



Supporting Mental Wellness Through Equine-Assisted Learning



As part of our 10-Year Health Plan—shaped by input from community members—mental wellness was identified as a key priority. In response, HHSS and Grit Farm have introduced Equine-Assisted Learning Programs to support the mental well-being of our residents.

We still have openings in June for two-hour sessions, available for adults as well as children with their families. These sessions offer a unique and meaningful way to build connection, resilience, and self-awareness through guided interaction with horses.

We're also excited to announce that Grit Farm has added two four-day summer camps in mid to late July! These camps provide a deeper experience for children and youth to grow, learn, and thrive in a supportive outdoor setting. Check out the poster in this newsletter for more details and how to register.



IN THIS ISSUE:

- Article on Fetal alcohol spectrum disorders
- Measles Mumps Rubella Vaccination information
- New bus schedule for the Canyon BC Trans
- Story: **The Coming of the White Man**
Told by Mary Williams
Translated by Mamie Henry

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Medical Travel Clerk



Christy Whittaker
Newsletter Writer

Medical Drivers



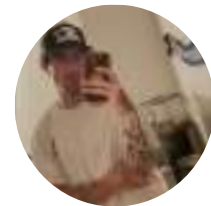
Jean Mckay
Medical Driver



Martha Van Dyke
Medical Driver
Custodian



Rain Dunstan
Medical Driver



Dayton Arnett
Medical Driver

Heskw'en'scutxe Health Services Society Says

K^wUK^wSCÉMX^w ~ THANK YOU

to Buddy Cure and Kurtis Legare for their hard work as our medical drivers. We miss you both!

We wish you the very best in all your current and future projects!

humet





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



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Kayla McBee NLX Health

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Rattle Snake Information

COHI

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Merritt Transit (ANTKO)

Access Home & Community Care

Medical Transportation

Medical Transportation UPDATE

Community Posters

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





THEMES OF THE MONTH



By Christy Whittaker

Knowledge is power, following are reputable health links

Men's Mental Health

<https://headsupguys.org>

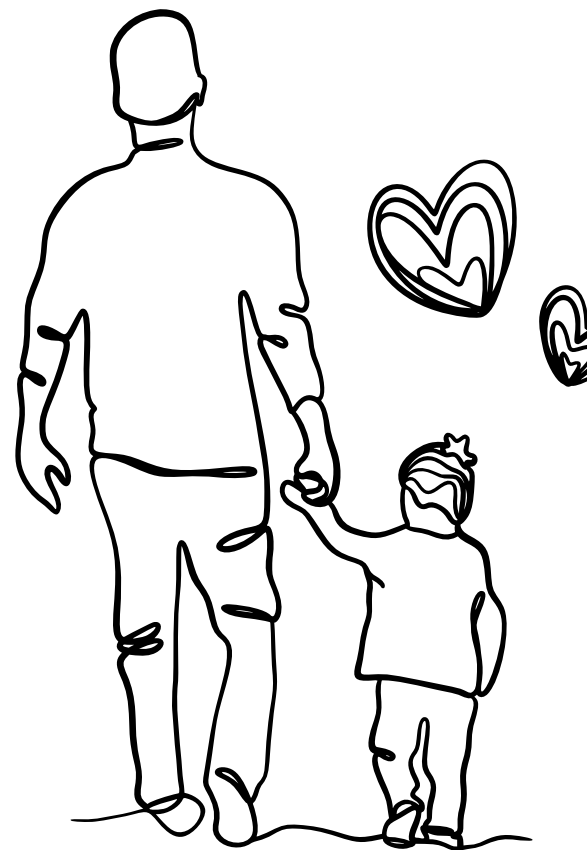
<https://mantherapy.org>

<https://menshelathfoundation.ca>

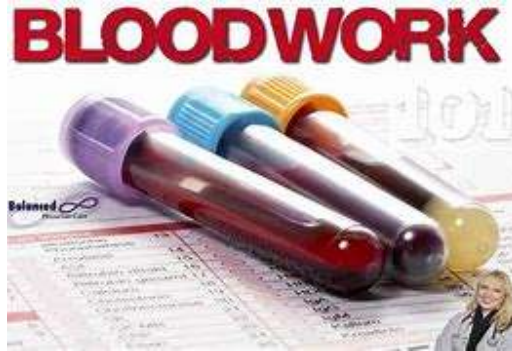
World Elder's Abuse Awareness

<https://bccrns.ca>

<https://worldelderanuseawareness.com>



Lab/Pathology on Wednesdays in Lytton!



Great news! Lytton Primary Care Centre offers blood work / laboratory dates every Wednesday until August, when new dates will be released.

To book a Lab appointment please call 1.844.870.4756 and ask for an appointment at the Lytton Primary Care Clinic or contact HHSS for support.

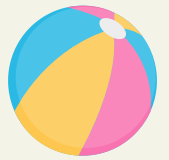


Medication pick up reminders

Gentle reminder that medications are picked up once a week on Tuesdays in Kamloops.

We understand that you may need a refill on another day of the week but we cannot guarantee that it will be picked up due to availability of drivers and costs. Check your refills at least one week before you run out of them.

Clients now have the option to transfer their medications to the new Lytton pharmacy if they prefer. We can pick up your medication if you provide us consent.



JUNE SERVICES

MASSAGE WITH JOHN TAI

Siska June 3
Cooks Ferry June 10

MASSAGE WITH MELANIE ROBERTS

Cooks Ferry June 9

SHOPPING DAYS

Siska June 27
Cooks Ferry June 25

NURSES AVAILABLE BY APPOINTMENT

NURSE ANGIE
AVAILABLE ON THURSDAYS & FRIDAYS

NURSE CARNATION
AVAILABLE ON MONDAYS & TUESDAYS



Meds Pick up

Summer Solstice
June 20

Every Tuesdays at Kamloops
Pharmasave Aberdeen

Footcare with Suzanne

Cooks Ferry
July 16

Siska
July 17

HOLIDAYS

National Indigenous Day
June 21

Stat Monday June 23

Horse Camps

June 14 (families with kids)

June 21 (families with kid)

June 22 (Adults)

4 Day Camps

July 21-24

July 28-31

Prevention Wellness Plan bookings with Carnation

Antko

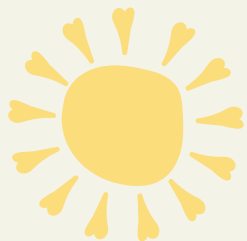
June 16

Siska

June 16

Cooks Ferry

June 17



Unspoken Truth about Counselling



Workshops success

In the presentations about “The Unspoken Truth about Counselling”, Deborah talked about common myths about counselling and how the desire to correct those myths led to the development of the Yellowhead Counselling Model developed by Tony Martens; the model that Deborah uses.

