

HESKW'EN'SCUTXE

July 2024

Monthly Newsletter

Volume 2 Issue 6

“ Take care of yourself “



CULTURAL TEACHINGS

Stories from James Teit
documenting Nlaka'pamux culture

**"XII. THE BEAVER AND THE
EAGLE; OR, THE ORGIN OF FIRE "**
**[Nlak'apamux;oe and
Nkamtci'nEnux]**

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



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

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



Offices Closure
Monday July 1st, 2024

STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cook's Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Cook's Ferry



Tina Draney
Finance &
Acting Health Manager



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



Angie Pigeon R.N.
Community Health Nurse



Christy Whittaker
Newsletter Writer



Cooks Ferry

Nadine Methot B.A.
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
Medical Driver



Martha Van Dyke
Medical Driver



Theresa Michell
Medical Driver

GREENSLEEVE PROJECT FOR INDIVIDUALS AND FAMILIES



What is a green sleeve?

A Greensleeve is a plastic folder that holds important documents regarding your health care wishes. It may contain your Advance Care Plan, MOST (medical orders), medication list, representation agreement and Advance directives and other health related forms.

Who should have a green sleeve?

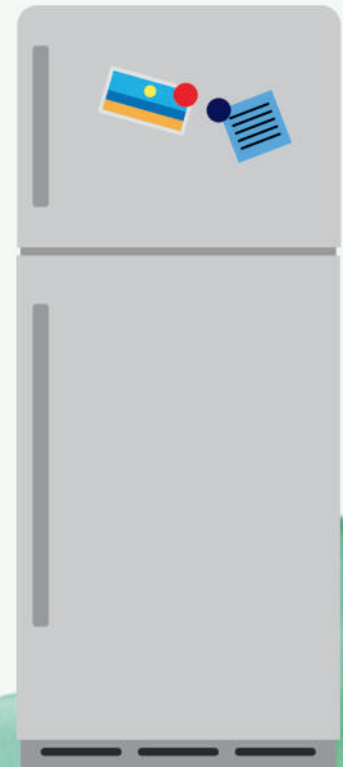
A Greensleeve can be made available to anyone who requests it. We are reaching out to all Community Elders and people with chronic diseases who may need medical care. However anyone living in community can have a sleeve if they like. You can reach out to us to book an appointment with Nurse Angie.

Angie will be in
Cooks Ferry on
Thursdays and Siska
on Fridays

The Greensleeve is best to keep on your fridge. Paramedics are trained to first look there for any advance care documents.



The Greensleeve should be taken with you to all clinics, hospital visits, and or emergency evacuations. Remember to bring it back home with you.





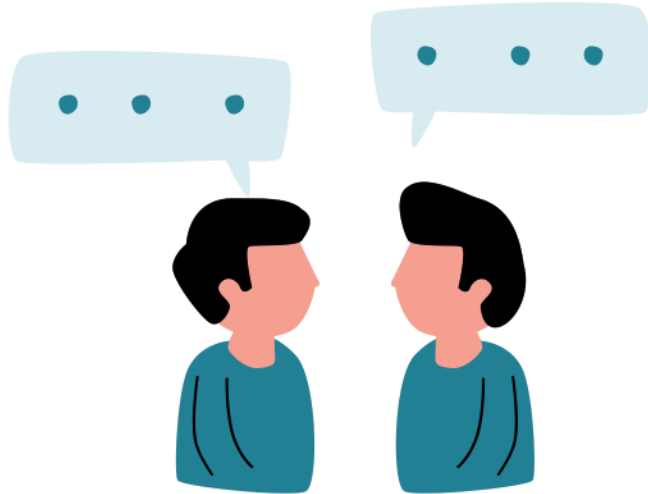
THEME OF THE MONTH

Injury Prevention

World Hepatitis Day

Self Care

Sun/Heat/Water Safety



By Christy Whittaker

Knowledge is power, following are reputable health links to injury prevention, world hepatitis day, self care and sun/heat/water safety.

Links for Injury Prevention

healthandsafetyhelp.ca

safetyculture.com

Links for Self Care

selfcare.ca

livingembrace.ca

Links for Sun/Heat and Water Safety

canadasafetycouncil.ca

sunsafetyatwork.ca

weather.gov.bc.ca

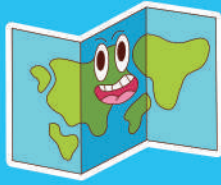
1. **Sun Safety:**
 - o Sunscreen: Apply sunscreen labeled “broad spectrum” and “water resistant” with an SPF of at least 30 when the UV index is 3 or higher.
 - o Clothing: Wear long-sleeved shirts, long pants, and skirts made from tightly woven fabric to protect against UV rays. Darker colors may offer more protection.
 - o Hat: Opt for a hat with a brim all the way around to shade your face, ears, and neck. Avoid straw hats with holes.
 - o Sunglasses: Choose sunglasses that block both UVA and UVB rays to protect your eyes and the skin around them.
 - o Shade: Seek shelter under an umbrella, tree, or other shade, even when you’re outside but not directly in the sun.
2. **Heat Safety:**
 - o Stay Hydrated: Drink plenty of cool liquids, especially water, before you feel thirsty.
 - o Avoid Heat Illness: If it’s hot and humid, stay cool and hydrated to prevent heat-related illnesses¹².
 - o Know Your Limits: Be aware of your physical limitations in extreme heat conditions³.

Remember to take care of yourself and stay safe!



JULY SERVICES

Offices Closure Monday July 1, 2024



Massages With John Tai RMT

Siska

July 2

July 16

July 30

Massages With John Tai RMT

Cooks Ferry

July 3

July 17


July 31

Counselling with Yolanda

If you are wanting to book an
appointment
please call 778 554 2332

Shopping Day

Cooks Ferry July 31
Siska: The first of the month



Scarleth is in Community:

Antko: Mondays

Cooks Ferry: Tuesdays

Siska: Wednesdays



Angie is in Community:

Cooks Ferry: Thursdays

Siska: Fridays



WINNER'S OF THE MAY DENTAL CONTESTS



Siska Winners:

Florine Walkem
Toni Lynn Michell
Tammy Pierre
Betsy Munro
Hailey Billy
Ralph Munro

Cooks Ferry Winners:

Tony Miranda
Tom Yamelst
Raiden Whittaker- Spahan
David Yamelst
Jolene Peters
Gracie Peters
Harlow Peters
Annette Albert



Store is not accepting your gift card?
Make sure they enter it as a credit card
and not a gift card. If that does not work,
please keep the card and return to our
office.

