



## IN THIS ISSUE

Office Closure for the holidays  
Nurse Carnation new 4 days schedule!  
Let's relax and play some word games!



wʔéx<sup>w</sup> weʔ áuʔ ~ Take Care of Yourself



# 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.

## 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](http://www.hhssbc.ca)**

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



**?EX US MET XE?**

**WUXWT QINESQW**



**WINTER GREETINGS FROM ALL OF US!**

HESKW'EN'SCUTXE HEALTH  
SERVICES SOCIETY



**CLOSED** *for*  
**WINTER BREAK**

**FROM DECEMBER 22 TO JANUARY 2**

As our offices close for the winter break, we would like to remind everyone to have enough medication on hand until we pick up medication again on January 6.

Last pick up of 2025 will be on December 16

PLEASE CONTACT THE FOLLOWING NUMBERS:

- **\*\*FOR EMERGENCIES (AMBULANCE):\*\*** 911
- **\*\*TO SPEAK WITH A REGISTERED NURSE:\*\*** 811
- **\*\*FOR SUICIDE CRISIS LINE:\*\*** 988
- **\*\*TO SCHEDULE AN APPOINTMENT WITH A DOCTOR:\*\***

• ASHCROFT UPCC: 250.453.2211  
• LYTTON PRIMARY CARE CENTRE: 250.455.2221

**HAPPY HOLIDAYS!**



For urgent health support, please call one of these numbers:

**Virtual Doctor of the Day** Open to all First Nations people and their families living in BC. All doctors and allied health care professionals are trained to follow the principles and practices of cultural safety and humility. Call 1-855-344-3800 to book an appointment with the Virtual Doctor of the Day.

**By calling 8-1-1**, you can speak to a health services navigator, who can help you to find health information and services; or connect you directly with registered nurse, registered dietitian, qualified exercise professional, or pharmacist.

**Hope for Wellness Help Line** offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at [hopeforwellness.ca](http://hopeforwellness.ca).

**Tswo Tun Le Lum Society** Toll-free line 1-888-403-3123

**Indian Residential School Crisis Line** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.

**Kuu-Us Crisis Line Society** provides crisis services for Indigenous people in BC.

Adults/Elders line: 250-723-4050

Youth line: 250-723-2040

Or call toll free 1-800-588-8717.

Learn more at [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com).

**Métis Crisis Line** is a service of Métis Nation British Columbia.

Call 1-833-MétisBC (1-833-638-4722).

**Kids Help Phone 24/7** A National support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. Call 1-800-668-6868 or text the word “connect” to 686868 to access text support.

**Call 988** anytime of the day or night if you or someone you know is thinking about ending their own life or needs someone to talk to about suicidal thoughts or ideas.

If you are experiencing a health emergency **call 911** or go to the nearest hospital.

# WINTER SOLSTICE CEREMONY



WHEN DECEMBER 21, 2025



Where: Lower Picnic site at Stein river  
(Before you enter Bridge)

Time: Day Break Ceremony  
Grizzly Food Offerings

**DRESS FOR THE WEATHER**

Come Join us  
Please contact  
**Kevin Duncan 250-455-2711**



# Congrats!

## **Grieving Contest Draws**

Daryl Minnabarriet for winning the \$500  
Cotsco Gift Card in Cooks Ferry  
on December 1, 2025

Siska will be drawn on December 15

## **Caring for each other contest**

Rose Dunstan & Josie Billy for winning the  
\$200 Cotsco Gift Card Week 1

Jodi Cure & Jolene Peters for winning the  
\$200 Cotsco Gift Card Week 2

**We will share some of the  
wonderful caring stories in the  
January issue!**

# CARNATION ZHUWAKI, R.N. CONTRACTED COMMUNITY HEALTH NURSE 4 DAYS PER WEEK

We are pleased to announce that Nurse Carnation will be working in community Antko, Siska and Cooks Ferry on Mondays and Tuesdays and remotely on Wednesdays and Thursdays.

Carnation will be visiting each community based on needs and demand. Please reach out to the office to book an appointment with Carnation.



Contracted Community Health Nurse  
Carnation Zhuwaki, R.N.

On Wednesdays and Thursdays, Carnation will work remotely and will be available by appointment to discuss any needs you may have. The appointments can be virtual using Zoom or Teams or a phone call.



