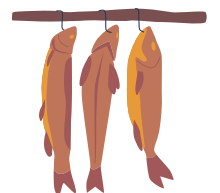




FOOD PRESERVATION METHODS TO CUT FOOD WASTE REDUCE FOOD WASTE, SAVE MONEY AND ENJOY YOUR FAVORITE FARE YEAR-ROUND! PRESERVE FOOD!



IN THIS ISSUE: Food preservation, Share a story of preserving contest, August 31 is International Overdose Awareness Day, Naloxone training available by appointment with HCA Danielle, Nurses Angie and Carnation's new work schedules, Drop in Horse Club in Boston Bar! Elders Gathering in Lytton and more!



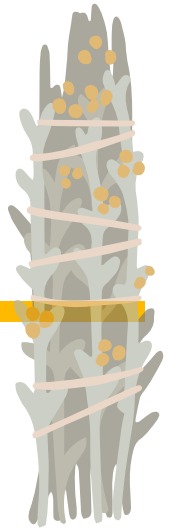


HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskw'en'scutxe Society pronounced wéx we? λú? which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

In line with the funding received from First Nation Health Authority, the mission and vision of the Society are to support community-based health programs and for people to maintain their independence and self-sufficiency.

Access to External Health Care
Communicable Disease Control
Home Care
Maternal Child Health Care
Medical Travel
Mental Health and Wellness



OFFICE 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

Website
www.hhssbc.ca

"WE EMBRACE NLAKA'PAMUX TRADITIONS, CULTURE AND VALUES. OUR HEALTH SERVICES INTEGRATE MODERN MEDICINES AND METHODS TO PROVIDE HOLISTIC WELLNESS FOR OUR COMMUNITY MEMBERS."

Office Closures

Monday August 4, BC Civic Day

Monday August 11, World Indigenous Day

WHAT'S NEW AT HESKW'EN'SCUTXE



**Carnation Zhuwaki R.N.
Mondays & Tuesdays by
appointment.**



**2 nurses to
serve you!
4 days a week!!!**



**Angie Pigeon R.N.
Thursdays & Fridays
by appointment.**



**Clarissa and Danielle have returned to
their HCA tasks after completing their
Adult Dogwood Diplomas.**



**Martha VanDyke has been hired as the
full time receptionist at the Siska office.**



Message from Acting Health Manager: Tina Draney

Announcement!! Congratulations to Martha who has accepted a full time position as the Siska office reception!! She will be in office to open and close each day, answer calls and direct members to Nadine who books appointments with nurses and the drivers. She will also be maintaining the office cleanliness and sanitizing, getting checks signed, calling Siska members about med pick ups, massages, footcare, COHI, checks, and events to drum up support. Welcome to Full Time Martha!



THEMES OF THE MONTH



By Christy Whittaker

Knowledge is power, following are reputable health links

Safe Canning & Preservation

<https://www.farmersalmanac.com>

<https://simplycanning.com>

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

Overdose Prevention

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/harm-reduction-and-the-toxic-drug-crisis>

<https://thunderbirdpf.org/fact-sheet-harm-reduction/>

<https://mhrn.ca/harm-reduction>

<https://www.momsstoptheharm.com/>

<https://towardtheheart.com/>

Storing leftovers

Fridge at 4°C (40°F)	Food	Freezer at -18°C (0°F)
3 to 4 days	Cooked dishes containing eggs, meat and vegetables 	2 to 3 months
3 to 4 days	Cooked fish and poultry 	4 to 6 months
3 to 4 days	Meat broth, stock and gravy 	4 to 6 months
2 to 3 days	Soups 	4 months

Get more Food Safety tips
See Food safety tips for leftovers

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Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at

Canada.ca/FoodGuide



What are food preservation benefits:

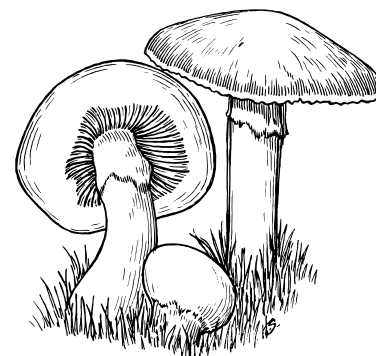
Slows spoilage. Food preservation slows and/or eliminates growth of microorganisms and spoilage-causing bacteria.

