

HESKW'EN'SCUTXE

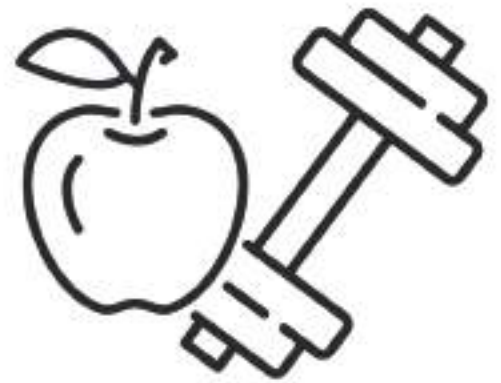
March 2025

Monthly Newsletter

Volume 2 Issue 13




Cook's Ferry
Indian Band
Nlaka'pamux Nation



CULTURAL TEACHINGS

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



Simon Fraser
Told by Annie York



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



IN THIS ISSUE

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Theme of the Month

Services

COHI

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Medical Transportation UPDATE

Merritt Transit (ANTKO)

Recipe of the month

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

CELEBRATING
the life of



CORYNN DIXON REVELEY

1982- 2025

*You will always be
remembered!*



STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cook's Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Cook's Ferry



Tina Draney
Finance & Assistant Manager



Angie Pigeon R.N.
Community Health Nurse



Camation Zhuwaki R.N.
Community Health Nurse



Nadine Methot B.A.
Medical Office Administrator
Medical Travel Clerk

Cooks Ferry & Siska



Corynn Reveley
MOA/Receptionist
Medical Travel Clerk
R.I.P.

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



Buddy Cure
Medical Driver



Dayton Arnett
Medical Driver

Remembering Corynn

It is with a heavy heart that we share the sad news of the passing of our cherished colleague and beloved community member and friend, Corynn Dixon-Reveley. Corynn went to the spirit world on February 6th, 2025. Corynn was a beacon of strength, dedicating her work at Heskw'en'scutxe Health Services Society to the betterment of our community and the preservation of our traditions and better health outcomes for all First Nations peoples. Her commitment, wisdom, and compassion touched the lives of many. Her contributions, kindness, and spirit have left an indelible mark on all of us at the office.



During this difficult time, we encourage everyone to come together and support one another. Grief can be a heavy burden, and it is important that we lean on each other for strength and comfort.

For those seeking support during this time, please remember that we have resources available to help you cope with grief. Together, we will navigate this challenging journey.

In this time of grief, we extend our deepest condolences to Corynn's family, friends and all who knew and loved her. Corynn's memory will live on in our hearts forever.

With heartfelt sympathy,
Heskw'en'scutxe Health Services Staff

If you have any questions or need support, please do not hesitate to reach out.

250.458.2212 / 250.455.6601

Memory sharing

If you have any memories, stories, or messages that you would like to share, we invite you to do so. These will be compiled into the next newsletter.





THEMES OF THE MONTH



By Christy Whittaker

Knowledge is power, following are reputable health links to

NUTRITIONAL RESOURCES

<https://nutritionalresources.com>

<https://food-guide.canada.ca>

<https://accessalliance.ca>

TICK AND LYME DISEASE RESOURCES

<https://www.tickipeadia.org>

<https://etick.ca>

<https://www.evita.com>lyme-disease>

<https://www.canada.ca/en/public-health/services/diseases/lyme-disease.html>



Congratulations to Haley Dunstan Garwood and Kane Dixon for the birth of their baby boy born on February 21, 2025



Wishing all the family much happiness!

March 9 @ 2am



March 20



VALENTINES COLORING CONTEST RESULTS

Winner of a Happy Student gift card

Harlow Peters

Gracie Peters

Kellen Paul

Gwendolyn Cardinal

Services

Medication pick up Aberdeen
Pharmasave Kamloops Mar.
4th, 11th, 18th and 25th

Med pick up Lilloet
Pharmasave Mar. 6th, 13th,
20th and 27th

Massage with John (Cook's Ferry)
Mar. 4th and Mar. 18th

Massage with John (Siska)
Mar. 11th and 25th

Shopping Day CF March 26

Shopping Day Siska/Antko
March 28

Daylight saving March 9

Spring Equinox March 20



*Nurse Angie
is in
Thursdays and
Fridays*



*Nurse Carnation
will support
Antko
community*



*St. Patrick's
Day*

Is your baby sleeping safely?
Remember these ABCs of safe sleep.



ABCs

Alone on the back in a crib in a smoke-free area

Safe sleep means:

- Alone with you nearby
- On the back
- In a crib or Pack 'n Play™
- In smoke-free air
- Room temperature should be comfortable to a lightly clothed adult



Unsafe sleep means:

- Sleeping in a bed or crib with others
- Sleeping on a sofa, recliner chair or soft bedding alone or with others
- Using bumper pads, blankets, pillows or toys in the crib
- Smoking in the house or car



www.chawisconsin.org

Safer Sleep for My Baby

Helping Parents and Caregivers Create a Safer Sleep Plan

As parents or caregivers, you make many decisions every day to help keep your baby healthy and safe. When it comes to sleep, your baby's sleep environment is always important – day or night. Some sleep practices are safer than others. This pamphlet shares information about how to help make your baby's sleep environment as safe as possible – so every sleep is a safer sleep. Share this pamphlet with everyone who will be looking after your baby.

You and your health care provider can also discuss your infant's sleep plan. For more information, see the resources at the end of this document.

Make Every Sleep a Safer Sleep

Place baby on their back to sleep

Put your baby to sleep on their back for every sleep, whether it's naptime or nighttime. Babies can breathe well on their back, and will not choke on their spit-up or saliva.

Use a firm mattress free of hazards

Use a firm mattress made for babies, with no bumper pads, pillows, heavy blankets, comforters, quilts or toys. This will help keep their sleep space safe.