## **Things she can do for you:**

Referrals

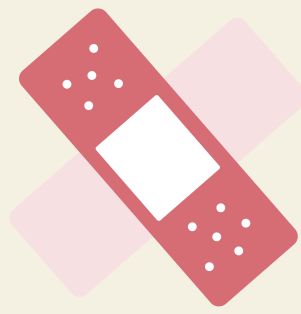
Order medical equipment and supplies

Home Care Client Assessments and Visits

Diabetes education

Wellness Appointments (prevention focus)

End of Life paperwork and more!



## MEDICAL TRANSPORTATION PROGRAM NOTIFICATIONS

### Office closure from December 22 - January 2

During this time, there will be no patient travel drivers available.

If you have a medical appointment and need transportation, please make other arrangements.

Please coordinate with your family/friends. Keep all your hotel receipts (we do not need your meal receipts), stamped confirmation of attendance and have your family/friend submit to Heskw'en'scutxe to be reviewed and reimbursed in January.



# Nlaka'pamux Health Services Society In Collaboration with Heskw'en'scutxe Health Services Society

## ADULT GRIEF & LOSS WORKSHOPS



### Facilitators

Hilary Willis, Master Level Practicum Student &  
Kayla McBee, Adult Mental Health Clinician



### Door Prizes

Attend to be entered in  
to win a \$500 Costco  
gift card

Meals are provided

### CHANGES!!!

Date : DECEMBER 15TH

TIME: 5 TO 6:30

Topic: Caring for us in Grief

Siska at 4 to 530pm

at the Band Hall

2071 Main Road, Siska IR 3

Adults only, 18+

Please register, limited spaces

Nation members welcomed

Click Below to

**REGISTER NOW**

<https://forms.office.com/r/avVvBwJF2T?origin=lpriLink>

### For Registration Support Call

Nadine Methot at HHSS

250 458-2212

### For Workshop Questions

Kayla McBee or Hilary Willis

250 378-9772



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





# Caring for Each Other Contest Form

Submit a new entrey weekly! Draws on Dec 1, 8 and 15!

**Tell us how you provided a good deed, reviving your cultural practiced of helping each other by strengthening community independence and bonds!**

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**Please have the person you helped confirm your good deed and let this person explain how it made them feel in a few words.**

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**Please BOTH sign this form:**

**I was the one who cared for a community/family member:**

**PRINT NAME:** \_\_\_\_\_

**Community:** Siska \_\_\_\_ Cooks Ferry \_\_\_\_\_

**:Email or phone number to reach you:** \_\_\_\_\_

**I was the one who received a service:**

**PRINT NAME:** \_\_\_\_\_

**Community:** Siska \_\_\_\_ Cooks Ferry \_\_\_\_\_ Other\_(Name it) \_\_\_\_\_

**By participating in this contest, you accept that we may share your story in our newsletter and or on social media.**

**Submit: admin@hhssbc.ca or HHSS : Nadine FB msg or in person**



December Week  
Contest

# CARING FOR EACH OTHER

Lets revive our cultural practices by helping each other by strengthening community independence and bonds!

Here are some suggestions:

Cleaning a space, sharing a meal,  
providing a ride, any good deed will do!



## HOW TO JOIN:

1. Pick up a HHSS Contest Form
2. Fill it out
3. Have the person you did a good thing for sign off your form
4. Submit to HHSS (email, text, FB msg, drop off.)



**1 draw per week on Dec 1,8,15, 2025**

**email: [admin@hhssbc.ca](mailto:admin@hhssbc.ca)**

**Prizes: A selection of Gift cards including  
Costco \$200 gifts cards (no you don't need<sup>37</sup>  
a membership)**

# CHRISTMAS

— WORD SCRAMBLE —



EBLSL

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EYDAANNCC

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SSRATCHIM

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OSRSC

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CDANY

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HECYMIN

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LFE

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TGIF

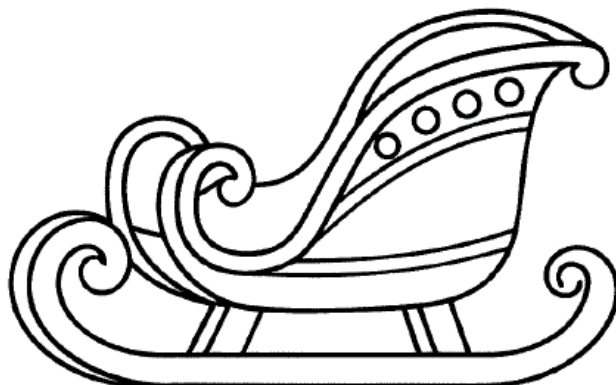
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ATH