Retains nutrients. Many methods preserve nutritional value. This can help people living in areas with limited access to fresh food.

Promotes local, seasonal food. Enjoy local produce long after its growing season.

Trims waste. Instead of throwing food away, extend its useability.

Supports food security. Preserved food can help give communities access even during times of scarcity, supply chain disruptions and/or natural disasters.



Mushrooms (Chanterelle, Morel, pines etc)

The coastwards groups of Nlaka'pamux and Lillooet Interior Salish, and the Upper Halkomelem of the Fraser Valley gather these mushrooms in large quantities.

In both Lower Nlaka'pamux and Lower Lillooet dialects, the general name for "mushroom" is synonymous with the term for this species. The mushrooms are harvested and used fresh, or preserved by stringing and drying or, more recently, canning or freezing.

(from the TRADITIONAL PLANT FOODS OF CANADIAN INDIGENOUS PEOPLES).

Do you have a story about something you preserved that you would like to share?

We will select a few articles and include them in our next newsletter. You will receive a gift card of your choice as a thank you if your story is selected.

email admin@hhssbc.ca or drop off your submission at the office.

Your Health and Where to get Help

Heskw'en'scutxe Society 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.

HHSS is **NOT** an emergency center, or doctors office or able to provide full time home care.



Your Access to External Health Care

Communicable Disease Control

Home Care

Maternal Child Health Care

Medical Travel

Mental Health and Wellness

Heskw'en'scutxe Society provides limited medical advice ONLY when a Registered Nurse is available.

Monday & Tuesday 8:30 am - 4:30 pm

Thursday and Friday 10:00 to 4:30 pm

For immediate response to a life-threatening situation call 9-1-1 and request an ambulance.

Here are some examples of when you should call 9-1-1 for emergency medical care:

- When there is chest pain or tightness
- Choking or breathing difficulties
- Loss of consciousness
- Signs of a stroke
- Severe burns
- Convulsions that are not stopping
- A drowning
- A severe allergic reaction
- A serious head injury
- Major bleeding



Your Health and Where to get Help

If you are NOT experiencing a medical emergency, below are Non-emergency alternatives for your health concerns:

811

Call 8-1-1 for confidential health information and advice,
24 hours a day, seven days a week.

Health Link BC

Visit the HealthLinkBC.ca website and use their Interactive Symptom Checker.

Urgent Care Centre/ Clinic

Visit an urgent care centre or clinic if you can do it safely.

Pharmacist

Call a pharmacist if you have a question or concern about a prescription.

Poison Control

Call the B.C. Poison Control Centre if you suspect someone has been poisoned with a medicine, chemical or substance. 604.682.5050 or 1-800-567-8911

Mental health concerns:

If someone is in immediate danger of hurting themselves,
you should call 9-1-1 and get help.

For mental health support where there is no immediate risk to someone's safety,
call the Crisis Centre's line at 310-6789 (no area code needed).

Suicide

If you or someone you know is having thoughts of suicide, but it is not an immediate risk,
they can call 1-800-784-2433 (1-800-SUICIDE) or call a local crisis centre.

SERVICES OFFERED

Lab/Pathology on Wednesdays in Lytton!

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

HHSS picks up medications at Pharmasave Aberdeen in Kamloops every Tuesdays.

Please call the pharmacy/doctor to renew your prescription one week before your refills are empty.

New: Lytton Pharmacy pick up available upon request



Shopping Days

Check the calendar for dates, please call the office to book a ride.

Cohi with Michelle Beattie from FNHA

Michelle is available to see anyone in community to clean their teeth, take x-rays and answer any questions pertaining to their dental health.

She also sees children who have signed up for COHI in school or daycare every 3 months. We will connect with parents in September to renew their consent form for the school year.

Counselling with Yolanda, Deborah and Kayla.

Call the office or the counsellor directly to book an appointment, no referral needed. Please see the poster with their contact information. We look forward having other workshops with them in the fall.

Immunizations are back in the offices for all

We are ready to immunize children. If your child is due for an immunization, Carnation can do it! Please call to book an appointment. She is in community on Mondays and Tuesdays.

Deep Tissue Massages with John Tai

John comes to Siska on the first Tuesday of the month and Cooks Ferry on the second Tuesday of the month. Check the calendar for dates and call the office to book one!

