

# HESKW'EN'SCUTXE

June 2024

Monthly Newsletter

Volume 2 Issue 5

“ Take care of yourself “



## **CULTURAL TEACHINGS**

Stories from James Teit  
documenting Nlaka'pamux culture



## 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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## HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskw'en'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



***"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



Mandy Cormier  
Health Manager



Tina Draney  
Finance &  
Assistant Manager



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

# THEME OF THE MONTH



Men's Mental Health

Elders Abuse

Wildfire planning

By Christy Whittaker

Knowledge is power, following are reputable health links to a Men's Mental Health/ Elder Abuse/and wild fire preparedness

## Links for Men's Mental Health

<http://headsugguys.org>

<http://www.healthlinkbc.ca/mens-health-resources>

## Links for Elders Abuse

<http://www.healthlinkbc.ca/elder-abuse>

<http://seniorsfirsbc.ca/program/sail>

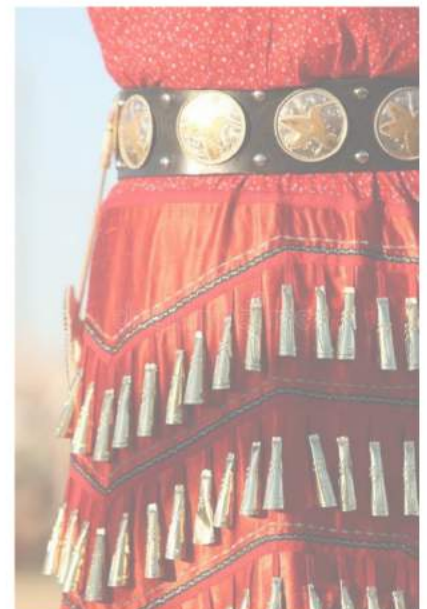
## Links for Wildfire planning

[getprepared.gc.ca](http://getprepared.gc.ca)

[redcross.ca](http://redcross.ca)



June 21 is National Indigenous Peoples Day and a time to celebrate the unique heritage, and contributions of First Nations, Inuit and Métis peoples across Turtle Island. This also marks the longest day of the year, the summer solstice and a new season of life.





# JUNE SERVICES

## Massages

### With John Tai RMT

June 4th Siska  
June 5th Cooks Ferry  
June 18th Siska  
June 19th Cooks Ferry

## Footcare With

### Suzanne Marcel LPN

June 25th Cooks Ferry  
**NEW CORRECT DATE**  
June 20th Siska



## Counselling with Yolanda

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

## Shopping Day

Cooks Ferry June 26th

**National Indigenous  
Peoples Day  
Office Closure  
June 21**

**Staff Meetings  
Office Closure  
June 3  
from 2pm to 4pm**



# WINNER'S OF THE APRIL DENTAL CONTESTS



Amanda Seidel

Esso card

Gwendolynn Cardinal

Canadian Tire

Bernice Anderson

Esso card

Dale Wilson

Canadian Tire

Faro Albert

Esso card

Annette Albert

Canadian Tire

Jolene Peters

Esso card

Hazel Billy

Canadian Tire

Barb Yamelst

Esso

Rhonda Billy

Esso

David Yamelst Jr

Happy Student

Sky Billy

Happy Student

Harlow Peters

Happy Student

Gracie Peters

Happy Student

Jodi Cure

Esso

Prizes were picked up or mailed out to the winners.



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.



# CHILDREN ORAL HEALTH INITIATIVE



## Cooks Ferry Dental Clinic July 29, 30 and 31

Please call 250.458.2212 to book an appointment for a dental cleaning, dentures cleaning, X-rays or for any concerns for adults and children. 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










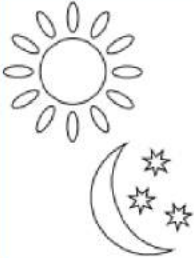






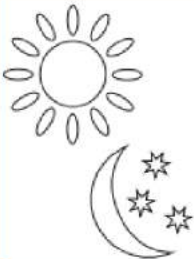













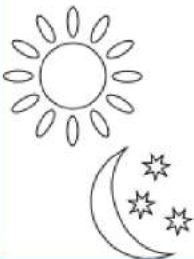






First Nations Health Authority  
Health through wellness

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
						
						
						
						
						



# 7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics



**70%** is controllable through lifestyle

Men live 9 years in poor health - mostly preventable by making small lifestyle changes.



## MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.



## DRINKING

Those who consume 4 to 10 drinks per week at the most have a **lower** risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes

**7-8 HOURS**

## SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



## ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

## NUTRITION

Getting the correct serving of fruit and veggies a day is as easy as; for example one glass of orange juice, a large carrot, half an avocado, one potato and an apple



**Your mental health is a priority**

Source: Canadian Men's Health Foundation

# Mental Health and Men

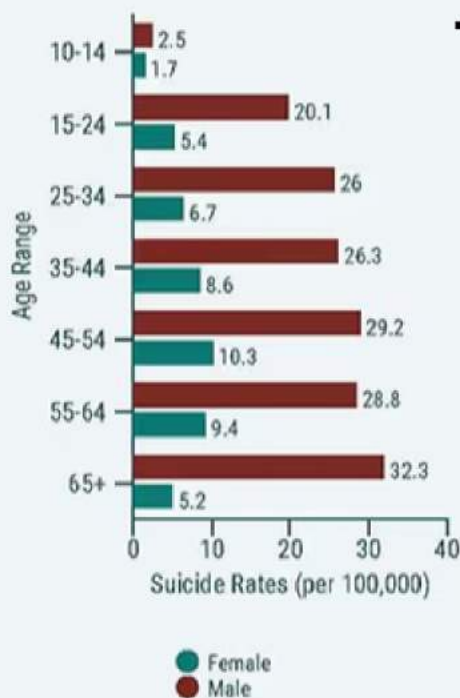


**1 in 5**

1 in 5 people experience mental illness in a year.

Men of color are at greater risk

Suicide Rates for Males and Females by Age in the US (2016)



**60 in 60**

Every 60 minutes we lose 60 men to suicide.

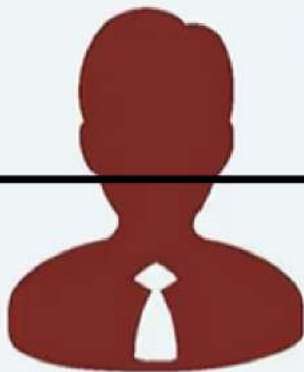
Sources can be provided upon request

**MEN** are less likely than women to seek help for **STRESSFUL LIFE EVENTS, SUBSTANCE ABUSE, and DEPRESSION** **DUE TO:**

**Social Norms about Masculinity**

**Downplaying Symptoms**

**Disconnection and Isolation**



## Suited Support

Men are more likely to seek support from peers and stress relieving activities than traditional mental health methods.

## 3 Major Mental Health Problems Affecting Men



### DEPRESSION

Over 6 million men struggle with depression each year. Men are more likely to report fatigue, irritability, loss of interest, rather than feelings of sadness or worthlessness.

### ANXIETY

More than 3 million men have a panic disorder, agoraphobia, or any other phobia



### PSYCHOSIS AND SCHIZOPHRENIA

Schizophrenia is one of the leading causes of disability. The age of onset is sooner in men than women, typically in late teens to early 20s.

**Join the USF Making Connections Team as we walk 60 miles to support men's mental health or donate at: <https://moteam.co/making-connections-university-of-south-florida>**



# Elder Abuse Fact Sheet

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## What is elder abuse?

Elder abuse can take many forms including physical, sexual, emotional and financial abuse and neglect. Like any form of abuse, elder abuse is a violation of human rights and a significant cause of injury, illness, lost productivity, isolation and despair.

Shame, embarrassment and fear can often deter those who have been abused to not seek support. Take a stand and get your friends, families and neighbours involved to help show seniors they are not alone and that they are respected and are appreciated in their communities.

If you have questions about elder abuse call the Seniors Abuse and Information Line and they can help: 1 866 437-1940.

## Social media elder abuse awareness campaign:

The abuse of older adults is everyone's business. This month-long social media campaign runs from June 2 through to June 30 and is meant to inspire all British Columbians to help spread awareness about elder abuse and the available resources that can help people better recognize, respond to and prevent elder abuse from happening.

Please include the link to this factsheet <http://ow.ly/xpzhl> the hashtag #RespectSeniors and the BC Centre for Elder Advocacy and Support handle @BCCEAS and get the conversation going.

June 15 is also World Elder Abuse Awareness Day. Tweet a picture of yourself wearing purple along with the link, hashtag and handle above to show your support. You may also wish to include the World Elder Abuse Awareness Day hashtag #WEAAD and the hashtag #takeastand.

### Suggested Elder Abuse Awareness Tweets:

- #ElderAbuse can be hard to detect. These resources can help you #takeastand!  
<http://ow.ly/xpzhl> @BCCEAS #RespectSeniors
- #RespectSeniors & put an end to #ElderAbuse. Learn more & spread the word!  
<http://ow.ly/xpzhl> @BCCEAS #WEAAD
- #ElderAbuse can take many forms. Learn more & share these valuable resources  
<http://ow.ly/xpzhl> #RespectSeniors @BCCEAS
- The Seniors Abuse & Information Line offers confidential advice & support.  
#RespectSeniors <http://ow.ly/xpzhl> @BCCEAS

- The youth of today are the seniors of tomorrow! #respectseniors & share this important info <http://ow.ly/xpzhl> @BCCEAS
- #Seniors are important! Show you care & spread the word! #RespectSeniors!  
<http://ow.ly/xpzhl> @BCCEAS

**Other social media:**

For all other social media please don't hesitate to use the wording provided for the tweets above.

**Available services:**

If you or someone you know is in immediate danger, dial 9-1-1 or call the emergency number listed in the front of your phone book. It may not be safe to leave the situation on your own; seek help from someone you trust and create a safety emergency plan.