Use a crib or bassinet

For many babies, the safest place to sleep is in their own Health Canada-approved crib, cradle or bassinet when at home or traveling. Plan ahead when traveling, and make sure there is a safe sleep surface for your baby. Check out this Health Canada link for more information: www.canada.ca/en/health-canada/services/safe-sleep/cribs-cradles-bassinets.html. To learn more about safer bedsharing explore the bedsharing questions to ask yourself on the next page.

Breastfeed or chestfeed as much as possible

One way to help prevent sleep-related infant death is by breastfeeding or chestfeeding – which helps boost a baby's immune system. The more you breastfeed or chestfeed, the greater the protection. Any amount of human milk will help keep your baby healthy.

Share your room

Have your baby sleep on a separate sleep surface in the same room as you for the first six months.

Be smoke-free

Smoking increases your baby's risk of sleep-related death. Keeping your home smoke-free before and after birth, as well as being smoke-free during pregnancy, can help prevent sleep-related infant death.

Avoid exposing your baby to cannabis, vaping and e-cigarettes during pregnancy and after birth. For more information to help you or someone in your home to quit smoking, please visit www.quitnow.ca

Sleep-Related Infant Death Includes:

- Sudden Infant Death Syndrome (SIDS) is a sudden and unexpected infant death without an explanation.
- Accidental Death can be the result of a fall from a sleep surface or of suffocation as a result of items in the bed, the baby lying face down, or the parent or another child rolling onto the baby.



 **Perinatal Services BC**
Provincial Health Services Authority

 **BRITISH COLUMBIA**

Ministry of Health

Alternative Safer Sleep Surfaces

If using an alternative sleep surface, ensure it is firm, flat and placed on the floor. Keep the surface dry, pest-free, and away from pets and electrical cords. Ensure nothing can fall in and it won't be tripped on. The sleep surface needs minimal padding – you can use a lightweight blanket wrapped around and taped to the bottom of a sturdy piece of cardboard as a mattress.

Basket



Box or carton



Washtub



Drawer on the floor



Be alcohol/drug free

Drinking alcohol, using drugs or taking some medicines can make you drowsy and cause you to sleep more heavily. Heavy sleep increases the risk that you will roll over onto your baby if you are bedsharing. Have another adult on hand to help with your baby if you have consumed anything that makes you less alert.

If you would like support for any kind of substance use (including alcohol or other drugs), free, confidential information and telephone support is available from the Alcohol and Drug Information and Referral Service. Call 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland). Support is available 24 hours a day, 7 days a week, in multiple languages.



Keep temperatures comfortable

Keep the room at a comfortable temperature and use a thin, lightweight sleep sack or cotton baby blanket so that your baby does not overheat. If the temperature is comfortable for you, then it is comfortable for your baby. If using a sleep sack, it should fit well around baby's shoulders so that your baby's head does not slip down into the bag. Extra bedding or hats indoors are not needed.

What about swaddling?

Swaddling is not needed and can be unsafe. Tight swaddling can make it hard for your baby to breathe, and can lead to pneumonia. Swaddling can also cause your baby to overheat and increase the risk of sleep-related infant death. It can also cause hip problems. In addition, swaddled babies can get stuck on their stomachs and be unable to move into a safer position if they roll over.

If you choose to swaddle, ensure that:

- Baby is placed on their back to sleep.
- Only swaddle from the shoulder down – not over the face, and ensure hands and arms are free.
- Swaddle not too tightly or loosely. Make sure you can fit 2 fingers between the blanket and the baby's chest, and that baby can bend and move their legs.
- Use a light cotton blanket.
- Avoid swaddling past 2-3 months or once your baby can make strong movements on their own.

Are adult beds safe?

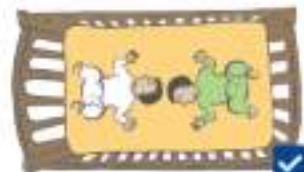
Adult beds are not designed to keep babies safe. Often they are too soft, and blankets and pillows can increase the risk of suffocation or entrapment. It is not safe to leave your baby unattended on an adult bed. Sleeping on a raised bed also increases the risk of falls.

Tips on car seats, carriers and strollers

It is not safe to leave your baby asleep in a car seat. Once you have reached your destination, place your baby on a safe sleep surface – even if they are only napping. It is not safe to leave babies unattended in carriers or strollers.

Are sofas, recliners or couches safe?

It is never safe for a baby to sleep on a couch or chair – either alone or with a caregiver. Your baby can fall to the floor or slip between your body and the cushions, leaving them unable to breathe. Have a bassinet or crib ready, or ask someone else to take the baby when you need to rest.



Bedsharing

The safest place for many babies to sleep for the first 6 months is on their own safe sleep surface in your room. Some families may prefer to bedshare for cultural or personal reasons, and some families might end up bedsharing even if they hadn't planned to. If you think you might ever share a bed with your baby, or even if you don't plan to do so, here are some questions to ask yourself to make bedsharing as safe as possible for your baby.

Definition of Bedsharing:

Bedsharing happens when a baby shares an adult bed or mattress with a parent or caregiver.

Questions to ask yourself...	Yes	No
<p>1. Was your baby full term (born after 37 weeks) and did they weigh more than 2.5 kg or 5.5 lbs at birth? Premature and small-at-birth babies have an increased risk of sleep-related death. This risk increases if baby is also bedsharing.</p>		
<p>2. Were you and anyone else you were living with smoke-free while pregnant? Exposure to smoke during pregnancy increases your baby's risk of sleep-related death. This risk increases if baby is also bedsharing.</p>		
<p>3. Is your baby's environment smoke-free? Exposure to smoke, including second-hand smoke from any parent or caregiver, increases baby's risk of sleep-related death. This risk increases if baby is also bedsharing. For support to quit smoking, visit www.quitnow.ca</p>		
<p>4. Are you, and anyone else who shares the bed, alcohol- and drug-free, and free of any substance that might make you sleep more heavily? Heavy sleep increases the risk that you will roll over onto your baby, which can cause suffocation. It's best to have another adult on hand to help with your baby if you have consumed any alcohol, drugs or medicines that make you less alert.</p>		
<p>5. Is your baby breastfeeding or chestfeeding? If you are not breastfeeding, chestfeeding or feeding human milk it is safest to not bedshare with your baby.</p>		

If you answered **NO** to **ANY** of these questions, then bedsharing may not be a safe option for your baby and is not recommended. Your health care provider can help you develop a safer sleep plan for your baby.