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# CHRISTMAS

## — WORD SCRAMBLE —



SNTELI

RSAT

CDANY

HEELHMTBE

NPPEIPEMTR

PSETENSR

DLOHURP

EOGMN

GNTCOSIK

CSTHIRSMA

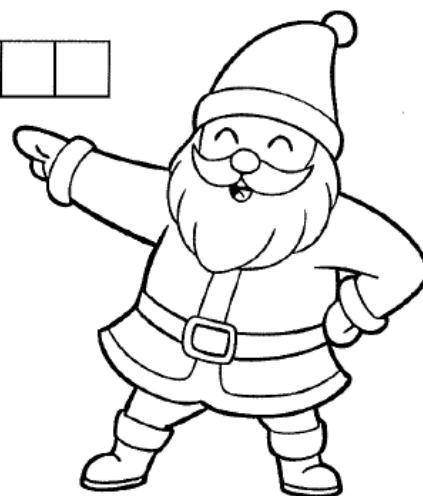
PECAILFER

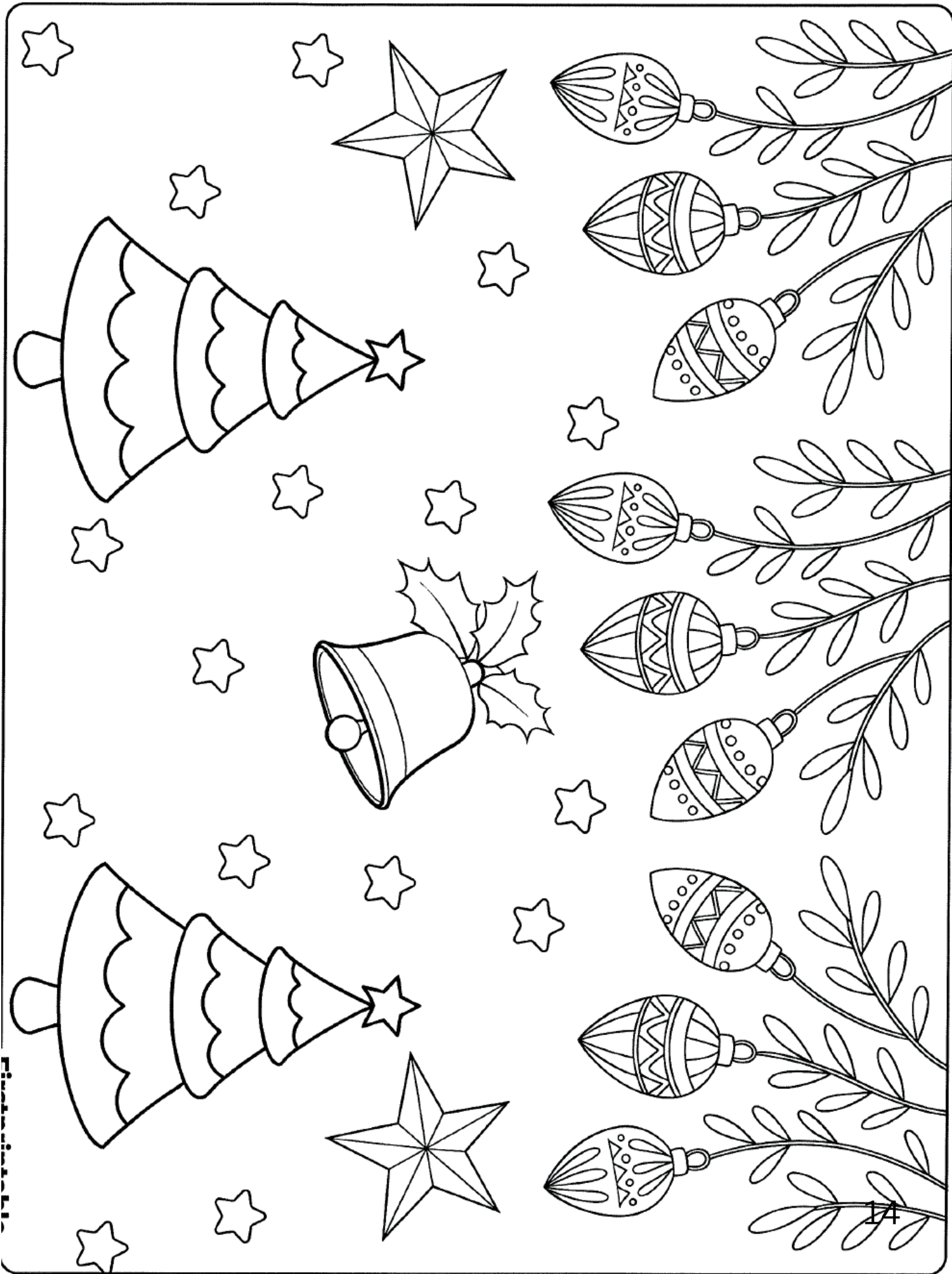
EANPSTIIOT

SRALOC

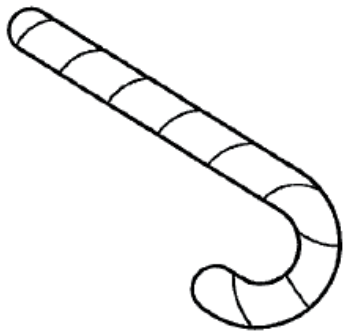
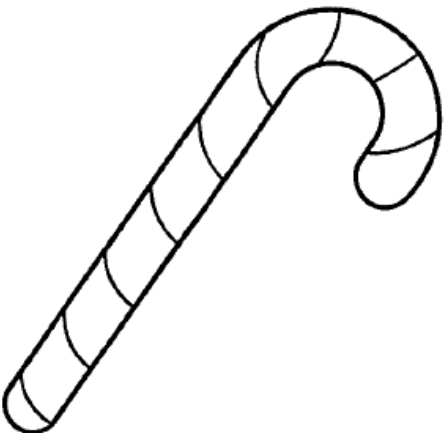
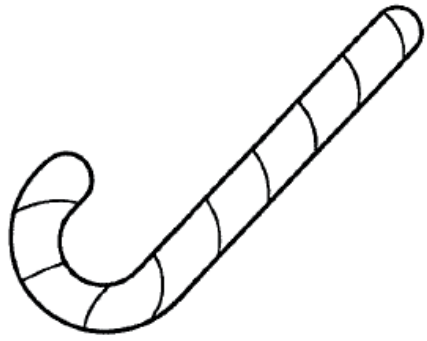
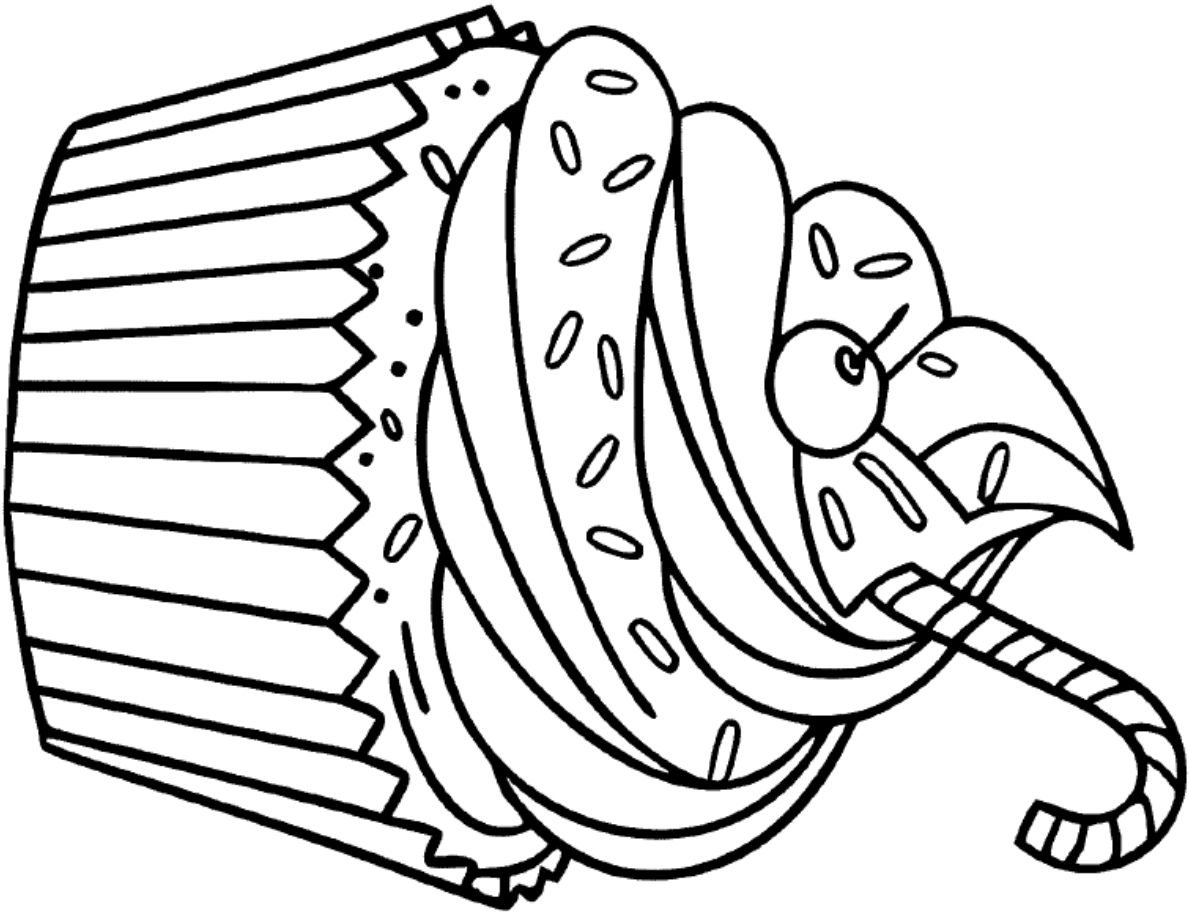
RTSNOMEAN

