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Diabetes Awareness Month

National Addictions Awareness week

FNHA: Support your Journey with Alcohol Use



w?éx^w we? áu? ~ 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

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



"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."



Office Closure
Tuesday November 11

From HHSS ?esknstwex^w Team!

Heskw'en'scutxe Health Services would like to extend their heartfelt condolences to Ina's family. She will be missed and may she be at peace in the arms of the Creator.



k^wuk^wstéyp (kwukw-shteyp) - Thank you from all of us



We regret to announce that Angie will be leaving HHSS to pursue further education. Angie has embarked on a Master's degree in Nursing, and her last day with us will be October 30th. We wholeheartedly wish her the best as she will be focusing on developing policies to put an end to systemic racism in healthcare. We want her to know that she will be greatly missed by all of us!



Martha will continue to contribute to HHSS on a casual part-time basis. We would like to express our gratitude for her dedicated service as our frontline worker in Siska. We are thrilled to have her remain part of our team in a role that better suits her needs.



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

ADULT GRIEF & LOSS WORKSHOPS



Facilitators

Hillary 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

Day 2 - November 10th

Topic: Caring for our Grief

Cooks Ferry at 12 to 1:30 pm

at the Council Room, Band office
3691 Deer Lane - Spence's Bridge, BC

Adults only, 18+

Please register, limited spaces

Nation members welcomed

Click Below to

REGISTER NOW

<https://forms.office.com/r/svVvBwJF2T?origin=fbLink>

For Registration Support Call

Nadine Methot at HHSS
250 458-2212

For Workshop Questions

Kayla McBee or Hillary Willis
250 378-9772



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



Grief and Loss Workshop – October 20th

During the October 20th Grief and Loss workshop, Hiliary Willis, Master Level Practicum Student, and Kayla McBee, Adult Mental Health Clinician, from Nlaka'pamux Health Services Society, facilitated an experiential exercise exploring how grief can make us feel alone, yet it is also something we share collectively.



At the start, a lemon was placed in the center of the table among other items, sparking curiosity among participants. Once the group began, Hiliary walked around the room with a piece of lemon in her mouth, showing her facial expressions. Participants were invited to notice any sensations in their bodies; they experienced as they observed. Even when Hiliary covered her mouth, participants shared that they still felt a physical response to her reaction—the sour taste, watering eyes, tightening glands, and even the smell of the lemon.

November 10:
12 - 1pm at
Heskw'en'scutxe Council
Room

November 17:
4 - 5:30pm at
Siska Hall

This powerful exercise illustrated how grief, much like the shared reaction to the lemon, can be deeply felt even when unspoken. Each participant's experience was unique yet connected. The activity served as a reminder that we are not alone in our grief, even when it looks or feels different for each of us.



We look forward to our next group session and to offering more meaningful experiences for our participants.

If you would like to join us for day 2, for registration click:
Grief and Loss - Caring for Our Grief –
Fill out form or
call Nadine @ 250-458-2212, or Kayla/Hiliary at 250-378-9772

Nlaka'pamux Health Services Society

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ADULT GRIEF & LOSS WORKSHOPS



Facilitators

Hiliary 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

Day 2 - November 17th
Topic: Caring for our 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=lprLink](https://forms.office.com/r/avVvBwjF2T?origin=lprLink)

For Registration Support Call

Nadine Methot at HHSS
250-458-2212

For Workshop Questions

Kayla McBee or Hiliary Willis
250-378-9772



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Nooaitch, Shackan, Siska, Oregon Jack, Nicomen, Lytton, Skuppah,
and Kanaka Bar





Gathering the Embers of Wellness

WORKSHOP: ROOTS

Everyone
Welcome!

NOVEMBER 18, 2025
COOK'S FERRY GYM
11am - 2:30pm

RIDES AVAILABLE
CALL NADINE
@250.458.2212



🍲 FREE LUNCH 🎁 PARTICIPATION PRIZES 🎨 FEEL-GOOD STATIONS

Facilitated by Alanah &
Mercy from
Veneka Therapy &
Consulting

Questions?
intake@venekatherapy.ca
587-880-2673 ext 0



A free lunch, warm faces, and small
steps toward feeling better.

MANN'S FARM

October 19



38 community members braved the rain and had a funtastic day at Manns Farm in Abbotsford. This was an opportunity to spend quality time with family and friends on the land. Thank you to Clarissa for suggesting this idea and welcoming all our guests!

Thanksgiving Contest

Thank you for all the pictures of what you are grateful for. Everyone that entered the contest received a gift card.

- Lori Minnabarriet
- Regina Pierre
- Tammy Pierre
- Jolene Peters
- Gracie Peters
- Harlow Peters
- Hazel Billy
- Judy Service
- Grace Scott
- Vinny Wilson
- Harriet Wilson
- Amanda Dmytruk



Grieving Workshops

Prizes Winners
Pemberton Blanket

Bernice Anderson
Martha VanDyke





Look What We Learned

A NEW HEAD FOR YOU ELECTRIC TOOTHBRUSH

Do you know why you have to change the head of your electric tooth brush every 3 months?

Change your manual toothbrush every three to four months to keep it effective.

1. Replace electric toothbrush heads about every three months because their bristles wear down faster.
2. Signs that your toothbrush needs to be replaced include splayed bristles, permanently curved bristles, or very soft bristles.
3. Risks of not replacing your toothbrush regularly include tooth decay, gum disease, and other oral health problems that can occur when plaque and debris build up on the teeth.
4. The splayed bristles will irritate your gums

Head replacements are available while quantities last and are suitable for both adult and children models.

MICHELLE BEATTIE WILL RETURN TO SISKA ON NOVEMBER 24 BY APPOINTMENT

WATER PROOF WATER PIC

Did you receive a water pic last year from HHSS? How do you like it so far? We had some people say it can be quite messy in the bathroom with the water splashing around. Do you know you can use it in the shower? Yes, the water pic is water proof and can be used while showering,



HALLOWEEN CONTEST

Gabriel, Tatiana, Elijah, Axel, Kohl, Saul and Andre



Tammy Pierre



David Yamelst



Kai and Brynlee Leech



Norma Collins

Hank Yamelst & son



Ray Hewitt



Congratulations, everyone received a gift card for their entry!

Kellen Paul



Hannah Bruce Walkem



Trisha Patrick Family



Jasmine and Candice Dmytruk



Sarah and Sky Billy



Harlow and Gracie Peters



INTERIOR REGION

First Nations Health Authority

How was your quality of care? Let FNHA know.

Program Vision: Health and wellness programs and services that are safe and accountable to BC First Nations.

Program Mission: In the spirit of program excellence and continuous quality improvement, this office will centre the voice and wisdom of BC First Nations by using their experiences to define, improve and ensure accountability for safe health care.

We are here to receive any feedback you have about the care you, your family members or your loved ones have received, and to provide a transparent process for responding to concerns you may have about your care or for passing on your compliments.



Why you might contact us:

- **Make a complaint:** Tell us if the care you received did not meet your expectations.
- **Share a compliment:** Let us know if you had a positive experience. We can pass on your positive feedback to the people and teams that made a difference in your care.
- **Ask a question:** Do you have a question about a program or service? Are you wanting more information about your health records? Feel free to reach out and we'd be happy to navigate you to the right people or information.

What happens when you contact us:

When you contact us by email or leaving us a voicemail, we will get in touch within two business days. Our Quality Care Coordinator will then give you a call to get more information about your experience.