Deborah answered people's questions in the effort to gain a clearer understanding of the benefits, risks and expectations of counselling.

Deborah also provided an overview of the concepts and philosophy of the Yellowhead Counselling model that she uses.

Community members had free flowing conversations with Deborah and many ideas and suggestions were provided to HHSS for more support and program ideas to provide to the communities.

Thank you to everyone who attended and provided comments and ideas for better health and community building!!

If you are interested in starting your counselling journey and would like to find a Counsellor consider interviewing potential service providers to find your best match.



Deborah Barkowsky, Holistic Counselling
Phone: 604-360-4012
Website: www.deborahbarkowsky.ca





Questions to Ask when interviewing Counsellors

1. What is your experience working with First Nations Peoples?
2. Why do you work with First Nations Peoples?
3. Have you ever been to a First Nations community?
4. What does a typical session look like?
5. How do you help clients who feel hopeless because of generational traumas?
6. How do you equip clients with coping skills?
7. What is our counselling philosophy?
8. How long is the counselling process with you? When would it be completed or is it continuous?
9. Do you work with more than one person in a family? Why or why not?
10. Do you keep session notes and who can see them?
11. How do you keep confidentiality?
12. Do you work with victims of abuse? What is your process for this?
13. How would you begin to address hidden issues with a client?
14. What if I'm in the middle of a topic when our session time ends? What would you do?
15. Do you make treatment plans? Why or why not?
16. How do you move someone from symptom management to dealing with deeper issues?
17. How do you transition a client to move forward?
18. How do you transition a client at the end of counselling?
19. Do you think people can heal?





Mental Health Supports offered

Yolanda Hall
Mental Health
Counselling Support
yjhall@telus.net
778-554-2332



Ricardo T. Pickering
MC (Counselling Psych.), R.P,
C.C.C, C.C.C-S
dickiepickering@gmail.com
(250) 842-8552



Kayla McBee
Clinical Counsellor
250.378.9772
mcbec.k@nlxfn.com



Deborah Barkowsky, MA, RCC, CCC
Clinical Counsellor, ACS-C
Phone: 604-360-4012
Website: www.deborahbarkowsky.ca
info@dbhc.ca



FNHA Mental Health Providers
<https://www.fnha.ca/benefits/mental-health-providers>
provider@fnha.ca

Interior Health Region Phone: 310-MHSU (6478)

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



heñe?, 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 nskixce?, and Wade McBee nsqáče?. Also, ce he Rita Sterling nkže, and ce he Jim McNaney nspapze?, ce he Iva McBee ce he John McBee nspapze?. 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 mcbee.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

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

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Free Bowling in Boston Bar at Canyon Lanes!

Please call the office or email admin
@hhssbc.ca to register. Once you are
on the list you can go as many times
as you like!



Ways to **Support** **Men's Mental Health**

1. **Feel** Your
Feelings



3. Go **Inside**
(Yourself)



2. Reach out
to **Connect**



4. Take
Action

Mental Health and Men

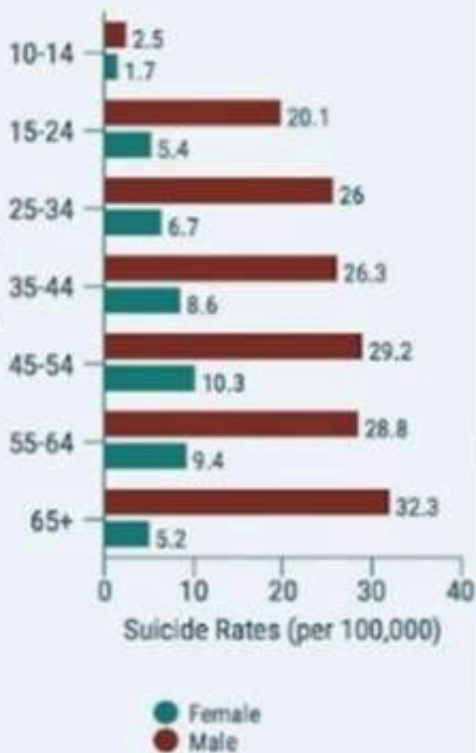


1 in 5

1 in 5 people experience mental illness in a year.

Men of color are at greater risk

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



60 in 60

Every 60 minutes we lose 60 men to suicide.

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

Social Norms about Masculinity

Downplaying Symptoms

Disconnection and Isolation



Suited Support

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

3 Major Mental Health Problems Affecting Men

DEPRESSION

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

ANXIETY

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

PSYCHOSIS AND SCHIZOPHRENIA

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

Men's Mental Health

A man with short brown hair, seen from behind, wearing a dark blue hooded jacket with a small white logo on the back. He is standing in a field of tall grass, looking out over a vast landscape of rolling hills and mountains under a bright, slightly hazy sky. The scene is peaceful and contemplative.

Common Male Mental Health Disorders

- Depression
- Anxiety
- Substance Use Disorder
- PTSD
- Bipolar Disorder

Resources & Support

- <https://headsupguys.org/>
- <https://mantherapy.org/>
- <https://us.movember.com/mens-health/mental-health>

HOW POSITIVE THINKING

AFFECTS MENTAL HEALTH

Reduces Stress and Anxiety



Positive thinking helps reframe negative situations, making it easier to manage stress and reduce anxiety. It encourages problem-solving instead of dwelling on worries.