Massages with Melanie Roberts

Melanie comes to Cooks Ferry once a month. Please check the calendar for dates and call the office to book an appointment.

Footcare with Suzanne Marcel

Suzanne comes to both communities every weeks. Please call the office to book an appointment and look for the date on the calendar.

Free activities sponsored by HHSS

Bowling in Boston Bar at Canyon Lanes!



Reach out to the office to have your names added to the HHSS guest list and you are good to go!

Horse Club Drop in for all ages 6+ Grit Farm: Boston Bar



There are 7 badges to earn. Learn or improve your horse skills. Reach out to the office to have your names added to the list, drop ins are also welcome. Transportation available and gas cards provided

Elders Gathering in Lytton at the Battlefield August 20 & 21

Danielle and Clarissa will be attending this event. Drop by their booth and say hello. HHSS is sponsoring Suzanne Marcel to do footcare there for all.

Rides can be arranged and or gas cards available



Horse Club

Open to everyone 6yrs and older

Adults & Dropin's are Welcome!

August: Monday & Thursdays 10am-noon

September - December: Saturdays 10am -noon

Happening weekly at

50690 Hwy. 1, Boston Bar

Connection & Friendship

- Leadership
- Courage & Communication
- Awareness of self & others
- Fitness in body, mind and spirit
- Mobility
- Strength
- Balance
- Coordination



Levels 1-7 and beyond:

Trail & Endurance Riding | Vaulting | Jumping

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

NICOLA VALLEY AQUATIC POOL



2025 SUMMER SCHEDULE

POOL STRETCH CLASSES

**MONDAY /WEDNESDAY/FRIDAY
10-10:45AM**

**TUESDAY/THURSDAY MORNING
7-7:45AM**

AQUAFIT CLASSES

**MONDAY /WEDNESDAY/FRIDAY
11-11:45AM**

TUESDAY NIGHT 5:45-6:30PM

TRANSPORTATION AVAILABLE

Free classes for on and off reserve Siska &
Cooks Ferry members

Please call or email to book a ride
250.458.2212 admin@hhssbc.ca



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)

Danielle Munro
Naloxone / harm Reduction
Trainer



Danielle is a certified Naloxone Harm Reduction Trainer and can provide individual training on how to use a naloxone kit. You will receive one after the session. You never know when you may save a life. Reach out to book an appointment today!

“I’ve lost friends and family to overdose. I want to do my part to keep people alive.”

– Melanie, Saddle Lake Cree Nation

**Increase the Support.
Reduce the Harm.**

Harmreductionsites andservices are open,
safeandexpanding to morelocations in BC.

FNH A .ca / HarmRe duc tion



First Nations Health Authority
Health through wellness

Naloxone: Save a Life

What is naloxone?

Naloxone (pronounced na-LOX-own) is a fast-acting drug used to **temporarily reverse the effects of an opioid overdose**. Naloxone can restore breathing within **2 to 5 minutes**.

Why does naloxone work only temporarily?

Naloxone is active in the body for only **20 to 90 minutes** but the effects of most opioids can last longer. This means that the **effects of naloxone are likely to wear off before the opioids are gone from the body**, which could cause breathing to stop again. Naloxone may need to be used again, depending on the amount, type or method of consumption of the opioids (e.g., oral, injection).

An **overdose is always an emergency**. Naloxone has been administered? **Always call for help.**

TIP: If you or someone you know is using

opioids, make

sure to carry naloxone with you. It's available without a prescription and can be picked up at most pharmacies or local health authorities.

Is naloxone safe for everyone?

Yes, naloxone is **safe for all ages**. It works only if you have opioids in your system. It is safe to keep on-hand because it cannot be improperly used and does not create dependence.

How is naloxone helping to address Canada's opioid crisis?

Naloxone has been used to successfully reverse thousands of opioid overdoses across Canada. It is used by first-responders such as paramedics and firefighters. Take-home naloxone kits are also available to anyone who may be at risk of an overdose or who is likely to encounter one. Take-home naloxone kits are **available without a prescription** and can be picked up at **most pharmacies or local health authorities**.

In Canada, two types of take-home naloxone kits are available:



Naloxone Nasal Spray is sprayed directly into the nose where it is absorbed. It starts to take effect in 2 to 3 minutes.