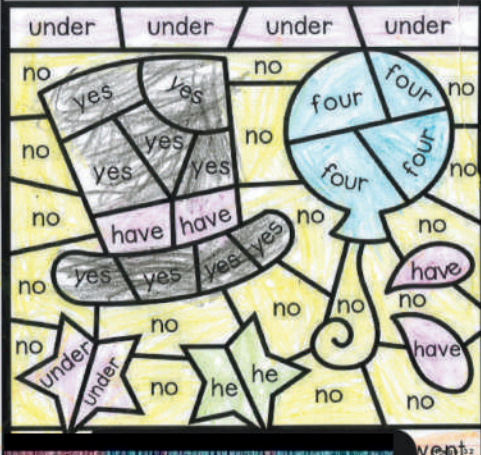
MOTHER'S DAY CONTEST PICTURES

NEWSLETTER ACTIVITIES & GAMES

Name: Kathy & Ralph
Community: Sista

Color by Sight Words

blue = four purple = have green = he yellow = no
pink = under orange = went black = yes



NEWSLETTER ACTIVITIES & GAMES

Name: Betsy Community: Sista

DEADLINE TO SUBMIT May 22

Mother's Day Word Search



- MOTHER ✓
- AUNT ✓
- FAMILY ✓
- RESPECT ✓
- COOKING ✓
- MOMMY ✓
- LOVE ✓
- PARENT ✓
- WISDOM ✓
- NURTURE ✓
- GRANDMA ✓
- SPECIAL ✓
- HUGS ✓
- KISSES ✓
- BEAUTIFUL ✓



Mother is she who can
take the place of all
others but whose place
no one else can take.

Southern Living



CHILDREN ORAL HEALTH INITIATIVE



Cooks Ferry Dental Clinic July 29, 30 and 31

Michelle will be in Cooks Ferry. Please call 250.458.2212 to book an appointment for a dental cleaning, dentures cleaning, X-rays or for any teeth concerns. Adults and children welcome. Services open to both communities.

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 FOR EVERYONE

Open to all children and Adults living in Community.
Free cleaning and healthy teeth services offered in Siska & Cook's Ferry locations.

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

- 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






































First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Brushing Morning & Night

My name is _____ and I brush my teeth 2 times a day!

Colour in the sun and moon every time you brush, morning and night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						



KEEP BABIES AND CHILDREN OUT OF DIRECT SUNLIGHT

Limit sun exposure between 11 am and 3 pm when the sun's radiation is strongest. Whenever possible, plan outdoor activities before or after this time.

Keep babies out of direct sunlight either in a stroller with a hood or canopy, under an umbrella or in a heavily shaded spot.

Teach school age children the shadow test for sun safety. It is important to stay in the shade when the sun is directly overhead and its rays are strongest. If your shadow is shorter than you, it is time to use maximum sun protection.

Create a sun safe environment for children with shade trees, an awning or umbrella.



PROTECTIVE CLOTHING & WIDE-BRIMMED HAT



Clothing should cover as much of a child's skin as possible. Hats should shade the head, face, ears, and back of the neck.

ALWAYS WEAR UV-PROTECTIVE SUNGLASSES



It's important to not only protect a child's skin, but also their eyes by ensuring they wear UV-protective sunglasses when outdoors.



REMEMBER THE SPF!

Use an SPF 30 or higher broad-spectrum sunscreen. Apply sunscreen to the face, but avoid the eye area as some children rub that area! Reapply regularly, especially after sweating heavily or swimming. And don't forget to use a minimum SPF 30 lip balm.

For babies over 6 months old, sunscreen may be applied to areas of the skin that are not covered by clothing such as the face and the backs of the hands.

Sunscreen can be used on babies under 6 months of age although it is preferable to avoid the sun and use shade and clothing.

Contact a pediatrician when a baby under the age of one year gets a sunburn – a severe sunburn can be an emergency.

SUN SAFETY FOR EVERY DAY



THE SUN'S RAYS ARE STRONGEST BETWEEN
11 AM - 3 PM
SEEK SHADE DURING THESE HOURS

PROTECTIVE CLOTHING



Wear clothing that covers as much skin as possible.

WIDE-BRIMMED HAT



Hats should shade the head, face, ears, and back of the neck.

Use sunscreen labelled "broad spectrum" with a sun protection factor (SPF) of at least 30 on skin not covered by clothing.

Apply sunscreen generously and reapply after swimming, strenuous exercise or towelling off.

Look for the Canadian Dermatology Association Sun Protection Recognition logo on sunscreen products.



SUNSCREEN

ALWAYS WEAR UV-PROTECTIVE SUNGLASSES



Look for sunglasses or prescription lenses with full UVA and UVB protection. Examples of appropriate labels are "UV400" or "100% UV protection."

The best UV protection is offered by close-fitting wraparound sunglasses.

THE CANADIAN DERMATOLOGY ASSOCIATION SUPPORTS THE USE OF SUNSCREEN AS AN EFFECTIVE AND SAFE MEANS TO PROVIDE PROTECTION FROM THE SUN'S HARMFUL RAYS. THERE IS STRONG SCIENTIFIC EVIDENCE OF THE ADVERSE EFFECTS OF UV EXPOSURE. SEEKING SHADE, WEARING PROTECTIVE CLOTHING AND SUNGLASSES, AND USING A BROAD SPECTRUM SUNSCREEN ALL HELP IN PROVIDING SAFE SUN PROTECTION.

Know the Difference Between Heat Exhaustion and Heat Stroke



Heat exhaustion

Symptoms

- headache
- dizzy or fainting
- heavy sweating
- cold, pale and clammy skin
- nausea or vomiting
- fast, weak pulse
- weakness or muscle cramps
- excessive thirst

What to do

- Hydrate with water or sports drinks. No alcohol.
- Move to a cooler, air-conditioned place.
- Lie down.
- If fully conscious, sip water.
- Take a cool shower or use cold compresses.
- If vomiting continues, seek medical attention.
- Act quickly. Untreated heat exhaustion can progress to heat stroke.
- Remove tight fitting clothing or extra layers.



Heat stroke – a medical emergency

Symptoms

- headache
- confusion or delirium
- may lose consciousness
- no sweating/dry skin
- hot, red skin
- nausea or vomiting
- rapid heart rate
- body temperature above 104° F

What to do

- Call 911. This is a medical emergency.
- Move the person to a cooler place.
- Use cold compresses to reduce body temperature.
- Do not give fluids.

8

BEST TIME TO DRINK WATER

01

After Waking Up –

Activate Internal Organs

02

After workout –

Bring heart rate back to normal

03

Half an hour Before A Meal –

Help In Digestion

04

Before taking bath –

Help To lower Blood Pressure

05

Before going to bed –

Replenish Any Fluid Loss

06

When you are feeling sick –

Hydrate Body For Proper Function

07

When you are feeling tired –

Recharge Your System

08

When surrounded by infected and sick people –

Don't let settle infection in body.