If you answered **YES** to **ALL** of these questions, review the checklist on the next page.

Bedsharing and Breastfeeding or Chestfeeding

It is normal for babies to feed often during the night, and as a result some parents find themselves bedsharing. Most parents who breastfeed or chestfeed their baby in bed will naturally sleep in a "C" shape – facing their baby with their knees drawn up under the baby's feet and their arm above the baby's head. This protects the baby from moving down under the covers or up under the pillow.

Breastfeed or chestfeed your baby at night in a safe bed rather than on a couch or in a chair if you feel like you will fall asleep during the feed. You and your health care provider may wish to discuss sleep positions that can help you rest and keep your baby safe.

Caring for a baby takes a lot of energy and is tiring. Ask your support people for help, take naps when you can, and eat healthy food.



Other Resources:

More information on baby care and parenting can be found at:

HealthLink BC

Trusted health information is just a phone call or a click away. HealthLink BC gives you quick and easy access to non-emergency health information and services.

You can speak with a nurse, pharmacist, dietitian or other health professional to get advice, and find health services and resources near you.

Phone 8-1-1 or visit:
www.healthlinkbc.ca/

Baby's Best Chance

Trusted resource for information about pregnancy and caring for your baby.

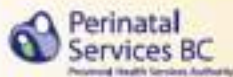
healthlinkbc.ca/pregnancy-parenting/babys-best-chance

Honouring Our Babies

A safer-sleep toolkit to support conversations between Indigenous parents and caregivers and health care providers.

perinatalervicesbc.ca/Documents/Resources/Aboriginal/SafeSleep/HOB_SafeSleep_IllustratedCards.pdf

Checklist and image adapted from: *Maximizing the chances of Safe Infant Sleep in the Solitary and Cosleeping (Specifically, Bed-sharing) Contexts*, by James J. McKenna, Ph.D. Professor of Biological Anthropology, Director, Mother-Baby Sleep Laboratory, University of Notre Dame.



Checklist: Additional ways to help keep baby safer if bedsharing

- ✓ **Baby is put to sleep on their back.**
It is safest for babies to sleep on their back.
- ✓ **Mattress is on the floor.**
To reduce the risk of falls, the mattress should be on the floor and away from walls. Ensure there is space around the bed so your baby cannot get trapped between the mattress and the wall or bedside table. Make sure the mattress is firm and clean (no waterbeds, pillow tops, feather beds, air mattresses or sagging mattresses).
- ✓ **Baby is far away from any pillows, duvets and heavy blankets.**
Pillows, duvets and heavy blankets may increase baby's chance of suffocation and entanglement. Use only a lightweight sleep sack or cotton baby blanket on your baby.
- ✓ **Baby is able to move freely and is not swaddled.**
Baby should be able to move freely. Swaddling can restrict baby's movements, and put them at increased risk. Swaddled babies can get stuck on their stomachs and be unable to move into a safer position if they roll over.
- ✓ **Baby sleeps on the outside of the bed, instead of between adults.**
If there are two adults in the bed, ensure that baby sleeps on the outside of the bed, instead of between adults. Both adults need to be aware that baby is in the bed and be comfortable with this decision.
- ✓ **Baby and adult(s) are the only people on the sleep surface.**
Ensure that no other children or pets share the baby's sleep surface.
- ✓ **Ensure that baby is not left alone in an adult bed.**
Adult beds aren't designed to keep babies safe.



For Men: Bringing out the Healer

Walking in the Footsteps of Our Ancestors

Learning to heal with-in and move forward together has always been the way of life for First Nations Peoples. Thanks to our Ancestors, we still have enough of our teachings to rebuild our lives from survivors to living full and active lives together. You are invited to join the circle of life to pass on your teachings and to receive what holistic medicine you may need.

Location:

Lytton First Nation, Health Building: Round Room

Contacts:

Ross: 250-256-8173

Dates:

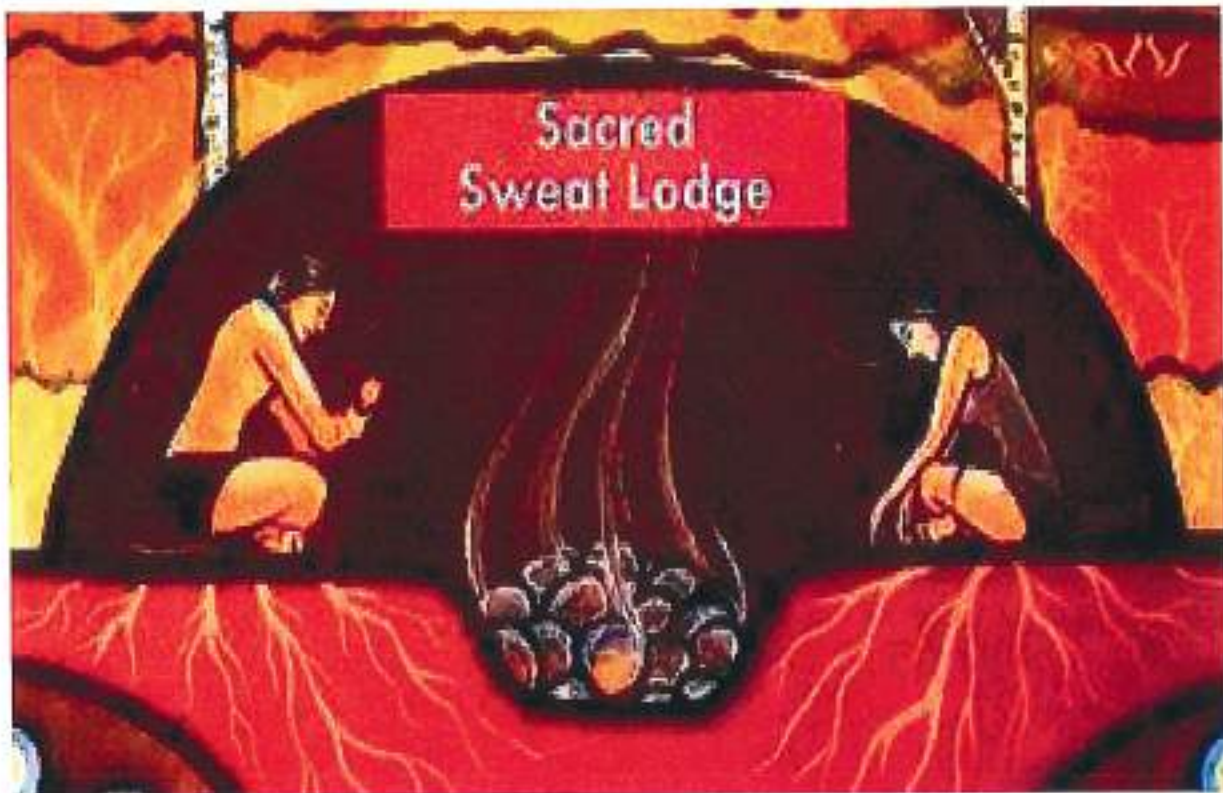
Tuesday's Feb 4,
To March 25, 2025

Time:

6:00pm – 7:00pm



TL'kemtsin Health Centre, PO Box.20, 1535 Silo Road, Lytton bc, VOK-1Z0



The Sweat lodge is for the community, everyone is welcome, it's a safe place to Heal & Balance our lives. We do this for ourselves.

Location: Take the St. Georges Rd off Lillooet Rd, keep going all the way down to the end to Battlefield to Sundance Grounds, you'll see the smoke. Follow the red ribbons.

Times: February. 12th/2025, Wednesday at 1pm. Start the fire at 9 am going in at 1:00 pm, finishing at 6pm.

Co-ed: Men & Women. bring Towel, short's, Women must have Sweat dress. Bring moccasins.

Contact: vincent.abbott@lfn.band, work cell 1-250-256-8167. Office located at TL'Kemtsin health Centre for any questions.

12-Step MEETINGS

A gathering of fellow recovering addicts
with the goal of providing motivational and emotional
support to those struggling with addiction



“ All meetings
are completely
anonymous &
don't require
any fees ”



12 Step meetings starting

February.6 th /2025 / Thursday	Time: 5pm	Step one / 12 by 12 book.
February.19/2025 / Wednesday	Time: 5pm	Step two / 12 by 12
March.5/2025 / Wednesday	Time: 5pm	Step Three / 12 by 12
March.19/2025 / Wednesday	Time: 5pm	Step Four / burning of letters
April. 9 /2025 / Wednesday	Time: 5pm	Step five / 12 by 12
April.23rd /2025 / Wednesday	Time: 5pm	Step six / 12 by 12
May.7 /2025 / Wednesday	Time: 5pm	Step seven / 12 by 12
May. 21/2025 / Wednesday	Time: 5pm	Step eight / 12 by 12
June.11/2025 / Wednesday	Time: 5pm	Step nine / 12 by 12
June. 25 /2025 / Wednesday	Time: 5pm	Step ten / 12 by 12
July.9 /2025 / Wednesday	Time: 5pm	Step eleven / 12 by 12
July. 23 /2025 / Wednesday	Time: 5pm	Step twelve / 12 by 12

The location of the meeting is at TL'Kemtsin Health Centre Round Room.

Contact: vincent.abbott@lfn.band, TL'Kemtsin Health Center, Box.20, 1535 Silo Road, Lytton.b.c.
Work Cell: 1-250-256-8167, do you have questions? Walk in Step meeting, come in have coffee,
complete your steps, this is a discussion meeting, confidentiality for our group conscience.

A.A. won't keep you from going to hell, nor is it a ticket to heaven, but it will keep you sober long enough for
you to make up your mind which way you want to go.



COHI UPDATE

Hello, Michelle Beattie, FNHA Dental Hygienist has been visiting both communities with dental clinics and also seeing all children signed up for COHI in the schools. By seeing the children every 3 months, Michelle can monitor their oral health and also make recommendations if the children need to see a dentist for cavities or any other oral concerns.

Michelle is happy to come to community and clean your teeth or answer any questions you may have about oral health. Please reach out to our offices to book an appointment. It is free!

Coming soon... Dental Cleanings with Michelle

Is it time for a cleaning? Michelle will be in Siska on April 8th and 9th and in Cooks Ferry on April 29th and 30th to see children, adults, elders for dental cleanings, x-rays and answer any questions you may have.

Please call us to book an appointment. Open to on and off reserve community members and you can still receive cleanings at your regular dentist as usual.

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

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

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

KAYLA MCBEE

Mental Health Clinician

Kayla has been working for NHSS since October 2024, as an Adult Mental Health Clinician.



Mental Health services are available to members of:

Cooks Ferry	Siska	Kanaka Bar	Lytton
Nicomien	Ashcroft Band	Oregon Jack Creek	Skuppah
Lower Nicola	Coldwater	Shackan	Nooaitch



heñle?, my name is Kayla McBee, and I am the new adult mental health clinician. I am a Lower Nicola Band Member, and I reside in Rocky Pines. Vivian McBee nskixze?, and Wade McBee nsqáíze?. Also, ée he Rita Sterling nkže, and ée he Jim McNaney nspapzé?, ée he Iva McBee ée he John McBee nspapzé?. I have been honored to work with our Indigenous communities in social work since 2010, as a family, adult, and youth support worker, and as a child protection social worker. Since receiving my master's degree in social work, I am loving the transition into the mental health field. My focus is indigenous mental health, and I have always used a trauma informed practice with elements of CBT, ACT and DBT, Interviewing as well as Motivational Interviewing and Satir Family Transformational Therapy, working with traditional frameworks. I have my level 1 in Nlaka'pamux language, and I also enjoy traditional singing and drumming. My hobbies are playing guitar and drums, along with working on my yard and gardening. Often you will find me out on the land, where I will adventure in the woods hiking, harvesting foods and medicine, camping, swimming, kayaking, belly boating, fishing, and hunting year-round. I am looking forward to working with our people as it is important to give back to our communities what I can for our future generations.

