

# HESKW'EN'SCUTXE

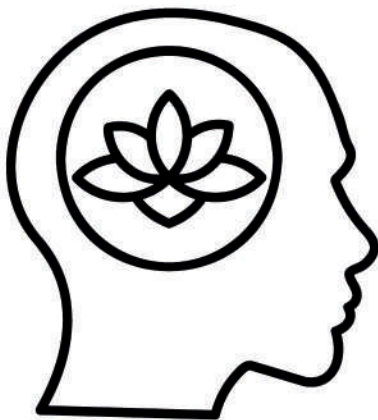
January 2025

Monthly Newsletter

Volume 2 Issue 11



Cook's Ferry  
Indian Band  
Nlaka'pamux Nation



## CULTURAL TEACHINGS

*Stories from  
OUR TELLINGS  
Interior Salish Stories  
of the  
Nlkapamux People*

**THE COUNTRY DIVIDED**  
*Told by Annie York  
Translated by Mamie Henry  
pg 94-99*



## **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**

## **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

### **OFFICE CLOSURE:**

**We will be closed from**  
**December 23- January 3 ,2025**  
**Happy New Year!**

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

## **IN THIS ISSUE**

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# 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



Angie Pigeon R.N.  
Community Health Nurse



Nadine Methot B.A.  
Administrative Assistant  
Medical Travel Clerk

Cooks Ferry



Corynn Reveley  
MOA/Receptionist  
Medical Travel Clerk

Siska



Christy Whittaker  
Newsletter Writer

## 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



Dayton Arnett  
Medical Driver



Kurtis Legare  
Medical Driver





# THEMES OF THE MONTH



By Christy Whittaker

Knowledge is power, following are reputable health links to

## Mental Wellness

<http://www.betterhelp.com>

<http://www.healthlinkbc.ca/mental-health>

## Alzheimers Awareness

<http://alzheimer.ca/en/help-support/>

<http://alzheimer.ca/firstlink>

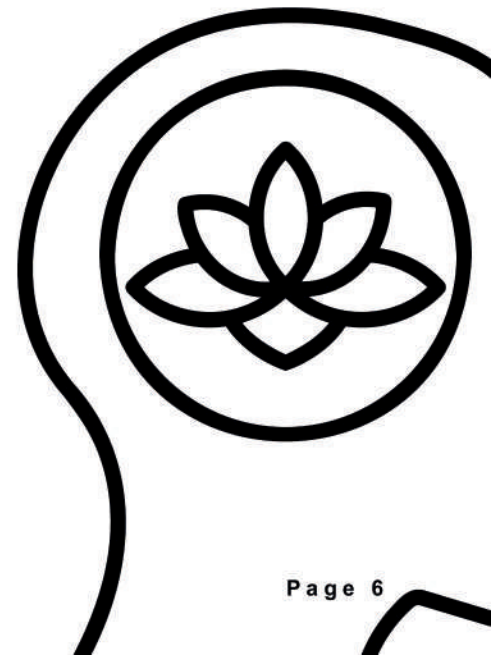
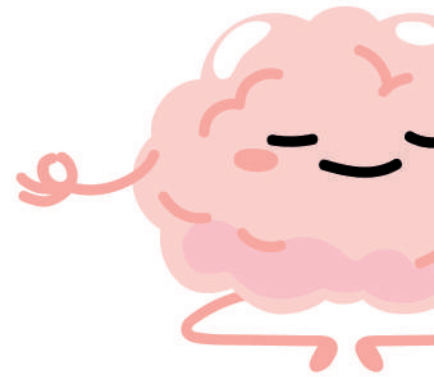
## Blood Donor

<http://www.blood.ca/blood/donating-blood>

<http://www.blood.ca/en/blood>

## Thyroid Awareness

<http://www.verywellehealth.com/thyroid>





# Services



## Offices Re-Opens Jan. 6th

Medication pick up Aberdeen  
Pharmasave Kamloops Jan. 7th,  
14th, 21st and 28th

Med pick up Lilloet  
Pharmasave Jan. 9th, 16th, 23rd  
and 30th

Foot care with Suzanne (Cook's Ferry)  
Jan. 14th

Footcare with Suzanne (Siska)  
Jan. 15th

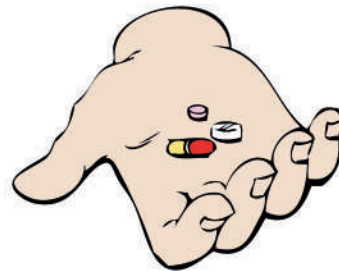
Shopping Day CF January 29

Shopping Day Siska January 31

Staff In Service Day January 9  
1:00 pm to 4:30 pm



**Sorry no  
Massages for the  
month of  
January**



# Kamloops North Shore Urgent Primary Care is now open!



Good news, Kamloops! The North Shore Urgent and Primary Care Centre (UPCC) is opening today. Located at the Northhills Centre ( Unit #21-22, 700 Tranquille Road), the UPCC will be open seven days a week including statutory holidays.

The UPCC will open in a phased approach. Opening hours over the next two weeks will be:

Nov. 26 - Dec. 2, 11 a.m. - 3 p.m.

Dec. 3 - Dec. 9, 11 a.m. - 6:30 p.m.

Starting Dec. 10, the North Shore UPCC will be open daily from 7:30 a.m. to 6:30 p.m., offering in-person and virtual primary care services.

Patients can walk in during these hours and will be seen based on urgency, similar to an emergency department.

You can also book an appointment by calling 250-314-2256. (This phone line opens at 10 a.m.)

Learn more at: <https://bit.ly/3CKt36S>



# Kamloops North Shore Urgent and Primary Care Centre open for walk-in patients, phone appointments - Urgent care clinic fully open

Article from Castanet December 11, 2024 by Kristen Holliday

After a gradual opening, the new North Shore Urgent and Primary Care Centre is now available for patient walk-ins and appointments 11 hours a day, seven days a week.

The \$5.4 million UPCC, located in the Northhills Shopping Centre at 700 Tranquille Rd., **offers primary care services for people who don't require an emergency room visit, but need support for health concerns within 12 to 24 hours.**

"We are excited to welcome patients to the second urgent and primary care clinic in Kamloops at Northhills Centre, where it will be co-located with our laboratory and medical-imaging departments," said Susan Brown, president and CEO of Interior Health, in a statement."

**As of Tuesday, the North Shore UPCC is open from 7:30 a.m. until 6:30 p.m., seven days per week, including statutory holidays.**

In a news release, B.C.'s Ministry of Health said ***the urgent care centre is available for people who don't have a primary care provider and those who aren't able to immediately schedule an appointment with their primary care provider.*** Residents can seek treatment for things like sprains, cuts, high fevers and minor infections.

According to the ministry, **the UPCC will have about 30 full-time equivalent health-care practitioners when fully staffed, including family physicians, nurse practitioners, social workers, physiotherapists and administrative personnel.**

**The North Shore UPCC can be accessed by walking in during operating hours or calling the central phone line at 250-314-2256. The phone line opens at 10 a.m., and callers can book an appointment at the North Shore facility or the Urgent Primary Care and Learning Centre at 311 Columbia St.**



# CHILDREN ORAL HEALTH INITIATIVE

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## 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.

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

Every month your child can submit a tooth brushing sheet and receive a goody bag. The sheet does not have to be full. Call our offices if you have any questions.



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## 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.

Services include:

Dental x-rays

Dental cleanings

Stain removal

Tartar buildup

Tooth polishing and fluoride application.

Sealants for children to prevent tooth decay if needed

**CALL TODAY TO INQUIRE  
OR BOOK AN APPOINTMENT**

**SISKA: 250-455-6601**

**COOK'S FERRY: 250-458-  
2212**

Oral hygiene instruction.

Tooth brushing.

Flossing

Denture cleaning

# COHI Christmas Deliveries



Everyone living in Siska and Cooks Ferry communities received an electric toothbrush, or a water pic or denture supplies and a tube of toothpaste. We reached out to all our community members asking what they would like to receive and we thank you for responding so quickly.

We hope you enjoy your gift and please do not hesitate to reach out to us if you have any questions on how to use this items. You will see below some “How to use” links for these specific products.

Sometimes, items can be defective, please reach out to us within the next 60 days if you have any issues for a return/exchange. (must be the same product).

## Water Pic

[https://www.youtube.com/watch?v=0tJc\\_RnLMSE](https://www.youtube.com/watch?v=0tJc_RnLMSE)

## Electric Toothbrush

<https://www.youtube.com/watch?v=sLLxBTgi4sc>



# You may have been affected please go to <http://lookup.fnha.ca/>






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## FNHA Cybersecurity Incident How to protect yourself

In May 2024, the First Nations Health Authority (FNHA) was the target of a cyber attack. The FNHA took immediate steps to block the threat.