LAEBUB





# Merry Christmas

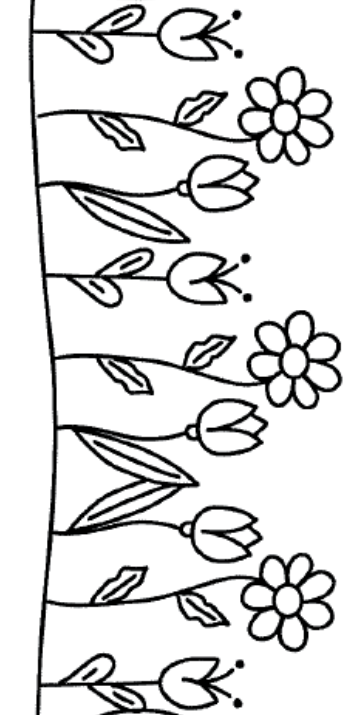




# Every Child Matters



MY ANCESTORS  
ARE PROUD  
OF ME

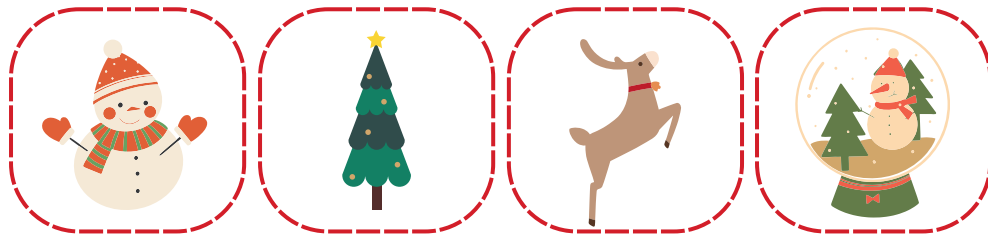




# CHRISTMAS SUDOKU



Each row across and column down needs one of each image.  
There can't be more than one image in any row across or column down.  
Cut the pictures and paste them to complete Sudoku.