American Red Cross



5 Skills to Save Your Life in the Water

Can you swim well enough to save your life?

85% of Americans say they can swim.



But...

only slightly more than half of Americans can perform all of the 5 basic skills that could save their life in the water.

Only **56%** can perform all 5 of these basic water safety skills.



1. Step or jump into the water over your head.
2. Return to the surface and float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to the exit without stopping.
5. Exit from the water. If in a pool, be able to exit without using the ladder.



First Nations Health Authority
Health through wellness

Mental Health Supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.
Phone (toll-free): 1-855-242-3310
Website: hopeforwellness.ca.

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.
Phone (adults and Elders): 250-723-4050
Phone (Youth): 250-723-2040
Phone (toll-free): 1-800-588-8717
Website: www.kuu-uscrisisline.com.

Métis Crisis Line is a service of Métis Nation British Columbia.
Phone: 1-833-MétisBC
(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides [information and referrals](#) for all victims of crime. Phone: 1-800-563-0808
Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.
Phone: 1-800-784-2433

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024
Email: nakazdli.elders@outlook.com.

Carrier Sekani Family Services

provides health and cultural supports.
Phone: 250-567-2900
Email: slarocque@csfs.org.

Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or
Email: healthdirector@gitanmaax-health.ca.

Gitanyow Human Services

provides health and cultural supports.
Phone: 250-849-5288
Email: director@gitanyowhealth.ca.

Indian Residential School Survivors Society (IRSSS)

is a partner with the 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.
Phone (toll-free): 1-800-721-0066
Website: www.irsss.ca.

Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.
Phone (toll-free): 1-866-925-4419.

Kispiox Health provides health and cultural supports.

Phone: 250-842-6236 Email: tbaskin@anspayaxwhealth.ca.

Nuu Chah Nulth Tribal Council

provides health and cultural supports.
Phone: 250-724-3939 or Email: sanne.vanvlerken@nuuchahnulth.org.

Okanagan Nation Alliance

provides health and cultural supports.
Phone: 250-826-7844
Email: Wellness.Manager@syilx.org.

Sik-E-Dakh Health Society

provides health and cultural supports.
Phone: 250-842-6876
Email: andrew@sikedakh.org.

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.
Phone (toll-free): 1-888-403-3123
Website: www.tsowtunlelum.org.

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.
Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult.
Phone: 604-872-1234

Foundry virtual access [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.
Phone (no area code): 310-6789.

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or
Text: TALK to [686868](#)
Texting support for adults available by texting TALK to [741741](#)

Youth in BC offers crisis support available for youth 25 and under.
Website: [youthinbc.com](#)

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960
Website: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-health-substance-use>



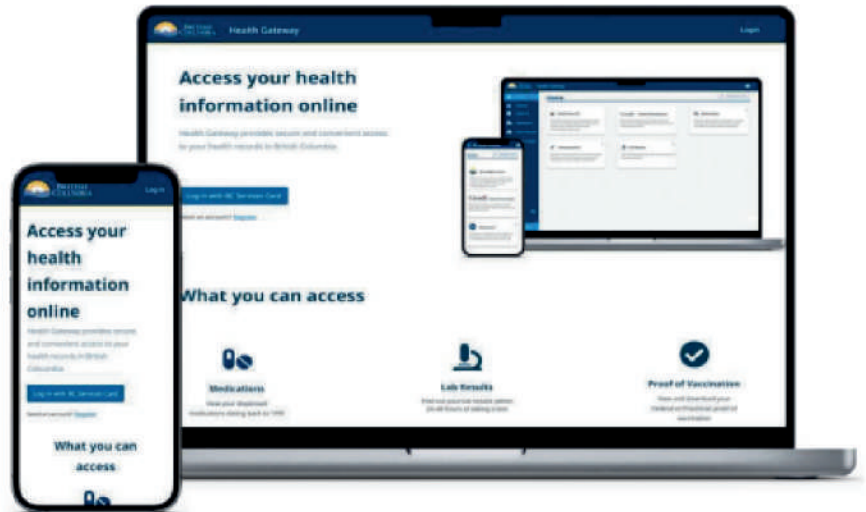


Get your health information online

Health Gateway provides secure and convenient access to your health records.

You can find:

- Lab results
 - Medication history
 - Immunization records
 - Hospital visits
 - Community health visits
 - Organ Donor Registration
 - Diagnostic Imaging Reports
- ... and more!



New features are regularly added. Learn more at gov.bc.ca/healthgateway

Go to the website at healthgateway.gov.bc.ca



Or try the mobile app

You can download it for free to your phone, tablet or iPad.





Create a Health Gateway account

1: Choose web or mobile

Go to the Health Gateway website at healthgateway.gov.bc.ca, or you can download the Health Gateway mobile app.

2: Log in

Use your BC Services Card account to securely log in to Health Gateway. Find out how at id.gov.bc.ca/account

3: Choose your communication preferences

If you like, Health Gateway can let you know when you have new health records.

4: Accept the terms of service

After you accept the terms of service, you can access your Health Gateway account.

Who can use Health Gateway

- Anyone 12 years and older can use Health Gateway.
- Parents and guardians can use their own account to get health records for their children 11 years and younger.

Get help or share feedback

Visit gov.bc.ca/healthgatewayguide or email us at healthgateway@gov.bc.ca



Level 3: Moving - SAIL® Home Activity Program

Regular physical activity is the best tool to improve health and wellbeing.

The SAIL Home Activity Program has 3 levels:

- level 1: Sitting
- level 2: Standing
- level 3: Moving

Your health care provider has recommended level 3: Moving for you.

NOTE: Be sure to tell your health care provider about any broken bones or operations in the past 3 months, as some of the activities may not be safe for you, at this time.

Reasons to Move Your Body

Moving helps your:

• brain	• heart
• muscles and joints	• lungs
• immune system	

Moving improves your:

• strength	• sleep
• balance	• mood
• breathing	• energy
• thinking	• bowels (less constipation)

Moving helps you:

• stay at home <ul style="list-style-type: none">○ keep your independence○ avoid or delay going to a care home○ put less stress on your family
• walk or move more easily <ul style="list-style-type: none">○ keep doing the activities you enjoy
• age well <ul style="list-style-type: none">○ helps prevent and treat dementia and cancer○ live well even with chronic disease



Level 3: Moving - SAIL[®] Home Activity Program

A little bit of exercise is always good, and some is always better than none.

