

HESKW'EN'SCUTXE

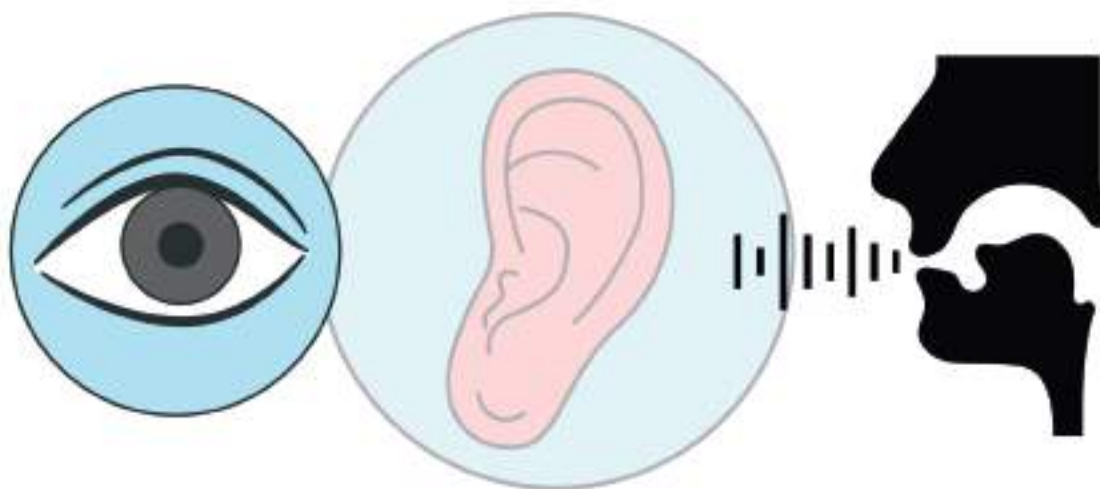
May 2025

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*

STAFF DIRECTORY

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Cook's Ferry



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Siska



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Christy Whittaker
Newsletter Writer

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Jean Mckay
Medical Driver



Martha Van Dyke
Medical Driver
Custodian



Dayton Arnett
Medical Driver



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

Red Dress Day May 5th



IN THIS ISSUE

Staff Directory

Theme of the Month

Services

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COHI

BC MANDATE For Health Care

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Medical Transportation UPDATE

Merritt Transit (ANTKO)

Recipe of the month

Monthly Story

Activity Pages

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

[SPEECH/HEARING/VISION](#)

<https://speechandhearingbc.ca>

<https://canadianaudiologist.ca>

<https://accuratehearing.ca>

[BLADDER CANCER](#)

<https://bcac.org>

<https://www.bccancer.bc.ca>



Compression Socks
new Kamloops Location





MAY SERVICES

MASSAGE WITH JOHN TAI

Siska	Cooks Ferry
May 6	May 13

MASSAGE WITH MELANJE ROBERTS

Cooks Ferry
May 5

SHOPPING DAYS

Siska	Cooks Ferry
May 30	May 30

NURSES AVAILABLE BY APPOINTMENT

NURSE ANGIE AVAILABLE ON THURSDAYS & FRIDAYS

NURSE CARNATION AVAILABLE ON MONDAYS & TUESDAYS

Meds Pick up

Every Tuesdays at Kamloops
Pharmasave Aberdeen

Pharmasave Lillooet

Please use Dynacare, we can pick up in Lytton for you if you let us know

Footcare with Suzanne

Cooks Ferry
May 20

Siska
May 28

COUNCELLING WITH KAYLA MCBEE

Siska	Cook's Ferry
May 6, 1:30-3	May 1, 1:30-3
May 15, 1:30-3	May 13, 1:30-3
May 27, 1:30-3	May 22, 1:30-3

Holidays & Special Days



Red Dress Day	May 5
Mother's Day	May 11
Victoria Day, office closure	May 19
Childtax	May 20
Pension Day	May 28



IN MEMORY OF CORYNN REVELEY

I will never forget my first time meeting Corynn. I walked into the Health Centre and she was the first face that greeted me with her beautiful smile. She was always so kind to me, but what I admired about her was how dedicated she was to the clients and community. She was always willing to help someone out with whatever they needed or lend an ear to listen.