Boosts Emotional Resilience



A positive mindset helps you bounce back from setbacks faster. Optimism strengthens emotional resilience, allowing you to handle life's challenges with confidence.

Improves Physical Health



Positive thinkers tend to have lower blood pressure, stronger immune systems, and better heart health.

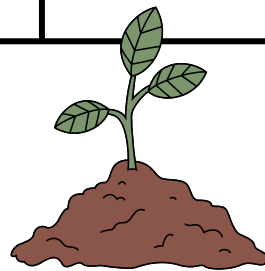
Enhances Self-Esteem and Confidence

Focusing on strengths instead of weaknesses helps build self-worth. Positive affirmations and self-compassion can boost confidence and personal growth.



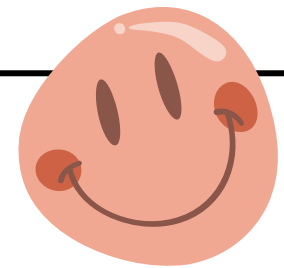
Encourages Healthy Habits

Optimistic people are more likely to maintain healthy routines, such as exercising, eating well, and getting enough sleep.



Promotes a Growth Mindset

With positive thinking, failures become learning opportunities. This mindset fosters resilience, motivation, and continuous self-improvement.



Increases Happiness and Life Satisfaction

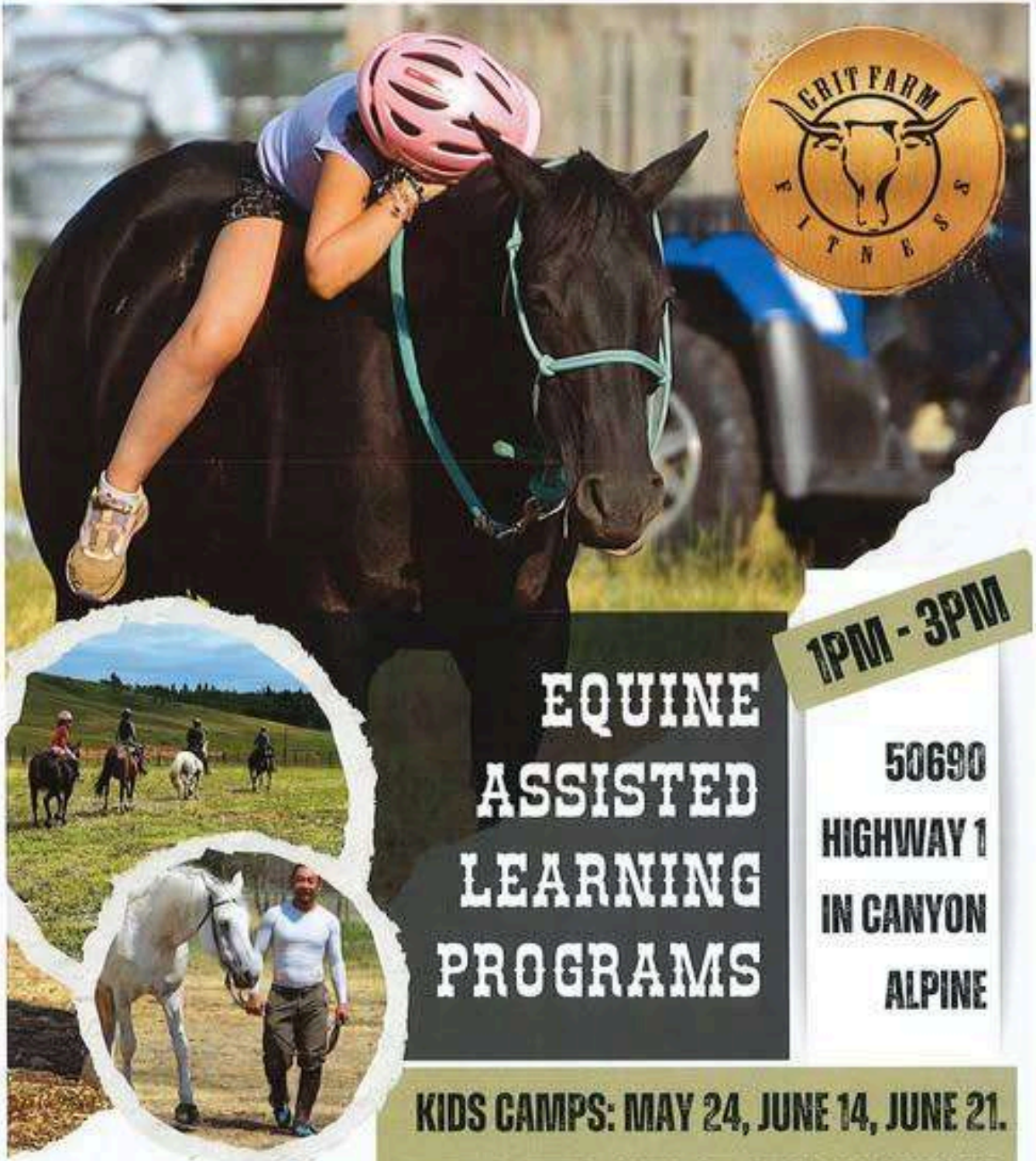
A positive mindset leads to greater overall happiness and a sense of fulfillment. Gratitude and optimism help you appreciate life's moments, big or small.

Equine Assisted Learning Programs

Free for both on and off reserve people

Call the office to book your session (not available on June 15)

Gas Card provided to help with the travel to Boston Bar



1PM - 3PM

**EQUINE
ASSISTED
LEARNING
PROGRAMS**

**50690
HIGHWAY 1
IN CANYON
ALPINE**

**KIDS CAMPS: MAY 24, JUNE 14, JUNE 21.
ADULT CAMPS: MAY 25. JUNE 15. JUNE 22.**



Grit Farm Fitness



SUMMER CAMPS

NEW Dates:

4 Day Programs
Develop or improve the skills to
ride horses and much more!
Transportation available!



HORSE - NATURE - HIKING- FUN-CAMPING



NEW Dates:

July 8-11 and July 22-25, 2025



Time:

Starting at 10AM - 12PM



Location:

Boston Bar, Gritt Farm

Free Admission for Siska & Cooks Ferry members

RSVP To:



Heskw'en'scutxe Health Services
250.458.2212



email: admin@hhssbc.ca

Day Camp and option to camp overnight at Anderson Creek

Grit Farm in Boston Bar Report of first visits at the horse farm in May

Develop skills to ride horses /

<https://grit-farm.com/equine-assisted-learning/>



We all had a great time with many positive achievements.