For referrals and information in non-emergency situations please see below:

Service	Description	Contact Information
Seniors Abuse and Information Line (BC Centre for Elder Advocacy and Support)	The Seniors Abuse and Information Line is a safe, confidential place for older adults and those who care about them to turn to for support and information.	Toll-free: 1 866 437-1940 Lower Mainland: 604 437-1940 Website: <a href="http://www.bcceas.ca">www.bcceas.ca</a> Hours of operation: seven days a week (excluding holidays), 8:00 a.m. - 8:00 p.m. Language interpretation is available for callers from Monday through Friday, 9:00 a.m. – 4:00 p.m.
VictimLink BC	VictimLink BC provides confidential information and referrals to all victims of crime. Interpreting services in more than 110 languages upon request, including 17 North American Aboriginal languages.	Toll-free: 1 800 563-0808 TTY (deaf and hearing impaired assistance) toll-free: 7-1-1 Text: 604 836-6381 Email: <a href="mailto:VictimLinkBC@bc211.ca">VictimLinkBC@bc211.ca</a> Website: <a href="http://www.victimlinkbc.ca">www.victimlinkbc.ca</a> Hours of operation: 24 hours a day, seven days a week.



Service	Description	Contact Information
Seniors Health Care Support Line	The Seniors Health Care Support Line is operated by the Ministry of Health and allows seniors and their families, or other concerned individuals in their lives, to report concerns about their care.	Toll-free: 1 877 952-3181 Victoria: 250 952-3181 Hours of operation: Monday to Friday, 8:30 a.m. - 4:30 p.m.
Community Care Licensing Offices	Community care licensing officers investigate complaints about the health, safety or well-being of a person in care at a licensed community care facility.	Contact Enquiry BC at 1 800 663-7867 (toll-free) to be connected to your health authority's Community Care Licensing Office or visit: <a href="http://www.health.gov.bc.ca/ccf/complaints.html">www.health.gov.bc.ca/ccf/complaints.html</a>
Elder Abuse Prevention Information Kits	The Elder Abuse Prevention Information Kit is designed to help British Columbians learn how to prevent, recognize and respond to elder abuse. The kits also include valuable contact numbers to access more information.	Copies of the kits are available online in English, French, Traditional Chinese or Punjabi at: <a href="http://www.seniorsbc.ca/elderabuse">www.seniorsbc.ca/elderabuse</a>
Other supports	<p>B.C. has a robust network of organizations, regulatory bodies, appeal boards and tribunals to address individual concerns and complaints about seniors' care and consumer services.</p> <p>Such as:</p> <ul style="list-style-type: none"> <li>• The Office of the Seniors Advocate;</li> <li>• Patient Care Quality Review Board;</li> <li>• BC Ombudsperson; and</li> <li>• Consumer Protection BC.</li> </ul>	For a more comprehensive list of available supports please visit: <a href="http://www.gov.bc.ca/seniorsadvocate">www.gov.bc.ca/seniorsadvocate</a>

## 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.**





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](http://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](http://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](mailto: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](mailto:nakazdli.elders@outlook.com).

## Carrier Sekani Family Services

provides health and cultural supports.  
Phone: 250-567-2900  
Email: [slarocque@csfs.org](mailto:slarocque@csfs.org).

## Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or  
Email: [healthdirector@gitanmaax-health.ca](mailto:healthdirector@gitanmaax-health.ca).

## Gitanyow Human Services

provides health and cultural supports.  
Phone: 250-849-5288  
Email: [director@gitanyowhealth.ca](mailto: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](http://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](mailto:tbaskin@anspayaxwhealth.ca).

## Nuu Chah Nulth Tribal Council

provides health and cultural supports.  
Phone: 250-724-3939 or Email: [sanne.vanvlerken@nuuchahnulth.org](mailto:sanne.vanvlerken@nuuchahnulth.org).

## Okanagan Nation Alliance

provides health and cultural supports.  
Phone: 250-826-7844  
Email: [Wellness.Manager@syilx.org](mailto:Wellness.Manager@syilx.org).

## Sik-E-Dakh Health Society

provides health and cultural supports.  
Phone: 250-842-6876  
Email: [andrew@sikedakh.org](mailto: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](http://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>







# **Updates to THN:**

**When administering Naloxone, please administer every 3 min instead of every 5.**

**To review procedure check out these links:  
<http://www.towardtheheart.com/naloxone-101>**

**or**

**<https://learninghub.phsa.ca/Courses/8458>**



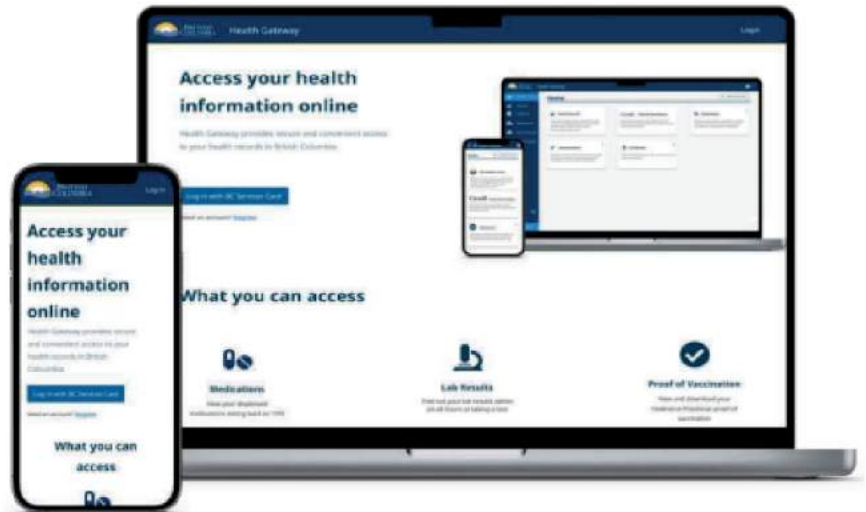


## Get your health information online

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](https://gov.bc.ca/healthgateway)