We spent many long days working together, that would always end with us chatting together about life and usually sharing a meal together. She became a special friend to me. I loved listening to her dreams of opening a restaurant, her dogs and about the upcoming courses she was taking - she spoke with such passion about them. I also loved hearing about her and the girls adventures they would take, especially to get their new calendars 😊 Her laugh and sense of humor was infectious. She was so generous with sharing her culture with me and would always make sure I was fed. She truly cared for everyone around her.

Her connection and adoration for her nieces Gemma and Jewelz is something I won't forget. She beamed when she talked about them and when they would come into the office, you could see her light up. She was the proudest auntie of her nieces and new nephew on the way.

I will greatly miss Corynn and she will always be in my heart.

Michelle Beattie, FNHA COHI

She was a beautiful soul who made me smile and laugh every time I saw her. She made me feel welcomed on the team and always took the time to help and support me when I was in community. She was my second pair of hands on some wound care that needed to be done.

She kept me calm and was always so supportive when I had to call her in to help me.

I can't even imagine how all of you are doing and feeling with this huge loss.

My thoughts are with you, her family and the community during this difficult time ❤️❤️❤️

She was loved by many and will be missed forever.

Respectfully,

Pamela

Heskw'en'scutxe Health Services Society sends our heartfelt condolences to all of Corynn Dixon-Reveleys family and friends. Our HHSS staff are devastated that we lost our coworker and friend.



I met Corynn in April of 2019 when I participated in interviewing her for the Siska office reception position. I knew right away that Corynn was a strong and passionate woman. Corynn was very self-motivated to gain knowledge and more skills. She took many online courses, some of which she requested permission for and others I would just receive her certificate of completion. She started her employment as our receptionist but quickly took on more responsibilities. Taking the Panorama training enabled Corynn to enter vaccine records into the BC public health data system. This led to her medical office assistant duties supporting the Registered Nurse and home Care Aids. She also helped manage the FNHA medical travel benefits program by entering client form information into the KUCEN reporting system. I saw Corynn's passion to advocate for community members and fight for our clients' rights grow and strengthen. Corynn was most passionate about supporting members to access detox and treatment. She was researching the criteria for admission to every facility and was in the process of creating a document to educate everyone about what supports are available for our members. Corynn spoke to me about her own healing journey, so she understood what people were facing.

Corynn challenged me as a manager. She questioned decisions made, rationalized her thoughts on a topic and advocated fiercely. I appreciated her passion and motivation behind those challenging conversations. I knew she was just trying to get the most help for her community. She was willing to stretch the rules to get support for people! When we finally settled on a compromise she would say "yes mam" to me. I was never sure if she was complying or not LOL!

Corynn also liked to cook a good meal in the office for lunch and maybe she was not the best at the clean up part! I think all staff teased her about her messy desk as well! She was passionate about the environment and didn't want to get her drivers license and drive a vehicle to help protect mother earth. She said she could get wherever she needed to go without one. I talked to her many times about how having her license could benefit her and HHSS and in 2024 she got her license and a vehicle. Corynn took advantage of the freedom a drivers license and vehicle can bring! She started driving members to town and spoke of the trips she wanted to go on. Corynn is now on the trip of a lifetime being with our Ancestors. I will miss Corynn's big smile, laughter, and rebellious sassiness!!

Forever in my heart, Love Always, Tina Draney



Lateral Kindness workshop at Kumsheen Resc
May 2020



I can't believe it's been almost three months since Corynn left us. Time keeps moving, and I think of her often. We shared so many daily tasks—big and small—and it's been lonely not being able to call her.