The cyber criminals may have accessed the personal information of many First Nations peoples and their non-First Nations immediate family members in BC. The FNHA is offering free credit and identity theft monitoring to all who may be affected.

STEP 1	STEP 2	STEP 3
 Read Questions & Answers (Q&A) at <a href="http://www.fnha.ca/cyberincident">www.fnha.ca/cyberincident</a> .	 Check to see if you have been affected using the FNHA look-up tool: <a href="https://lookup.fnha.ca/">https://lookup.fnha.ca/</a>	 Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected
We understand that receiving a notice like this is distressing. The <a href="http://fnha.ca">fnha.ca</a> website also has information on how to access mental health and cultural supports. We will continuously update the Q&A based on questions and feedback.	To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit <a href="http://lookup.fnha.ca">lookup.fnha.ca</a> and follow the instructions on the page.	The FNHA has arranged for credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted. Please note that you have until January 31, 2025 to determine your eligibility.

**If you need to speak to someone:**

Please contact the dedicated FNHA Cyber Incident Support Centre, for further questions or support:



By Phone:  
1-844-723-6518



By Email:  
[cyberincident@fnha.ca](mailto:cyberincident@fnha.ca)

The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday - Friday.





**MY INTENTION IS TO  
PROVIDE A WIDE  
VARIETY OF NON-  
DISPENSING SERVICES  
TO THE COMMUNITY  
BOTH AS A CONSULTANT  
AND AS A  
CLINICIAN/PRESCRIBER.**

***CHRIS DRYER***

## **INTRODUCING CHRISTOPHER DRYER INTERIOR HEALTH PHARMACIST**

**I WORK IN LYTTON ONE DAY PER WEEK, USUALLY  
FRIDAYS. A PATIENT MAY CALL THE PCN AT 250-455-  
2221 TO BOOK AN APPOINTMENT FOR IN-PERSON OR  
TELEPHONE CONSULTS.**

### **SERVICES I CAN OFFER INCLUDE:**

- DEVELOPMENT OF A PATIENT-CENTRED CARE PLAN BASED ON THE BEST EVIDENCE-BASED CARE.**
- IMMUNIZATIONS**
- TRAVEL MEDICINE PLANS**
- DE-PRESCRIBING**
- RENEWING PRESCRIPTIONS FOR CHRONIC CONDITIONS FOR UP TO 2 YEARS WITH A VALID PRESCRIPTION FROM A PHYSICIAN OR NP ON FILE.**
- MEDICATION REVIEWS; UNDERSTANDING AND MANAGING YOUR MEDICATIONS AND OTC MEDS.**
- PRESCRIBING FOR 21 MINOR CONDITIONS AND CONTRACEPTION.**
- INJECTIONS FOR THINGS LIKE VIT B12, MENTAL HEALTH MEDICATIONS, CONTRACEPTION MEDS, ETC.**
- DIABETIC TRAINING FOR BLOOD GLUCOSE MONITORS, INSULIN INJECTION, ETC.**



## What to do if you know someone in community who would benefit receiving home care support from HHSS?

### **How to Access the Home & Community Care Assessment Program**


Home and Community Care Services enable clients with disabilities, chronic or acute illnesses to receive needed care in their homes and communities. These services are delivered primarily by the Heskw'en'scutxe Health Services Nurse and Home Care Aides. To receive services, the nurse must complete the assessment in the clients home.

The home care assessment takes approximately two hours to complete. The assessment includes questions about the client's health history, medication, home environment, and their ability to manage personal care and household tasks.


The assessment process can involve the client, family, and other caregivers. The goal of the assessment is to determine the client's needs and services required. Following the assessment, the Nurse works with the client and their family and/or caregivers to develop an individualized care plan.



## **Next Steps**

 Speak to the person and let them know that HHSS offers Home Care Support Services.

 Ask if they would like for you to reach out to us or have them call us.

 The Nurse will follow up with the client to address concerns and create a home care support plan together.

Please check out our website for more information and to see a template of the health care plan. <https://hhssbc.ca/programs-services/home-and-community-care/>



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# Telehealth for Mental Health

## What is Telehealth?

Telehealth is the use of virtual technology to deliver health care services. If you are unable to attend an appointment in person, the First Nations Health Authority can support you to receive mental health counselling through telehealth.

Counselling sessions delivered using telehealth can be done over the phone or using video conferencing (e.g. Zoom, Skype, FaceTime). The FNHA does not consider texting and emailing to be telehealth.

## How Do I Set Up a Telehealth Appointment?



### STEP 1

Contact your mental health provider to ask about a virtual counselling appointment. Discuss which telehealth option they prefer and which you feel most comfortable using.

As long as you are seeing a **mental health provider who is registered with Health Benefits**, all telehealth sessions are fully covered.



### STEP 2

Prepare for your telehealth appointment:

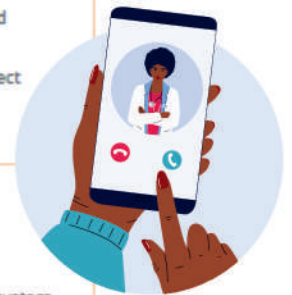
- Have a fully charged device.
- Find a private space where you feel comfortable and won't be overheard.
- Use a headset or earbuds to avoid echoes and protect your privacy.



### STEP 3

Follow any instructions from your provider about downloading or logging on to the video conferencing system.

It is important to remember that not being available for the call or video as planned is considered a no-show appointment. Clients may need to pay for no-show appointments.



To find a registered mental health provider, visit [fnha.ca/benefits](https://fnha.ca/benefits) or call 1.855.550.5454



# DRUG ALERT

## Pentiction



Purple substance sold as DOWN contains medetomidine



Looks Like:	Purple Chunks or Pebbles
Sold as:	Down, Dope, Pants, Fentanyl
Contains:	<ul style="list-style-type: none"><li>• 1% medetomidine ⚠️</li><li>• 9% Fentanyl</li><li>• Caffeine and sugars as buffs</li></ul>
Risk:	High risk of overdose Prolonged sedation and overdose symptoms
In effect until:	December 20th 2024

Local  
Substance Use Services  
310-MHSU

Pentiction Drug Checking  
236-422-1601

Medetomidine is a non-opioid drug with effects similar to xylazine. It is up to 200 times stronger than xylazine.

While fentanyl will respond to naloxone, medetomidine will not. This can lead to complicated and long lasting overdose symptoms. Medetomidine suppresses respiration and has potentially dangerous cardiovascular effects.

If you have a drug that looks like this, call or text: 236-422-1601 to get it tested before using.