Go to the website at [healthgateway.gov.bc.ca](https://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](https://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](https://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](https://gov.bc.ca/healthgatewayguide) or email us at [healthgateway@gov.bc.ca](mailto:healthgateway@gov.bc.ca)



## SAIL® Home Activity Program – Level 3: Moving

### 4. Forward Lunge

Stand sideways to sink, holding on with one hand.

1. Step forward with one leg, keeping chest and head up.
2. Put most of your weight over your front leg, keeping both knees bent. Hold.
3. Step back with front leg to starting position.
  - Face other direction and repeat with other leg.
  - Do 2-3 more times with each leg.

#### Too easy?

- Slowly **do more** (up to 15 times each leg).
- Take a bigger step forward.
- Slowly **hold on less** to the sink or counter.



### 5. Forward and Backward Walk

Stand sideways to sink, holding on with one hand.

1. Walk **forward** on **toes** for 3-5 steps. Relax.
2. Walk **backward** on **toes** for 3-5 steps. Relax.
3. Walk **forward** on **heels** for 3-5 steps. Relax.
4. Walk **backward** on **heels** for 3-5 steps. Relax.
  - Do each of these 2-3 more times.

#### Too easy?

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





# SAIL® Home Activity Program – Level 3: Moving

## 6. Heel to Toe Walk

Stand sideways to sink, holding on with one hand.

1. Walk forward, heel of one foot in line and touching toes of other foot for 3-5 steps.
  2. Walk backward, toes of one foot in line and touching heel of other foot for 3-5 steps.
- Do 2-3 more times each direction.

### Too easy?

- Slowly **do more** (up to 15 times each way. Rest. Work up to doing another 15 times each way).
- Slowly **hold on less** to the sink or counter.



## 7. Sit to Stand

Sit tall in a firm chair with armrests. If you use a walker, put it in front of you and lock the brakes.

1. Using your **arms as little as possible**, stand up.
2. **Slowly sit** down, using your arms as little as possible.

### Too easy?

- Slowly do more (up to 15 times stands. Rest. Work up to doing another 15 stands).
- Use your arms less until you don't use them at all.
- Stand up **faster** (while continuing to sit down slowly).
- Stand up with your **arms crossed** across your body (hands touching opposite shoulder).



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](http://www.healthgateway.gov.bc.ca)

### HOW TO REGISTER

Online: [www.getvaccinated.gov.bc.ca](http://www.getvaccinated.gov.bc.ca)

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





# Covid 19 Booster Shots

June 6, 2024 in Cooks Ferry

June 7, 2024 in Siska



Clinics will be held during  
regular business hours  
8:30am-4:30pm

We thank you in advance for  
calling to book an  
appointment  
250-458-2212  
or  
250-455-6601



## 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@hssbc.ca](mailto:mandy.cormier@hssbc.ca)

Heskw'en'scutxe Health Services Society  
3691 Deer Lane, Box 188 Spences Bridge, BC V0K 2L0  
Fax 250.458.2213  
[www.hssbc.ca](http://www.hssbc.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](mailto:mandy.cormier@hssbc.ca)





# Heskw'en'scutxe Health Services Society Medical Transportation Form

2024

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

Mailing Address: \_\_\_\_\_

Phone Number: [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]

DOB [ ][ ] [ ][ ] [ ][ ][ ][ ]  
Day Month Year

Status Number [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]

Departure Date [ ][ ] [ ][ ] [ ][ ][ ][ ]  
Day Month Year

Return Date [ ][ ] [ ][ ] [ ][ ][ ][ ]  
Day Month Year

Departing Location: CFIB  SIB  ANTKO  Destination Location: \_\_\_\_\_

Requires Driver? (Circle) YES / NO HHSS: \_\_\_ Other: \_\_\_ Name of Driver: \_\_\_\_\_

Driver Mailing Address: \_\_\_\_\_

*\*Please note that MT cheque will be made out to driver*

Doctor Authorization Required for "Escort" - Provided (Circle) YES / NO

Reason for Escort: (check one)

- 1) Not Required
- 2) Care Instructions Required
- 3) Language Barrier
- 4) Legal Consent Required
- 5) Medically Incapacitated
- 6) Person with Disability
- 7) Minor Child
- 8) Client is 65+ (no documentation is needed for escort in this case)

Method of Travel: (check one)