Some Ideas to Help Get Started

- Use a “buddy”
 - do the activities with a friend, neighbour or family member
 - ask someone to check with you regularly about how you are doing with the activities
- Get into a routine – exercise at the same times and in the same place each day
 - put a reminder note in the bathroom or other place you go several times a day
 - level 2 and 3 activities are best done at the kitchen sink - it doesn't move and is easy to hold on to
- Shorter activity times - more often is best to start
 - start with 5 minutes of activity - 3 or 4 times a day rather than 15 or 20 minutes without stopping
- Keep track
 - each day, write down how many you do of each activity
 - the SAIL Home Activity Program Tracker can help you

What People Have to Say

“My back pain is a lot better since I started these.”

Ruth, age 72

“I didn't realize how much weaker one of my legs was until I started doing these.

Now I am working hard to get that leg stronger.”

Mary, age 83

“I have been doing the activities for 8 weeks, and now my knees don't hurt as much. I am not as depressed. My blood sugars are better, and I've lost 6 pounds without even trying. I feel good.”

Ed, age 67

“My dad (age 77) started these exercises, and now he is feeling stronger and has more energy. His attitude has changed and he is feeling hopeful again. It is just wonderful.”

Tara



SAIL Home Activity Program Level 3: MOVING TRACKER

Name: _____ START DATE: _____

DATE							
1. Standing on One Leg							
2. High Stepping Sideways							
3. Tap Dancing							
4. Forward Lunge							
5. Forward & Backward Walk							
6. Heel to Toe Walk							
7. Sit to Stand							
DATE							
1. Standing on One Leg							
2. High Stepping Sideways							
3. Tap Dancing							
4. Forward Lunge							
5. Forward & Backward Walk							
6. Heel to Toe Walk							
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3. Tap Dancing							
4. Forward Lunge							
5. Forward & Backward Walk							
6. Heel to Toe Walk							
7. Sit to Stand							

Are You Registered In

ImmsBC ?



First Nations Health Authority
Health through wellness

Why you should register:



ImmsBC will send you notifications when you are eligible to book vaccines, such as COVID-19, flu or HPV.

Registering allows you to manage your immunizations. You can book online or by phone at local pharmacies or public health units. You can also start a conversation about upcoming immunization clinics with your local health centre.

Already registered with ImmsBC? Did you know you can also review your immunization history, lab and X-ray results in Health Gateway?

www.healthgateway.gov.bc.ca

HOW TO REGISTER

Online: www.getvaccinated.gov.bc.ca

Call: 1-833-838-2323 (toll-free)



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:

Mandy Cormier, Health Manager

Email: mandy.cormier@hhssbc.ca

Heskw'en'scutxe Health Services Society
3691 Deer Lane, Box 188 Spences Bridge, BC V0K 2L0
Fax 250.458.2213
www.hhssbc.ca
Closing Date: until filled



Heskw'en'scutxe Health Services Society

3691 Deer Lane P.O. Box 188 Spences Bridge, BC V0K 2L0

Community Wellness Coordinator

JOB POSTING

2 Part-time Positions (Siska and Cook's Ferry Indian Bands)

Join our dedicated team at Heskw'en'scutxe Health Services Society (HHSS) and play a vital role in improving the health and wellness of Indigenous communities we serve. HHSS is a non-profit community-based society dedicated to providing comprehensive healthcare services to Siska and Cook's Ferry Bands, with the focus on serving rural Indigenous communities. Our services include nursing, home health, prenatal care, diabetes management children's oral health, medical transportation, mental health and substance use education, and administration of uninsured health benefits. HHSS is deeply committed to cultural relevance and safety in healthcare delivery, aligning with the culture and traditions of the communities we serve. The Community Wellness Coordinator is a pivotal position within HHSS, working under the leadership of the Health Manager as their sole employee.

Job Summary

Reporting to the Health Manager, the Community Wellness Coordinator provides crisis support, intervention, prevention, and aftercare services for substance use and addictions. As part of their efforts, the Community Wellness Coordinator also provides health education on mental health and substance use and promotes healthy lifestyles through cultural practices and health care practices.

Key to this role is having respect and knowledge of:

1. The unique cultural and spiritual teachings of the communities we serve.
2. The political, cultural, and spiritual protocols of the communities we serve.
3. The historical factors and trauma (e.g., residential schools, aspects of colonization, climate emergencies), that are relevant to the community's health and wellness challenges.

Duties and Responsibilities

Program Development and Management

- Manage and coordinate preventive drug and alcohol programs
 - Screen and assess client's needs and determine extent of assistance and services
 - Provide appropriate assessment of clients and referral of clients to treatment and prepare clients for entry into residential treatment and other rehabilitation/treatment programs
 - Provide programs that are rooted in Nlaka'pamux culture and traditional practices
 - Provide group support programs and refer clients to appropriate professionals
 - Provide intervention and crisis support and follow up with referrals to appropriate professionals
 - Provide follow up and programs for clients returning from treatment
 - Facilitate health professional visits to programs clients and interested community members
- Promote, monitor and maintain health, safety, and security of the program

Education

- Develop and provide substance use information (literature, workshops, videos)
- Provide culturally appropriate programs to education and promote addiction awareness and addiction-free lifestyles
- Provide skills in effective prevention/intervention strategies that address the challenges of addictions amongst youth, adults, and elders

Relationship Management

- Work with other professionals such as nurses, physicians, and other health workers as needed
- Collaborate and network with other departments, health authorities and community organizations

Experience and Education Requirements

- Diploma or degree in a related field, such as social work or addictions counseling preferred.
- Experience without formal education will be considered with the understanding that demonstration of a healthy lifestyle may be required. The individual must be open to growth opportunities and training in the areas of harm-reduction, substance use, and/or human services.
- Demonstrated record of successfully building effective relationships with community members and external stakeholders, including health authorities, Councils, Boards, and other professionals
- Well-developed written and oral communication skills
- Knowledge of First Nation's culture, customs, beliefs, traditional lifestyles, and health issues
- Driver's License or willingness to obtain a license is required
- COVID-19 Vaccination is required, as per the policy.

Ability to undergo an appropriate criminal records review and police record check successfully and periodically is required.

Closing Date: Will remain open until filled. Preference will be given to qualified First Nations candidates. Heskwen'scutxe Health Services Society offers competitive compensation packages including professional development, and the availability of company vehicles.

Wage Scale based on education and experience: \$23.00 – \$25.86.

To apply, forward your resume by June 10, 2024:

Mandy Cormier, Health Manager
PO Box 188
Spences Bridge, BC. V0K 2L0
Fax: (250) 458-2213
E-mail: mandy.cormier@hssbc.ca

MEDICAL TRANSPORTATION GUIDELINES



At Heskwen'scutxe we work hard to provide services to the communities. Our Medical Transportation program continues to be an important service we offer to members. As of May 28, 2024, please see the updated guidelines below.