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

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

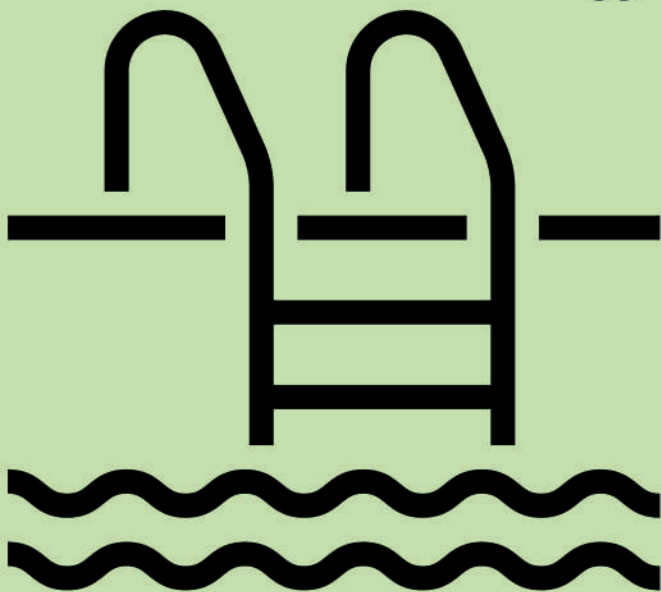
# FREE SWIMMING IN MERRITT

**For on and off reserve community  
members**

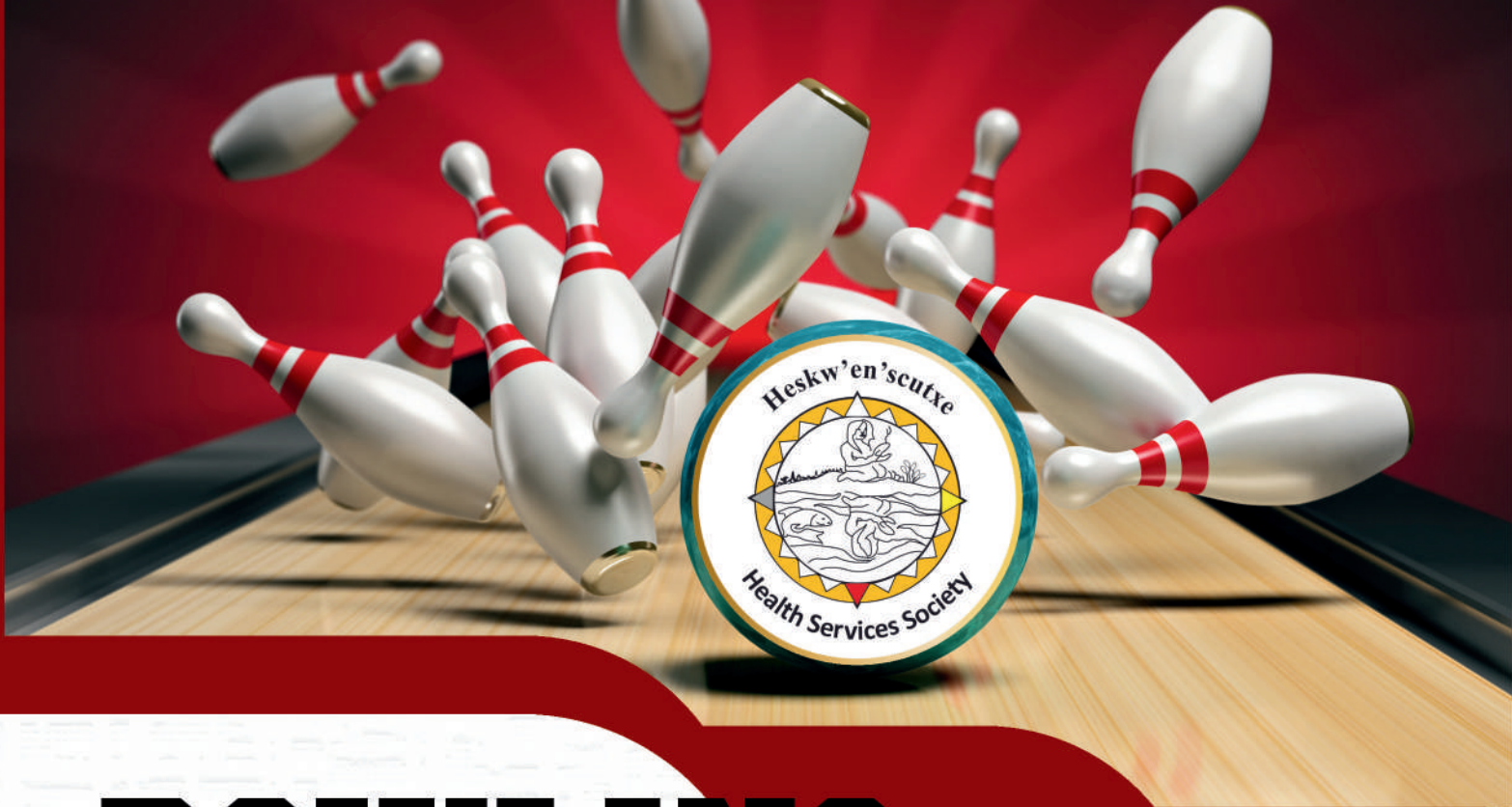
Free swims at the Nicola Valley Aquatic Centre.  
At your own time and need all year long!

Please call our offices  
to be added onto the  
Merritt Swimming pool list.

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







# **BOWLING**

## **IN BOSTON BAR**

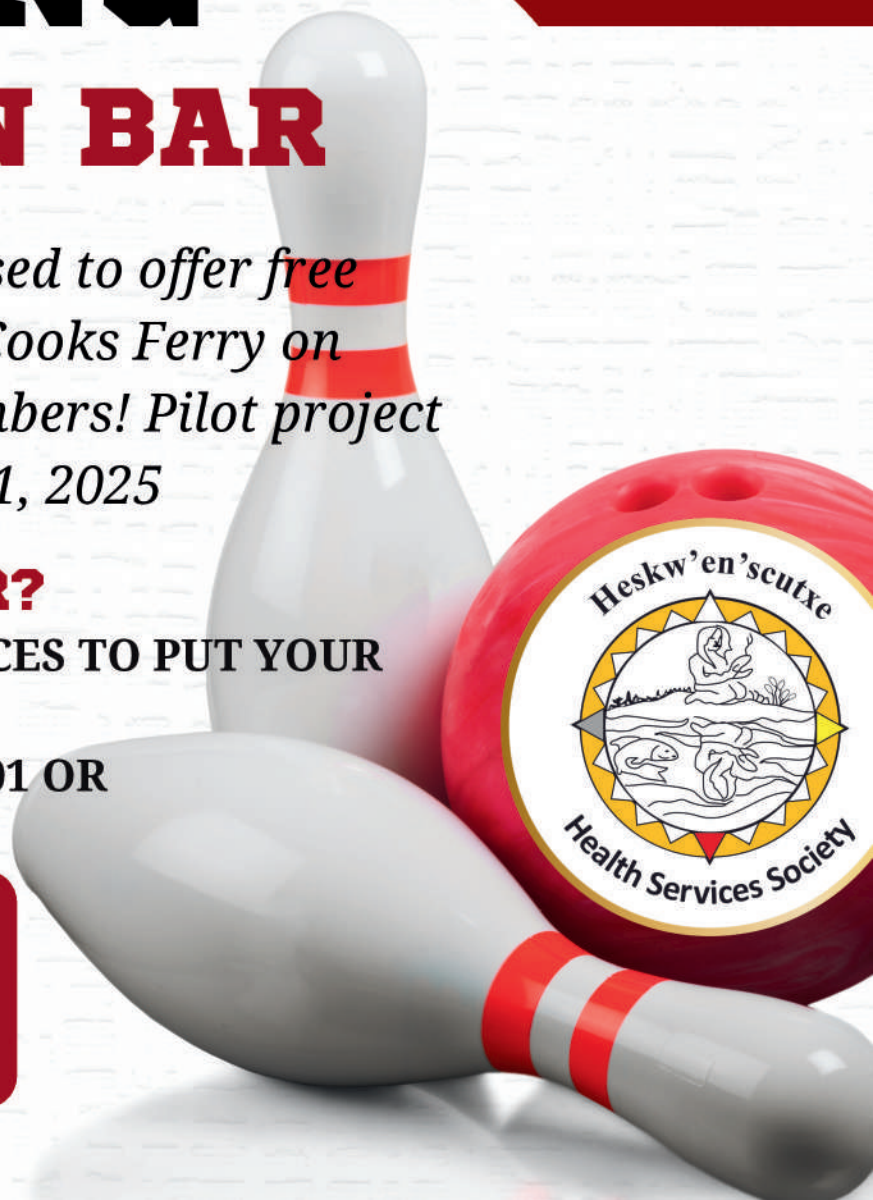
*Heskwen'scutxe is pleased to offer free bowling for all Siska & Cooks Ferry on reserve community members! Pilot project from now until March 31, 2025*

### **HOW TO REGISTER?**

**CALL OR EMAIL OUR OFFICES TO PUT YOUR NAMES ON THE LIST.**

**250.458.2212 OR 250.455.6601 OR  
ADMIN@HHSSBC.CA**

**CANYON LANES  
47585 TRANS-CANADA HWY,  
BOSTON BAR, BC V0K 1C0  
604 867.8800**







# Alzheimer's Disease



Amyloid plaques build up and interrupt normal cell function by blocking neurons

**1 in 3 seniors** dies with Alzheimers or another dementia



More than

**5**

million Americans are living with Alzheimer's



Alzheimer's Disease is the **6th leading cause of death** in the U.S

Symptoms of Alzheimer's

Early Stage: **Small signs** such as forgetfulness



Middle Stage: **Issues with confusion** and difficulty with decisions



Late Stage: **Problematic issues with communication** and daily activities



In 2017, **16.1 million Americans** provided over 18 billion hours of unpaid care for people with Alzheimer's or other dementias



Risk Factors



Age



Family History



**Every 65 seconds**, someone in the U.S develops Alzheimer's

Reduce Your Risk



Mental Stimulation



Socialization



Nutrition



Regular Checkups



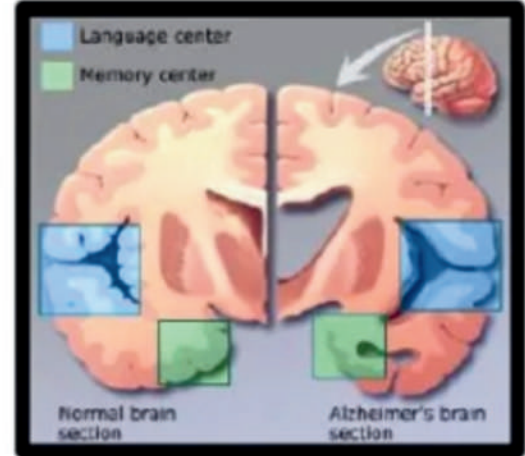
Physical Activity

NurseRegistry offers a full range of services, including Wellness Checks, Medication Management, Palliative Care, Case Management, Hospice Care, and Respite Care.