Contact the Quality Care and Safety Office at:

Toll-free line at: 1-844-935-1044

Email at: qualityinterior@fnha.ca

Scan here for more information



FNHA Memo on Acetaminophen Usage



A message from Dr. Kelsey Louie, FNHA Acting Chief Medical Officer; and Gary Housty, VP, Office of the Chief Nursing and Allied Health Officer

Oct 16, 2025

Recent misinformation has raised concerns about the safety of acetaminophen (more commonly known as Tylenol) during pregnancy.

These claims are not supported by scientific research. Acetaminophen is safe to use during pregnancy when taken as directed. It remains the preferred over-the-counter medication for treating fever and pain in pregnancy.

Leading medical organizations in Canada, the United States, and Europe continue to recommend acetaminophen as the first choice for pain and fever treatment during pregnancy. Both the Society of Obstetricians and Gynaecologists of Canada (SOGC) and Perinatal Services BC have affirmed the safety of acetaminophen during pregnancy.

Why this matters

Untreated fever or pain can pose risks for both you and your baby, and acetaminophen is the safest treatment for these. Other medications, such as ibuprofen (Advil) and acetylsalicylic acid (Aspirin) should only be used if prescribed by your health care provider.

How to use acetaminophen safely

- Take only when medically needed.
- Follow the recommended dose on the label – or your provider's instructions if different.
- Use for the shortest time necessary.
- Consult a health care provider if you are uncertain or have questions.

Seek medical attention if your fever persists or if you experience a headache that worsens or doesn't go away. These symptoms may indicate pregnancy-related conditions that need urgent attention.

If you have more questions about maternal and child health, please visit our website at www.fnha.ca/what-we-do/maternal-child-and-family-health/maternal-and-child-health.

FNHA Journey to Self Reflection & Alcohol Consumption

The journey begins with self-reflection. As you read, you are invited to consider questions about your alcohol use, including cravings, consumption frequency, and how it impacts your health and relationships. There are three pathways, each tailored to different goals:

Safer Drinking

For those who choose to continue drinking the same amount as usual, the toolkit provides strategies to make you safer. These include knowing personal limits, drinking more slowly, eating balanced meals, alternating with water, and choosing lower-alcohol beverages.

Reducing Drinking

For those seeking to cut back, practical tips include sipping slowly, choosing alcohol-free alternatives, and engaging in wellness activities like arts, culture or sports. Bringing your own non-alcoholic beverages to gatherings and setting personal drinking limits are also encouraged. Reflection on the reasons behind your drinking, such as coping with stress or trauma, can guide individuals toward professional support.

Stopping Drinking

For those who feel they want to stop drinking completely, safety is paramount. Withdrawal symptoms can be serious, and medical support may be necessary. Strategies include removing alcohol from the home, creating exit plans for social situations, and seeking community support through programs like Alcoholics Anonymous or FNHA's Virtual Substance Use and Psychiatry Service. Volunteering and reconnecting with cultural teachings are also powerful tools for healing.

Throughout the journey, the FNHA promotes an Indigenous harm reduction approach, one that avoids blame or shame and meets individuals with empathy and respect. Healing and wellness are personal, and while every step forward is a choice made by the individual, support is always nearby. Whether someone chooses to drink more safely, reduce their consumption, or stop entirely, they are not alone. This toolkit walks beside them, offering guidance, resources, and hope.

For even more resources beyond the toolkit listed above, visit:

Explore All Paths Lead to Wellness, which provides a description of the range of substance-use supports available while also recognizing the diverse needs of individuals.

Check out the Thunderbird Partnership Foundation website for information on programs and services for substance use and addiction and the Canadian Centre on Substance Use and Addiction website.

Review the recent announcement of new alcohol-consumption guidelines;

You can also access culturally safe care through the FNHA's Virtual Substance Use and Psychiatry Service, which provides BC First Nations people and their family members (even if non-Indigenous) with access to specialists in addictions medicine and psychiatry.

CHECK YOUR DRINKING: AN INTERACTIVE SELF-TEST

Alcohol self-test Website: <https://auditscreen.org/check-your-drinking>

The AUDIT questionnaire is designed to help in the self-assessment of alcohol consumption and to identify any implications for the person's health and wellbeing, now and in the future. It consists of 10 questions on alcohol use. The responses to these questions can be scored and the total score prompts feedback to the person and in some cases offers specific advice.

Conduct a quick self-test with the AUDIT below. Click on “submit” at the end for an instant assessment. Must go to the website Alcohol self-test

Please select your gender: Male or Female or Non Binary

1. How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day when drinking?

- 1 or 2
- 3 or 4
- 5 or 6
- 7 to 9
- 10 or more

3. How often do you have six or more drinks on one occasion?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

4. During the past year, how often have you found that you were not able to stop drinking once you had started?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

CHECK YOUR DRINKING: AN INTERACTIVE SELF-TEST

5. During the past year, how often have you failed to do what was normally expected of you because of drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

6. During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

7. During the past year, how often have you had a feeling of guilt or remorse after drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

8. During the past year, how often have you been unable to remember what happened the night before because you had been drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?

- No
- Yes, but not in the past year
- Yes, during the past year

10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested you cut down?

- No
- Yes, but not in the past year
- Yes, during the past year

DIABETES

What is diabetes?

We have trillions of cells in our bodies, and they need energy to do their work in keeping us well. They get their energy from sugar in the blood. Insulin is needed to move the sugar from our blood into our cells. Diabetes is when the body cannot get or use sugar from the blood as energy for our cells. The sugar gets stuck in the blood, and this leads to high blood sugar. High blood sugar, over time, causes damage to our body.

There are three main types of diabetes:

Type 2 diabetes is when the body makes insulin, but the insulin does not open the cells to let the sugar in.

Type 1 diabetes is when the body does not make enough insulin, so there is nothing to open the cells to let sugar in.

Gestational diabetes is a temporary type of diabetes that can happen during pregnancy. It usually goes away after birth but does increase the chance of Type 2 diabetes. With gestational diabetes, the body makes insulin, but the insulin does not open the cells to let the sugar in (similar to Type 2 diabetes).

What is wholistic diabetes care?

Diabetes care is all about balance. Balance in our lives, balance in ourselves, and balance in blood sugar.

The First Nations Health Authority (FNHA) recognizes that prior to contact, First Nations people did not experience diseases such as diabetes. Traditional First Nations culture incorporates wholistic wellness into everyday life. Pre-contact lifestyles included diverse physical activity and healthy traditional diets. The FNHA supports a wholistic approach that recognizes each person's unique diabetes journey.

Diabetes care includes:

Balance in body, mind, heart and spirit.

Culture, support and respect.

Movement as medicine.

Uplifting strengths and reducing stigma.

Access to food and medicines.

Self-compassion, trusting the body and honouring its needs.

Self-determination.

Does the FNHA have any coverage for diabetes items and supplies?

First Nations Health Benefits (FNHB) coverage is available for some diabetes items and supplies.

Coverage for diabetes items

Blood Glucose Test Strips

Please contact HHSS to further discuss and meet with the Nurse to create a wellness plan.