- Please book any appointment where you require our service five (5) days in advance.
- Please book appointments no later than 1:30-2:00pm if travelling to Kamloops or Merritt.
- As COVID-19 restrictions have been lifted, shared medical travel may be required.
- Always be kind and courteous to all the staff.

Thank you from the Health Manager and Heskwen'scutxe staff.

To book:

Cooks Ferry 250-458-2212

Siska 250-455-6601

MEDICAL TRANSPORTATION UPDATE



JUNE 2024 MEDICAL DRIVER UPDATE

Unfortunately, due to staff shortages for June, medical driving may be limited unless medical driving requests are received 5 days in advance.

We greatly apologize for this inconvenience. We are working hard on hiring medical drivers to accommodate staff shortages. We encourage clients to ask their health care providers to book telehealth appointments and our health center will assist you with those appointments.

Thank you from the Health Manager and Heskw'en'scutxe staff.

To book:

Cooks Ferry 250-458-2212

Siska 250-455-6601

Update effective June 3, 2024

MEDICATION PICK-UP PROGRAM

**Medication will be picked up and
available for in Siska every Thursday
afternoon, Cooks Ferry's will be available
to pick up Friday mornings.**

**Gentle reminder to please call us if you
would like your name added to the pick
up list.**

Cooks Ferry 250-458-2212

Siska 250-455-6601



FNHA IS LOOKING FOR YOUR INPUT

Everyone is invited to join this group and provide input. Honoraria provided

Simply click on the link below to register

[https://interceptum.com/s/en/WICC_Advisory?](https://interceptum.com/s/en/WICC_Advisory?fbclid=IwZXh0bgNhZW0CMTEAAAR0TBM8fJdr6ak0Vis_Q2TwW4H9oz4e7vPpYzQxnFhh_pZn7xMFfE3ZxMyw_aem_ZmFrZWR1bW15MTZieXRlcw)

[fbclid=IwZXh0bgNhZW0CMTEAAAR0TBM8fJdr6ak0Vis_Q2TwW4H9oz4e7vPpYzQxnFhh_pZn7x](https://interceptum.com/s/en/WICC_Advisory?fbclid=IwZXh0bgNhZW0CMTEAAAR0TBM8fJdr6ak0Vis_Q2TwW4H9oz4e7vPpYzQxnFhh_pZn7xMFfE3ZxMyw_aem_ZmFrZWR1bW15MTZieXRlcw)

[MFfE3ZxMyw_aem_ZmFrZWR1bW15MTZieXRlcw](https://interceptum.com/s/en/WICC_Advisory?fbclid=IwZXh0bgNhZW0CMTEAAAR0TBM8fJdr6ak0Vis_Q2TwW4H9oz4e7vPpYzQxnFhh_pZn7xMFfE3ZxMyw_aem_ZmFrZWR1bW15MTZieXRlcw)

The Wholistic Integrated Continuum of Care (WICC) project team is looking for your support.

Are you passionate about community well-being and wholistic care?

Join the Indigenous Wellness Advisory Group!

This group will guide and lead transformation in Indigenous health services across BC focused on:



Transitions in /out of health care

What pathways will advance seamless transitions in care so people spend more time at home?



Family Caregiver Support

What does emotional, spiritual, mental, physical and financial support look like for caregivers?



Wholistic Wellness Services

What does wholistic wellness services closer to home mean to your community?

Starting Summer 2024

Monthly Virtual Meetings



Indigenous people of all ages



First Nations Health Authority

To join the Indigenous Wellness Advisory group or learn more about WICC, scan the QR code or email us at:





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

KIDS CRISIS LINE 1-800-668-6868

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

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

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



First Nations Supports

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 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



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!





Community Climate-Health Engagement Invitation to share your thoughts

ABOUT CLIMATE CHANGE & HEALTH WORK

- The First Nation Health Authority's (FNHA) Climate Change & Health Program is engaging First Nations communities through focus groups and an online survey to understand:
 - Community climate-health risks of concern and sources of resilience.
 - Key gaps, opportunities and priority actions needed across the health system to support the health and wellness of First Nations amidst a changing climate.
- What we hear will help inform FNHA planning as well as provincial and federal initiatives to strengthen collaboration and develop action and resourcing requirements.
- We want to hear from you! Please share your thoughts about climate change and health impacts, priority issues, and how the health system can support you and your community.

HOW CAN I BE INVOLVED?

- Participate in an upcoming regional Focus Groups in your region:
 - Northern – May 23rd
 - Interior – May 30th
 - Vancouver Coastal - TBC
 - Vancouver Island – TBD
 - Province-wide – June 12th
- Contact climate.health@fnha.ca to receive an invitation to a session or provide more feedback.
- Take our online survey!



Survey will close on June 30, 2024

WHAT IS CLIMATE HEALTH?

Climate health refers to the relationship between climate-driven changes and human health. Climate change, which combines with other natural and human-made stressors can affect human health by changing the severity or frequency of existing health problems or creating new or unanticipated ones.

WHAT ARE WE ASKING?

1. What climate change and health risks are top priority for your community?
2. What actions are being taken in your community to address the changes and impacts of climate change?
3. What are the sources of strength or resilience that support you and your community in responding to the impacts of climate change?
4. What are some of the key gaps and barriers in the ability of the health system to support your community in addressing the health impacts of climate change?
5. What kinds of roles and responsibilities do you see the FNHA having in addressing and responding to the health impacts of climate change? How can the FNHA support communities on this journey?

Community Climate-Health Engagement: What We've Heard

FIRST NATIONS LEADERSHIP IN CLIMATE ACTION

First Nations in BC are leading the way in climate health adaptation initiatives, such as:

- Organizing opportunities for knowledge sharing and skill building to protect and enhance community food security including through traditional food harvesting, preservation, and storage
- Identifying and mapping important areas, plants and animals for monitoring and protection
- Working with Elders and Knowledge Holders to understand changes taking place on the land and to preserve traditional knowledge
- Revitalizing access to traditional territories through culture camps and on-the-land training
- Undertaking community climate health assessments and developing action plans

WHY THIS WORK MATTERS

The onset of unprecedented environmental and climate-driven emergencies that occurred across BC since 2021 have emphasized the gravity of climate impacts to human health and the urgent need to support community climate resilience and develop effective adaptation measures.

First Nations communities in BC have observed rapid changes in temperatures, weather patterns and plant and animal behaviours, including:

- Changing weather patterns and extreme weather conditions (e.g., heat waves, storm surges)
- More frequent and more extreme flooding, wildfires, and drought
- Rising coastal water levels and melting glaciers
- Changing growth seasons and decreased availability of traditional foods and medicines
- Lower inland water and aquifer levels
- Increasing pollen counts, pests, invasive species and vector-borne diseases

WHAT HAVE WE HEARD FROM COMMUNITIES

Communities have shared some of the social, emotional, mental and spiritual impacts of climate change and extreme weather events including:

- Reduced access to traditional foods, including animals, medicines, and plants
- Impacts to water quality and quantity
- Damage to housing and infrastructure
- Respiratory & cardiovascular impacts caused by increased forest fire smoke and summer temperatures
- Grief & anxiety related to extreme weather events, and changes to the land, air & water
- Impacts to sacred and cultural sites due to disappearance, damage or loss of access.