Participants learned about boundaries with horses, grooming and hand leading. We did exercises to help reflect on conflict and how we can modify our own actions to direct conflict out comes. We also did exercises to help build trust and positive, effective communication.

We were very impressed with all participants' respectful and attentive behavior.

All participants expressed interest in returning to work with the horses further so we have scheduled two summer camps from Monday to Thursday. July 8-11, July 22-25 from 10-12am. Attendance would be for a minimum of 5 to a maximum of 20 participants. There is the option to do hiking and other activities in the afternoon and stay overnight at Anderson Campground or Blue Lake Resort.

Our program will offer progression and recognition of skill set as per the following with badges awarded for each level of achievement.

What will be learn for 4 days

EAL progression:

- 1) establish safe calm environment and connection with horse: grooming, hand leading, ground work (communication)
- 2) halter lead walk riding: establish seated connection balance trust and confidence: arena, field, trails
- 3) arena walk riding; soft communication and instruction to the horse
- 4) halter lead trot: arena, field, trail
- 5) arena trot: posting, and off horse fitness
- 6) support field walk; supported trail walk with and without ponying
- 7) supported field trot; supported field trot with and without ponying

Transportation available, please give HHSS a call!



First Nations Health Authority
Health through wellness

Measles, Mumps, Rubella (MMR)

- **First Dose (MMR):** Given at 12 months of age.
- **Second Dose (MMRV):** Given at 4 to 6 years of age.
- **Adults:** Adults born in 1970 or later should ensure they have received two doses of a measles-containing vaccine, especially before international travel.

Please call the FNHA Lytton Health Centre @
250-455-2715 to check your MMR eligibility.

Everyone Welcome!

Where can I see my immunization records?

Access Your Health Information Online

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

- Immunizations and Schedule
- Lab Results
- Diagnostic Imaging Reports
- BC Cancer Screening Letters
- Medication History
- Hospital and Health Visits
- Clinical Documents
- Organ Donation Registration
- Special Authority Requests

Learn more at:
healthgateway.gov.bc.ca



New features are added all the time.



Health Gateway

Health Gateway holds all your immunization records. Create an account and access all your health records and more!

Health Gateway

A single place for BC residents to access their health records

Your immunization record will be available online in Health Gateway. Signing up is quick and easy using your mobile BC Services Card.



MEASLES

What you need to know

Measles is a highly contagious virus that can be very serious.
Vaccination is the most effective way to prevent transmission and illness.

Symptoms

Rash



Cough



Red,
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90% of people who haven't been vaccinated or had measles before will be infected if they are around someone who is sick with measles.

Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: healthgateway.gov.bc.ca

What else can you do?

- ✓ Stay home if you are sick.
- ✓ Wash your hands to protect others.
- ✓ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- ✓ Stay up-to-date on your Measles vaccine.

Contact your local health centre:

T: 250.458-2212

F: _____



First Nations Health Authority
Health through wellness

**Please inform us if you plan on moving your medications from
Kamloops to Lytton.**

We can pick up your medication in Lytton if requested.

NOW OPEN!!!

LYTTON PHARMACY

1535 Silo Rd Lytton BC

(Across Lytton Primary Care Clinic, next to the Tl'k'emtsin Health Centre)

Phone: 778 254 5454

Business Hours: 9 AM to 5 PM Monday to Friday
(Closed Weekends and Holidays)

- * Prescriptions
- * Blister Packing
- * Medication Reviews
- * Minor Ailments and Contraception Services (MACS)
- * Pharmacist Consultations and Other Pharmacy Services
- * OTC Medications
- * Basic Compounding
- * Injections and Vaccines

**Please call us with any further questions and
to transfer your prescriptions.**

We look forward to helping you!



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 VIT B12, MENTAL HEALTH MEDICATIONS, CONTRACEPTION MEDS, ETC.
- DIABETIC TRAINING FOR BLOOD GLUCOSE MONITORS, INSULIN INJECTION, ETC.



We pick up medication once a week at Pharmasave Aberdeen on Tuesdays.
 Give us a call to let us know you are expecting something.
 Remember to renew your prescriptions on time.

Did you know?

Pharmacists can now prescribe medication for minor ailments and contraception!

PHARMASAVE
ABERDEEN

Kamloops
PHARMACY



- Acne
- Allergic Rhinitis
- Conjunctivitis
- Dermatitis
- Dysmenorrhea
- Fungal Infections
- Gastroesophageal Reflux Disease
- Headache
- Hemorrhoids
- Herpes Labialis
- Shingles
- Urinary Tract Infection
- Vaginal Candidiasis
- & More...

JULIE FORD - BSc(Pharmacy), RPh, MBA
Pharmacist Owner



We bill direct to all extended health care plans for prescription medications. We also bill direct to the First Nations Health Authority (Plan W) for eligible over the counter products* and medical equipment**. Call or drop by the pharmacy to consult with one of our pharmacists for advice and treatment for the following common conditions like: Acne, Allergies, Athletes Foot, Constipation, Fever, Lice, Morning Sickness, Outer-Ear Infections, Pink Eye, Yeast Infections. Products could include Tylenol, Advil, cough and cold medication.

*Must be enrolled with FNHA Health Benefits to access First Nations pharmacy benefits.