DIABETES

HEALTHY LIFESTYLE ACTIONS TO

MANAGE DIABETES

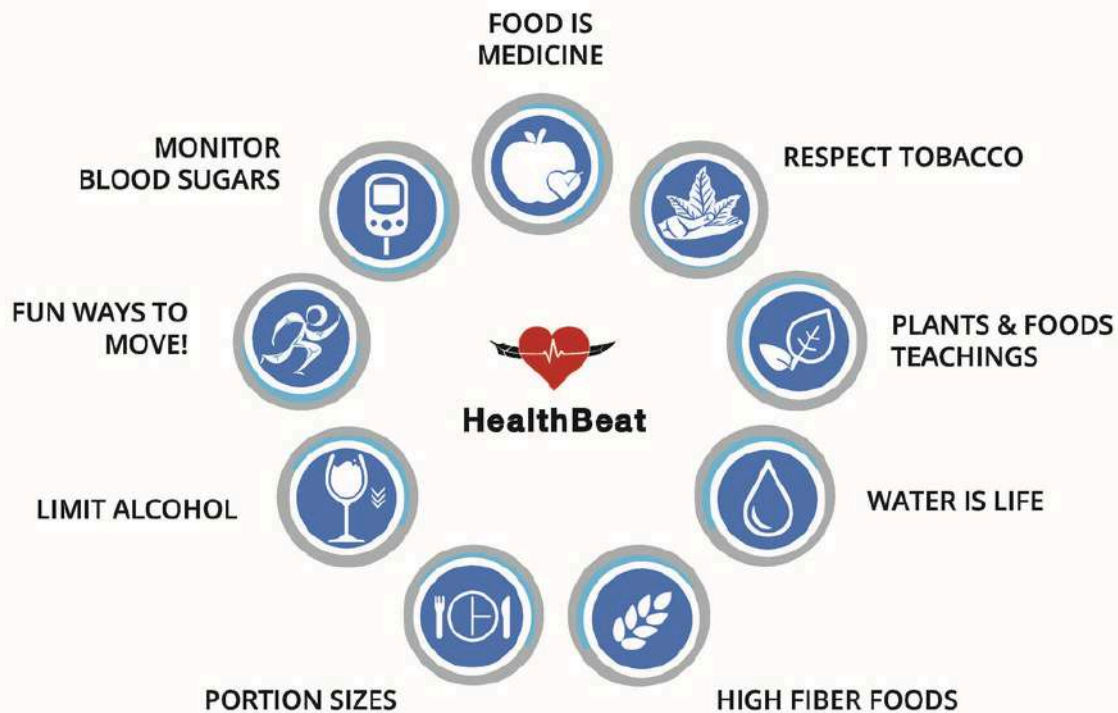
What is Diabetes?

Type 2 Diabetes is a condition in which the body is unable to make enough insulin, or the body is unable to properly use the insulin it makes. Type 2 Diabetes is the most common form of diabetes.

A note on pre-diabetes: If you have your blood sugars checked regularly, your health care team might identify that your blood sugars are slightly high, or at the pre-diabetes level. If slightly high blood sugar levels are identified early and you are able to make some lifestyle change, you have a good chance of not progressing to type 2 diabetes.

How can I support my Wellness when I have Diabetes?

There are many ways to support diabetes wellness with healthy eating, physical activity, and medications to help keep blood sugars in a healthy range.



DIABETES

There are many parts of our society that affect our health and lives that are beyond an individual's level of control. We want to acknowledge the social, political, economic, and environmental impacts to the health of the lands, waters, and forests, which in turn affects our health. We want you to know we are here to support you with your wellness goals and will meet you wherever you are at in your wellness journey.



MONITOR BLOOD SUGARS

Type 2 Diabetes: your doctor will request a lab blood test every 3 months (or 6 months for pre-diabetes) and you may not have to check your blood sugars very often at home (note: if you are only on Metformin, checking your blood sugars at home a few times per week can help make sure you are staying on track). If your blood sugars are high, you have a new diagnosis of diabetes, you are on diabetes medications (other than Metformin), or are on insulin, you should check your blood sugars at home more regularly.



HIGH FIBRE FOODS

Enjoy whole foods with fibre. Fibre helps grab extra cholesterol in your bowels and gets it out of your body through healthy bowel movements. Choose: whole-grains (whole-grain bread, brown rice, old-fashioned or steel cut oatmeal); all fruit including berries, apples, bananas, oranges; all vegetables especially non-starchy ones like wild greens, spring shoots, nettle, cauliflower, broccoli, salads, onion, tomato, peppers, celery, cucumber, spinach, carrots, beets, cabbage, garlic, ginger; nuts and seeds (peanut butter, sunflower seeds, walnuts); beans and lentils including rinsed canned or dried beans and lentils.



RESPECT TOBACCO

Even if you have been using commercial tobacco for many years, you can improve your health by quitting. Many people find success if they make a quit plan and gather supports. The First Nations Health Authority's (FNHA) website also has resources available, including a tobacco podcast series!



LIMIT ALCOHOL

If you drink, limit it to 1-2 drinks per day and no more than 5-10 drinks per week depending on your age, gender, weight, and health history.



FOOD IS MEDICINE

Enjoy lots of fresh foods like veggies, fruit, berries, fish, game, and wild foods. Most fruits, sweets, pastries, and drinks contain carbohydrates which breaks down into sugar in your body. Spread out carbohydrates (rice, potatoes, pasta, bread) throughout the day. Estimate about a 'fist size' per meal. Look for carbohydrate foods with fibre: choose old-fashioned or steel cut oatmeal over cereal, brown rice over white rice, and whole-grain bread over white bread. These foods have more fibre and will break down into sugar more slowly.



WATER IS LIFE

Nourish your body with water. Jazz up water with fresh citrus (lemon, orange, lime), cucumber, herbs, berries, etc. Grab our Re-Think Your Drink handout for recipes! Limit high sugar drinks (specialty coffees, soda, juice, energy drinks, iced tea, sports drinks).



PLANTS & FOODS TEACHINGS

Connect with a health care provider, an Elder, traditional knowledge and medicine keeper, or herbalist to learn about plants and foods that can support your journey to take control of diabetes like dandelion leaf and root, devil's club, blueberry and huckleberry, blackberry leaf, omega-3s or oolichan grease.*



PORTION SIZES

On your dinner plate aim for 1/2 plate of vegetables and fruits, 1/4 plate starch such as grains (rice, bread, pasta), or root vegetable (potato, sweet potato), and 1/4 plate protein (fish, meat, eggs, legumes like beans and lentils) and ENJOY!

**Consult with a medical professional to ensure there are no contraindications with medicine you are currently taking.*

Where you can find more information and support



Connect with your doctor, diabetes educator, dietitian, or community health nurse for ongoing support to take control of your diabetes.



Learn about diabetes from
National Indigenous Diabetes Association: nada.ca
Indigenous Diabetes Health Circle: idhc.life/resources



Call HealthLinkBC at 8-1-1 to speak with a registered nurse, a Registered Dietitian, a qualified exercise professional, or a pharmacist to discuss your blood sugar.