WHAT IS FNHA DOING?

The First Nations Health Authority (FNHA) has been working with First Nations in BC as well as partners and institutions to assess and ameliorate the health impacts of climate change based on evidence and wise practices, including:

- Developing the Indigenous Climate Health Action Program to fund community-led projects
- Partnering in research initiatives with communities, and establishing communities of practice and networks for local environmental observations and risk monitoring. This include the We All Take Care of the Harvest project focusing on seafood security safety and sovereignty.
- Collaborating with Regional Health Authorities, the BC Ministry of Health, and other partners to assess and improve climate resilience across the health system.


How to Prepare for the Wildfire Smoke Season

Wildfires and smoke are a normal part of summer in British Columbia, but our seasons seem to be getting longer and more extreme. We cannot predict when big wildfires will occur, so it is best to prepare for a smoky summer before the season starts.



Reducing exposure to wildfire smoke is the best way to protect your health.

- ③ Most people spend up to 90% of their time indoors, so clean indoor air is important.
- ③ Purchase a portable air cleaner that uses HEPA filtration to remove smoke from the indoor air. Do your research to find something suitable for your needs.
- ③ If you have forced air heating, talk to your service provider about what filters and settings to use during smoky conditions.
- ③ Know where to find cleaner air in your community. Libraries, community centres, and shopping malls often have cooler, filtered air.

 Some people may be more sensitive to smoke, including those with chronic



Be aware of people who should take extra care.

- ③ conditions such as asthma, heart disease, or diabetes, as well as pregnant women, infants, young children, older adults, and marginalized people.
- ③ If you or members of your family have a chronic disease, work with your doctor to create a management plan for smoky periods.
- ③ If you use rescue medications, make sure you have a supply at home and always carry them with you during wildfire season. Have a clear plan to follow if your rescue medications cannot bring your condition under control.

THOSE MOST AFFECTED



PEOPLE WITH CHRONIC LUNG/HEART DISEASE



PREGNANT WOMEN



INFANTS, YOUNG CHILDREN



OLDER ADULTS



BC Centre for Disease Control
 Provincial Health Services Authority

FOR MORE INFORMATION bccdc.ca/wildfiresmoke



For people who spend time outdoors, there are still ways to reduce smoke exposure and its health impacts.

- If you have an outdoor occupation, review resources from WorkSafe BC. <https://u.nu/4vi8>
- If you care for groups of children or plan outdoor events, ensure that your organization has a smoke contingency plan.
- The harder you breathe, the more smoke you inhale. Take it easy to reduce smoke exposure. <https://u.nu/u3j5d>



There are many tools available to help you understand the air quality impacts of smoke. Reliable sources of information can help you stay protected.

- Outside the Lower Mainland, sign up for the **Air Quality Subscription Service** to get text or email alerts. <https://u.nu/e3xtf>
- Within the Lower Mainland, sign up for the **Metro Vancouver Subscription Service** to get email alerts. <https://u.nu/7qwqj>
- The current **Air Quality and Health Index (AQHI)** map provides health-specific messaging. <https://u.nu/p-39>
- Install the **WeatherCAN** app to monitor AQHI and get notifications when air quality changes in your areas. Extreme wildfires often occur when it is very hot outside, which can also affect your health. You can use this app to get notifications about extreme temperatures and other important weather events. <https://u.nu/an9l>
- If you live somewhere without an AQHI reading, check the current map of fine particulate matter concentrations or **PM_{2.5}**. <https://u.nu/lamf>
- The **FireWork Forecast** shows maps of predicted smoke impacts over the next 72 hours. <https://u.nu/rmzk>
- The provincial map of **Active Wildfires** keeps track of the current situation. <https://u.nu/zsrj>



BC Centre for Disease Control
Provincial Health Services Authority

LAST UPDATED: AUGUST 2023

FOR MORE INFORMATION bccdc.ca/wildfiresmoke



Wildfire smoke during extreme heat events

Wildfire smoke may happen at the same time as very hot weather. Smoke and extreme heat can both impact your health, but they have different effects on the body. Some people are susceptible to experiencing health effects from both wildfire smoke and extreme heat, but overheating is more dangerous for most people at risk. Cooler, cleaner indoor air is the best way to protect yourself.



Extreme heat can affect your health

On extremely hot days in British Columbia, there may be 100-300 more deaths than expected

- Your body always tries to maintain a core temperature of 36.6°C (98.6°F).
- When air temperature is high, your body has to work harder to cool itself by sweating and increasing blood flow to the skin.
- If you cannot stay cool, dangerous overheating may occur.
- Overheating can quickly become life-threatening heat stroke.
- Check to see whether there are any heat alerts in your area. <https://u.nu/HhZky>

OVERHEATING: symptoms and recommended actions

MILD	MODERATE	SEVERE
<ul style="list-style-type: none"> • Feeling unwell • Dizziness • Headache • Thirst • Skin is warm and sweaty 	<ul style="list-style-type: none"> • Nausea • Light-headedness • Weakness • Extreme fatigue, malaise • Heat rash, unusual swelling, or cramps 	<ul style="list-style-type: none"> • Fainting or loss of consciousness • Unusual confusion or disorientation • Severe nausea and vomiting • Difficulty speaking
<p>Move to a cool location and drink fluids until symptoms improve. If symptoms do not improve, seek medical attention.</p>		<p>Seek medical attention immediately.</p>



Wildfire smoke can affect your health

On extremely smoky days in British Columbia, there may be 5-10 more deaths than expected

- Smoke is composed of small particles that travel deep into your lungs, where they can cause irritation and inflammation that affects your whole body.
- Smoke usually causes respiratory symptoms that resolve when the air clears.
- Smoke may also cause severe problems such as difficulty breathing or heart problems.
- Use the Air Quality Health Index to assess risks associated with current smoke levels. <https://u.nu/MJPmP>

WILDFIRE SMOKE EXPOSURE: symptoms and recommended actions

MILD	SEVERE
<ul style="list-style-type: none"> • Eye, nose, throat irritation • Mild cough • Phlegm production • Wheezy breathing • Headache 	<ul style="list-style-type: none"> • Shortness of breath • Severe cough • Chest pain • Unusual heart palpitations
<p>Find cleaner indoor air or wear a well-fitted respirator or mask outdoors.</p>	<p>Seek medical attention.</p>



Heat and smoke may interact to produce more severe symptoms

- Smoke and heat both put the human body under stress.
- Combined exposure may lead to more severe symptoms.
- Overheating is more dangerous than smoke exposure for most people at risk.

