  
**10 min**

**Cook time**  
**10 min**

**Servings**  
**4**

**Ingredients**  
**4 eggs**

**500 mL (2 cups) finely grated carrot**  
**500 mL (2 cups) finely grated potato**  
**15 mL (1 tbsp) finely grated onion**  
**30 mL (2 tbsp) whole wheat flour**  
**2 mL (½ tsp) baking powder**

### Directions

**Beat eggs in a large bowl. Stir in carrot, potato, onion, flour, and baking powder. Mix well.**

**Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat. Using 125 mL (½ cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until light golden brown. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.**



## Perfect Instant Ramen

[cooking.nytimes.com](https://cooking.nytimes.com) (8.9k)

10 min · 607 cal · 1 servs

Read full directions

Make some instant ramen. Slide an egg into the hot broth, then some butter. Crown the steaming noodles with slices of American cheese. Scatter a bunch of toasted sesame seeds and chopped scallions across the top, if you want to. Hardly a recipe! But ...

- RECIPE
- NUTRITIONAL INFO
- SUBSTITUTIONS

### Ingredients

- 1 pack
- Ramen Noodles (with flavor packet)
- 1
- Large Egg April 2024
- 
- ½ teaspoon
- Butter
- 2 slices
- American Cheese
- ¼ teaspoon
- Toasted Sesame Seeds
- ½
- Scallion (green part only, thinly sliced on the bias, optional)

### Directions

1. Bring 2 1/2 cups of water to a boil in a small saucepan. Add the noodles and cook for 2 minutes. Add the flavor packet, stir, and continue to cook for another 30 seconds.
2. Remove the pan from the heat and carefully add the egg. Do not stir; pull the no...



## XIX The Hare And The Grizzly Bears

The Hare lived with his grandmother, in an underground lodge on one side of a large river, which on the other side lived the Grizzly Bear family, consisting of the parents and four children. The Grizzly Bears had plenty of dried salmon in their cellar, but the Hare had none. He said to his grandmother, "I will go and steal the dried fish of the Grizzly Bears from their cellar." The old woman said, "Don't do so; they may kill you. They are powerful people.

" But he replied, "Oh no! they cannot kill me. I will kill them." He went across in his canoe at night, and stole all the dried fish of the Grizzly Bears, and digging a hole in his under-ground lodge, hid it there. On the next morning the Grizzly Bear's wife came along, and entered their house, saying,

"Have you seen any strainers around? Some one has stolen all our dried salmon." The Hare was sitting on the top of the hole where the stolen salmon were buried, and he mocked the Grizzly Bear, imitating her tone of voice, and repeating her words, instead of answering her questions.

The Grizzly Bear got angry, and said, "I believe it is you who have stolen our salmon." At the same time he attacked him. In the fight which followed , the Bear tried to bite and to strike the Hare; but the latter was too quick, jumping from side to side, and underneath and over the Grizzly Bear, who now pressed her antagonist hard. The Hare was getting out of breath, therefore he cried to his grandmother, "Throw the pitch wood in the fire! The Grizzly is getting the better of me.



## **XIX The Hare And The Grizzly Bears**

" The old woman did so, and immediately there was a great blaze and heat, and the house was soon full of smoke, consequently the Bear, who was inconvenienced thereby, commenced to lose ground, and finally was clubbed and killed by the Hare, who skinned her, and cut her up, hanging the paws and some of the fat underneath the ladder.

Next morning the husband saw the bear come across the river and asked if they had seen his wife. The Hare mocked and mimicked him, as he has done the wife. Just then a drop of fat fell down on the Bear's nose from his wife's paws, for he was sitting under the ladder.

He looked up, and, seeing parts of his wife's body hanging there, at once accused the Hare of having killed his wife, and attacked him fiercely. The Hare was getting the worst of the engagement again, so he cried to his grandmother to throw the pitch wood in the fire.

She did so, and the Bear at once became embarrassed, and finally was killed by the Hare, who butchered him and hung up his carcass. He then told his grandmother that he would go across the river, and ill the Grizzly children. She advised him not to do so; but he went, and, entering their underground lodge,, he slew three of them.