Learn more at [NurseRegistry.com/blog/alzheimers/](https://NurseRegistry.com/blog/alzheimers/)

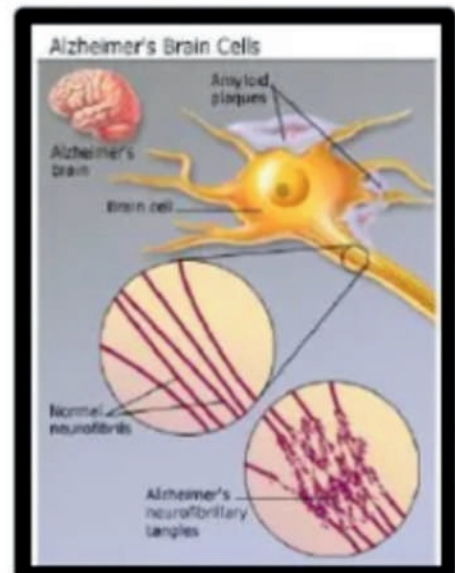
# Alzheimer's Disease

**Introduction:** Alzheimer's disease is a type of dementia; dementia is a general term for a decline in mental ability severe enough to interfere with daily life. This disease occurs in the Nervous System that attacks the brain's nerve cells or neurons and as the disease gets worse, the whole brain becomes affected and slowly shuts down. It results in memory, thinking and language loss and predominantly aims at people aged 65 years and older.



**Known causes:** Alzheimer's isn't a disease that all elders get, although it is a very common disease for that age. There are not many known causes as to why people might get Alzheimer's disease. Doctors are not absolute as to what causes the disease but in some cases they assume it's in your genetics, they call it "Familial Alzheimer's disease". It is caused by any one of a number of different single-gene mutations; each of these mutations causes abnormal proteins to be formed. In other cases they believe abnormal structures (tangles) form in the brain's nerves cells that build

up over time and interfere with the cell connections. These tangles cause the nerve cells to get damaged or die, this can lead to vital parts of the brain to stop a person's ability to remember names, everyday activities etc. There are some theories out there that state Alzheimer's can be triggered by your lifestyle habits. They say that if you eat correctly, exercise and control stress at an earlier age (30-40 years old) you will have a healthy brain meaning less a chance of getting the disease.



**Symptoms:** Alzheimer's disease is one of those many diseases that doesn't show sudden symptoms, it builds up over time, meaning people close to you wouldn't notice it straight away. These symptoms include the most common, memory loss. The memory loss caused by Alzheimer's involves difficulty remembering recent events or names, losing or forgetting





# RECOGNIZING THE SYMPTOMS OF **BLACK MOLD** *Exposure*

-  Itchy or watery eyes
-  Stuffy nose
-  Coughing
-  Difficulty breathing
-  Exhaustion
-  Fever
-  Frequent chest colds
-  Headaches
-  Memory loss
-  Stomach pain
-  Muscle cramps
-  Anxiety
-  Hair loss
-  Light sensitivity





i have a runny nose  
and  
hayfever symptoms.  
It always happens when i get home

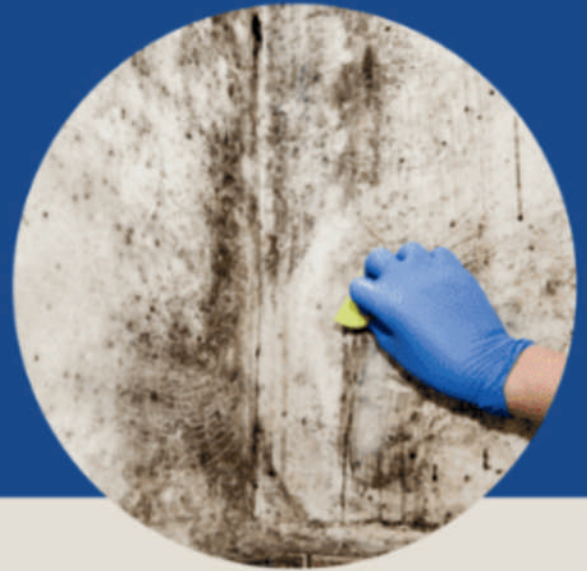
Maybe it's mold. It has  
been really damp and the house  
is older.



It feels much better  
after cleaning .  
No more cold like symptoms



# Black Mold & Where it Hides



"black mold" is misleading - toxic mold does **NOT** need to be **black** to be toxic

.....  
if mold in your home *IS* **black** it does **NOT** mean it is toxic mold

black mold/toxic mold produces toxins - mycotoxins



**ONLY** way to ID black mold is to get it tested

## Toxic Mold Hides Here



basement



bathroom



laundry room

dark, warm, humid, and pipe leak areas are where you can find mold



# MENTAL HEALTH IMPROVEMENT



Eat Well



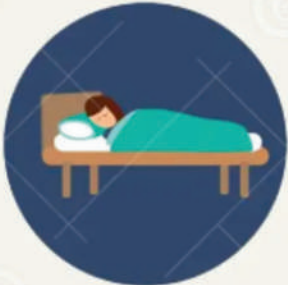
Share your Feeling



Be creative



Relax



Good Sleep



Excercise



Talk to  
Friends



Manage  
Your Stress



World Health  
Organization

Viet Nam

Little ways to take care of your  
**MENTAL HEALTH**



Talk to someone you trust if you're  
feeling down



Do some physical activity, like going for  
a walk



Give yourself time to rest



Do things you enjoy



Know that having a bad day doesn't  
make you bad!





# Why is Financial Wellbeing Important?

Helps us to feel confident in planning for the future and focusing on our personal and professional development

By looking after our financial health, we feel happier and our overall health improves



Better overall financial health results in improved relationships with our loved ones

Feeling financially secure makes us feel safe and reduces stress

Money worries can be one of the leading causes of mental and physical health issues





# how to use a budget

@startupethics



use excel or google sheets



separate your income and expenses



compare total money in with money out



find leftover money not paying expenses



track every single purchase you make



determine where you are wasting money



monitor and see exactly how much you are wasting



try harder to save and not spend leftovers



improve each month and watch your saved money increase



# 6 Types of Rest Everyone Needs



**Mental Rest:** Take a break from thinking. Try meditation or a quiet walk.



**Physical Rest:** Rest your body. Sleep well, stretch, exercise gently, or just relax.



**Emotional Rest:** Be true to your feelings. Say NO when you're tired.



**Social Rest:** Recharge alone or with close friends. Avoid large gatherings.



**Spiritual Rest:** Find meaning. Practice mindfulness or spend time in nature.



**Sensory Rest:** Unplug from screens. Enjoy some quiet time.



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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>







# Mental Health & Substance Use Fact Sheet

## MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



### MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

- ◆ [Digital Mental Health Tools \(CAMH\)](#) to support clinical practice
- ◆ [Mental Health Apps: How to Make an Informed Choice](#) (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your local MHSU Centre, please contact the [Interior Crisis Line Network](#) (24 hours) at [1-888-353-2273](tel:1-888-353-2273) for immediate assistance.

[Click on the links below](#) to review Mobile Apps, App Directories and Virtual Treatment options.