We enjoyed laughing about Schitt's Creek and Yellowjackets—TV shows we both watched. Those moments of laughter are ones I hold close.

Since we mostly worked remotely, our communication was through texts and phone calls, but I always looked forward to staff meetings or off-site trainings. That's when we really got to talk—especially those drives to Kamloops. It gave us space to learn more about each other. We were both so passionate about the Farmers Market coupons, and I loved hearing her stories of growing up in Siska and the deep connection she had with her culture.

The night she passed, she came to me in a dream. I saw her standing tall, radiant, her long curly hair flowing and a soft white halo surrounding her. I won't share every detail of the dream, but the message was clear—she wanted me to continue helping our community. It felt like she was giving me her blessing, and I've carried that with me ever since.

As I type this, I am sitting at her desk in Siska, and cannot help but be moved. Her presence is still here—strong, assertive, and funny. She was a powerful Nlaka'pamux woman, and I feel truly grateful to have known her.

Although she left too early, I am convinced The Creator had other plans for her, but I will continue to honor her memory and celebrate the life she lived.

Miss you deeply, Ms. Corynn.

Nadine



Re: Announcement of Bursary Donation
in
Memory of Corynn Dixon Reveley

Hentla, (Hello)

Heskw'en'scutxe Health Services Society is making a \$5,000 Bursary donation in memory of Corynn Dixon Reveley to the Kumsheen Schema-meet School where Corynn's mom Penny works. Corynn worked at our organization as our receptionist, and quickly found her focus with helping the communities we serve to access drug and alcohol education and treatment. Corynn was passionate about supporting members to live a healthier lifestyle and start their healing journeys. Corynn connected to people because of her lived experiences and her caring heart and cultural knowledge.

Our intention for the Bursary is to provide a \$500 yearly payment, in memory of Corynn, to one graduating student that is focusing on any health related field in post secondary education pursuits. The donation will be a one time donation to last 10 years at \$500 per year.

Heskw'en'scutxe wants to honor Corynn's memory with this bursary and encourage youth to enter into the health field.

Tina Draney
Acting Manager
Heskw'en'scutxe Health Services Society
Servicing Cooks Ferry and Siska Band

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

TO HELP COPE WITH LOSS:

- Take care of yourself.** Try to eat right, exercise, and get enough sleep. Avoid bad habits—like smoking or drinking alcohol—that can put your health at risk.
- Talk to caring friends.** Let others know when you want to talk.
- Find a grief support group.** It might help to talk with others who are also grieving.
- Don't make major changes right away.** Wait a while before making big decisions like moving or changing jobs.
- Talk to your doctor** if you're having trouble with everyday activities.
- Consider additional support.** Sometimes short-term talk therapy can help.
- Be patient.** Mourning takes time. It's common to have roller-coaster emotions for a while.

Grieving tools provided by Yolanda Hall, Counsellor

A Model of 8 Stages of Grief

1. SHOCK & DENIAL- You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

2. PAIN & GUILT- As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs.

You may have guilty feelings or remorse over things you did or didn't do with your loved one. Life feels chaotic and scary during this phase.

3. ANGER & BARGAINING- Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships may result. This is a time for the release of bottled up emotion.

You may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair ("I will never drink again if you just bring him back")

4. "DEPRESSION", REFLECTION, LONELINESS- Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving.

During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

5. ANXIETY- There is a cultural expectation that we will take a few weeks to grieve and then "get back to normal," when in reality it takes a few weeks for the reality of the loss to even sink in. It is no uncommon around the six-month mark when they are really facing the reality that a loved one is gone and find yourself grappling with overwhelming feeling. Anxiety is a normal response to loss. Anxiety that is specific to grief is brought on by two things. The first is the unprocessed grief, but the second is simply the experience of getting close to death. When we lose someone significant, we are reminded of how precarious life is, and how unexpected turn of events can have wide-ranging impact on our lives. The root of most anxiety is fear. And it relates to a grief journey in that most people are afraid death.