To contact Kayla call Nlaka'pamux Health Services Society
250 378 9772 or email mcbec.k@nlxfn.com

FOR MORE INFORMATION PLEASE CONTACT
NLAKA'PAMUX HEALTH SERVICES SOCIETY
2088 QUILCHENA AVENUE, PO BOX 3090, MERRITT BC, V1K 1B8
PHONE: 250 378 9772 FAX: 250 315 0283



CBT – Cognitive Behavioral Therapy

It is an approach of talk therapy used to work with depression and anxiety problems, substance use, relationships, and other severe mental health challenges, this form of help starts with focusing on current situations in life rather than focusing on the past. If you do not want to take medication for some of the difficult symptoms that arise, this may be a great form of help.

CBT works from the point that our thoughts, emotions, behaviors and even how our body sensations are interconnected. What we are thinking is changing how we are feeling. Sometimes this is a good thing, however negative thoughts can result in negative feelings that produce harmful behaviors that need to be unlearned or changed.



Core principles:

Some of our mental challenges are based on unhelpful ways of thinking. During this time, we can look at those and work on reevaluating them to find where the rational parts are, and when we can leave unhelpful parts alone. The process can occur from learning and understanding the behaviors/motivations of those around us. Another piece can be implementing some helpful problem-solving skills during difficult situations. Will improve our self-confidence and understanding our true abilities.

We also learn behaviors that are unhelpful in our lives. We can learn how to face our fears rather than avoid them. It sounds scary, but we can use role playing to help in working out problematic situations with people. We learn about calming techniques that will help to calm our mind and calm our body.

Overall, we learn better ways to cope with these challenges. This relieves the challenges and feelings, causing an improved life. There may be times that "homework" is given so you can work on stronger coping skills, but with that work it eventually will re-line our ways of thinking, our internal emotions, and overall behaviors.

DBT – Dialectical Behavior Therapy

It is a talking therapy that works well for people that have mental health struggles such as: borderline personality disorder, self-harming behaviors, suicidal thoughts and behaviors, substance use, as well as posttraumatic stress disorder (PTSD), depression, and eating disorders. DBT focuses on balancing our acceptance and validation of who we are, and our challenges with looking at the benefits of change. We will be focusing on how to manage intense emotions, cope with difficult situations, and improve relationships.



Core Principles:

Mindfulness – where we learn to be aware of thoughts and emotions in observation without judgment of ourselves.

Distress Tolerance – how to deal with difficult situations, and cope with pain.

Emotional Regulation – managing our emotions as they arise.

Interpersonal Effectiveness – Relationship improvement and management.

MI - Motivational Interviewing

There is another form of talk therapy that works with you to make a positive behavior change. Sometimes we have mixed feelings that are uncertain and create insecurities. This short-term process takes that into consideration, as it really can be difficult to make life changes. Motivational Interviewing works with trust between you and the clinician. We use open questions about the change (not just yes/no answers), affirmations (we recognize positive behaviors), reflective listening (where we interpret your statements and express your feelings back to you), and summary reflections that ensure the clinician understands what is being said so we are on the same track about the changes needing to be made.

Core principles:

Autonomy - The ability to make your own decisions

Acceptance - To feel accepted and good enough

Adaptation – making changes in response to our environment

Empathy - seeing your world as you see it

Evocation – understanding your goals, values and the way you see things.



MEET KAYLA IN COOKS FERRY

ADULT MENTAL HEALTH INTRO AND UPCOMING SESSIONS



TIME: 1:30-3 pm

MARCH

Lets Gather

@ Cooks Ferry Multipurpose Room

2025

MEET AND GREET

Introduction to Kayla, the new clinician who will be visiting your community to make connections and find out the need for services in your area.

Tues 4th
Thurs 13th
&
Tues 25th

TEA AND SNACKS

Gather together to talk about some questions such as, "I'm interested, but what is mental health? What does counselling mean?"

FUTURE PLANS - WE WANT TO HEAR FROM YOU!

Are there any kind of groups would you be interested in attending? What do you want to learn about?

GROUPS: TBD

A safe place for people to attend and learn about different themes. Activities during group will be included, as well as snacks and drinks. Sign up information to come.

GROUPS TO COME!



MORE INFO:

MCBEEK@NLXFN.COM
OR CALL 250-280-4966

ADULT MENTAL HEALTH INTRO AND UPCOMING SESSIONS



MARCH

Lets Gather

@ Siska Band hall
TIME: 1:30-3:00 pm

2025

**Tues 6
&
Thurs
18th**

MEET AND GREET

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GROUPS TO COME!



MORE INFO:

**MCBEE.K@NLXFN.COM
OR CALL 250-280-4966**



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.**



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.

Days of week	Open hours
Wednesday	6 a.m. - 7:30 p.m.
Thursday	6 a.m. - 7:30 p.m.
Friday	6 a.m. - 7:30 p.m.
Saturday	10 a.m. - 5 p.m.
Sunday	Noon - 4 p.m.
Monday	6 a.m. - 7:30 p.m.
Tuesday	6 a.m. - 7:30 p.m.

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



BOWLING

IN BOSTON BAR

HOURS

Heskw'en'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**

Wednesday	11 a.m. - 6 p.m.
Thursday	
Friday	3 p.m. - 9 p.m.
Saturday	3 p.m. - 9 p.m.
Sunday	Closed
Monday	11 a.m. - 6 p.m.
Tuesday	11 a.m. - 6 p.m.

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



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

MEDICAL TRANSPORTATION UPDATES



Gentle Reminders

When filling out the medical transportation form:

1. We thank you for writing the time of the appointment on the form where it is indicated to write it.

2. Any member living OFF reserve:

a) Please reach out to FNHA Health Benefits for assistance. Please call 1.855.550.5454 or email healthbenefits@fnha.ca. They will book your hotels.

b) You can also pick up the Off Reserve Health Benefits Medical Transportation Form at our offices or download on the FNHA or HHSS website.