Overdose Prevention	App Directories
<a href="#">Lifeguard Digital Health Harm Reduction App</a>	<a href="#">Digital COVID-19 and Mental Health Resource List</a> <a href="#">Centre for Addiction and Mental Health (CAMH)</a>
<a href="#">Be Safe Digital Safety Planner App</a>	<a href="#">Best Apps to Stop Drinking Alcohol</a> <a href="#">Medicine News Today</a>
<a href="#">National Overdose Response Service Overdose Prevention Hotline</a>	<a href="#">Addiction and Mental Health Mobile App Directory (2019)</a> <a href="#">Alberta Health Services</a>
Virtual Treatment	<a href="#">Mobile Tools to Promote Mental Wellness</a> <a href="#">Alberta Health Services</a>
<a href="#">Wellness Together Canada</a> <a href="#">Government of Canada/Kids Help Phone</a>	<a href="#">Healthy Living Apps &amp; Tools (Foundry)</a> <a href="#">Active Living</a> <a href="#">Healthy Eating</a> <a href="#">Mindfulness</a> <a href="#">Sleep Relationships</a> <a href="#">Sexual Wellness</a> <a href="#">Technology &amp; You</a>
<a href="#">eHealth &amp; Virtual Health</a> <a href="#">First Nations Health Authority</a>	<a href="#">Substance Use Apps &amp; Tools (Foundry)</a> <a href="#">Alcohol</a> <a href="#">Cannabis</a> <a href="#">Opioids</a> <a href="#">Vaping &amp; Tobacco</a>
<a href="#">Kelty's Key Free Self Help Courses</a> <a href="#">Vancouver Coastal Health</a>	<a href="#">Mental Health Apps &amp; Tools (Foundry)</a> <a href="#">Anxiety</a> <a href="#">Stress</a> <a href="#">Psychosis</a> <a href="#">Depression</a> <a href="#">Body Image &amp; Eating</a>
<a href="#">Bounce Back</a> <a href="#">Canadian Mental Health Association (CMHA)</a>	<a href="#">Tough Topics (Foundry)</a> <a href="#">Bullying</a> <a href="#">Loss &amp; Grief</a> <a href="#">Violence &amp; Abuse</a> <a href="#">Self-Injury</a>
<a href="#">Foundry Virtual Health</a> <a href="#">Virtual Drop-in sessions for ages 12-24</a>	<a href="#">Help Lines Fact Sheet</a> <a href="#">Directory of Provincial Help Lines</a>

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.



Substance Use Services | Mental Health & Substance Use Network

Developed by: Substance Use Resources Working Group | Approved by: Substance Use Services Manager

Developed: 31/03/21 | Revised: 03/09/21





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## MENTAL HEALTH SUPPORTS AVAILABLE AT HESKW'EN'SCUTXE

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Both counsellors are affiliated with FNHA and offer free counselling.



Yolanda is a registered clinician providing mental health counselling support. Yolanda has been a Lytton resident for 17 years. She received a Master of Social Work from UBC and has additional training and experience in navigating the impact of trauma, IRS and intergenerational challenges, personal growth, relationships, parenting, conflict resolution. Yolanda practices techniques from cognitive behavioral therapy, solution focused therapy to personal and strength based approaches.

Please reach out to  
[yjhall@telus.net](mailto:yjhall@telus.net) 778-554-2332



Ricardo is a master clinical counsellor, supervisor, and EMDR therapist who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton, and other surrounding rural areas. He was born in Buenos Aires, Argentina where he grew up with total disregard for social classes, skin colors and political agendas. He lived and understood the effects of colonization in his native country.

Please reach out to  
[dickiepickering@gmail.com](mailto:dickiepickering@gmail.com)  
(250) 842-8552



# MEDICAL TRANSPORTATION GUIDELINES



- Medical travel should be booked five (5) days in advance.  
*(We understand last minute bookings may occur but cannot guarantee a driver will be available).*
- Appointments should be booked between 10:00 am and 2:00 pm when travelling out of town.
- Shared medical travels can happen and we will inform you ahead of time.
- A gentle reminder to always be kind and respectful towards all Heskw'en'scutxe employees.

**Please call our offices to book a medical drive**

**Cooks Ferry: 250.458.2212**

**Siska: 250.455.6601**



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# MEDICAL TRANSPORTATION UPDATES

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## *Gentle Reminders*

*When filling out the medical transportation form:*



1. Please sign the form at the bottom of the page in the yellow box.
2. Remember to have the medical office stamp the form.
3. Sometimes we forget to bring the form to the doctors, you can ask them onsite to print a written confirmation, or call or email them the next day. You can email it to us or ask them to fax it directly to 250.458.2213.
4. If that is not possible, we can ask the nurse to look up Meditech and confirm your attendance if you have signed up for Meditech.
5. Remember to check the box if you are diabetic or have travelled 6 hours + to have the \$35.50 daily rate. The rate will not be given if the box is not checked.
6. For FNHA statistics, please remember to circle the reason of the visit, such as dental, optician, day surgery and the time of the appointment.

Any questions, please reach out to us!

# Merritt Regional Transit System



## Antko Community: Request a Bus Ride!

### On-Request Service

Bus service includes a curb-to-curb, shared transit service on-request to and from destinations in the Merritt area. All customers are eligible to use this service.

This is not handyDART service. If you need assistance from another person to board or exit the bus, please have an attendant with you to assist. Maximum of 18 seats per trip and 2 wheelchairs access.

**Pick-up: Call 24 hours ahead to book. Bookings received less than 24 hours ahead will be subject to availability.**

Drop-off: Ask the driver when you board.

Examples of locations: a house, childcare centre, or employment site.

### Service Hours

Monday to Friday, with trips operating at 8:45 am, 9:45 am, 12:45 pm and 2:45 pm. No service on weekends and Christmas day.

### Office Hours

Monday to Friday, 9:00 am to 4:00 pm

**Book your trip including return @: 250-378-4080**





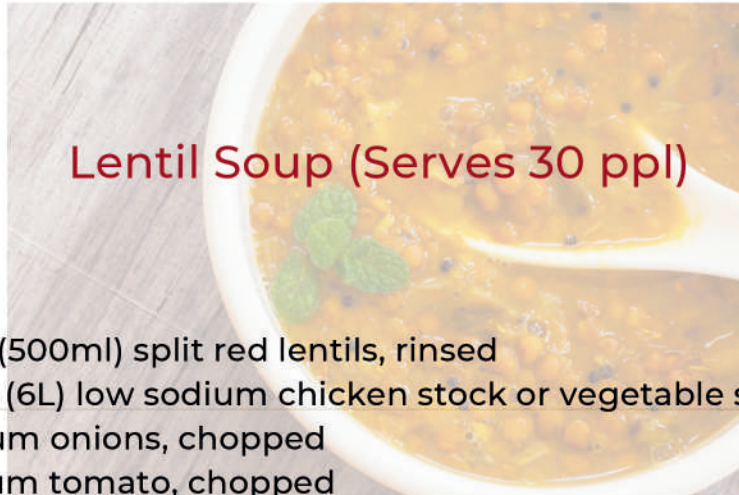
# Tires and Rims for sale!

Please call the office for more information.

Sizes are around 17-18



# RECIPE



## Lentil Soup (Serves 30 ppl)

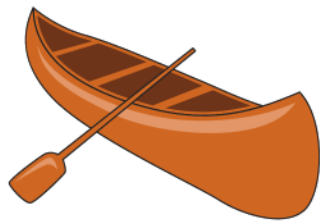
- 6 cups (500ml) split red lentils, rinsed
- 32 cups (6L) low sodium chicken stock or vegetable stock
- 6 medium onions, chopped
- 3 medium tomato, chopped
- 3 medium carrots, chopped
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 2 tbsp cumin
- 1-1/2 tsp pepper

1. Wash lentils in a strainer
2. Put stock in a 4 to 5 quart (4 to 5L) pot and bring to a boil.
3. Set aside 2 tbsp(30ml) of the chopped onions.
4. Add the remaining onions, carrot, tomato and lentils to the stock. Lower the heat to simmer, and cook for about 1/2 hour or until the lentils are tender.
5. Puree the mixture in either a food processor or a blender, and return it to the pot.
6. Cook 2tbsp (30ml) of chopped onion in the olive oil.
7. until they are soft and brown.
8. Add the cooked onions, cumin, lemon juice, salt and pepper to the stock pot. Stir slowly over low heat for about 3 minutes, then serve.



From:<http://www.healthyalberta.com/images/mealideas.pdt>





The Country Divided  
*Told by Annie York*  
*Translated by Mamie Henry*  
**(OUR TELLINGS : INTERIOR SALISH STORIES OF THE  
NLHA7KAPMUX PEOPLE)**

THIS STORY OCCURED when the world was divided. At one time, a man and a woman lived with their child at Quilchena. The man died. so the woman raised the child by herself and taught him the things that he would have been taught by his father. She instructed the boy how to hunt rabbits and birds for their food.