The youngest one escaped. If it had note done so, there would now be no Grizzly Bears in the world.

Some time afterwards the Hare said to his grandmother, "Wash yourself," which she did. Then he said, "Comb and dress your hair." She did so. Then he said. "Paint your face," and she did as told. He then killed her

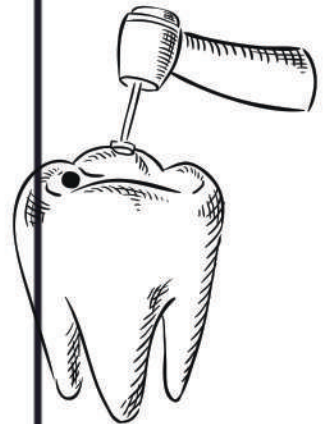
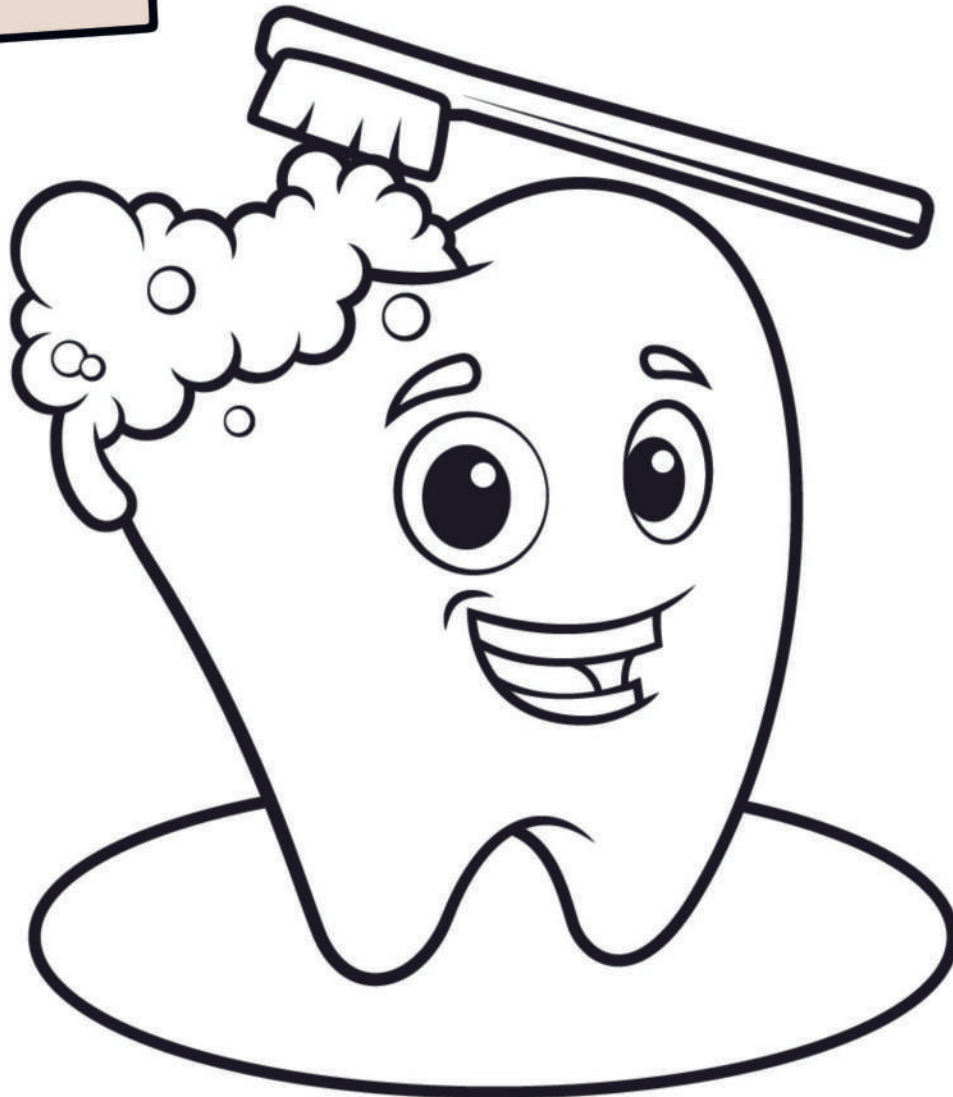
# NEWSLETTER ACTIVITIES & GAMES