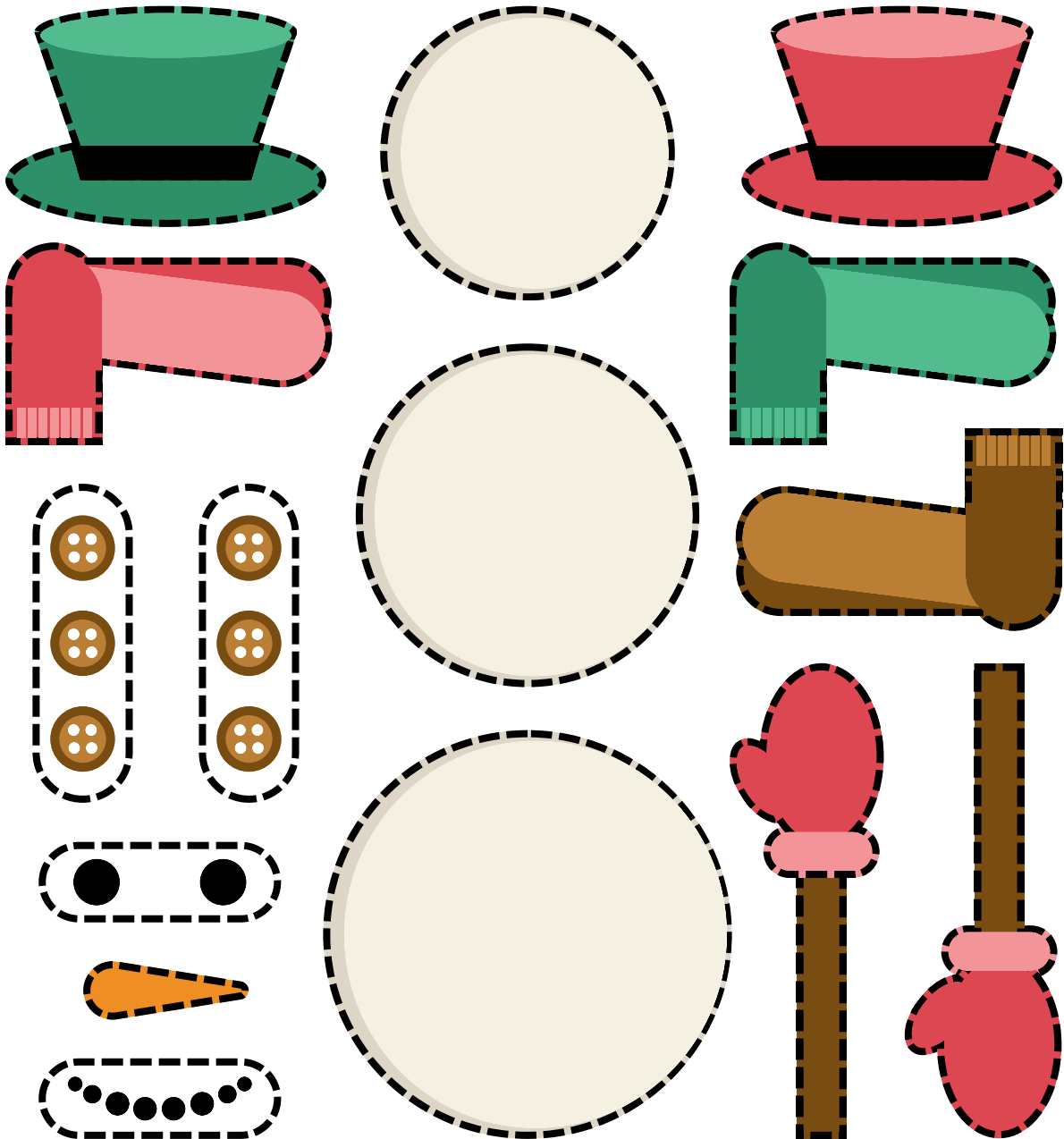
Name / Surname: \_\_\_\_\_ Date: \_\_\_\_\_

# Christmas

## BUILD A SNOWMAN



Cut out the parts of the snowman and glue them together.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Let's count for Christmas!