**Must be enrolled with status number in Pacific BlueCross FNHA plan to access medical equipment.

Pharmasave Aberdeen is honoured to support the wellness of our First Nations Health Authority patients and caregivers

Great Parking!



www.kamloopspharmacy.ca | 250-314-1177

Aberdeen Village Shopping Centre 68-1395 Hillside Drive (across from Staples)



First Nations Health Authority

Provides us coverage for medical supplies and equipment.



The plan covers certain MS&E items and services under the following categories:

- bathing and toileting aids
- braces and splints
- cushions and protectors
- diabetic and heart patient devices
- foot orthotics and orthopedic shoes
- general medical supplies and equipment
- hearing aids and repairs
- hospital beds
- lifting and transfer aids
- limb and body orthotics
- low-vision aids
- offloading boots (air casts)
- ostomy supplies
- oxygen, sleep and breathing aids
- prosthetics and supplies
- surgical stockings and pressure garments
- urinary supplies (for all including children) and devices
- walking aids and wheelchairs
- wound care supplies

PLEASE CALL THE OFFICE FOR SUPPORT

How to Access Coverage:

1. If your doctor, nurse, or other health care provider suggests an MS&E item, be sure to ask them for a prescription or written recommendation. Once you have your prescription or written recommendation, you can take it to a pharmacy or an MS&E provider to get the medical supplies or equipment that you need.
2. Ask your pharmacist or MS&E provider if they are registered with PBC.
Pharmasave Aberdeen and Lillooet are!
3. Make sure any prior approval requests for items or services have been approved. Some items and services under the MS&E benefit require approval before your pharmacist or provider can bill for them. Your provider can submit approval requests directly to PBC or connect with HHSS nurses.
4. Talk to your pharmacist or MS&E provider about which items and services are covered by your MS&E plan. If an item is not covered, ask your provider for a covered alternative.





WELCOME REGISTERED COMMUNITY HEALTH NURSE

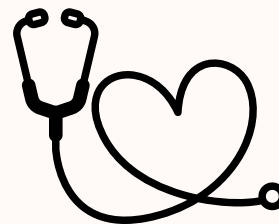
Hello, my name is Carnation Nonhlanhla Zhuwaki. I am a Registered Nurse with 15+ experience in frontline nursing as well as health care administration.

I enjoy being active outdoors while experiencing what the different Nations in what is now known as BC have to offer.

I also enjoy the performing arts and enriching conversations with others to name a few.

CARNATION ZHUWAKI

I will be providing nursing services to Heskwen'scutxe Health Services on Monday and Tuesday, with particular focus on Antko. The scope of my practice will be home care, public health, and community health promotion. I am delighted to join the team and look forward to working with you all to achieve optimum health!



My experience in health care spans from Critical Care, Public Health, Administration, Emergency and Community Health.

My area of passion in health care delivery is Health Promotion, as I enjoy supporting clients/patients to use the resources available to them to achieve optimum health and live an abundant life.

I can be reached at nurse@hssbc.ca

Preventative Wellness Plan



Offered to on reserve Siska, Cooks Ferry & Antko clients.

A Preventative Wellness Plan is structured around the Medicine wheel for early detection and disease prevention.

Book and appointment with Nurse Carnation and review

- Your medication
- oral health
- Annual doctor's visits
- Referrals to health professionals
- Nutrition
- Safety and more.

Call or email admin@hhssbc.ca

250.458.2212 / 250.455.6601

Next in person visits in our clinics:

Antko: June 16 (Merritt Cooks Ferry Office)

Siska June 17

Cooks Ferry June 18



Promoting educational and preventative supports

FETAL ALCOHOL SPECTRUM DISORDER

WHAT IS FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a term used to describe impacts on the brain and body of individuals exposed to alcohol before birth. FASD is a lifelong disability. To reach their full potential, individuals with FASD will experience some degree of challenges in their daily living, and need support with physical health, learning, memory, attention, communication, managing emotions, and social skills. Each individual with FASD is unique and has areas of both strengths and challenges.

Signs and Symptoms of FASD?

Babies

- Cry often
- Sleep poorly or sleep often
 - Be difficult to comfort
- Have poor feeding or weight gain
- Shake and tremble uncontrollably

Toddlers

- Have delays in development (ex. talking, crawling, walking)
- Have many temper tantrums
 - Be increasingly active

Elementary School

- Have difficulty keeping attention and focus
- Act impulsively • Demonstrate risky behaviors

IN MIDDLE SCHOOL THEY MAY:

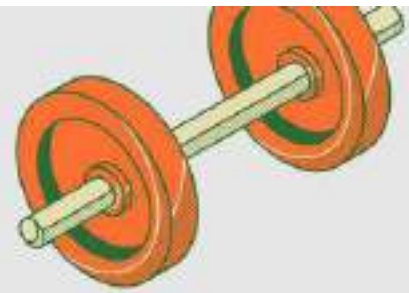
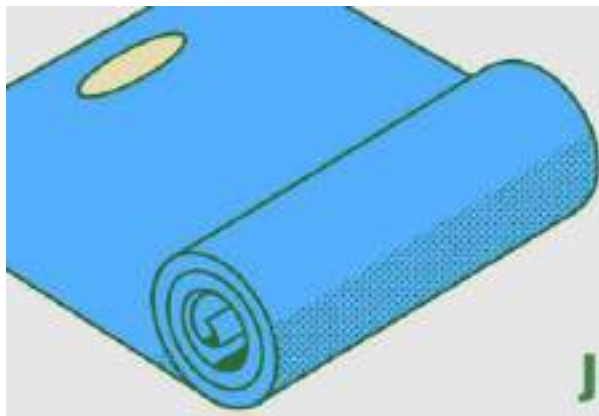
- Have trouble learning
- Have difficulty remembering important dates, leading to problems completing assignments
- Have difficulty staying organized and planning ahead

IN HIGH SCHOOL THEY MAY:

- Develop mental health issues such as anxiety and depression
- Use drugs and alcohol

It is important to remember that these are general signs and symptoms, so a child with FASD may experience any number of these challenges. Alcohol exposure while in the mother's womb affects everyone differently. Getting your child assessed for FASD is an important step so they can get the support needed to live a full life. Connect with Nurse Carnation to seek support for your child.