When the boy grew older, his mother told him that they had no relatives, friends, or neighbors living nearby, so he would have to travel a long way to find a woman to become his mate. Before he left, she made him some new moccasins, snowshoes, and a fine bow for hunting. Every morning the young man bathed and sweated as his mother instructed him.

One day, while the young man was out hunting, he heard a song - a beautiful song being sung by a woman. He hid behind a tree and watched. Soon, a group of women came into the clearing, removed their clothing, and knelt down to pray. They plunged into the water. After the four women swam around in the water, they dressed and flew away into the sky.

The young man didn't say a word about what he saw. 'you certainly took a long time to come home today,' his mother said to him.

'I was lazy this morning and didn't wake up in time to have a sweatbath,' he explained.

The next day and the following day he saw these four woman. Soon this mother began to wonder what he wa doing out in the woods, so she said to him, 'I think it is time for you to leave and find yourself a wife and have a family. Although we are very poor, it is the proper thing for you to do.'

The next day, the young man again watched the swan-like women, and as they flew into the air, he grabbed the youngest woman's clothes. 'I have been watching you,' said the young man. 'I want you to be my wife.' She cried and cried, but when he began to plead with her, the young woman consented to go with him. He wrapped her in a deerskin cape, picked up her instrument, and carried her to his mother's house.

As the young man's mother tried to pacify the tearful young woman with the beautiful har, she asked her son where he had found her.

The young man said, 'I have been watching her for a very long time.' While the young woman was being dressed by her mother-in-law-to-be , the young man buried her clothes and wings. 'She will leave me if she gets her clothes and wings,' said the young man to himself.

The old woman and the young woman ate and talked together. 'Where did you come from?' asked the old woman.

'My people used to live here before the world divided. We were sent to the upper world, but once in a while we like to visit this land,' answered the beautiful young woman.

'I am very happy that you are going to stay here with us, for my son is very lonely and needs someone to talk to,' said the old woman.

The young woman was pleased when she became pregnant. But, as time went by, she became more lonely and passed the days crying. 'Would you give me my clothes, my wings, and my instrument and i will pray for you?' she begged her mother-in-law. The young man was not around, so the old woman agreed. When the young woman began to pray, the old woman became hypnotized by her song and she escaped into the air.

The young man was very angry when he returned home and found his wife had left. 'I gave her clothes and wings to her and she flew away,' explained the mother. 'Mother, i have to leave you now! I had a dream and in that dream I was told how to travel. First, I take some skins and blow them up into a canoe shape - then I whip it all over before i get in. By doing this, I will be able to catch up to my wife.' He gathered some food and some clothing and then left in his canoe.

Soon he ran into some people who were all kneeling down praying. He got out of his canoe and prayed with them. When they had finished saying their prayers, he asked them if they had seen a young woman. 'Yes, we saw a young woman go by here a long time ago- she is the one you are looking for.' They then told him that his son had been born. After he had thanked the people, they said goodbye, and the young man got into his flying canoe and left.

As he was travelling he came to a very rough place, so he got out of his canoe and took a rest. An old man approached him and asked, 'Grandson, are you travelling?'

'Yes, I am trying to find my wife.' he replied. The old man insisted that the young man stay overnight. Since he was tired, he agreed.

In the morning, the old man gave him a walking cane to take with him to another land. 'You will see lots of people in this new land,' said the old man. 'The ground will be muddy and if you are not strong enough, you will sink into the mud. My cane will help you.'

The following morning, the young man jumped into his flying canoe and left for the upper world. Before getting out of his canoe onto the muddy ground, he



stuck his cane into the mud and said prayer. After he did this, he glided along without difficulty until he came to a number of houses where there were lots of people. Everything was clear. 'Have you seen a young woman go by here?' he asked some children.

'Yes,' replied the children, 'she lives in that small house.'

Bringing his canoe to a stop, the young man peered down the entrance-way of his wife's pit house. A tear rolled down his cheek and dropped onto the tiny face of his young son. 'Oh, it must raining!' thought the young woman; but when she looked up, she realized that her husband had found her. She called him and told him to enter.

There were many people in the pit house. Some for the people were making baskets, others were sewing buckskin, and a few were weaving swan feathers into blankets. As the young man approached the group of old people, they asked him to kneel down while they said a prayer for him, and they gave him his son. The young man was pleased and clutched his baby boy.

'We are happy that you came to take your son, as the world that we are *living in will soon come to an end. There will be no more* people here until once again the Creator brings them to life. We will give you some food and then you must go back to your world.' The young man listened carefully to the distressing news. A few days later, he, his wife, and their child left for his home. The young woman took her musical instrument with her, and her people warned her to never return again. The woman of the village cried, sang, and played their instruments - and the young man and woman left.

They flew through the air until they came to the place where people were shooting each other. 'Don't look at the war, for if you do, we will never get home,' warned the young man. Not long after, they landed at their home. As the man helped his wife and child out of the canoe, his mother came out of her house to greet them. 'Here is your grandson!' he told his mother. The old woman was overjoyed.

They sat and ate a feast that the woman had prepared for them, and then the young woman brought her clothes from the canoe and hung them in the house. 'I'll never leave this world again,' she told her mother - in - law.

Whenever the young woman became lonely for her people, she took out her musical instrument and played the most beautiful tunes. The baby boy grew older, but he cried for days and days.

Then, one day, a stranger appeared and said to the woman, 'From this day forth, men will die and leave earth when their times comes. People will be separated

from their friends and family - there is a way prepared for them.' The stranger said to them, 'You have lots of friends on this earth. One day, they will come from across the ocean in ships to see you.'

The young man grew and began to train for his manhood.

A foreigner arrived at the home of the young boy and told him that he and his friends were travelling. As they were hungry, the boy's mother and father gave the people some of the dried meat that they had put away and agreed to show them the hunting grounds. 'You must never prepare your food on the seventh day - you must just pray until sunset,' the man told them.

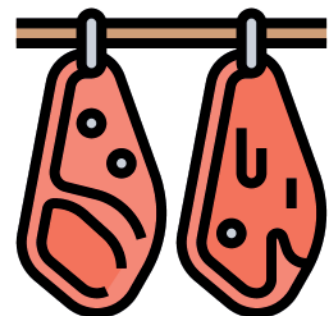
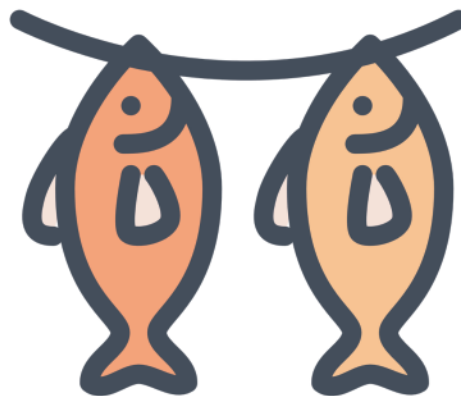
'Your wife is very beautiful,' said the strangers.

'Yes,' answered the man. 'My wife comes from another world, but she cannot go back there again. The Creator has fixed her world so that everyone has fallen asleep - although one day, the Creator will wake them up and we will see them on this earth.'

The man took the people to the hunting grounds and allowed them each to shoot four deer, which they dried. The following day, the woman called all of the people together and said to them, 'One day, people will arrive here in large ships. These people will be different from us, but we will have to learn to live together. To be able to do this, we must learn to plant food in the ground.

The woman and her husband lived to an old age and then died. Their son, who was now a man, married a woman and had many children. The woman warned her children to find their mates in other parts of the world and to bring them home. Eventually, there were many people living where once only the young man had lived.

Long after, the White people came to this land. They were different from the original inhabitants, as they spoke a different language, ate different food, and had different customs. This is what the old woman had told the people. She has known that people in ships would arrive and teach her people how to write so that could all communicate with each other.