6. THE UPWARD TURN- As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

7. RECONSTRUCTION & WORKING THROUGH- As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

8. ACCEPTANCE & HOPE- During this, the last of the stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward. You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.

Grieving tools provided by Yolanda Hall, Counsellor

How to Cope with Your Own Grief

- **Be with caring people.** Spend time with family, friends, neighbours, co-workers, and people, such as members of a self-help group, who have been through the experience of loss and grief.
- **Take enough time.** Everyone reacts differently to a loss. It is hard to estimate a "normal" grieving period; it will probably take longer than you expect.
- **Express your feelings.** Let yourself feel sadness, anger, anxiety and other feelings. Find a way to express these feelings through talking, weeping, etc.
- **Learn tools and techniques** to cope with the NORMAL anxiety and panic that will be experienced during the grief journey.
- **Accept a changed life.** Recognize that you may be less attentive to your work and personal relationships for some time. Your routines may need to change – this is a natural outcome of loss and grief.
- **Reach out for help.** Don't always rely on others to make the first move; they may be concerned about allowing you your privacy. Let people know when you need companionship and support.
- **Take care of your physical health.** Be aware of any physical signs of stress or illness you may develop. Speak with your doctor if you feel your grief is affecting your health.
- **Support others in their grief.** Offer support to other family members and friends who are grieving, including the children. Be honest with the children about what has happened and about how you feel. Encourage them to talk about their feelings.
- **Come to terms with your loss.** Move towards acceptance of the death of your loved one. Work through feelings of bitterness and blame which may get in the way of moving forward in your life.
- **Make a new beginning.** As the sense of grief becomes less intense, return to interests and activities you may have dropped and think about doing something new. Consider forming new relationships at your own pace.
- **Postpone major life changes.** Consider waiting a year or so before making big decisions, such as moving, remarrying or having another child. Your judgement may not be the best while you are mourning, and the changes may add to the stress you are already experiencing.

Kübler-Ross "You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to."

Anishinaabek Grief and Loss Healing Tool

Model guide: The following table / chart aligns each standard Kübler-Ross grief "Change Curve" model stages with one of the Seven Grandfather Teachings.

Kübler-Ross Change Curve Model	Seven Grandfather Teachings Process and Relationship Building on each value / teaching
Shock: The loss, trauma, immobilization, paralysis at hearing the bad news. Disconnection from 'self'.	Humility / <i>Dibaaadendiziwin</i>: A foundation of humility, to see ourselves not alone in life, in our trauma / loss. With humility, connections to the truth move us towards acceptance.
Denial: Disbelief, refusal to believe the facts, the truth. Trying to avoid the inevitable, refusing to accept the change that is beyond our control. Looking for evidence that it is not true.	Truth / <i>Debiwewin</i>: Being truthful is speaking from the heart. Building on each value / teaching accepting the truth opens us to healing with love.
Frustration / Anger: Frustrated outpouring of bottled-up emotion. Recognition that things are different. Emotional low point, unaware of the emotions or needs of others. Sometimes angry.	Love / <i>Zaagisiwin</i>: Love is mutual, it is a balancing element and brings peace between you and others. When love is in our every action, we are better prepared to process strong emotions that can consume us.
Depression: Low mood, lack of energy. Final realization of the inevitable. Emotional low point, potential for relapse to previous stages.	Respect / <i>Mnaadendimowin</i>: With both "heart" and "mutual benefit", when we respect / re-see others, the situation, the loss, we begin seeing our relationship to others of the loss but not defined by it. In helping to benefit others we grow out of depression.
Experiment / Testing: Initial engagement with new situations, seeking realistic solutions.	Strength / Courage / <i>Aaki-ade'-ewin</i>: With strength from the earth, connected through our heart we can face change / loss / foes / ourselves. This also takes time, moving through the four seasons, to face the loss, forgive it, let it go and give it back.
Decision: Learning how to work in a new situation, feeling more positive.	Honesty / <i>Gwekwaadiziwin</i>: Being truthful to ourselves is honouring us and others. By honouring and accepting our path in life, we are better prepared to make the decision to move forward.
Acceptance: Changes integrated, a renewed individual.	Wisdom / <i>Nbwaakaawin</i>: Finally finding the way forward. To know humility, love, honesty, truth, respect and courage from the heart, where there is mutual benefit with others is when wisdom is achieved.