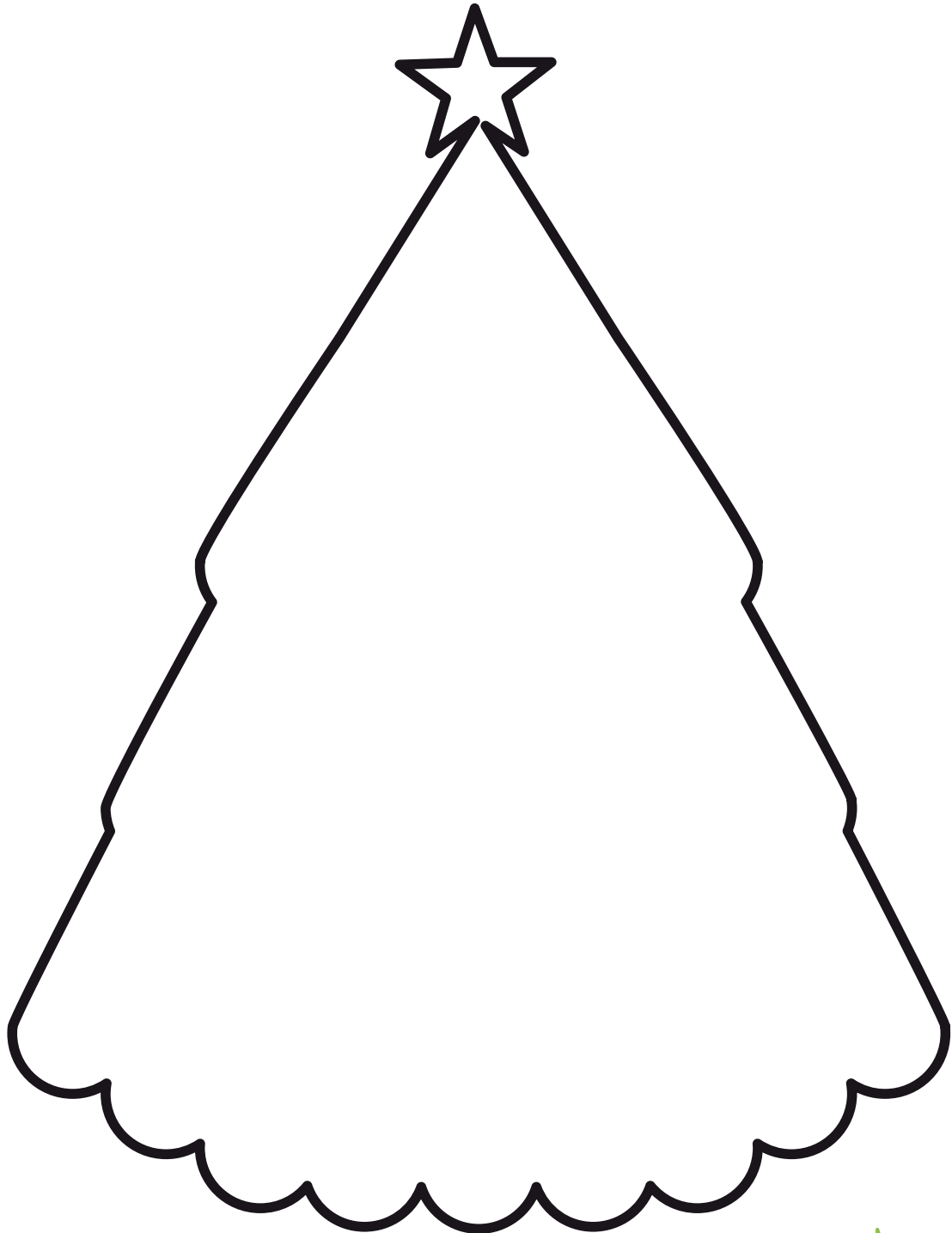
Color, count and write the numbers in the boxes below





# Christmas Tree

Decorate your Christmas tree.





# AQUAFIT in HOPE

**Every Friday**

**1:00 pm to 2:00 pm**

**Depart Siska at 11:00 am & returns at 4:00 pm**

Hope & Area Recreation Centre  
1005 6<sup>th</sup> Ave Hope, B.C. V0X 1L4



Please call 250.455.6601 to book your seat  
(limited seats)

Heskw'en'scutxe Health Services



# FREE SWIMMING IN HOPE!

SIGN UP FOR FREE FAMILY SWIMS AND  
AQUAFIT CLASSES ALL YEAR LONG.

THE HOPE & AREA RECREATION CENTRE  
1005 6<sup>TH</sup> AVE HOPE, B.C. V0X 1L4

FOR ALL ON AND OFF RESERVE SISKA  
AND COOKS FERRY MEMBERS!

CALL 250.458.2212 / 250.455.6601 OR  
EMAIL [ADMIN@HHSSBC.CA](mailto:ADMIN@HHSSBC.CA) TO HAVE YOUR  
NAMES ADDED TO THE LIST