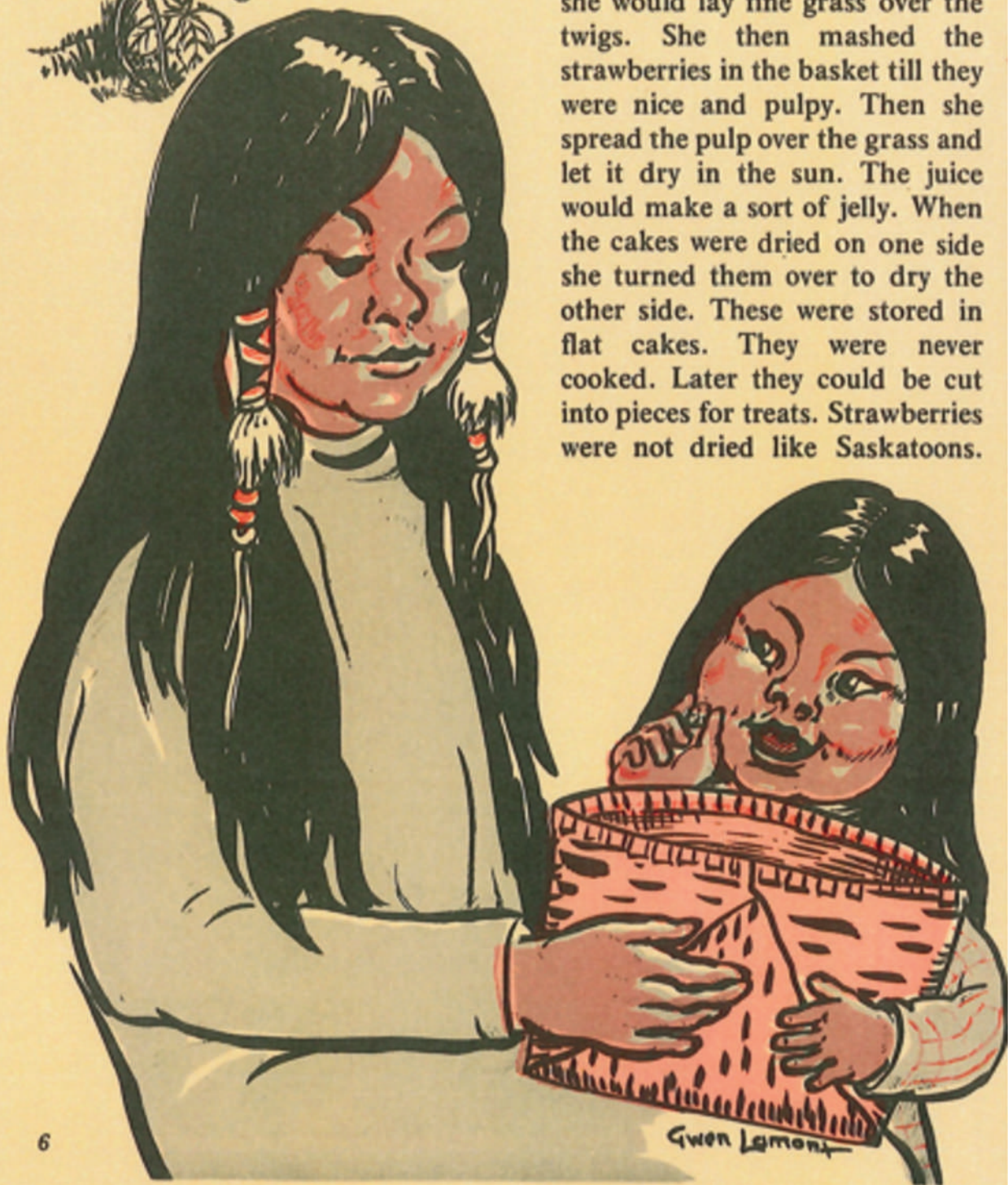
# Strawberry

Indian  
T'KEAK-KA

Latin  
FRAGARIA

Mmm - when I think of wild strawberries, I remember how good they smelled, and how long it took to pick a basket full. They were tiny, tiny ones, but so good. Much nicer than ones that grow in the garden now.

These were our goodies when we were children. My mother would gather small twigs together. Then she would lay fine grass over the twigs. She then mashed the strawberries in the basket till they were nice and pulpy. Then she spread the pulp over the grass and let it dry in the sun. The juice would make a sort of jelly. When the cakes were dried on one side she turned them over to dry the other side. These were stored in flat cakes. They were never cooked. Later they could be cut into pieces for treats. Strawberries were not dried like Saskatoons.





# Huckleberry

Indian  
WIN-ACH

Latin  
VACCINIUM

This was a very important berry to the Indian. Not just because it was food, but because it was a sign of goodwill. If you had guests that you wanted to honour you would serve them Huckleberries. These berries could be sun dried and stored so that later on they could be steamed or boiled.



In the old days little bags of huckleberries would be given to departing guests. Perhaps they were special because we didn't get too many. They grew high up and were sometimes hard to find. Even today my friends in the south give me a jar of huckleberries when ever I visit them. Some people call this berry a blue berry.



# HEALTH GOALS, HAPPY LIFE 2025 CHALLENGE CONTEST WINNERS



## Siska



TAMMY PIERRE



DWAYNE ISAAC



JODI CURE



JOCELYN DUNSTAN



TONI-LYNN MICHELL

## Cooks Ferry



DALE WILSON



GWENDOLYNN CARDINAL



VIRGINIA MCINTYRE



WILL PAUL



ANNETTE ALBERT

Consolation prizes for all other entries



# HEALTH GOALS, HAPPY LIFE 2025 CHALLENGE CONTEST RESOLUTIONS



**DANIELLE MUNRO: DRINK MORE WATER, EAT HEALTHIER & TAKE BETTER CARE OF MY MENTAL HEALTH.**



**CORYNN REVELEY: MY GOALS FOR 2025 ARE TO KEEP TRAVELLING AND PROVIDING MY DOGS THE BEST LIFE THEY CAN POSSIBLY LOVE.**



**CHRISTY WHITTAKER: MY GOAL THIS YEAR IS TO GET MY LICENSE AND TO GET OUT OF MY COMFORT ZONE OF JUST STAYING HOME.**



**TINA DRANEY: TO GET OUTSIDE AND WALK MORE TO REDUCE MY SITTING TIME. I KNOW I NEED TO DRINK MORE WATER SO MY GOAL IS TO DRINK MY DAILY AMOUNT. I ALSO WANT TO DECLUTTER MY 'CRAFT' ROOM SO IT IS USEABLE.**



**NADINE METHOT: TO DRINK MORE WATER. TAKE A FULL HOUR LUNCH BREAK AND WALK 30 MINUTES. CONTINUE MY WALKING WORKOUTS AT HOME. CONTINUE CRAFTING, I AM ENJOYING SEWING, I LOVE NICE FABRICS!**





# HEALTH GOALS, HAPPY LIFE 2025 CHALLENGE CONTEST RESOLUTIONS



**MORE SELF-CARE, DRINK MORE WATER, PARK FURTHER TO WALK MORE, READ A BOOK A MONTH AND BEING MORE ACCOUNTABLE WITH JOURNALING AND DOWN TIME AT THE END OF THE DAY.**



**LOSE WEIGHT, SPEND 30 MINUTES PER DAY SPEAKING TO ANOTHER ADULT FOR GOOD MENTAL HEALTH HABITS, DO MORE ARTS AND CRAFTS, GO OUT WITH THE FAMILY AT CANYON LANES FOR SOME GOOD BOWLING TIME! DONATE WHAT I LONGER NEED TO CHARITY.**



**POSTING WEEKLY TO EMPOWER WOMEN, SELF LOVE, BREAKING BARRIERS, SPREADING COURAGE, STEPPING OUT OF OUR COMFORT ZONE. USE THE INTERNET FOR GOOD.**



**EXCHANGE 1 HOUR OF FACEBOOK TIME FOR CRAFTS, WALK 10-15 MINUTES A DAY AND HAVE MORE FAMILY TIME.**



**NOT OVERWORK MYSELF AND LET MYSELF HAVE TIME TO REST AND DO THINGS I LIKE TO DO, SUCH AS BEAD WORK, CROCHETING AND EVEN STAINED GLASS WORK. FOCUS MORE ON HOBBIES THAT MAKE ME HAPPY AND REALXED.**



**SET A TIMER TO GET UP AND WORK OUT 15-30 MINUTES , MEDITATE EACH MORNING, VOLUNTEER MORE OFTEN, A LITTLE EACH DAY.**



# HEALTH GOALS, HAPPY LIFE 2025 CHALLENGE CONTEST RESOLUTIONS



**PHYSICAL HEALTH, GET A GYM MEMBERSHIP WITH MY SISTER AND GOING ONCE A WEEK STARTING IN THE NEW YEAR,.SLOW IS THE KEY TO GET BACK IN SHAPE LOL AND MOVE UP TO MORE TIMES A WEEK.**



**START WALKING ON A DAILY BASIS AND BEING MORE ACTIVE. MENTAL HEALTH IS DOING COLOR THERAPY AND IT HELPS WITH ANXIETY AND DOING JOURNALING RATHER THAN ALWAYS BOTTLING UP EVERYTHING,**



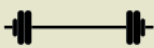
**GET BACK TO MY 10 000 STEPS A DAY AND HAVE THIS GOAL TO GET OFF MY MEDICATION AND EXERCISE MY SHOULDERS MORE.**