The wisdom of life is in living 'Life' - "*Bimaadiziwin*". The "bi" is a word marker of movement, which is in the word for 'water' = "*n'bi*", where life is always moving, flowing. Wisdom is in embracing change as a part of life in ourselves, in others and in the world around us. Wisdom comes from the living of life, accepting life, moving with it, within it, contributing to it and receiving from it.

Grieving tools provided by Yolanda Hall, Counsellor

"I propose a working model combining an Indigenous (Ojibway Anishinaabe) life way: the Sacred Seven Grandfather Teachings with contemporary grief models, most notably the expanded work of Elizabeth Kübler-Ross.

Building on a broad understanding of Anishinaabek Seven Grandfather teachings of the values of humility, love, truth, respect, courage, honesty and wisdom, I have paired them with the most recent "Change Curve" model by Kübler-Ross, built from the standard five-stage model of grief to include two more stages: "shock / loss" and "testing / experimenting", bringing the number of stages to seven." William Morin

<https://saymag.com/anishinaabek-grief-and-loss-healing-tool/>



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)

Why attend a workshop on counselling?



In the presentation about The Unspoken Truth about Counselling, to be held in Siska on May 5th and Cooks Ferry on May 8th, Deborah will talk 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.

Is it true that only the weak go to counselling? That counselling breaks up families? Counsellors ask too many questions and are nosy? Counselling can't change someone's life? What should a counselling model be able to do?

Bring all of your questions - nothing is out of bounds - to present to Deborah who will answer each question.

Deborah will answer people's questions and together we will walk down the road of counselling, in the effort to gain a clearer understanding of the benefits and risks counselling holds.

Deborah will also provide a brief overview of the concepts and philosophy of the Yellowhead Counselling model that she uses.

Respectfully,
Deborah

Deborah Barkowsky, MA, RCC, CCC
Clinical Counsellor, ACS-C
she/her/hers

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



LET'S TALK ABOUT...



THE UNSPOKEN TRUTH ABOUT COUNSELLING

Everyone welcome




Mondays May 5th & 12th

4:30 - 7:00

Siska Band Hall

Interactive Discussion with
Deborah Barkowsky, MA, RCC,
CCC, Clinical Counsellor, ACS-C

Dinner will be served at 5:00 p.m.
Door prizes

 250.455.6601

 admin@hhssbc.ca





LET'S TALK ABOUT...

THE UNSPOKEN TRUTH ABOUT COUNSELLING

Thursday May 8th

Tuesday May 13th

Everyone welcome



4:30 - 7:00

Cooks Ferry
Multipurpose Room

Interactive Discussion with
Deborah Barkowsky, MA, RCC,
CCC, Clinical Counsellor, ACS-C

Dinner will be served at 5:00 p.m.
Door prizes

250.458.2212

admin@hhssbc.ca



Cook's Ferry
Indian Band
Nlaka'pamox Nation





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

CHILDREN ORAL HEALTH INITIATIVE



Congratulations Danielle for being part of COHI and supporting the children in our communities with getting the best oral care they can!



Did you know that it is recommended to change your toothbrush every 3 months or after you had the flu to prevent bacteria build up?

We are pleased to inform you that we are providing everyone who received an electric toothbrush with a head replacement trio kit! This is a one time offer to support you with your dental hygiene. We are waiting to receive the order and will reach out to you to make delivery or pick up arrangements.