Get in shape for the fall hunting season!



JOIN US FOR
**IN PERSON
WORKOUTS**



Stay active, and have fun in a supportive environment!

6 PM - 7 PM

Cooks Ferry Gymnasium

WITH MARK NENDICK, CERTIFIED PERSONAL TRAINOR

MONDAY MAY 26

TUESDAYS JUNE 3, 10, 17 ,24

THURSDAYS JULY 3, 10

MONDAYS JULY 21, 28



Cook's Ferry
Indian Band
Nlaka'pamux Nation





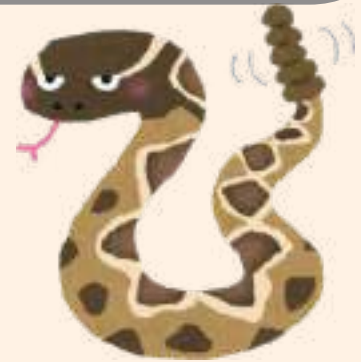
SUMMER 2025

Rattlesnake Anti-Venom

AVAILABLE 24/7 ER



Lillooet Hospital
250.256.4233



Royal Inland Hospital, Kamloops
250.374.5111



Kelowna General Hospital
250. 862.4000

Not Available



Ashcroft Urgent Primary Care Centre

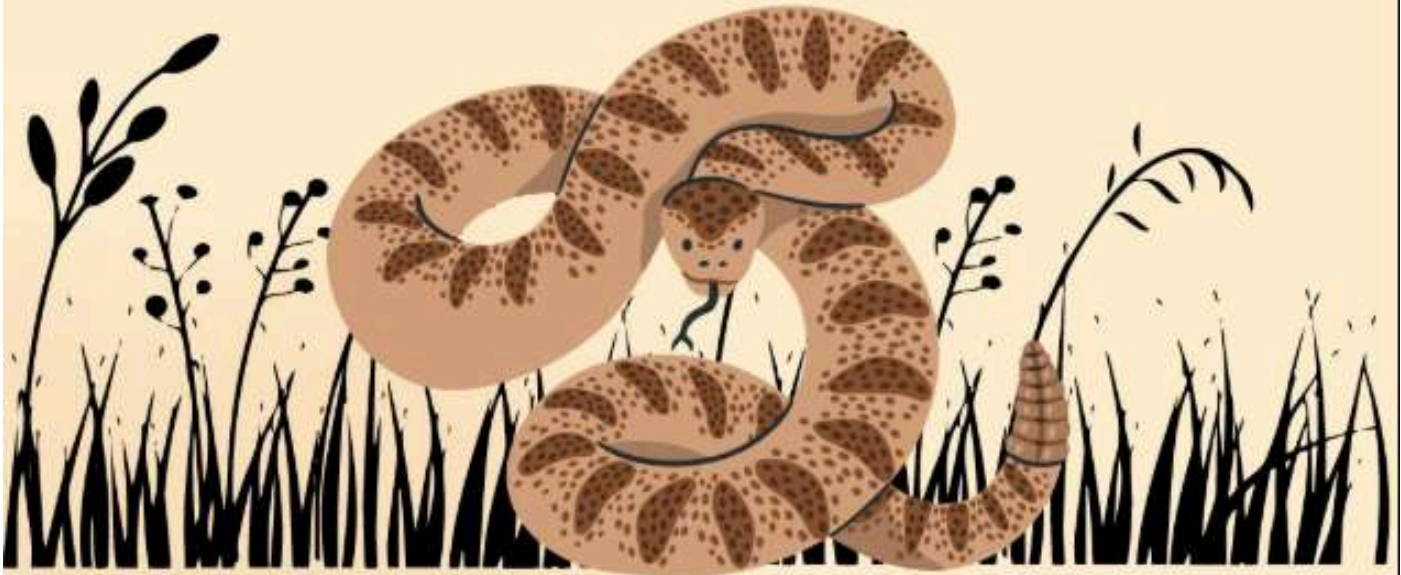


Lytton Primary Care Centre



Nicola Valley Hospital, Merritt

What to know about RATTLESNAKES



▶ Snakes are fairly abundant and if threatened, disturbed or startled, they can and will bite.

▶ While death remains rare, getting bit results in a painful emergency and a medical condition that almost always requires antivenin at a hospital

▶ Getting bit by a prairie rattler and receiving treatment can cost thousands in medical bills.

▶ Rattlesnake encounters tend to rise in pleasant weather conditions when both humans and snakes will be outside and active.

RATTLESNAKE SAFETY TIPS



When hiking, wear boots and pants and keep eyes trained on the ground; listen for a snake's rattle.



Extra care is needed in areas near water sources or with rocky ledges or crevices.



If a snake is found, don't handle or kill it. Report snake's presence to authorities if on public trail.



If bitten, call 911 immediately and begin heading to a hospital while remaining calm.



Keep the wound at or above heart level if possible. Never apply a tourniquet.



Do not: Cut open the wound, try to suck out the venom or use alcohol or other tropical treatments.

TIPS TO PREVENT & GET RID OF SNAKES



Remove piles of rocks, wood, and debris



Clear trash and food waste



Keep the grass short



Seal cracks and crevices



Cooks Ferry By-Law Officer Chris Dolbec is offering free spayed and neutered clinics for a few cats and dogs for Siska members living on and off reserve.

Please call 250.458.2212 or email admin@hhssbc.ca for more information.