**CHOPPING WOOD, BEADING WHEN I GET FRUSTRATED AND I NEED TO SLOW DOWN TO FOCUS. VOLUNTER AT THE SISKA FOOD BANK AND KAMLOOPS MENTAL HEALTH ASSOCIATION SERVING LUNCHEON. SWAPPING FACEBOOK TO LISTEN TO MEANINGFUL INSPIRATION LIKE BRENE BROWN, DARING TO LEAD.**



**CREATIVE HEALTH GOAL. DOING A CROSS-STICH PROJECT AND THEN GO BACK TO PAINTING JEANS, JACKLETS, SHOES AND MORE.**



**GO TO THE GYM WIHT MY SON TWICE PR WEEK TO HELP US KEEP ACTIVE.**



**TAKING CARE OF MY HEALTH AND MY BLOOD SUGAR AND DE-CLUTTERING MY HOME.**





# HEALTH GOALS, HAPPY LIFE 2025 CHALLENGE CONTEST RESOLUTIONS



COMMIT TO WALKING 25K A DAY AND WHILE WALKING TAKE CARE OF MY MENTAL HEALTH SURROUNDED BY NATURE. EXCHANGE A COUPLE OF HOURS OF SOCIAL MEDIA EACH DAY FOR GARDENING, FISHING, HUNTING AND BERRY PICKING.



CLEANING MY HOME, GETTING MY STEPS IN, HAVING MY FAMILY AND CAT WITH ME ARE GOOD FOR MY MENTAL HEALTH, VOLUNTEER AT THE BAND CHRISTMAS PARTY. I LISTEN TO MUSIC WHEN I DO CHORES AND COLOR AT NIGHT AND BEAD.



TO PRACTICE PITCHING EVERY DAY, TAKE PHONE BREAKS ON A DAILY BASIS, SPREAD KINDNESS, LEARN TO EAT BETTER.



GET MY 10 000 STEPS DAILY, REMEMBER TO TAKE MENTAL HEALTH BREAKS, SPREAD KINDNESS, BE ON MY PHONE LESS.



PLAY OUTSIDE FOR A MINIMUM OF 20 MINUTES. LAY WITH OUR DOG FOR MENTAL HEALTH, SPREAD KINDNESS AND LEARN TO WRITE MY NAME.



WEIGHT MANAGEMENT, CUTTING BACK ON JUNK FOOD.

WEIGHT MANAGEMENT BY WALKING MORE.



EATING HEALTHY, AND GOING TO BED EARLIER AND CONTINUE WITH MY ONLINE YOGA APP SESSIONS



I LIKE BEADING, IT HELPS ME TO RELAX



# nłe?kepmxcin CrossWord Puzzle

## Family Terms

							5				
	1		4								
							6				
2											
3						7					
			8								

Instructions: Search for the following terms below in nłe?kepmxcin.

Across:

- 2) little sister
- 3) mother
- 4) baby
- 6) older sister
- 8) baby



Down:

- 1) grandmother
- 4) people of the creek
- 5) older brother
- 7) grandchildren



nłe?kepmxcin CrossWord Puzzle  
Family Terms

							<sup>5</sup> q				
	<sup>1</sup> y		<sup>4</sup> s	k <sup>w</sup>	ú	z	e	?			
	é		č				c				
	y		w				<sup>6</sup> k	i	x		
<sup>2</sup> c	e	c	e	?							
	?		x								
			m								
<sup>3</sup> s	k	i	x	z	e	<sup>7</sup> ?					
						í					
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			<sup>8</sup> n	k̇	s	e	y	t	k	n	
						c					

Instructions: Search for the following terms below in nłe?kepmxcin.

Across:

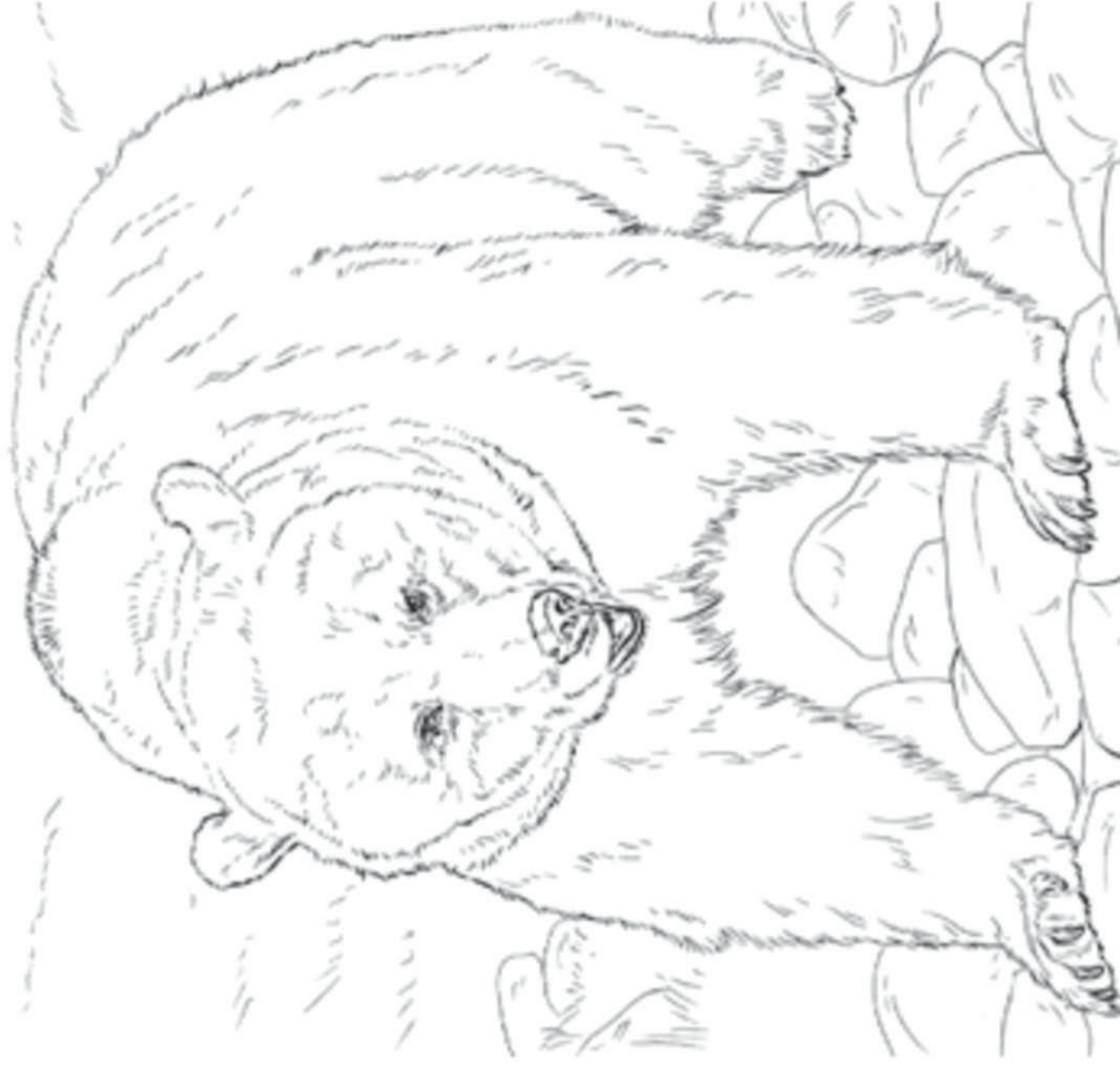
- 2) little sister
- 3) mother
- 4) baby
- 6) older sister
- 8) baby



Down:

- 1) grandmother
- 4) people of the creek
- 5) older brother
- 7) grandchildren

sex<sup>m</sup>ns<sup>m</sup>xes<sup>w</sup>



(SHUX-SHUX)  
GRIZZLY BEAR



# WOMEN ' S CRAFT NIGHT

## HOLISTIC OILS & MEDICINAL TEAS



DATE: JANUARY 8, 2025

TIME: 5:00PM - 7:00PM



WHERE: HAN KNAKST TSITXW MEETING ROOM

DINNER PROVIDED

COME ON OUT LADIES MAKE SOME CRAFTS, CHIT  
CHAT & HAVE SOME LAUGHS!!!

LIMITED SPACE, PLEASE CALL

( NO CHILDREN PLEASE)



FOR MORE INFORMATION

CALL: 778-254-0203

EMAIL: [HAVEN@HANKNAKST.CA](mailto:HAVEN@HANKNAKST.CA)