3. Have you ever gone to the hotel booked by HHSS and were asked for a credit card to secure the room? **STOP**, HHSS has a direct billing account. You are not expected to provide a credit card! If this happens, please reach out to our offices so we can speak to the hotel directly to correct the situation..

4. Do we have your email address? We email you your medical travel itinerary if you are staying at a hotel overnight. Please ensure we have your email address on file.

5. Diabetics and pregnant women are eligible for the \$35.50 daily luncheon allowance for any trips under 6 hours. Please note that the lunch meal is not provided for appointments under 1 hour or in close proximity of your home.

Any questions, concerns, 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

RECIPE

CRUNCHY TURKEY FINGERS WITH OVEN FRIES



This tasty recipe is a fun finger food. Using high-fibre breakfast cereal adds the right amount of crunch to the turkey fingers.

- 1 boneless skinless turkey breast (about 600g)
- 15 ml (1tbsp) Dijon or yellow mustard
- 5 ml (1sp) vegetable oil
- 500 ml (2cups) bran flakes
- 30 ml (2tbsp) grated Parmesan cheese
- 5 ml (1tsp) Italian her seasoning or dried oregano leaves

OVEN FRIES

- 1 sweet potato, peeled and cut into strips
- 2 parsnips, peeled and cut into strips
- 5ml (1sp) vegetable oil
- 2m (1/2tsp) chili powder

1. Preheat the oven to 220 C (425 F)
2. Cut turkey breast into finger size stripes and place in a bowl. add mustard and oil and using your hands coat turkey fingers evenly.
3. Place bran flakes into a large resealable bag and crush to look like breadcrumbs. Add cheese and seasoning. Add turkey fingers to bag, one at a time, and shake to coat. Place coated turkey onto parchment paper lined baking sheet. Repeat with all the turkey fingers; set aside.
4. Place fries in bottom third of preheated oven for 15 minutes. Move fries to top third of oven and place turkey fingers on bottom third of oven for 15 minutes.

Zoom Link to Join:

Register through the individual Zoom link provided below. Registration is required, and the event information will be sent via email upon registration. If you have questions about registration, please contact food@isparc.ca.

<https://us06web.zoom.us/meeting/register/K2FB1hXfSZyoDLIwAyCTuw>

Food is Medicine

Wellness Campaign

About the Campaign:

Join the First Nations Health Authority (FNHA) for this enriching Food is Medicine series, beginning March 5, 2025, by joining sessions hosted via Zoom. March is National Nutrition Month, and FNHA is holding our annual "Food is Medicine" wellness campaign. This month we will continue to build off the amazing food sovereignty work that communities have done and continue to do. We will be celebrating Food is Medicine Month by hosting virtual webinars featuring innovative food security and food sovereignty initiatives led by Indigenous food leaders from across BC.

How to Register:

Register through the individual Zoom links provided below. Registration is required, and the event information will be sent via email upon registration. If you have questions about registration, please contact food@isparc.ca.

Weekly Topics

1 March 5, 2025 at Noon
Tea Creek Farm with Jacob Beaton

2 March 10, 2025 at Noon
Nuu-chah-nulth Youth Warrior Family Society

3 March 12, 2025 at Noon
Kwakiutl Community Garden & Traditional Food System
and Stellat'en's Shunk'et Garden



First Nations Health Authority
Health through wellness



ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

FNHA UPDATES- MONTH OF MARCH IS MONTH OF NUTRITION

We encourage you and your families to try new foods, create new recipes, and enjoy spending time with loved ones to nourish your wholistic wellbeing.

Here are some additional ideas for this month's Food is Medicine Wellness

Challenge:

Try one of the delicious recipes from the FNHA's and Indigenous Sports Activity and Recreation Council's (I-SPARC's) Food is Medicine Cookbook. Post your creation on social media and tag us @FNHA or share it here.

Sit with an Elder or knowledgeable community member and learn more about the traditional foods and medicines in your territory, and how to harvest them in a good way.

Eat more fruit, vegetables and wild berries. Frozen fruits and vegetables are just as healthy as fresh foods and are often cost-effective and accessible.

Take part in harvesting activities on the land, such as fishing, hunting, trapping and canning. Check out FNHA's Traditional Food Fact Sheet and the Canning Guide for wise practices and helpful tips!

Read (and listen to!) FNHA's newest publication, which explores how traditional foods, medicines, nutrition and food security are common themes to First Nations communities across all five regions of British Columbia. The Common Language Project Report 2023, is grounded in a wholistic approach to health and wellness and describes how food is relational to First Nations people.

Wishing everyone a mindful March full of nutritious food and good medicine!

We look forward to seeing you on March 5 for the Virtual Webinar.
(see poster above with registration link)

The
NUU-CHAH-NUŁTH
nuučaańuł



*Healthy Eating on a Budget Cookbook For
Diabetes & Diabetes Prevention*





DIABETES

Rates of type 2 diabetes are higher in Indigenous populations across the country. The statistics show 11% of First Nations people living on reserve in modern-day Vancouver Island reported a diagnosis of diabetes, compared to 9% for non-Indigenous people.


As recently as the 1940s, type 2 diabetes was uncommon in our people. **Our people were strong and healthy.** In less than 100 years, our diet has shifted, as well as our lifestyle.

Type 2 diabetes, like many other chronic conditions, is **strongly linked to chronic stress**. The combination of this with a decreased **access to quality and traditional foods**, as well as a **decrease in physical activity** levels, has led to higher rates of diabetes in Indigenous populations across the country.

"Diabetes is strongly linked to chronic stress"

While it is not possible to eat and live just as our ancestors did, if we begin to **shift our diet away from the highly processed carbohydrates** and seek guidance from our culture to help manage the pressures of modern life, we can **begin the healing process and reduce the burden of diabetes**.