WHY SPAY AND NEUTER?

brought to you by  **DVMmultimedia**[™] DYNAMIC VIDEOGRAPHY MARKETING www.DVMmultimedia.com



REDUCE
SPRAYING & MARKING

REDUCE
ROAMING

REDUCE
AGGRESSION

LOWER
RISK OF CANCERS

DECREASE
OVERPOPULATION

INCREASE
LIFESPAN UP TO 3-5 YEARS

In 3 years, and as early as 4 months old,
1 unspayed female and
1 unneutered male can produce:

512 DOGS
382 CATS

FREE DENTAL CARE FOR EVERYONE

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

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

Services include:

- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup
- Tooth polishing and fluoride application.
- Sealants for children to prevent tooth decay

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

Call ahead and book a seat

		Health Connections to Kamloops	
		...	
		Thursday	
		To Kamloops	
8:00	Lv. Lillooet: Buy Low, Reynolds Hotel	A	
9:00	Lv. Lytton: Esso		
9:25	Lv. Spences Bridge: South Frontage Road, <i>Flag Stop</i>		
10:05	Lv. Ashcroft: Across from Safety Mart		
10:20	Lv. Cache Creek: A&W		
10:50	Lv. Savona: Corssroads, <i>Flag Stop</i>		
11:20	Ar. Kamloops: Aberdeen		
11:30	Ar. Kamloops: Hospital (RIH)		
11:40	Ar. Kamloops: Lansdowne Save-On-Foods		
3:50	Lv. Kamloops: Lansdowne Save-On-Foods		
4:00	Lv. Kamloops: Hospital (RIH)		
4:05	Ar. Kamloops: Aberdeen		
7:30	Ar. Lillooet		
		To Lillooet	

Merritt Regional Transit System



Antko Community: Request a Bus Ride!

The service is very popular, please book 2 weeks ahead of time!

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

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
250.458.2212 /250.455.6601**

Did you know

PAYMENT PROCESS

Please allow 10 business days for your submissions to be processed and for a check to be issued.

We will connect with you to inform you that a check is ready.

Incomplete forms may not be processed within 10 business days.

HOW LONG DO I HAVE TO SUBMIT CLAIMS?

We are closing the accounting books for the period April 1, 2024 to March 31, 2025. Please submit any medical forms within these dates by end-May at the latest.

For the April 1, 2025 to March 31, 2026 fiscal year please submit your claims as soon as possible after your trips. We kindly ask you submit them once you have seen the health provider.

HOW TO FILL THE FORM?

Please Remember to sign the medical travel form at the bottom of the page.

We are following the FNHA Medical Travel Program policies and thank you for submitting completed forms.

I FORGOT TO HAVE MY FORM STAMPED AT THE HOSPITAL (PROVIDER)

We understand this can happen. With your consent, we can send out a confirmation of attendance to the IPN or clinic to confirm your attendance.

Any questions, concerns, please reach out to us!

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



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.

AA. 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.



FOR IMMEDIATE ASSISTANCE

211 / to speak to someone for information for government and community-based, non-clinical health and social services.

811 / to speak to a Registered Nurse

911 / for an Ambulance / Emergency

988 / National Suicide & Crisis Support

Lytton Primary Care Center 250.455.2221 #1

Ashcroft Urgent Primary Care 250.453.2211 #1

Coquihalla Primary Care Centre 778.661.0355

Nicola Valley Health Centre 250.378.2242

Wellness Team
**Elders
Tea and
Lunch**



Join us for a cup of tea/coffee, storytelling, elder-friendly activities, and a shared meal.

We will be meeting monthly in the Wellness Space - NCFSS Basement
Open to Elders within the Communities

June 18, 2025
11 AM - 1 PM

nle7kepmxcin B-I-N-G-O
Let's have some fun by embracing our nle7kepmxcin language with some bingo games

July 23, 2025
11 AM - 2 PM

Devil's Club Bracelet Making
Devil's Club harvested from our Coast Salish relatives to make beautiful traditional jewelry

August 20-21, 2025
10 AM - 3 PM

Elder's Wellness Gathering
2 Days of Elder's Wellness: massages, haircuts, pedicures, hair tinsel, and much more!

Cultural Wellness Worker,
Ryleigh Campbell: 778-254-3728

NCFSS Office - Basement Boardroom
987 George Road, Lytton, BC



WEAR LIGHT-COLOURED LONG-SLEEVED SHIRTS

WEAR SHADES

UVA UVB

MAKE SURE THEY HAVE UVA AND UVB PROTECTION

USE A SUNSCREEN WITH AN SPF OF AT LEAST 30 AND REAPPLY EVERY TWO HOURS

APPLY SUNSCREEN 30 SPF 40 SPF 60 SPF

11AM WATCH THE TIME 3PM

KEEP OUT OF THE SUN BETWEEN 11AM AND 3PM

CANADA.CA/SUN-SAFETY



The Coming of the White Man

*Told by Mary Williams
Translated by Mamie Henry*

THIS IS A TRUE STORY of what happened to our ancestors. When the White man first came from Yale to Lytton, they saw lots and lots of people and wanted to take over the country. They brought the rest of their friends, many boats of them, and rowed upstream to Lytton along the river's edge.

They arrived with one of their headmen, and told the Lytton people to gather at the place where the Canadian National Railways Station is now situated. That was where they were all to be shot.

At the time, Chief Sexpinlhemx [Spintlum] was in Lillooet, but sensed that his people were going to be killed. He said, 'I'm leaving; my people are being killed.' He left on his horse, a nice-looking horse. He galloped all the way down to where the Thompson and the Fraser rivers meet. His friends crossed him over and he came to where all the people were gathered. Every one of the White men had loaded rifles, ready to shoot the people of Lytton.

Chief Sexpinlhemx spoke up, asking, 'What are you going to do?' The Whites saw that all the old people were going to be killed off - only the young women were to be kept.