Some risk factors make people more susceptible to experiencing health effects from both exposures

- Chronic respiratory diseases, such as chronic obstructive pulmonary disease (COPD) or asthma
- Heart and other cardiovascular diseases
- Other chronic illnesses, such as diabetes
- Physical or mental disabilities or impairments, such as dementia
- Mental illnesses, such as schizophrenia
- Living alone or being socially isolated
- Older age (especially 65+) and younger age (especially infants and children)
- Pregnancy
- Working outdoors
- Poor quality housing or no housing



People spend most of their time inside, so indoor temperature and air quality are important

- Without air conditioning, indoor temperatures can get dangerously high during extreme heat
- Without air cleaning, indoor smoke increases as the outdoor smoke increases

Sustained indoor temperatures	Who is at risk?
<26°C (79°F)	Generally safe for everyone
26 – 31°C (79-88°F)	May be risky for those susceptible to heat
>31°C (88°F)	Dangerous for those susceptible to heat

Cooler and cleaner indoor air is the best way to stay safe

- Cooler indoor air can be achieved using air conditioners or other mechanical cooling methods.
- Cleaner indoor air can be achieved using air cleaners (<https://u.nu/ceerMF>) or box fan air filters (<https://u.nu/QxeBd>) with doors and windows closed.
- Focus on decreasing the temperature and the amount of smoke in one room where you spend time, such as your bedroom.

Prioritize staying cool if you are susceptible to both wildfire smoke and heat but cannot access cooler and cleaner indoor air

- Overheating poses a bigger health risk than wildfire smoke for most people who are at risk
- Indoor environments with cooler air typically have cleaner air too.
- Smoke is most risky for those with airway conditions, such as asthma or chronic obstructive pulmonary disease (COPD).
- Consider staying with friends or family who have air conditioning and air cleaners, if possible.
- Spend time in public places with cooler, cleaner indoor air, such as libraries or community centres.
- See the British Columbia extreme heat preparedness guide for more information. <https://u.nu/QIBkh>
- Review the fact sheet on preparing for wildfire smoke. <https://u.nu/ldoXg>



First Nations Health Authority
Health through wellness



BC Centre for Disease Control
Provincial Health Services Authority

LAST UPDATED AUGUST 2025

FOR MORE INFORMATION: bccdc.ca/wildfiresmoke

RECIPE



YIELDS: 1 - 2 serving(s) PREP TIME: 20 mins TOTAL TIME: 40 mins CAL/SERV: 830

Ingredients

1 lemon

1 (1/2 lb) whole trout, cleaned and butterflied

1 Tbsp. extra-virgin olive oil

Kosher salt

Freshly ground black pepper

6 sprigs fresh thyme, divided, plus more for serving

1/2 shallot, thinly sliced

4 tsp. butter, sliced into pats

1/4 c. walnuts halves

Directions:

Step 1

Preheat oven to 425° and line your baking sheet with 2 layers of aluminum foil.

Step 2

Cut lemon: cut ~1/3 of the lemon off in one piece, then cut 4 thin slices from the center (about another 1/3). Reserve all pieces.

Step 3

Pat outside and inside of trout with paper towel, then rub entire fish with olive oil, and season all over with salt and pepper. Place skin side down on prepared baking sheet and add 3 thyme sprigs, then layer lemon slices and shallot slices on top of thyme, evenly dividing the shallots between the lemon slices. Top with 4 pats of butter and 3 more sprigs of thyme.



RECIPE



Directions:

Step 4

Close the fish, then fold up the top sheet of foil to enclose the fish in a packet. Add remaining lemon pieces cut-side down to the baking sheet.

Step 5

Bake until fish is flaky and tender, 12 to 16 minutes depending on the size of your fish. To test, carefully open foil and check if the fish flakes with a fork.

Step 6

When fish is ready, use a spatula to carefully transfer fish from foil to a large cutting board. Reserve foil filled with cooking juices and remove charred lemons.

Step 7

Add walnuts to baking sheet and toast 4 to 5 minutes, until they are fragrant and have darkened slightly. When toasted, transfer to a clean cutting board and use the bottom of a dry measuring cup to gently crush the walnuts into smaller pieces. (Some irregularity is good for a variety of textures!)

Step 8

Remove filling from trout, reserving shallots, and use a knife to separate trout fillets from the spine. Transfer fillets to serving plates, then scatter cooked shallots and spoon cooking juices over top. Garnish with more thyme, crushed walnuts, and some more black pepper. Squeeze charred lemons over fish and serve.

OUR STORIES AND NLAKA'PAMUX CULTURE
COLLECTED BY JAMES TEIT

XII. THE BEAVER AND THE EAGLE; OR, THE ORIGIN OF FIRE

[Nlak'apamux;oe and Nkamtci'nEnux]

In the beginning the people were without fire. The Beaver and the Eagle said they would find out where fire could be obtained, and accordingly they sent out the Swallow, who flew over the country on a search. At last he came back with the intelligence that he had discovered fire in possession of a family at Lkamteci (Lytton). The Beaver and the Eagle then said, "We will go and obtain it;" and they laid their plans accordingly. The Eagle soared away through the air, and at last discovered the shell of a fresh-water clam, which he took possession of. The Beaver appeared at the place where the people drew water out of the creek.

They lived in an underground lodge. Some young girls, going down to the creek for water in the morning, came back running, with the intelligence that there was a beaver at the watering-place. Some young men ran out with bows and arrows, shot him, and brought him up to the house. They began to skin him. In the mean while the Beaver thought, "Oh, my elder brother!

He is long in coming. I am nearly done for." Just then the Eagle perched down on the top of the ladder, and at once attracted the people's attention, so that they forgot all about the Beaver in their anxiety to shoot the Eagle, which they could not kill, although they fired arrows at him. Meanwhile the Beaver caused the house to be flooded with water. In the confusion the Eagle dropped the clam-shell down into the fire. The Beaver immediately filled it with fire, put it under his armpit, and made off with the water. He spread it over the whole country. After that the Indians could make fire out of trees.

OUR STORIES AND NLAKA'PAMUX CULTURE
COLLECTED BY JAMES TEIT

XIIb. Origin of Fire (Another Version)

[Nkamtci'nEmux]

Page 57

A long time ago the people at the headwaters of Fraser River had no fire. Only the people at Lytton had fire, which they had obtained from the Coyote or from the Sun.