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

SCHEDULE YOUR VACCINE



As per Public Health, COVID-19 immunizations are available at no cost to eligible people 6 months and older in B.C.

Getting a spring vaccine is recommended for those at increased risk of COVID-19 infection or severe disease, including:

- People 65 years of age and older, particularly those over 80 years of age
- Indigenous peoples (First Nations, Métis, and Inuit) 55 years of age and older
- People aged 6 months and older with underlying medical conditions that place them at higher risk of severe COVID-19. This includes those who have been diagnosed as clinically extremely vulnerable (a CEV 1 or CEV 2 condition).

Anyone else who feels they would benefit from a spring vaccine can consult with their health-care provider or contact the call centre at 1-833-838-2323.



Siska May 8

1:00 p.m. to 3:00 p.m.

Cooks Ferry May 9

11:00 a.m. to 4:00 p.m.

Please call 250.458.2212 to book an appointment



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



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.



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.**



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 Heskwen'scutxe employees.

**Please call our offices to book a medical drive
250.458.2212 /250.455.6601**

Did you know

Any trips that are 6 hours and more within the same day are eligible for the daily luncheon allowance of \$35.50.

Please check the box on the form if your Trip was 6+ hours to receive this payment. This is for the medical trip only and does not include any other stops.

Unchecked boxes will be left as is as we cannot guess trips length due to construction and other events or wait time at the medical offices, hospital etc...

Please Remember to sign the form at the bottom of the page

Incomplete forms may not be processed within 10 business days.

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

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

10 AMAZING DISEASE-FIGHTING FOODS

DO YOUR BODY A FAVOR WITH THESE INCREDIBLE EDIBLES

1. **BERRIES:** Blueberries, cranberries, blackberries and strawberries all provide a powerful dose of health protecting antioxidants which help neutralize “free radicals” (cell damaging molecules) that can lead to chronic diseases like cancer and heart diseases. Cranberries also help ward off urinary tract infections.
2. **DAIRY:** Dairy foods are a good source of calcium, protein, vitamins and minerals. Having a recommended daily intake of dairy products will help keep bones strong and prevent osteoporosis. Dairy may also help you lose weight if included in a calories controlled diet. They are also good for diabetics because they help maintain blood sugar levels.
3. **FATTY FISH:** Fat found in fish like salmon and tuna is rich in omega-3 fatty acids, which helps protect your heart, they also lower blood fats, which prevents blood clots associated with heart disease and eating 2 servings a week will help reduce your potential intake of saturated fats from higher fat entrees.
4. **DARK, LEAFY GREENS:** Everything from spinach to dark lettuce is loaded with vitamins, minerals, beta-carotene, vitamin C, folate, iron, magnesium, carotenoids, phytochemicals, and antioxidants. Magnesium rich foods can lower the risk of getting type 2 diabetes.
5. **WHOLE GRAINS:** The soluble fibre from oats helps lower blood cholesterol levels. They contain folic acid, selenium, and B vitamins, which help heart health, and reduce the risk of diabetes.