We can't do it alone, and we shouldn't have to. **Ask for help and support** from family, friends, and health care professionals. This resource can be used as a tool to help inspire change, but it is important to acknowledge the complexity of diabetes - food is just one part - though an important part - of diabetes management.



Tips for Nourishing Your

MIND BODY SPIRIT

Food is Medicine

- Fuel yourself regularly. Eat regular meals for stable blood sugar levels.
- Listen to your hunger cues - eat when you are hungry, stop when you are full.
- Turn off your TV, computer or cell phone and enjoy meals with family and friends.

Eat Colourful Foods

- Eat foods close to their natural form and in a variety of colours.
- Eat fruits or vegetables at every meal. Enjoy ancestral foods.

Include Protein Foods

- At meals and snacks try to include seafood, meats, peanut butter, eggs, beans, nuts, seeds, cheese or plain yogurt. These foods help to stabilize blood sugar levels.

Drink More Water

- Hydrate and clean your body out with water and herbal teas. Flavour unsweetened water with sliced lemon, lime, cucumber, berries and more.

Flavour Foods with Herbs and Seasoning

- To decrease the amount of salt you consume, try flavouring your fresh foods with pepper, chilli powder, cinnamon, Italian seasoning, ginger, garlic or onion powder.
- Check the label for low sodium in canned goods and choose foods with less than 15% Daily Value (D.V.)

Eat More Healthy Fats

- You'll find healthy fats in fish (e.g. salmon, trout, oolichans and sardines), seafood, unsalted nuts and seeds, avocado, peanut butter, flax and hemp seeds and olive oil.

Eat Less Unhealthy Fats

- Unhealthy fats are found in processed foods, fried foods, snack foods (microwave popcorn, chips), fast foods, dressings, sauces, desserts, doughnuts, red meats, sausages and bacon.

Limit Added Sugars

- Limit sugar, candy, pop, sugary drinks, juice, sugary cereals, desserts and alcohol.
- Whole fruit is always a better choice than juice.

Be Active, Sleep Well and Be Smoke-Free

- Find something active that is fun and that you enjoy. Aim to move for seven hours per week, or one hour over the course of a day.
- Make sleep a priority and take steps to let your body, mind and spirit recharge.
- Be smoke-free!

ADAPTED FROM SETTING THE TABLE COOKBOOK

SIMON FRASER

Told by Annie York

WHEN SIMON FRASER came down, of course the Lytton Indians were the first ones that viewed

him. They seen this man - the Lytton Indians seen this man coming down in a canoe with his party.

Chief Sexplinhemx, he soon spotted it, and he says, 'That's what my wife foretold, that that man is coming to this area.' So he said to the Indians, 'You Indians must never touch him, you mustn't hurt him. See that white handkerchief what he has on his head?' He had a white handkerchief tied around as a band, and he's the headman in the canoe.

And when Sexplinhemx's servants spotted Simon Fraser, he camped down there somewhere around the other side of Cisco [Siska], somewhere around there somewhere - and that's where he forgot his axe, his little hatchet. Simon Fraser forgot his little ratchet. But Sexplinhemx said to his servants, 'You boys must make it. You must run after that canoe and you must catch up to him and give him his axe.' So they did - they caught up to him and gave him his axe.

Sexplinhemx told his men, 'You must keep on going to Spuzzum and send the word down there that you must never hurt that man. That's the man of the Sun - he's the son of the Sun.' So these Indians came along came to Spuzzum and they spread the news all around. But my grandmother, my own grandmother, she was ten years old, and they lived down there, on the other side of Spuzzum Creek, right at the mouth, and there were several others. Paul [Yoala] was there too, and several other Indians were there. And this special man came in a canoe, and when they seen him they knew who he was. That was the man that was foretold to come along.

And they welcomed him, and they had a little dog. The Indians has fish broiled by their summer campfire in the spring. It was in springtime, and they had this camp fire. They were broiling fish and they offered Simon Fraser the fish. He didn't like the fish. He kept pointing at the dog, this little dog - and what do you think he did with the dog? He killed the dog and ate it. That's what he had for supper, but the Indians didn't like that very much.

The next morning they cooked the fish for him. Then he took part of the fish and the chief came. Then they had their pipe - the pipe was always used. The chief flew his flag and

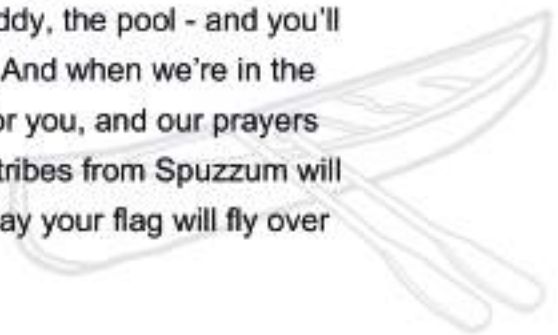
ordered all his tribe, 'You must never beat this man.' Because that was their traditional way of living. So Palak, he ordered all his people, 'You must never hurt this man. You must welcome him.'

And so they did and stayed for a few days, down there by the cottonwood tree. There's a big cottonwood down there by Spuzzum Creek mouth, and that's where the camp was. And our great-grandmother was there, and our grandmother was ten years old, and she told us this story.

There was a special woman, she was related to our grand-mother. This special woman, she was an entertainer - she was a singer and she was asked to sing this special song when Simon Fraser was leaving. So they had a sort of a prayer, a special prayer for him, that he must be saved in his voyage drifting down the Fraser River. They warned him about Battleship Island. They told him that one of the rapids was very fierce. They told him in a way that he could understand. They pointed, and they did this to the water {she gestures, indicating the roughness of the water}. They made it rough and told him. 'That's where he's going to go through.' These people that was with Simon Fraser, they understood that it was rough.