The people at the headwaters of Fraser River desired to obtain fire, and sent two men who were to try and get it. They went to Tsotcowa'ux Creek, where they remained for four months, sweat bathing and strengthening their magic powers, until in their visions they saw the edges of the world, and knew everything. Then the one brother, to show his power, asked the other to cut him up, and to lay the body on the door of the sweat-house. He told him that all the birds would come to eat his flesh. Then he instructed him to allow them to eat his whole body except his heart.

When the Eagle came, the brother was to catch him by the tail, for he was his protecting spirit. After all the birds had arrived one after another, the Eagle came. The brother caught him by the tail, and secured him. The disembowelled man then came to life again. Next day the same was done with the other brother, - all the animals were to come and eat his flesh, and when the Beaver came, the brother was to catch him by the tail, for he was his protecting spirit. Thus the Beaver was secured, and disembowelled man arose. Then they said, "We will go and obtain fire from Lytton." and laid their plans according; the one changing himself into an eagle, whilst the other turned into a beaver. [The rest is the same as the preceding version.]

“All of our Food and Water is our Medicine” & “Nlaka’pamux Traditional Food Field Guide”

Our cultural identity as Nlaka’pamux is grounded in our relationships and interactions with the people, plants, animals, water and landforms within our Homelands. Since the time of the Creations Stories our Homeland has provided us water, food, and medicines to nurture our bodies, materials clothe and shelter us, commodities with which to trade and develop our economies, and places to attain and maintain our Spiritual connections to the Creator that nurture our minds and souls. The identity and wellbeing of our people, communities and Nation depends on our sustainable use of the land, water and resources.

Since Contact with the non-aboriginal world our society has gradually shifted our connections to, and dependance on, the land and its resources and as we have adopted non- traditional ways and foods, our health as a people both physically and spiritually, has suffered. Traditional ways of passing on knowledge orally are challenged by the fast-paced world we now live in.

We, as leaders of the Nlaka’pamux communities of Cooks Ferry and Siska, have supported the collection and recording of information from our Elders and Cultural experts for many years. We see the capture of this information into Nlaka’pamux people's hands. Our main goal is to get more Nlaka’pamux people re-learning how to gather, prepare and eat our traditional foods and Medicines. The benefits we hope to see are improved health and well-being of our people through the physical act of gathering and preparing the food and the eating of healthier foods. Our Indigenous Rights and Title are still being threatened by governments and resources exploiters. We as Nlaka’pamux need to continue to exercise our rights to the foods, medicines and lands within which they grow to protect our health, culture and identity into the future.

Humelth
Chief Fred Sampson
Siska Indian Band

Chief David Walkem
Cooks Ferry Indian Band

Free Swims Merritt



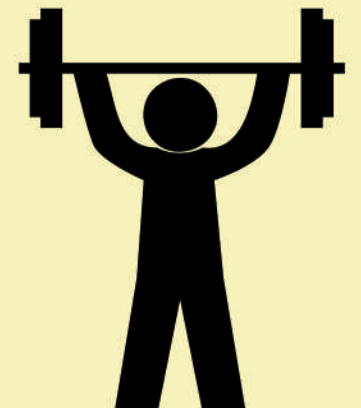
For on and off reserve community members.
Free swims at the Nicola Valley Aquatic Centre.

Please call our offices to be added to the *swimming list

*if you are not already on the Merritt Swimming pool list.



16+ have free access
to the gym at the Merritt Aquatic Centre



NEWSLETTER ACTIVITIES & GAMES

Name : _____

Community : _____

KidsHealth
in the Classroom



Personal Health Series Water Safety

Name: _____

Date: _____

Quiz



Instructions: Answer each question.

1. True or false: Always check the depth of water before you dive in.
2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. only swim up to your waist
 - c. not go in the water
 - d. only swim with experienced swimmers
3. You should wear a lifejacket:
 - a. any time it's raining
 - b. only if you're a beginning swimmer
 - c. only if it matches your lifehat
 - d. any time you go in a boat
4. True or false: You should always swim with another person even if you're a good swimmer.
5. True or false: More people die in boating accidents than in airplane or train crashes each year.



Extra credit:

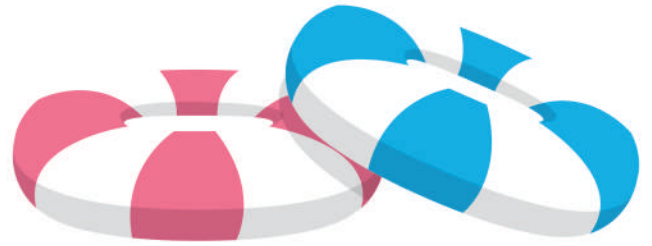
List three water safety rules that you'll remember to follow the next time you're near or in the water:

NEWSLETTER ACTIVITIES & GAMES



Personal Health Series Water Safety

Quiz Answer Key



1. True or false: Always check the depth of water before you dive in.
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Extra credit:

List three water safety rules that you'll remember to follow the next time you're near or in the water:
(Any three safety rules from KidsHealth.org/en/kids/swim.html, TeensHealth.org/en/teens/water-safety.html, TeensHealth.org/en/teens/safety-swimming.html)



CHRISTMAS IN JULY

Something new for those in need!

Limited to single adults on a pension, and families with children under 18

Choice of two gift cards:

Safety Mart

Fields

Desert Hills

Gas Card

Register by phone: June 24-26 from 1:00 – 3:00 ONLY

Ashcroft and Cache Creek – Esther at 250-453-9085

Spences Bridge and Clinton – Vivian at 250-457-7081

Pick-up dates, times, and places

MUST BE PICKED UP BY THE PERSON WHO ORDERED, AT TIME AND PLACE:

Ashcroft – Wednesday, July 17 from 12:00 to 2:00 at the E Fry Office

Cache Creek – Thursday, July 18 from 11:00 to 1:00 at the Equality Project

Clinton – Tuesday, July 16 from 11:00 to 1:00 at the Food Bank

Spences Bridge – Monday, July 15 from 1:00-3:00 at the Old School

NENQAYNI YOUTH FOUR WEEK PROGRAM



ARE YOU A FEMALE IDENTIFIED YOUTH AGED 13- 18?

Did you know Nenqayni is providing, not 1 but 2 Separate 4-Week Programs this summer!

- **First:** June 23, 2024 – July 19, 2024
- **Second:** July 21, 2024 – August 21, 2024



Some of the cultural activities offered include but not limited to:

- **Beading**
 - **Drum Making**
 - **Medicine Picking**
 - **Sweat Lodge Ceremony**
- Apply to Sylvia Busch - sbusch@nenqayni.com**
Applications also available www.nenqayni.com



The focus will be on connecting mental health and wellness through culture and land-based activities. Also providing programming on healthy coping skills and strategies along with harm reduction.