10 AMAZING DISEASE-FIGHTING FOODS

Continued

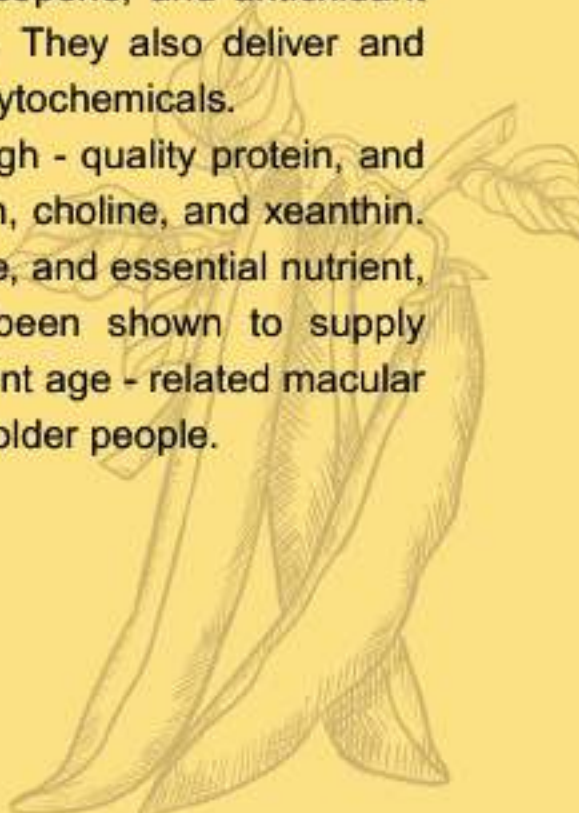
6. **BEANS & LEGUMES:** Are packed with phytochemicals; fat - free, high quality protein, folic acid, fibre, iron, magnesium, and small amounts of calcium. They can reduce the risk of getting certain cancers, lower blood cholesterol, and triglyceride levels and stabilize blood sugar.

7. **NUTS:** They have the healthy fats such as the mono - and polyunsaturated kind, which can help lower cholesterol levels and help prevent heart disease. Nuts are a good source of protein, fibre, selenium, vitamin E and vitamin A. Small portions can boost energy and beat hunger.

8. **SWEET POTATOES:** One of the healthiest vegetables, boasting a lot of antioxidants; phytochemicals including beta - carotene; vitamins C & E; folate; calcium; copper; iron and potassium. The fibre promotes a healthy digestive tract and the antioxidants play a role in preventing heart disease and cancer.

9. **TOMATOES:** Contain ingredients such as lycopene, and antioxidant that may help protect against certain cancers. They also deliver an abundance of vitamins A & C, potassium and phytochemicals.

10. **EGGS:** They are packed with economical, high - quality protein, and are an excellent source of the carotenoids lutein, choline, and xanthin. Eggs are one of the best sources of dietary choline, an essential nutrient, especially for pregnant women. Eggs have been shown to supply nutrients that promote eye health and help prevent age - related macular degeneration, the leading cause of blindness in older people.



10 WAYS TO BOOST YOUR ENERGY

EXPERTS OFFER SOME FATIGUE - ZAPPING TIPS THAT REALLY WORK

- 1. INCREASE YOUR MAGNESIUM INTAKE:** Eating a balanced diet can help ensure your vitamin and mineral needs are met. But if you still find yourself being tired, you could have a slight magnesium deficiency. The recommended daily intake of magnesium is around 300 mg for woman and 350 mg for men. To make sure you're getting enough add a handful of almonds, hazelnuts or cashews to your diet; increase your intake of whole grains, particularly bran cereal; eat more fish especially halibut.
- 2. WALK AROUND THE BLOCK:** Experts say the increasing physical activity, particularly walking, increases energy. In an experiment, a brisk 10 minute walk not only increases energy, but the effects lasted up to 2 hours. And when the daily 10 minute walks continued for 3 weeks, overall energy levels and mood were lifted.
- 3. TAKE A POWER NAP:** Research has shown that both information load and pushing our brains too hard can zap energy. But studies have found that a 60 minute "power nap" not only reverses the mind numbing effects of information overload, it may also help us to better retain what we have learned.
- 4. DON'T SKIP BREAKFAST (or any other meal):** A study shows that people who eat breakfast feel that they are in a better mood and feel more energized throughout the whole day.
- 5. REDUCE STRESS & DEAL WITH ANGER:** Stress is the result of anxiety which uses a lot of energy. Low but chronic levels of stress erode energy levels and over time you start doing less and feeling it more. Find something that relaxes you and do it to let the stress out.