- Private Transportation
- HHSS Vehicle
- Bus
- Other: \_\_\_\_\_

Check: Medical Trip 6 + hours:  Diabetic  Hospital Parking Receipt (for short term medical apts)

Referred By: \_\_\_\_\_  
(Please attach note/letter of referral)

Health Purpose: \_\_\_\_\_ Surgery  or circle  
(Procedure or medical specialty)

Dentist Cardiology Dialysis Mental Health Obstetrics Oncology Optician Orthodontics X-rays Ultrasound  
Lab/Pathology Podiatry Gerontology Gynecology Urology Gastroenterologist Internal Medicine Infectious Disease

Radiation Pediatrics Prenatal Confinement Rheumatology Traditional Healer Withdraw Management Diagnostic Testing

**CONFIRMATION OF ATTENDANCE    MEDICAL OFFICE STAMP OR DOCTOR/RECEPTIONIST INITIALS**

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

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

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

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

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# MEDICAL TRANSPORTATION GUIDELINES

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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





**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.*



## 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](https://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!



# RECIPE



## NETTLE SOUP

*Stinging nettles are not only delicious in recipes, they have been used medicinally for centuries to treat allergies, arthritis, internal bleeding, kidney stones and urinary tract infections. Blanching the nettles removes their sting.*

Salt	2 tsp.	10 mL
Fresh nettles	1 lb.	454 g
Olive oil	2 tbsp.	30 mL
Shallots, finely chopped	1/4 cup	60 mL
Onion, finely chopped	1/4 cup	60 mL
Garlic clove, minced	2	2
Celery, chopped	1/2 cup	125 mL
Potato, peeled and diced	1 lb.	454 g
Chicken broth	6 cups	1.5 L
Bay leaf	1	1
Thyme, chopped	1 tbsp.	15 mL
Cream	3 tbsp.	45 mL
Pepper	1/2 tsp.	2 mL
Salt	1/4 tsp.	1 mL
Hard boiled egg, chopped	2	2

Add salt to large pot filled with water and bring to a boil. Add nettles and cook for 1 to 2 minutes, until softened. Transfer nettles into ice bath. Drain in colander. Trim off and discard any coarse stems. then roughly chop nettles.

In a large pot, heat oil over medium. Add next 4 ingredients and cook until soft, about 5 minutes.

Add next 4 ingredients. Bring to a boil, then reduce heat and simmer for 15 minutes. Add nettles. If necessary, add enough water to cover nettles. Bring soup back to a simmer and cook until potatoes and nettles are tender, about 15 minutes.

Remove bay leaves. Puree soup in batches in blender (or use immersion blender) Return to pot. Stir in cream, salt and pepper. Garnish with chopped egg. Serves 4



# OUR STORIES AND NLAKA'PAMUX CULTURE

## COLLECTED BY JAMES TEIT

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### THE MYTHOLOGICAL AGE [Nlkamtcí'nEmux and Cawa'xamux]

At one time, very long ago, the earth was very different what it is at present. There were no trees, and many kinds of bushes and plants were wanting; neither was there any salmon or other fish, nor any berries. The people who lived during this age were called speta'kl. They were mostly animals, who, nevertheless, had human form. They were gifted in magic; and their children used to reach maturity in a few months. There were among them many cannibals, and many mysterious persons.

After a time certain men successively appeared on the earth, travelling here and there, working wonders, changing and midying the existing order of things. Gradually many of the spta'kl who were bad were shorn of their powers, driven out of the country, or wer transformed into birds, fishes, animals, and trees. The greatest of these transformations was the Old Coyote who, it is said, was sent by the Old Man to put the world in order, so that the people might live more easily and happily. At the same time three brothers called Qoa'qLqaL travelled all over the country, working miracles. At that period there lived still another transformer. His name was Kokwe'la. The brothers were finally ransformed into stone, while the Old Man travelled over the country. He saw that there were still many bad people on the earth; therefore he gathered all the people together, and began to separate the good from the bad. Habign done this, he transformed all the ecil ones into birds and animals, cursing them and assigning them to the different spheres which they were henceforth to occupy, while the good people he led forth over the country, settling them in different places.

Thus ended the age of the speta'kl, and since then the earth and its inhabitants, have been much the same as they are at present. All the animals, birds, fishes were orginally people, whilst the Indians of the present day are the descendants of the good people who were left on the earth by the Old man.

These events are told at length in the legends of the Coyote, Qoa'qLqaL, Kokwe'la and the Old Man.

# Free Swims Merritt



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

Please call our offices  
if you are not already on the  
Merritt Swimming pool list.