So when he was leaving they had this party, and this lady singing a special song - traditional song for him. So anyway, she sang this song, and Simon Fraser, when he was leaving, he seemed so sad over it. He had tears in his eyes when he was drifting away in his canoe, and this lady who sings the song she says:

We'll meet you again when the leaves are turning red and yellow.
When our chief asks us to pray, we'll pray for you when the sun rises - and when the sun rises, we'll bow our heads towards it and we'll pray for you; and when our Chief takes his pipe and smokes his pipe, the smoke will drift down the river to follow you, and our prayers will descend with you and will accompany you; and when all the trees sway along the beach, the green leaves and the green boughs and all the emerald greens will sway around you and the silvery circle - the eddy, the pool - and you'll be safe when you through this channel. And when we're in the woods, in the forest, we'll always pray for you, and our prayers will always remain with you, and all our tribes from Spuzzum will always pray for you to return, and one day your flag will fly over us.



That's Chief Palak's farewell to Simon Fraser; and this lady, she's singing that song on behalf of Chief Palak.

Simon Fraser, when he first came here, of course this was the last of the Thompson Indians right here. And when he went over there - the Indians have a traditional way of guiding a person - so when he was leaving, they gave him blessings, and when he went through Yale and all the way down nobody done no harm to hi,. He was safe all the way through. I don't know how the chief found out that he was safe. He went and told all of his people, and they prayed for him again and they sent their prayers to him.

The Indians took him as the son of the Sun. Well, you see, the Indians always thought the White people came from the Sun, and they revered the White people that way. I don't know why, but that's the way they used to look at it - in the beginning, anyway.

Indian's, when they pray in the springtime, when they get a fish they have a special prayer. When they're going to eat, they're going to a special prayer, and they must never eat a meal by themselves - doesn't matter how small the fish is, you cut it all into little strips. The old ones are the first ones to eat their share - the children they get the last. Bu they have a special prayer. They bless their food and they ask God to bless their food for them and give them more and provide them with all their needs in the way of berries, game - and thier work must be done without any fear. Their work must be helped by God, so that they may learn how to do things and how to preserve things and how to go up in the mountains without getting tired; and they must make their journey safe and animals must never attack them - and that's the way they said their prayers.

Of course there is a special way of living for Indian children. The little boys are taught by their grandfathers. The little girls are taught ny thier grandmothers. She always has a special little place where she teaches the girls. They have a kwickwillie home {a pit house}. Kwickwillie houses are dug out so far, and the sticks come out like this, and then they have a ladder right in the center. Well, the young girls, live among the grown-ups. There's a special lady that teaches them how to weave baskets, how to weave the Indian blankets, how to dry berries, how to dig the sweet potatoes that they gather up in the mountains. She teaches them how to cook, how to cook wiye [Spanish moss] - that black stuff that they gather from the trees - and they soak it so many days and wash it clean and then they dig the earth. They build a fire first, and when the earth is hot they dig it out and put the Spanish moss on after it's washed. And they put it there, put rocks on the bottom, lay sticks side by side, pour the water in, and then they cover it up good. It has to be there for about twenty - four hours.



Raspberry

Indian	Latin
SI-EACH-KO	RUBUS

Raspberries could be done two ways for storing. They could be dried like Saskatoons on rush mats, or they could be made into pulp cakes like the Strawberries. Of course we loved them fresh too.

We dried many berries for winter use, so we needed lots of mats for drying. The mats used for drying were made of woven bullrush leaves. The leaves were rolled up lengthwise into long rounded tubes which were then woven into mats, sometimes six feet long. Raspberry was one of the fruits used to sweeten the Sooperlallie foam in the old days. There is something about the sun drying that seems to bring out the sweetness of the berries.



Choke Cherry

Indian

T-KO-LA-SA

Latin

PRUNUS

Choke Cherries are a great favourite with the old people. They especially like them if they are feeling a little bit ill or tired. Sometimes in the winter, my old mother who is ninety, feels a little tired or loses her appetite. Then she will say to me "Oh how I'd like some choke cherries". Now when the choke cherries are ripe I gather enough to put into jars to preserve them, so that when the old lady craves them they are there. They can be done like that now, but of course in the old days they would have to be dried. You can boil fresh choke cherries and eat them like dessert. The old people say they make them feel much better, and it seems to satisfy their need somehow, and improves their appetite.



Citxw Nlaka'pamux Assembly



cíykst tək máʕxetn

qapc tək maʕxetn

(Weather gets warmer)

March 14th, 2025 | Merritt Civic Centre,
1950 Mamette Ave.
Mini-symposium | 4:00pm-7:00pm

Join us on March's full moon for presentations from our Guardians' program, guests, and visit different information booths.

Dinner will be served at 5:00 PM.

The nleʔképmx Guardians gather on the full moon every month to share songs, stories, discussions about protocols and harvesting timeline/calendar, This month will be a mini-symposium!

To Register
Scan Here!

SCAN ME






For more info:

nlx.guardians@cna-trust.ca
or call 250-378-1864



INFORMATION SHARING



 **Citxw Nlaka'pamux Assembly**
Come Speak
nle?kepmxcín With Us   

We invite you to join our nle?kepmxcín Advisor, Marty Aspinall in practicing, learning and speaking nle?kepmxcín!

Join us weekly, open to all CNA members. Join in online and in person!

March 6th, 2025
5:00PM to 7:00PM
cítxw - 1840 Nicola Ave., Merritt, BC

ZOOM LINK:
<https://us06web.zoom.us/j/5648654935?omn=89390004755>

For more information, please contact us at: language@cna-trust.ca or call 250-378-1864



 **Citxw Nlaka'pamux Assembly**
Join us at Celebrating Salish!

Citxw Nlaka'pamux Assembly is looking to bring a limited group of membership down to the Celebrating Salish Conference that is hosted annually in Spokane Washington, USA. We will be leaving March 11th and returning March 15th, 2025.

The trip will take 4-5 days consisting of long hours of travel and full days of attending the conference. All meals, travel, and shared accommodation will be provided.

This is what we require from you:

- Existing valid Canadian Passport
- Medical Travel Insurance
- Ability to travel for long periods of time

APPLY HERE!



Scan the QR code to apply!

What the CNA will be providing:

- Shared accommodation
- Travel
- Meals

Contact us for more information at language@cna-trust.ca or call 250-378-1864