10 WAYS TO BOOST YOUR ENERGY

CONTINUED

6. DRINK MORE WATER AND LESS ALCOHOL: A lot of the times we confuse hunger with thirst. Even slight dehydration can leave you feeling tired. Drink water especially after exercising. If you still find yourself being tired even after a good night's sleep, try cutting down on alcohol during the evening hours. Even though alcohol makes you sleepy it interferes with deep sleep so you're not getting the rest you think you are.

7. EAT MORE WHOLE GRAINS & LESS SUGAR: The key here is keeping blood sugar balanced so energy is constant. With sugar you get a fast burst of energy so you have to keep eating it or you'll get sleepy, but with whole grains you get a steady, constant release of energy.

8. HAVE A POWER SNACK: Power snacking is more than just eating between meals especially if it's a snack which combines protein, a little fat and some fibre, like peanut butter on a whole wheat cracker, or some yogurt with a handful of nuts. The carbs offer a pick me up, the protein keeps your energy up and the fat makes the energy last.

9. MAKE A LATTE: Pick a quick hit of caffeine and protein by having a low-fat latte over a cup of coffee. All that milk turns your java into a protein drink, which provides not only extra energy, but extra calcium, which is good for your bones. Combine with almonds and the energy will last longer.

10. CHECK YOUR THYROID AND RED BLOOD COUNT: It certainly won't provide an instant boost, but if you're constantly low on energy, even after a good night's rest, you should ask your doctor about a blood test for thyroid dysfunction as well as anemia.

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 nskixze?, and Wade McBee nsqáeze?. Also, ée he Rita Sterling nkze, and ée he Jim McNaney nspapze?, ée he Iva McBee ée 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



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)

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.

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

May 21, 2025
11 AM - 1 PM

Drawing & Painting Salish Art

Drawing Salish Art with
Nlaka'pamux & Sto:lo artist Ovila
Mailhot to create canvas art

June 18, 2025
11 AM - 1 PM

nte?kepmxcín B-I-N-G-O

Let's have some fun by embracing
our nte?kepmxcín 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





hécú nes séýsi?

(hachu nash shay-sheeh)

let's go play



rock

sxéñx

(sh-hen'-h)



paper

sćóq^w

(s-ts-oh-q'w)



scissors

k'əlk'əlmín

(k'el'-kul'-meen)



hécu nes sé'ysi?

(hachu nash shay-sheeh)

let's go play



mosquito

q^wóq^weski?

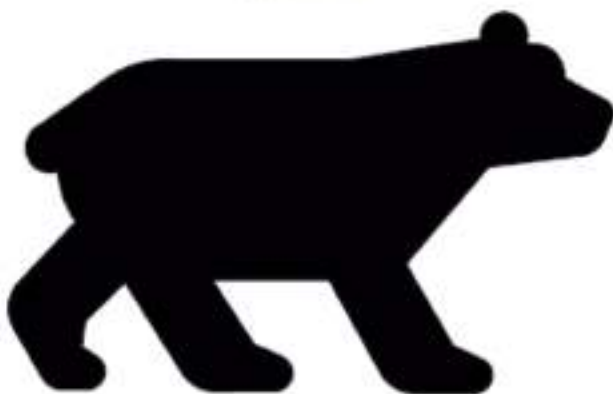
(qwoh-qw-ash-keyh)



salmon

sqyéytn

(sqy-ay-tin)



black bear

spé?ec

(spah-ach)



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

Ashcroft Urgent Primary Care 250.453.2353

Coquihalla Primary Care Centre 778.661.0355

Nicola Valley Health Centre 250.378.2242



**Great news! Lytton Primary Care
Centre is now providing blood
work services on select
Wednesdays each month.**

LYTTON LAB DATES

- **APRIL 23RD**
- **MAY 21ST**
- **MAY 28TH**

HOURS 9:30 A.M. - 2:30 P.M.

**PLEASE CALL
1-844-870-4756 TO BOOK APPOINTMENT
OR THE HHSS OFFICE**