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



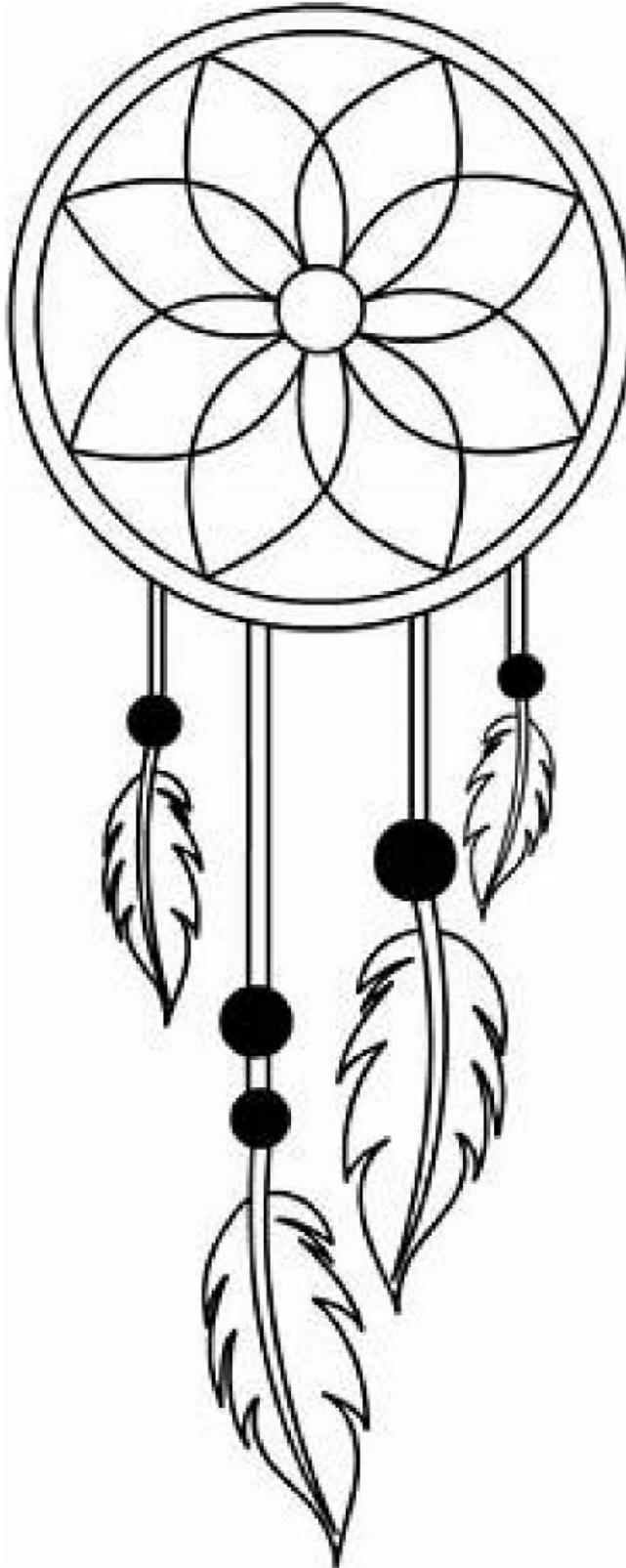


# NEWSLETTER ACTIVITIES & GAMES

---

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

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



INDIGENOUS  
PEOPLES  
DAY 2024

# NEWSLETTER ACTIVITIES & GAMES

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

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





# Lytton First Nation

May 13, 2024

Re: Invitation to Nlaka'pamux Day celebration on June 21, 2024.

Dear : Guests

We warmly extend an invitation to you and your organization to TL'KEMCHEEN to attend a Nlaka'pamux Day Celebration, which will take place on June 21, 2024 at 9:00am-8:00pm at Klickkumcheen (270-7th st, Lytton BC, Former LES). As we recognize the summer solstice, this event will provide a time and place to celebrate Nlaka'pamux,

As part of the national holiday, this will be a time for all to better understand the Nlaka'pamux and share who we are, In one of the longest continually inhabited sites in North America. TL'KEMCHEEN is still here.

Your attendance to contribute to the story of Nlaka'pamux, to share the wonderful work that you do in the nation for the betterment of Nlaka'pamux and their guests would be a welcome addition to this celebration.

Please RSVP by June 7, 2024 to let us know if your organization will be able to attend. RSVP can be sent to Chief's Assistant McKenna Adams-James ([mckenna.adamsjames@lfnband](mailto:mckenna.adamsjames@lfnband)). And she can coordinate your request for the event.

Attached is a poster of the event that can be circulated amongst your organizations for information,

I understand that many communities may have already embarked upon events within their respective areas. I hope that you will be able to attend this event and make it a

historical one. Thank you for considering our invitation and we look forward to hearing from you.

Yours Sincerely

Chief Niakia Hanna

Tlkemcheen (Lytton First Nation)