Healthy Eating For
DIABETES PREVENTION

EAT MOSTLY THIS

Fruit

- Berries
- Apples
- Peaches
- Plums
- Cherries
- Melon
- Banana
- Nectarines
- Pear
- Pineapple
- Oranges
- Crab Apples

Vegetables

- Cauliflower
- Broccoli
- Carrot
- Mushroom
- Kale & Spinach
- Onion
- Garlic & Ginger
- Cucumber
- Tomato
- Peppers
- Cabbage
- Seaweed

Starches

- Brown Rice
- Wild Rice
- Whole-Grain Bread
- Sweet Potato
- Yam
- Corn
- High-fibre Pasta
- Barley
- Oatmeal
- Steel-Cut Oats
- Potato with Skin
- Quinoa

Proteins

- Salmon
- Halibut
- Mussels, Clams, Oysters, Urchins
- Crab & Prawns
- Oolichans or Sardines
- Eggs
- Peanut Butter
- Nuts & Seeds
- Lentils & Beans
- Chicken & Lean Meat

HAVE LESS OF THIS

Processed Foods

- Bacon or Sausage
- Bologna & Weiners
- Butter & Margarine
- Cake, Pastries, Donuts, Cookies
- Cheese
- Chinese Noodles
- Chips
- Chocolate Bars
- Cream & Creamer
- Deli Meats
- Fast Foods
- French Fries
- Fried Bread
- Fried Fish
- Hash Browns
- Ice Cream
- Kraft Dinner®
- Mr. Noodle®
- Pizza
- Refined Flour (white bread)
- Refined Vegetable Oils

Sugary Drinks

- Soda or Pop
- Energy Drinks
- Vitamin Water
- Specialty Coffee
- Sports Drinks
- Slurpee's®
- Juice & Crystals
- Iced Tea

**AVOID LIQUID
 SUGARS FOR
 DIABETES PREVENTION.**

DRINK MORE OF THIS

Water, Herbal Teas, Soda Water, Lemon Water

Reading Labels &

NUTRITION INFORMATION

Carbohydrate and protein needs vary based on age, activity level, current weight, and weight goals. In general people **living with diabetes should aim for smaller portions of carbohydrates and fill up on quality protein at meals.** Here are some tips on how to understand the nutrition information provided at the bottom of each recipe.

UNDERSTANDING CARBOHYDRATES

Carbohydrate will all eventually break down into sugar. Our body uses this sugar for energy, but too much is not good. **'Total Carbohydrate' is Starch + Sugar + Fibre.** The **fibre portion does NOT break down into sugar.** Therefore when looking at the **'Carbs' always subtract the 'Fibre' to get that actual (or net) amount of carbohydrates.** For this *Peanut Butter Banana Smoothie* (see recipe):

Cal: 345 Fat: 26g S.Fat: 3.4g Carbs: 37g Fibre: 18g Sugar: 10g Protein: 18g
Sodium: 350mg Potassium: 1162mg Calcium: 53% Iron: 19% Zinc: 8%

Carbs is 37 grams and Fibre is 18 grams. The actual (or net) amount of carbohydrates is **37 grams - 18 grams = 19 grams of carbohydrates.**

For many people living with diabetes, aiming for a similar amount of carbohydrates at each meal can help with blood sugar levels especially if you are on insulin.

Remember - the more fibre the better. Not only does it 'decrease' the amount of 'actual or net' carbs, it also slows down the breakdown of those carbs into sugar, feeds our beneficial gut bacteria, and helps us feel full.

UNDERSTANDING PROTEIN

Protein foods do not break down into sugar, and if they are eaten with a carbohydrate food can help decrease the spike in blood sugars from the carbohydrates. A good idea is to try to pair a protein with a carbohydrate at every meal and snack. Good sources include nuts, seeds, peanut butter, lean meat, fish, seafood, beans (lentils, kidney beans, chickpeas). Many protein foods also contain healthy fats such as nuts and fish.

Reading Labels &

NUTRITION INFORMATION

Understanding food labels can help us make the better choice when we are grocery shopping. The label breaks down the amount of calories, carbohydrate, fat, fibre, protein, and vitamins per serving of the food, making it easier to compare the nutrition of similar products.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1) Check the **Serving size** first. All the numbers on this label are for a 2/3-cup serving.

2) This package has 8 servings. If you eat the whole thing, you are eating **8 times the amount of calories, carbs, fat, etc.**, shown on the label.

3) **Total Carbohydrate** shows you types of carbs in the food, including sugar and fibre.

4) Choose foods with **more fibre, vitamins, and minerals**.

5) Choose foods with **lower calories, saturated fat, sodium, and added sugars. Avoid trans fat**.

In general, **eat more foods that are higher in vitamins, minerals** (such as calcium and iron), and fibre. Eat **fewer foods that are higher in added sugars, saturated fat, and sodium** (salt), and avoid trans fat. The **% Daily Value of each nutrient is based on eating 2,000 calories a day** which differs for individuals depending on age, gender, activity level, current weight, and whether the goal is weight loss or weight gain.



SMOKED FISH & RICE CASSEROLE

BY RACHEL, DIETITIAN, MOMS RECIPE

MAKES 4 SERVINGS

INGREDIENTS

- 2 cups of basmati rice
- 1 cup of wild rice
- 5 cups of water or stock
- 2 cups of vegetables, cut into small pieces (carrots, onion, celery, mushroom), or peas
- Smoked fish for 6 people (400g) (smoked black cod or salmon)
- Seaweed (optional), crumbled into small pieces.

PREP TIME: 10 MIN

READY IN: 55 MIN

DIRECTIONS

1. Soak wild rice for at least 4 hours in water.
2. Preheat oven to 400°F.
3. Drain the wild rice and add to a 13 x 9 " casserole dish, along with the other rice, water or vegetable stock and vegetables.
4. Place the smoked fish on top. If there is skin on the smoked fish put the skin side up. Press down slightly so the fish is halfway submerged in the water. Add optional seaweed, crumbled on top.
5. Bake in the oven covered with tin foil for about 45 minutes. Check to see if the rice is fully cooked before serving.

Note

- This dish is originally done with smoked black cod. The saltiness of the fish flavours the rice.

Done with black cod, peppers and mushrooms.

Cal: 427 Fat: 16g S.Fat: 3.5g Carbs: 38g Fibre: 5g Sugar: 5g Protein: 27g Sodium: 670mg Potassium: 870mg Calcium: 48% Iron: 12% Zinc: 10%



MOOSE MEAT LOAF

RECIPE ADAPTED FROM TRADITIONAL FOODS & RECIPES ON THE
WILD SIDE BY NATIVE WOMEN'S ASSOCIATION OF CANADA

MAKES 6 SERVINGS

INGREDIENTS

- 1 1/2 lb ground venison or moose or elk
- 1/2 onion, minced
- 1 cup milk or milk alternative
- 1 egg
- 1 tsp salt
- 1 cup oatmeal
- 1 cup mixed vegetables, optional (diced celery, diced carrots, frozen peas, sliced mushroom)

PREP TIME: 10 MIN

COOK TIME: 1 1/4 HOUR

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix all ingredients together in a large bowl.
3. Grease a 9 x 5 x 3 inch loaf pan and add all ingredients.
4. Bake for 1 hour and 15 minutes.

Note:

- Recipe was adapted to contain less salt (original recipe 1 1/2 tsp). Also adapted to contain more onion (original recipe had 1 tsp onion) and included the option of adding vegetables (original recipe had no added vegetables).

Tip:

- Serve with cauliflower potato mash (see recipe in Sides section)

Cal: 250 Fat: 3.4g S.Fat: 1g Carbs: 16g Fibre: 2.6g Sugar: 4.2g Protein: 39g
Sodium: 255mg Potassium: 260mg Calcium: 7% Iron: 32% Zinc: 32%

PLEASE US TO HELP OTHERS

WE WILL NOT BE ACCEPTING ANY FOOD DONATIONS, AS WE HAVE NO STORAGE FOR IT.



Hamper Delivery Date:
December 20, 2025

CHRISTMAS HAMPER DRIVE

APPRECIATED:

*** Monetary Donations are welcomed: addresses below

To apply for a hamper, we PREFER you attend in person, bringing photo ID and proof of residency.
NOTE: There will be a very short, telephone call-in time period, after the regular application dates.