Injectable Naloxone is injected into a muscle in your body: the upper arm, thigh or buttocks are best. It starts to take effect in 3 to 5 minutes.

Naloxone Saves Lives. Get a Kit.

- ✓ **Naloxone temporarily reverses the effects of an opioid overdose to help restore breathing**
- ✓ **If you think someone is experiencing an opioid overdose, call 9-1-1 or your local emergency help line, then give naloxone by following the directions on the kit**
- ✓ **Take-home kits are available at most pharmacies or local health authorities; no prescription is needed**
- ✓ **Kits expire and should be replaced after 18 to 24 months**

**KNOW
MORE**

DRUGS: GET THE FACTS.
KNOW THE RISKS.

ISBN 978-0-660-28934-2

Get the facts at Canada.ca/Opioids



Government
of Canada

Gouvernement
du Canada

Canada

CONNECTING TO

CULTURE

CONNECTING TO

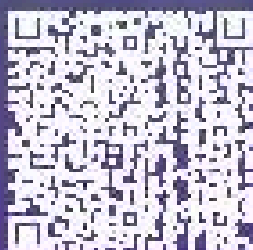
LAND

Culture is Medicine. Culture is Healing.



fnha.ca/harmreduction

Wear this symbol to raise awareness of overdose and its effects, remember a lost loved one or support those experiencing grief.



31 AUGUST

—
INTERNATIONAL
OVERDOSE
AWARENESS DAY



First Nations Health Authority
Health through wellness

DRUGS IN BC HAVE NEVER BEEN AS TOXIC.

Harm reduction efforts are saving lives.



PREVENT PEOPLE FROM DYING



KEEP PEOPLE SAFER WHEN USING

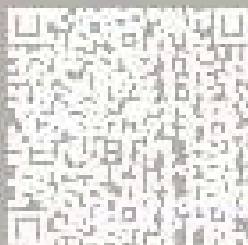


CREATE A RANGE OF TREATMENT OPTIONS



SUPPORT PEOPLE ON THEIR HEALING JOURNEY

Increase the support. Reduce the harm.



First Nations Health Authority
Health through wisdom

IF YOU SUSPECT AN OVERDOSE, FOLLOW THE *SAVE ME* STEPS.



If leaving a person unattended,
put them in the recovery position.

S



STIMULATE

Unresponsive? CALL 911

A



AIRWAY

Check if they're breathing

V



VENTILATE

1 breath every 5 seconds

E



EVALUATE

Check vital signs

M



MEDICATE

Injection or Nasal Naloxone

E



EVALUATE

Do they need another dose?



First Nations Health Authority
Health through wellness

**NO SHAME.
NO BLAME.
NO STIGMA.**

Start the conversation about
substance use with someone you love.



First Nations Health Authority
Health through wellness

Rides available, please call the HHSS office



NLAKA'PAMUX
HEALTH
SERVICES
SOCIETY

Family Fun Day

ACTIVITIES:


- ✓ Games & Prizes
- ✓ Pool & Hot Tub
- ✓ Disc Golf
- ✓ Lunch

KUMSHEEN RAFT RESORT

August 14th, 2025 12:00 PM - 6:00 PM

*Children must be accompanied by adult.
Each participant must sign a resort-use waiver.*

Questions? Contact Joel Raphael,
Wellness Coordinator

 778-254-7407

 raphael.j@nlxfn.com

Proudly servicing:

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





HHSS 2025 SUMMER HIGHLIGHTS

This past summer, HHSS offered an exciting lineup of events that promised both cultural enrichment and personal growth. The Youth Culture Camp in Pasulko Lake was an excellent opportunity for participants to immerse themselves in the rich traditions and heritage of the area, featuring workshops and activities that celebrated local culture.

Meanwhile, the Personality Attraction Workshop with Deborah in Cooks Ferry was perfect for those looking to enhance their interpersonal skills and explore how to interconnect with different personalities.

For those passionate about equestrian activities, the 2 Grit Farm Horse Camps in Boston Bar provided hands-on experiences with horses, giving both beginners and seasoned riders a chance to develop their skills in a supportive environment. These events filled the summer with learning, adventure, and connection. HHSS is delighted to have supported and participated in these events with you!