# 2024 NLAKA'PAMUX DAY EVENT

HOSTED BY LYTTON FIRST  
NATION

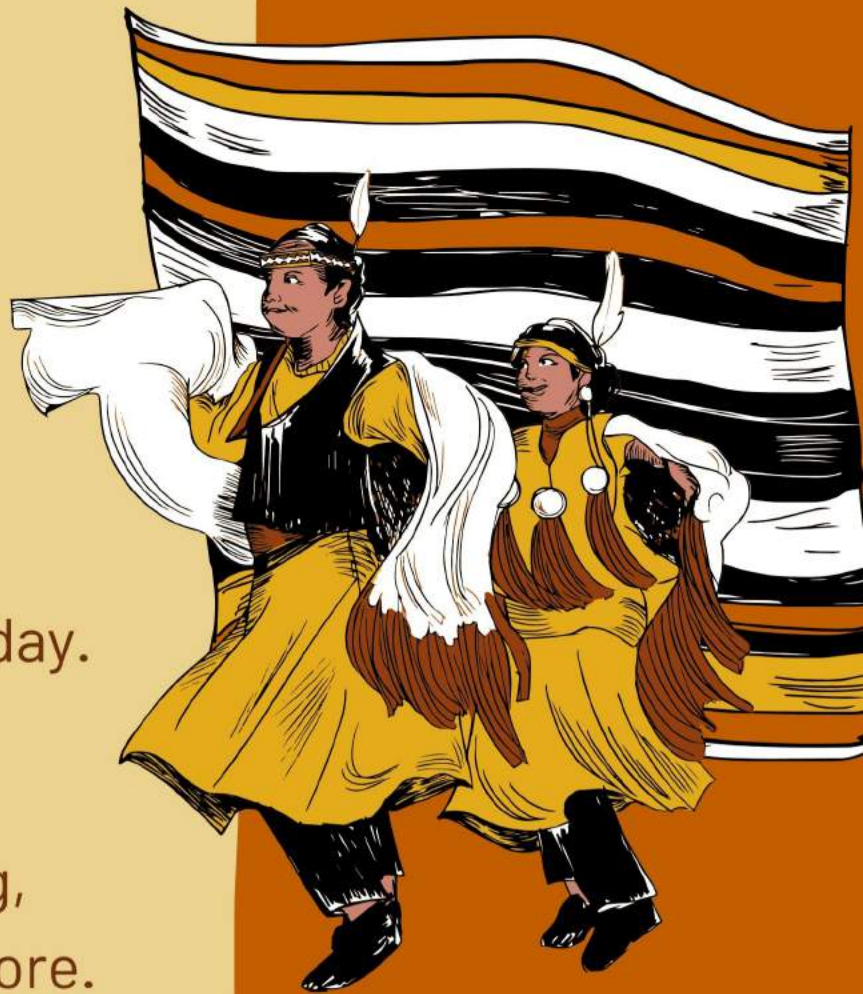
**DATE: JUNE 21, 2024**

**TIME: 9 AM TO 8 PM**

**LOCATION: 270-7TH ST  
LYTTON BC (FORMER  
LES)**

Nlaka'pamux invite all to  
Ti'Kemcheen to share this day.

This day will include food,  
shlahal, drumming, dancing,  
presentations and much more.



RECOGNIZE OUR NLAKEPAMUX NATION - REMEMBER WHO WE ARE





# June Market

**Saturday June 1, 2024**

10:00 am to 2:00 pm

Cooks Ferry

Chief Whitsemnitsa Complex

3691 Deer Lane

Spences Bridge

## **Come and Support Local Artisans**

- Quilts
- Crafts
- Beading
- Housewares
- Sweet Treats
- and more!

**Vendors:  
\$5 a table  
Call Judy  
778.253.0277**



Concession \$5.00 a plate  
Coffee & Water by donation



*The Nlaka'pamux Piecemakers  
Art Council invites you*



## **Head Band Class**



*With Instructors  
Judy Service & Tina Draney*

**Date: June 8 , 2024**

**Where: Old Blue Hall, Spences Bridge**

**Time: 10:00 am to 2:00 pm (*please be punctual*)**

**Limit of 7 participants only**

**To register:**

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



**FIRST PEOPLES**  
CULTURAL COUNCIL

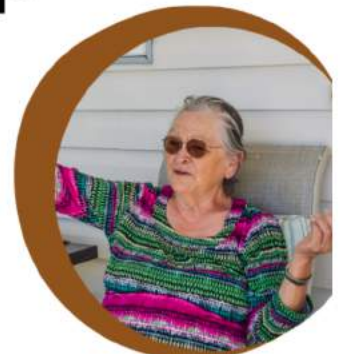
All materials, supplies included  
Bring a lunch & snacks  
Water, Coffee, Tea provided

*The Nlaka'pamux Piecemakers  
Art Council invites you*



## **Drum Bag Making Workshop**

*With Instructors  
Jean York  
& Judy Service*



**Date: June 15, 2024**

**Where: Old Blue Hall, Spences Bridge**

**Time: 10:00 am to 3:00 pm (*please be punctual*)**

**Limit of 14 participants only**

**To register please:**

**Text or call 778-253-0277 or [ipdraney85@gmail.com](mailto:ipdraney85@gmail.com)**



**FIRST PEOPLES  
CULTURAL COUNCIL**

All materials, supplies included  
Bring a lunch & snacks

Water, Coffee, Tea provided





*The Nlaka'pamux Piecemakers  
Art Council invites you*

## **Rattle Making Workshop**

*With Instructors  
Jean York  
& Judy Service*

**Date: June 22, 2024**

**Where: Old Blue Hall, Spences Bridge**

**Time: 10:00 am to 3:00 pm (*please be punctual*)**

**Limit of 12 participants only**

**To register please:**


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



**FIRST PEOPLES  
CULTURAL COUNCIL**

All materials, supplies included  
Bring a lunch & snacks  
Water, Coffee, Tea provided





# 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 23<sup>rd</sup>
  - Interior - May 30<sup>th</sup>
  - Vancouver Coastal - TBC
  - Vancouver Island - TBD
  - Province-wide - June 12<sup>th</sup>
- Contact [climate.health@fnha.ca](mailto: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.