ASHCROFT: E. FRY OFFICE

***** TWO DAYS ONLY	
TUESDAY, November 18 (FAMILY DAY)	12:00 – 2:00
WEDNESDAY, November 19 (FOOD BANK DAY)	12:00 – 2:00

CACHE CREEK:

MONDAY, November 17 THE EQUALITY PROJECT	11:00 – 1:00
TUESDAY, November 18 COMMUNITY HALL BASEMENT	11:00 – 1:00

CLINTON: THE FOOD BANK

TUESDAY, November 18	12:00 – 2:00 11:00 – 1:00 EX
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SPENCES BRIDGE: SBID BUILDING (old school)

***** ONE DAY ONLY	
FRIDAY, November 21	1:00 – 3:00

BONAPARTE: HEALTH CENTRE

FRIDAY, November 21	12:00 – 2:00
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**** TO MAKE APPLICATION BY PHONE: (November 24-26 ONLY; 1:00 – 3:00 pm ONLY)

CUT OFF DATE FOR APPLICATIONS – NOV 26 at 3:00 pm (FIRM)

Ashcroft – Call Trish at 250-453-9656

Cache Creek – Call Esther at 250-453-9085

Spences Bridge and Clinton – Call Chris at 250-453-9534

Mailing address for cash donations:

Ashcroft & Area CRS/Christmas Hampers
Box 1137, Ashcroft BC V0K 1A0

Or: e-transfer:

ashcroftcrs@yahoo.com (Subject: Treasurer/Christmas Hampers)

Medical Supplies and Equipment Benefits



First Nations Health Authority
Health through wellness

First Nations Health Benefits offers you a comprehensive Medical Supplies and Equipment (MS&E) plan to support you on your wellness journey.

MS&E items and services are required by many people for short or long-term needs and can be essential in supporting your health and wellness.

Did you know?

There are over 400 MS&E items and services available to you.

Your MS&E benefit offers you a comprehensive list of items and services based on your needs and eligibility.

What my plan covers



Some items and services that are covered by your MS&E plan include, but are not limited to:

- Braces and splints
- General MS&E
- Hospital beds
- Low vision aids
- Ostomy supplies
- Wound care supplies
- Bathing and toileting aids
- Cushions and protectors
- Hearing aids and repairs
- Prosthetics and supplies
- Lifting and transfer aids
- Foot orthotics and orthopedic shoes
- Oxygen, sleep and breathing aids
- Offloading boots (air casts)
- Surgical stockings and pressure garments
- Urinary supplies and devices
- Walking aids and wheelchairs
- Diabetic and heart patient devices

What my plan does not cover



Some items and services that are not covered by your MS&E plan include, but are not limited to:

- Household items (e.g., air conditioner)
- Home renovations (e.g., ramps, stair lifts)
- Sports equipment (e.g., treadmills, exercise items)



To have your MS&E plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit pac.bluecross.ca, to login to your member profile.

How Do I Access Coverage?

There are certain steps you can take to access your coverage, avoid out-of-pocket costs and get the items you need quickly. If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

1

If your doctor, nurse practitioner or other health care provider suggests an MS&E item, ask them for a prescription or written recommendation.

2

Ask your pharmacist or MS&E provider if they are registered with PBC for direct billing.

3

Talk to your pharmacist or MS&E provider about which items and services are fully covered by your MS&E plan.

4

Make sure any prior approval requests for items or services have been approved.

If you have any questions about your Medical Supplies & Equipment plan or how to access coverage, please call [1-855-550-5454](tel:1-855-550-5454).

Gender-Affirming Product Coverage

Medical Supplies and Equipment



INTERIOR REGION
First Nations Health Authority

Dākelh Dené | Ktunaxa | n. St'át'imc | Nlaka'pamux | Secwépemc | Syilx | T̓silhqot'in

Gender-Affirming Product Coverage:

Coverage to access Gender-Affirming Products is provided through a partnership between the FNHA and Pacific Blue Cross (PBC). The following products are covered for Status First Nations people in BC through the Medical Supplies & Equipment benefit:

- Bra inserts (pair)
- Brassiere- for bra inserts
- Lower body garment – gaff
- Packer phallus
- Packer – securement
- Packer – with Stand to Pee (STP) device
- Stand to Pee device
- Upper Body Garment – binder
- Vaginal dilator – kit
- Vaginal dilator – single

To access these items, you will need a prescription from a medical doctor, nurse practitioner or psychologist. If your provider is registered with PBC, your provider may be able to submit a claim to PBC directly, or you can submit your receipts for reimbursement.

You can learn more about how to access coverage for Gender Affirming Products on the [Medical Supplies & Equipment Benefit page](#) at FNHA.ca.



Other Services at Ashcroft Community Health Centre

- Home Health Laboratory
- Medical Imaging (X-ray)
- Opioid Agonist Therapy
- Mental Health & Substance Use
- Long Term Care

Address

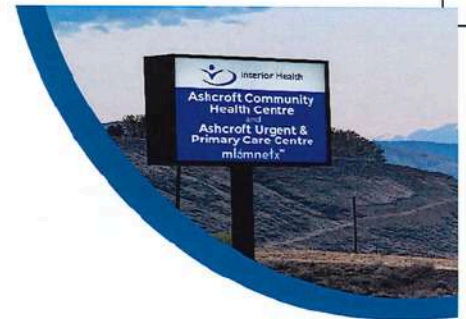
Ashcroft Community Health Centre
700 Ash-Cache Creek Hwy
Ashcroft B.C.

Hours

8 a.m. – 8 p.m. 7 days a week
(including statutory holidays)

Contact

250-453-2211 ext. 1



ASHCROFT URGENT AND PRIMARY CARE CENTRE (UPCC)



Visit us for the following services:

- **Urgent, non-life-threatening illnesses or injuries that need attention within 12-24 hours** (e.g., sprains, cuts, fevers, minor infections, earaches, sexual health needs, and mental health including anxiety and mild to moderate depression).
- **Ongoing primary care appointments** with a family doctor or nurse practitioner.

How to access care?

Call 250-453-2211 ext. 1 to book an appointment with our UPCC team.

Drop-in appointments are also available. Patients are seen based on urgency, so those with the most pressing needs will be prioritized.

Need a primary care provider?

Register for the Health Connect Registry to be matched with the group of doctors / nurse practitioners at the Ashcroft UPCC. Call 811 or scan:

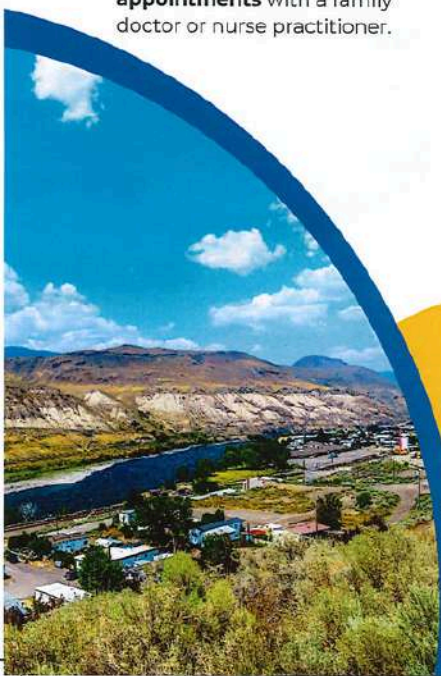


What is team-based care?

Team-based care means a group of health-care professionals with different backgrounds working together to provide you with the best possible care and outcomes.