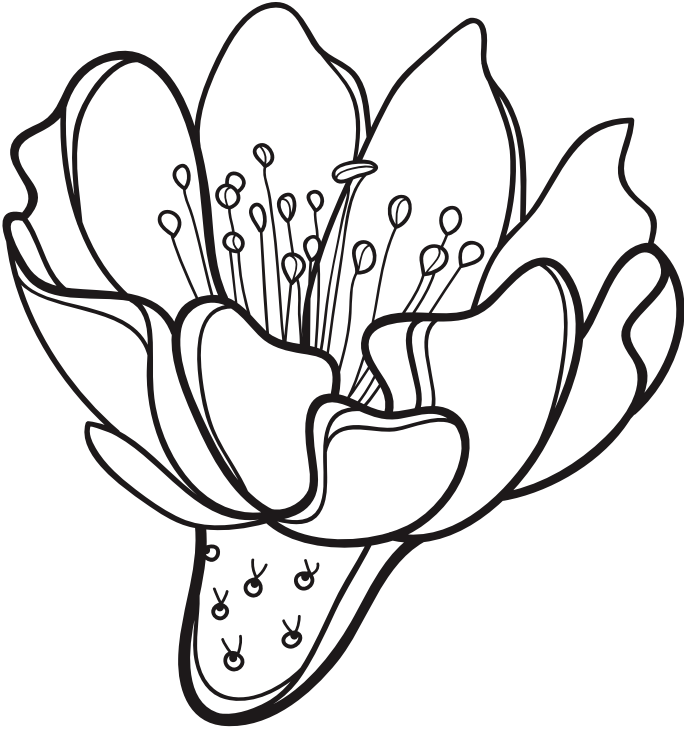
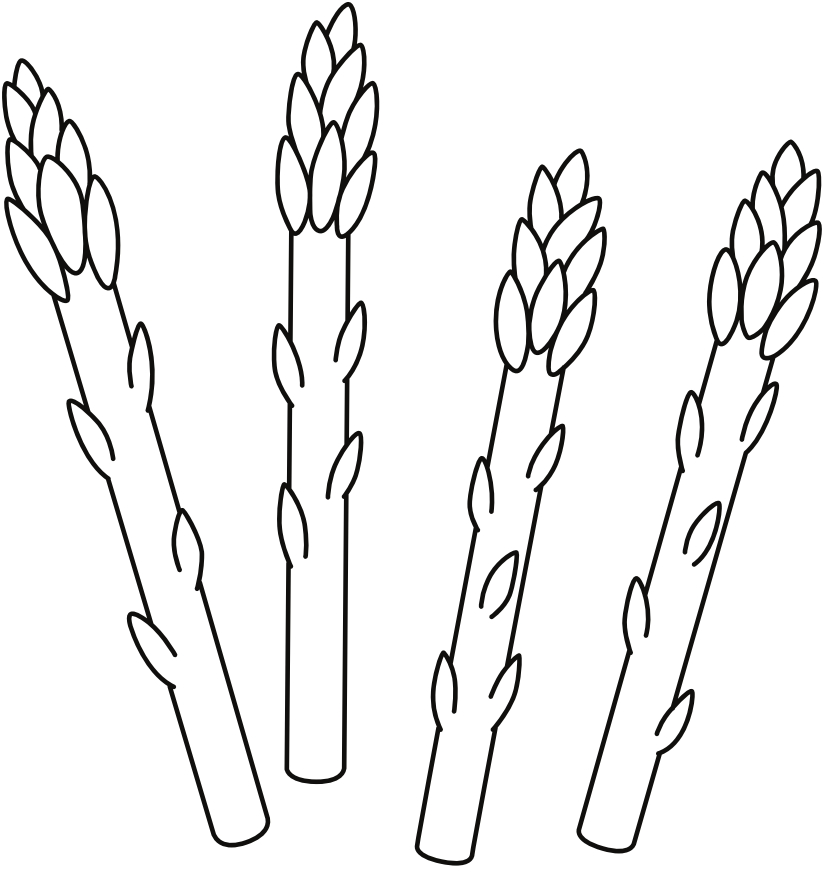
'Stop right there!' commanded Chief Sexpinlhemx. 'End that talk right there! I am going to give you some land!' Chief Sexpinlhemx stood up and stretched out his arms to the sundown and to the sunrise, saying, 'This side will be yours and this side will be my people's. You are not to kill anyone. I give you that which is truly mine - and all my friends, that which is theirs.' This is what Chief Sexpinlhemx said.

The White people agreed. They put down all their guns and shook hands with the Indian people and went back to where they came from, back to Yale. Some moved into Lytton and built homes. At one time it was all marked off, but they're gradually moving in on us.

Chief Sexpinlhemx said, 'If you move in any farther, I am going to build a jail. I am going to have it built myself and I'll get our own police - you will have your police. you, the White Man, shall not pass over here, and we will not pass over there and do any wrong.'

The headman from the White people said, 'Alright, we'll do that and you do the same.' I, myself, saw that jail located in the center of Lytton. It was built of logs - like a longhouse. It's really true, and it's true the White people are crowding in on us. And that's all I know of the story.

On the Land Collecting



Check out our booth at the camp!
Daily transportation available upon request

NLHA'7KAPMX CHILD
AND FAMILY SERVICES

SAVE THE DATE

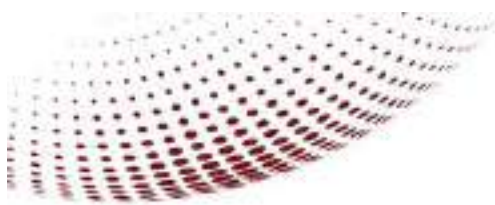
JULY 15TH , 16TH , 17TH.
2025

14th annual Culture Camp
Pasulko (lake) Lytton,

B.C.

Gloria Phillips
Cell: 778-254-7461
email:
gloria@n7xservices.com





**Nlaka'pamux Health
Services Presents**

2025 HEALTH FAIR

Join us for a community event designed to promote health and wellness through education, screenings, and resources

- **June 24th, 2025 10:00 AM - 3:00 PM**
hosted at the **Cooks Ferry Indian Band Gymnasium**
3691 Deer Lane, Spences Bridge, BC



- **June 25th, 2025 10:00 AM - 3:00 PM**
hosted at the **Merritt Civic Centre**
1950 Mamette Ave, Merritt, BC



MAIN CONTACT:
Joel Raphael,
Wellness Coordinator
Work cell: 778-254-7407
Email: raphael.j@nlxfn.com



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

- Health Screening Tests
- Nutrition Education
- Traditional Wellness
- Physical Fitness Information
- Diabetes Education
- Harm Reduction Education
- Mental Health Information
- Smoking/Vaping Information
- Photobooth
- Lunch & Door Prizes