NLAKA'PAMUX HEALTH SERVICES SOCIETY

# NLAKA'PAMUX

## ELDERS & KNOWLEDGE KEEPERS RETREAT

July 15th – 18th, 2024

Muckleshoot (2 Nights) / Tulalip (1 Night)

### WHATS INCLUDED?

Charter Bus Travel from Merritt / Meals /  
Accommodations / Hibulb Cultural Center  
Tour/ and More!



### TRIP REQUIREMENTS:

- Registered by June 7th, Participants selected by random online draw.
- **\*Must have travel insurance\***
- Valid I.D. to cross international boarder
- Be a part of the 12 bands that NHSS services. (2) from each community will be selected

SCAN TO REGISTER ->



### ANY QUESTIONS OR FOR ASSISTANCE REGISTERING CONTACT:

Joel Raphael,  
Wellness Coordinator  
Email: [raphael.j@nlxfn.com](mailto:raphael.j@nlxfn.com)  
Work Cell: 778-254-7407

### Proudly Servicing:

Ashcroft, Coldwater, Cooks Ferry, Kanaka Bar, Lower Nicola, Lytton, Nicomen, Nooaitch,  
Oregon Jack Creek, Shackan, Siska, and Skuppah



**NLAKA'PAMUX HEALTH SERVICES SOCIETY**  
**ELDERS & KNOWLEDGE KEEPERS RETREAT**  
**AGENDA**

**Monday, July 15: Merritt to Auburn, WA**

Enjoy the sights as we make our way to the Abbotsford/Sumas border. After crossing into WA State, it's a short drive to the Bellis Fair Mall in Bellingham. A lunch voucher is included for you to use at the food court where there are a variety of options to choose from. Back onboard the coach, we continue south through Seattle into the bedroom community of Auburn, home of the newly-opened Muckleshoot Casino Resort, arriving this afternoon. Settle in for your one-night stay at this luxurious property.  
(Meals Included: Lunch & Dinner Voucher)

**Tuesday, July 16: Auburn, WA**

Begin the day with a hearty breakfast. For the shoppers onboard, join us for the short drive over to the Outlet Collection Seattle, Auburn's premier shopping destination with anchor stores including Burlington, Nordstrom Rack and Best Buy plus over 100 other retailers and restaurants.  
(Meals Included: Breakfast, Lunch & Dinner Voucher)

**Wednesday, July 17: Tulalip, WA**

Following breakfast, we depart later this morning for the short drive north to Tulalip for our final night. Arrive at Tulalip this afternoon and enjoy all the wonderful amenities this 4-diamond property has to offer including outdoor patio, pool and hot tub, and several restaurants. Located adjacent to the Tulalip Resort is the Seattle Premium Outlets. There is a shuttle available that will take you here as well as to other retailers in Quil Ceda Village including Walmart Supercenter and Cabellas.  
(Meals Included: Breakfast & Dinner Voucher)

**Thursday, July 18: Tulalip to Merritt, BC**

Following breakfast this morning, we board the coach for the short trip over to Hibulb Cultural Center and Natural History Preserve. Experience the journey of the Tulalip people. Learn about the traditional territories, the importance of the cedar trees, their seven value stories, and seasonal lifeways. It's then back onboard for the return trip home with a stop in Chilliwack for lunch before arriving to Merritt this afternoon.  
(Meals Included: Breakfast & Lunch Voucher)

**THINGS TO KNOW:**

- This tour travels into the United States. A valid passport, Drivers License, BC ID or Status ID card is mandatory.
  - The purchase of Trip Out-of-Country Medical Insurance is required.
  - Itinerary is subject to change
- Tour participant numbers – (2) members from each band will be selected through a random online lottery draw.
  - Those selected will be contacted by June 10th, 2024



NLAKA'PAMUX HEALTH SERVICES SOCIETY

# ELDERS & KNOWLEDGE KEEPERS RETREAT

## Call Out For Volunteer Chaperones

NHSS will be travelling July 15th - 18th, 2024 to Muckleshoot Resort, Auburn, Washington (2 Nights) and Tulalip Casino (1 Night) and are seeking chaperones to accompany the Elder's throughout the duration of the trip.

**Travel, Meals, and Accommodations will be provided.**

### CHAPERONE REQUIREMENTS:

- Seeking (2) male and (2) female chaperones
- **\*Must have travel insurance\***
- Valid I.D. to cross international boarder
- commitment to attend pre-planning chaperone meeting with NHSS
- commitment to attend the entirety of the trip date(s) and must accompany elders on the charter bus

### PLEASE FORWARD YOUR CONTACT INFORMATION TO:

Joel Raphael,  
Wellness Coordinator  
Email: [raphael.j@nlxfn.com](mailto:raphael.j@nlxfn.com)  
Work Cell: 778-254-7407

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