Depending on your health needs, you may see one or more members of the team. Information is shared among the team to ensure your experience is coordinated and supports your goals. Your care team may include:

- Physicians
- Nurse Practitioners
- Registered Nurses
- Medical Office Assistants
- Indigenous Patient Navigator
- Social Worker
- Licensed Practical Nurses
- Physiotherapist
- Clinic Manager



If you are experiencing a life-threatening illness or injury, call 911.



Knowledge is power; here are some trustworthy health resources to explore:

Indigenous Disability Awareness Month

<https://www.bcands.bc.ca/indigenous-disability-awareness-month-idam/>

Diabetes Awareness Month

<https://www.diabetes.ca/about-diabetes-canada/change-the-conversation-about-diabetes>

National Addictions Awareness week

<https://www.ccsa.ca/en/guidance-tools-resources/communities/national-addictions-awareness-week-old>

Natural Grief and Bereavement Day

National Grief and Bereavement Day - CHPCA

Free Drug & Alcohol Treatment Admission

HHSS has funds available to sponsor community members both on and off reserve to enter a treatment center.



**Health
is wealth**

Please call the office to speak with nurse Carnation. She will fill out the paperwork and support you on this journey.

All calls are confidential, we are here to help and support you.

FINDING YOUR PATHWAY TO TREATMENT



First Nations Health Authority
Health through wellness

TREATMENT IS PART OF THE RECOVERY PROCESS

The steps below can be taken with the support of a referral partner. If you're not sure who to work with, please find some resources on the back page.

The First Nations Health Authority (FNHA) is a health and wellness partner to each and every First Nations person living in British Columbia (BC).



1 CONNECT WITH A REFERRAL PARTNER

This could be your doctor, community counsellor, community health nurse, addictions worker, or the [First Nations Virtual Doctor of the Day](#).

HERE ARE SOME THINGS TO CONSIDER:

- Do you want your treatment rooted in culture or to incorporate cultural elements?
- Treatment needs: [Opioid Agonist Therapy \(OAT\)](#), youth, pre-treatment detox, length of program, family-based.
- Is it important to have treatment close to where you live? (Other treatment centres across BC may have availability.)
- Do your benefits cover treatment? Would you be willing to pay?



A FNHA-FUNDED TREATMENT CENTRES IN BC:

- Offer cultural and land-based programming.
- Cultural supports on site, such as an Elder.
- Land-based healing.
- Fully funded by the FNHA.
- [Treatment Centres](#)

B PROVINCIAL/PUBLIC FUNDED CENTRES:

- Locations throughout BC.
- Some provide specialized care for co-existing mental health conditions.
- Some may include cultural programming.
- For funding options, talk to your referral partner



3 COMPLETE AND SUBMIT APPLICATIONS

Choose three to four centres and work with your referral partner to submit applications to all of them. This will help with waitlists that you may encounter.

WHILE YOU WAIT FOR TREATMENT, FOCUS ON YOUR WELLNESS

- Reach out to loved ones for support. Connect with a friend/family member about what you need to stay safe.
- Connect with your community's mental health team, addictions worker, traditional and cultural supports, and/or peer support groups.
- Make a plan with the support of an addictions medicine doctor by connecting with [FNHA Virtual Substance Use and Psychiatry Service](#) (requires a referral).
- Consider talking with a counsellor while you wait. Find a counsellor through the [Mental Health Benefit](#).
- Work with your referral partner to choose some coping strategies.



SUPPORTS AND RESOURCES

If you're not sure how to connect with a referral partner,
or someone who can help, start with these options:

FNHA VIRTUAL DOCTOR OF THE DAY

1-855-344-3800 (Toll-free, 7 days a week 8:30 a.m. to 4:30 p.m.)

[First Nations Virtual Doctor of the Day](#)

FNHA VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE

Provides virtual specialist support in addictions medicine and psychiatry.

FNHA Virtual Doctor of the Day, or your usual medical professional, can refer you to the
[Virtual Substance Use and Psychiatry Service](#).

To support your mental health and wellbeing, you can reach out to:

KUU-US CRISIS LINE SOCIETY

24 Hour Crisis Line for Indigenous people across BC

Adults/Elders Line: 250-723-4050

Youth line: 250-723-2040

Toll-free: 1-800-8717

INDIAN RESIDENTIAL SCHOOL CRISIS LINE

National service for anyone experiencing pain or distress as a
result of their residential school experience.

604-985-4464 or;

Toll-free crisis support (24/7)

1-800-721-0066

COUNSELLING

Various services are available through the FNHA Health Benefits.

Before booking an appointment, call 1-855-550-5454 or visit

fnha.ca/benefits to ensure the service is eligible for coverage.

To access cultural support and counselling support services, you can call the [Tsow-Tun Le Lum Society](#) toll-free line at 1-888-403-3123 or their main office at (250) 390-3123.

FURTHER RESOURCES

[FNHA Harm Reduction](#)

[Provincial Substance Use Treatment Program for Adults](#)

[Registered Supportive Recovery Assisted Living Services in BC](#)

[Non-FNHA Treatment Centres Application Process](#)

For assistance navigating barriers, questions, or the Pathway to Treatment,
contact MHWPrograms@fnha.ca or call your community health centre.

ALL PATHS LEAD TO WELLNESS



First Nations Health Authority
Health through wellness



Mental Health & Substance Use Fact Sheet

HELP LINES

This Fact Sheet is a compilation of trustworthy Help Lines to support you and guide you to other resources.



HELP LINES

If you are in crisis and not able to visit or get in touch with your local Mental Health & Substance Use Centre, please contact the Interior Crisis Line Network at **1-888-353-2273** for immediate assistance.

Hours for all services listed are 24 hours/day, 7 days/week, unless otherwise stated.

Help Line	Description	Help Line	Description
Interior Crisis Line Network 1-888-353-2273 Text 45645 www.InteriorCrisisLine.com	<i>Get confidential, accessible, research-based and empowering support for people in the Interior Region.</i> Text hours 1pm-9pm, 7days/week	Kids Help Phone 1-800-668-6868 Text "CONNECT" to 686868 www.KidsHelpPhone.ca	<i>Reach a professional counsellor 24/7. Service is available in English & French.</i>
Suicide Prevention 1-800-SUICIDE (784-2433) www.CrisisLines.bc.ca	<i>Access to skilled suicide assessment, intervention and support.</i>	Online Chat for Youth www.YouthInBC.com	<i>Youth can Chat with a crisis responder.</i> Noon to 1am, 7days/week
KUU-US (Aboriginal) Crisis Line 1-800-588-8717 www.KUU-USCrisisLine.com	<i>Provincial Aboriginal crisis line for adults/elders and youth.</i>	Online Chat for Adults www.CrisisCentreChat.ca	<i>Adults can Chat with a crisis responder.</i> Noon to 1am, 7days/week
Métis Crisis Line 1-833-MÉTISBC (638-4722) www.mnbc.ca	<i>Provincial Metis crisis line for adults and youth.</i>	Mental Health Support Line 310-6789 (no area code needed) www.CrisisLines.bc.ca	<i>Call for emotional support, information and resources specific to mental health.</i>
Indian Residential School Survivors Crisis Line 1-866-925-4419 www.irss.ca	<i>For survivors and family experiencing pain or distress as a result of their Residential school experience.</i>	National Overdose Response Service 1-888-688-NORS (6677) www.nors.ca	<i>NORS is an overdose prevention hot-line for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.</i>
Hope for Wellness (Indigenous) Help Line / Online Chat 1-855-242-3310 www.HopeForWellness.ca	<i>Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.</i>	Crisis Centre BC 1-800-784-2433 www.CrisisCentre.bc.ca	<i>Here to listen. Here to help. Get non-judgmental, confidential support.</i>
Seniors' Distress Line 1-604-872-1234 www.SeniorsFirstBC.ca	<i>Provides non-judgmental, confidential support to seniors.</i>	TTY Distress Line 1-866-872-0113 www.CrisisCentre.bc.ca	<i>Provides non-judgmental, confidential support for deaf, hard of hearing or speech-impaired people.</i>
Alcohol & Drug Info Line 1-800-663-1441 www.healthlinkbc.ca	<i>Get non-urgent information on a variety of alcohol & drug topics.</i>	Wellness Together Canada 1-866-585-0445 Text "WELLNESS" to 741741 www.wellnesstogether.ca	<i>Provides phone-based professional counselling service for adults (18+).</i>
Trans Lifeline 1-877-330-6366 www.translifeline.org	<i>This trans-led organization connects trans people to community, support & resources.</i>	Interior Health Patient Care Quality Office 1-877-442-2001 www.interiorhealth.ca	<i>Call if Interior Health has not met your expectations. We are committed to working with you to find a reasonable solution.</i>