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

DEADLINE TO SUBMIT APRIL

Community : \_\_\_\_\_

APRIL 30th



iHeartCraftyThings.com

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

Community : \_\_\_\_\_

# Teeth to Treasure!

## Word Search

DEADLINE TO SUBMIT APRIL  
APRIL 30th

See how many words you can find in 20 minutes!  
Words go across, up, down, and diagonal.

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

CAVITY	FLOSS	GUMS	PLAQUE	TOOTH
DAILY	FLUORIDE	MEAT	SEALANT	TOOTHBRUSH
DENTIST	FRUIT	MILK	TOBACCO	TOOTHPASTE
ENAMEL	GRAINS	MOUTHGUARD	TONGUE	VEGETABLES

DEADLINE TO SUBMIT APRIL  
APRIL 30th

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

Community : \_\_\_\_\_



*The Nlaka'pamux Piecemakers  
Art Council invites you*



**FIRST PEOPLES  
CULTURAL COUNCIL**



## **Dryer Balls Workshop**

**Learn how to make dryer  
balls and save \$ on your  
utility bill!**

*With teacher Judy Service*



**Date: April 13, 2024**

**Where: Kamloops (you will be notified of the location)**

**Time: 11:00 am to 2:30 pm (*please be punctual*)**

**Limit of 6 participants only**

**Text or call 778-253-0277 or [jpdraney85@gmail.com](mailto:jpdraney85@gmail.com)**

**Bring your own lunch,  
Snacks, water, Tea and Coffee provided  
All materials, supplies included**



*The Nlaka'pamux Piecemakers  
Art Council invites you*



**FIRST PEOPLES  
CULTURAL COUNCIL**

## **Dryer Balls Workshop**

**Learn how to make  
dryer balls and save \$  
on your utility bill!**



*With teachers  
Judy Service and Jean York*



**Date: April 20, 2024**

**Location: Cooks Ferry Old Band Blue Hall**

**Time: 1:00 pm to 4:00 pm (*please be punctual*)**

**Limit of 8 participants only**

**Text or call 778-253-0277 or [jpdraney85@gmail.com](mailto:jpdraney85@gmail.com)**

**Bring your snacks  
Water, Tea and Coffee provided  
All materials, supplies included**



*The Nlaka'pamux Piecemakers  
Art Council invites you*



**FIRST PEOPLES  
CULTURAL COUNCIL**



## **Black Ribbon Skirt Elders Workshop**

### **Make a Black Ribbon Skirt**

*Wear your skirt at the  
Elders Gathering Conference*

*With teachers Judy Service and Jean York*

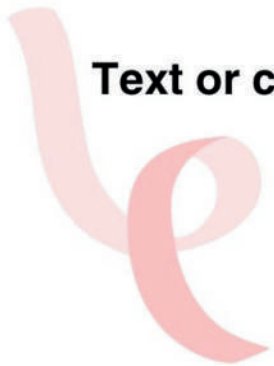
**Date: April 27, 2024**

**Location: Old Blue Band Hall**

**Time: 9:30 am to 2:30 pm (please be punctual)**

**Limit of 6 Elders only to this class**

**Text or call 778-253-0277 or [jpdraney85@gmail.com](mailto:jpdraney85@gmail.com)**



**Bring your lunch and snacks  
Water, Tea and Coffee provided  
All materials, supplies included**



CONCESSION


# CRAFT SALE AND *Market*

Our market is a vibrant and eclectic marketplace where you can explore a world of local handmade crafted items, including quilts, and so much more


**SATURDAY, APRIL 6, 2024**

**10:00 a.m. to 3:00 p.m.**

Chief Whitsemnitsa Complex, Cooks Ferry  
3691 Deer Lane, Spences Bridge, BC



**Support Local Artisans -  
Community Atmosphere - Food and  
Entertainment**



To book a 5.00\$ table call 778.253.0277