Call 8-1-1

For help from a health service navigator, nurse, dietitian, exercise professional or pharmacist.

www.HealthLinkBC.ca

Call 2-1-1

For help from a resource navigator to connect you to programs & services in your community.

www.bc211.ca

Call 9-1-1

For Emergency Medical Help, Police or Fire Department

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.



Substance Use Services | Mental Health & Substance Use Network

Developed by: Substance Use Resources Working Group | Endorsed by: Substance Use Services Manager

Developed: 26/08/20 | Revised: 03/09/21





Naloxone Training

● SAVE A LIFE: CARRY NALOXONE ●

Be prepared.

Must be 16 or older

For Siska & Cooks Ferry Members

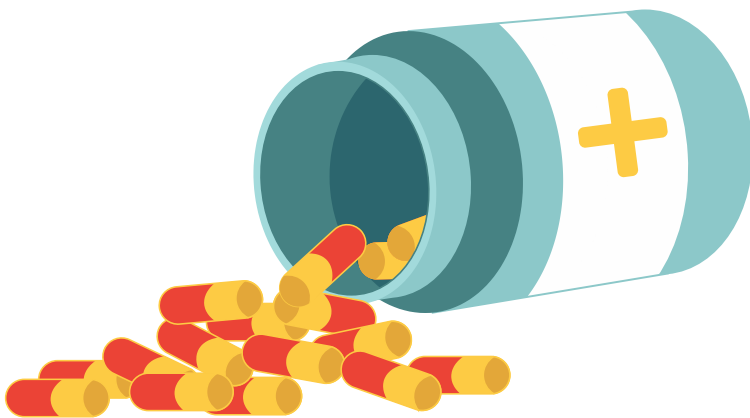
Call the **Heskw'en'scutxe Health Services** office at Cooks Ferry office: 1(250)458-2212 or Siska Office 1(250)455-6601 to book an appointment for Training.

What is Naloxone (Narcan)?

- Naloxone is a life-saving medication that can reverse an opioid overdose, including heroin, fentanyl, and prescription opioids.

Free training and Naloxone kits provided.

Let's work together to keep our community safe.



if anyone has any expired meds at home, cluttering your cupboards, please bring them to HHSS for safe disposal. Including sharps containers. Meds are returned to the pharmacy where they are burned in a special kiln.

HELP IS AVAILABLE - AS OF NOVEMBER.30TH 2023

24HR SUICIDE AND MENTAL HEALTH CRISIS SUPPORT: CALL OR TEXT #9-8-8

Immediate, confidential, judgement-free and trauma-informed services provided by trained crisis responders, please reach out.



INTERIOR REGION
First Nations Health Authority





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)



December Weekly
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

Prizes: A selection of Gift cards including Costco \$200 gifts cards (no you don't need a membership)

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.

Dental Clinics with FNHA Michelle Beattie

Siska: November 24

Flu & Covid Clinic

Siska Clinic; November 17

Please call the office to book an appointment.

Mobile Eye Clinic

Siska Clinic; November 17

Please call the office to book an appointment.

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 offering workshops with them in the fall.

Deep Tissue Massages with John Tai

Siska: November 4

Cooks Ferry: November 12

Massages with Melanie Roberts

Melanie will return in the Spring of 2026

Footcare with Suzanne Marcel

Cooks Ferry: November 18

Siska November 26

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, offered year round.

Horse Club Drop in for all ages 6+

Grit Farm: Boston Bar

New Day and Time until December
Saturdays 12:45-3:15 pm



Gas cards provided. This is a family activity and HHSS can no longer provide rides unless a guardian attends in the HHSS vehicle. John and Alisson would like to take the kids to the Chilliwack Horse Club. Please reach out to them for more info.

Aquafit in Merritt and Hopet

We are happy to add Hope as another Aquafit pool destination. You can also swim for free. Simply call the office to have your name added to the list or present your status card at the pool desk.

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

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.



● Mobile Eye Clinic

Free exams and wide selection of frames to choose from! (700 frames in our Siska office)

Children as young as 6 months of age can be seen. We encourage children to be screened. Open to all by appointment or drop in.

November 17 in Siska

163 Loop Road, Siska

Hours: 9 am to 7 pm

Open to all!

Call the office

 250.455.6601

Transportation available



VISION BENEFITS



First Nations Health Authority
Health through wellness

First Nations Health Benefits & Services (FNHBS) offers you a comprehensive vision care plan to support you on your wellness journey.

Getting a regular eye exam is necessary to maintain good eye health and to check the eyes and brain for diseases. If you wear prescription contacts or eye glasses it is important to update your prescription regularly.

Did you know?

Approximately 80% of visual impairment is either preventable or curable with treatment.

Your vision care plan offers you access to regular preventative services, such as eye exams, to protect and maintain your eye health.

What my plan covers

Your plan covers certain vision care services and items under the following categories:

- > Sight tests and eye exams; and
- > Prescription eyewear and repairs.

What my plan does not cover

Some items and services that are not covered by your vision plan include, but are not limited to:

- > Prescription eyewear accessories or supplies (e.g., contact lens solution, glasses cases)
- > Surgical procedures (e.g. laser eye surgery)



To have your vision care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit www.pac.bluecross.ca, to login to your member profile.

How do I access coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your exam, eyewear options and billing details with your provider.

1

Ask your provider if they are registered with PBC so they can bill PBC directly.

2

Check if your vision care provider requires payment up front.

3

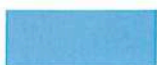
Talk to your vision care provider about which items and services are fully covered by your vision care plan.

4

If you purchase your glasses or contact lenses online, request reimbursement through PBC.

If you have any questions about your vision plan, about how to access coverage, or need travel assistance to access your vision care, please call FNHBS at **1-855-550-5454**.

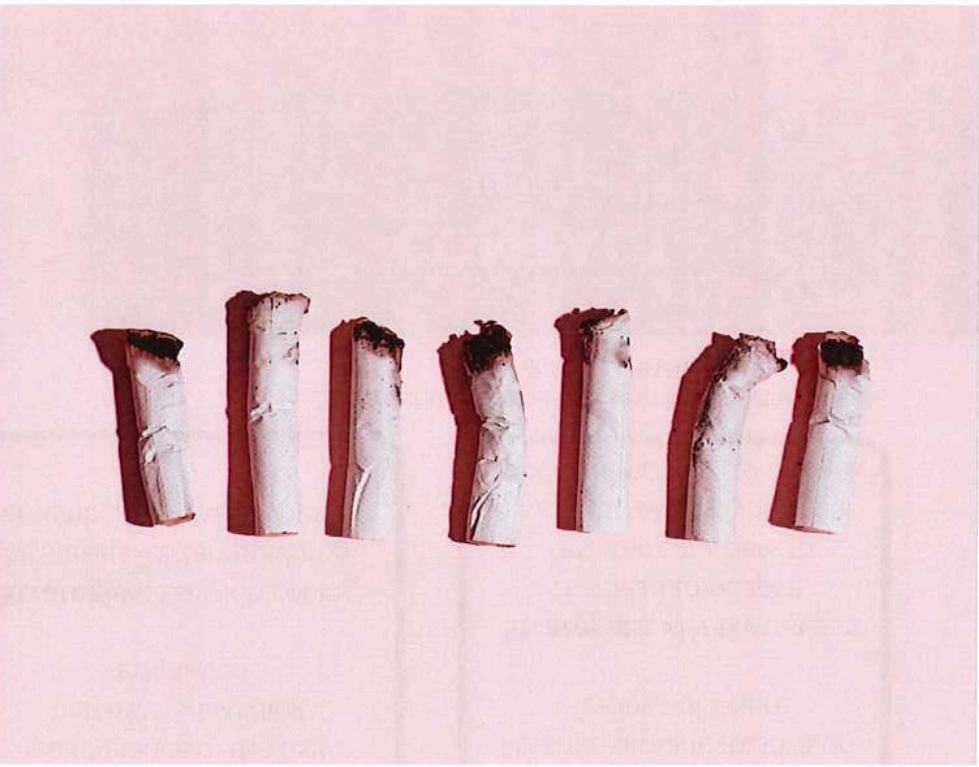
NOVEMBER 2023





First Nations Health Authority
Health through wellness

SUPPORT TO SMOKING AND VAPING



FNHA HEALTH BENEFITS

Nicotine Replacement Therapy

nicotine patches, gum, lozenges, inhalers and mouth spray.

You can get these directly from visiting a pharmacist. Your Doctor, Nurse Practitioner or Pharmacist can help you choose which works best for you.

What coverage is available?

The BC Smoking Cessation Program pays for drugs and products to help you quit the use of commercial tobacco. First Nations Health Benefits through Pacific Blue Cross (PBC) pays for additional NRT products. You can get help from both programs at the same time.

Prescription medications: you must visit a doctor or nurse practitioner first.

MAKE A PLAN

The first step toward quitting commercial tobacco for good is to decide that you want to go for it. Once you have made that decision, the next step is to make a plan.

Set a date, be aware of your triggers (things that make you want to smoke, such as morning coffee, hanging out with friends and so on) and prepare healthy snacks and other items to help you through your quit.

TALK TO SOMEONE

It is always helpful to talk about your decision to quit with a health professional, a quit coach, an Elder or even a family member or friend.

Talk to someone who knows what you are going through and can give you support and guidance. Professional "quit coaches" are available by phone or instant chat, 24 hours a day, on the website QuitNow.ca, BC's free quitting resource site.

NEVER GIVE UP!

It generally takes at least three serious attempts at quitting before a person becomes a lifetime non-smoker and for many people it takes six or more tries. If you are not successful the first time you try to quit, don't give up.

Learn from the experience and get back on track right away. Some people can quit on the first try and some find it takes many attempts before they are successful.

CHALLENGE YOURSELF

December 11-17th, 2023



Quit Week BC lets you make attempts at quitting AND participate in a contest to win one of three \$150 prizes!

Sign up using the QR Code!

For more information or questions contact



First Nations Health Benefits
Phone: 1.855.550.5454
oEmail: HealthBenefits@fnha.ca



THE SIX STAGES OF CHANGE

ONE: PRECONTEMPLATION

Characteristics: Ignoring or denying the problem

Strategies: Rethink your behavior, analyze yourself and your actions, assess risks of current behavior.

Two: CONTEMPLATION

Characteristics: Ambivalence and/or Conflicted emotions

Strategies: Weigh pros and cons of behavior change, confirm readiness and ability to change, Identify barriers to change

Three: PREPARATION

Characteristics: Experimenting with small changes, Collecting information about change

Strategies: Write down your goals, prepare a plan of action, make a list of motivating statements

FOUR: ACTION

Characteristics: Direct action toward a goal

Strategies: Reward your successes, & seek out social support

FIVE: MAINTENANCE

Characteristics: Maintenance of the new behavior & avoiding temptation

Strategies: Develop coping strategies for temptation & remember to reward yourself

SIX: RELAPSE

Characteristics: Disappointment, frustration, feelings of failure

Strategies: Identify triggers that lead to relapse, recognize barriers to success, reaffirm your goal and commitment to change

(Source: <https://www.verywellmind.com/the-stages-of-change-2794868>)

Respecting
Tobacco



CONTACT
harmreduction@fnha.ca



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 6th 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 6TH 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 TO HAVE YOUR
NAMES ADDED TO THE LIST**



Stretch & Stability Pool classes Merritt



**FRIDAYS
10AM - 1045 AM**

Want to increase your muscular strength, balance, stretch and flexibility? This class will build on maintaining proper form by keeping a well-aligned spine and stable core. (16+)

**RIDES
AVAILABLE**

Please call the office to book a seat, limited space, pick up Cooks Ferry clients 8 am.





HHSS can support with rides with a guardian coming along and or a gas card

HORSE CLUB NEWSLETTER

FALL
2025



Suggestions!

Endurance

There are many events to choose from in BC! This sport requires you condition your horse and for you to like to go fast for many hours on the trail! Here's a great documentary if you want to know more.

https://youtu.be/loAxq3qTBWk?si=i2EPBtP_f-zkGEeR

Vaulting

Vaulting is also a direction we could go and the winter is the perfect time to perfect your skills and work on a routine.

4H / Husbandry

Check out bc4h.ca for more information. We could form an official 4h club or just run through the basics of horse care!

Other Horse Sports

This is your club! Bring me your ideas!! Also keep in mind, it doesn't need to be one thing or another... part of the fun for horses and riders is mixing it up!

November 15 Class Rescheduled!

The Saturday, November 15th class will need to be rescheduled to November 16th!

IMPORTANT!

HALLOWEEN CLASS

October 25 - Halloween Themed Session! Feel free to dress up and bring a costume for your horse!



CHRISTMAS CLASS

December 20 - Christmas Themed Session! Wear red and green and bring some decorations for your horse! We'll be doing a Christmas themed obstacle course, cocoa and listening to holiday tunes!

Contact Info

Email: coachallitai@gmail.com

Phone/Text: 778-989-1836

Transportation available, please call the office



NLAKA'PAMUX HEALTH SERVICES SOCIETY

COMMUNITY HEALTH FAIR



November 19th, 2025

**Lytton First Nation
Battlefield Centre**

1756 Battlefield Rd, Lytton, BC

10:00 AM-
3:00 PM

- Nutrition Education
- Traditional Wellness
- Physical Fitness Information
- Health Benefits & Services
- Diabetes Education
- Harm Reduction Education
- Mental Health Information
- Indigenous Patient Navigator
- Dietitian Outreach
- Photobooth
- Lunch & Door Prizes

SCAN TO BE ENTERED TO WIN
A PRE-REGISTRATION PRIZE:

Event Contact:
Joel Raphael,
Wellness Coordinator
raphael.j@nlxfn.com
778-254-7407



Proudly servicing:

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