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(free tickets available)

Thanksgiving Contest

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Horse Club on Saturdays in Boston Bar

Pool Stretch & Move in Merrit on Fridays

New HHSS Nurse Schedules:

Mondays & Tuesdays: Carnation

Wednesdays & Thursdays: Angie



w?éx^w we? áu? ~ Take Care of Yourself

HHSS EMPLOYEE NEWS!

Welcome Baby Brynlee Juniper Leech!

Born on May 6, 2025, we are thrilled to announce the arrival of baby Brynlee Juniper Leech. *Congratulations** to Jessie and Bobbie on your precious new bundle of joy!



She SAID
Yes!



Congratulations to Jessie and Bobbie on their marriage on September 6th in Harrison Springs. Wishing you both joy and good health in your new journey together!

SEPTEMBER HHSS STAFF IN SERVICE DAY

On September 17, staff met in Hope at the Syéxw Chó:leq̓w Adventure Park near Ruby Creek – on Highway 7 between Agassiz and Hope to walk the trails and enjoy a meal together. This park is very easy to access and commemorates the residential schools and is an overall peaceful place to reflect. Their Band also has a small museum that we did not have time to explore. It is open year round and they have a great playground for children. A must stop on your way to the lower mainland!





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

Monday October 13

Please call the office if you need support with registering for a family doctor in Ashcroft



COMMUNITY UPDATE

For Immediate Release | September 23, 2025

Expanded services at Ashcroft UPCC strengthens local health care access

ASHCROFT – Interior Health has expanded services at the Ashcroft Urgent and Primary Care Centre (UPCC) to provide family primary care, as the private Ashcroft Family Medical Practice closed earlier this month. This expansion connects residents to high-quality team-based health care close to home.

Currently, four family physicians are working alongside registered nurses, an Indigenous patient navigator and other allied health professionals at the Ashcroft UPCC. Residents can book appointments for health needs such as regular check-ups and follow-up visits. Urgent care—such as treatment for sprains, cuts, fevers, and minor infections—continues to be available at the UPCC.

How to register for family provider primary care at the Ashcroft UPCC

Community members who do not have a family doctor or nurse practitioner can register for family provider primary care at the Ashcroft UPCC by:

- calling 8-1-1, or
- completing the online form at <https://hcr.healthlinkbc.ca/s/>

People in the community can continue to call 250-453-2211 to book an appointment or walk in the Ashcroft UPCC for urgent health issues that need attention within 12 to 24 hours.

Anyone needing life-threatening emergency care (i.e., chest pains, difficulty breathing, severe bleeding) should always call 9-1-1 for transport to the nearest available and appropriate facility.

- 30 -

Flu season is typically November to April each year.

Each year many people get sick with influenza, which can lead to more serious health complications like pneumonia. ***Influenza vaccines are recommended as the best way to prevent the flu*** and are free for all First Nations and Aboriginal peoples at home and away from home (on and off reserve).

Some other important ways to avoid getting influenza:

- Wash your hands!
- Cover your sneeze/cough in a tissue or your sleeve.
- Throw tissues out right away!
- Keep household and work surfaces clean.
- Avoid touching your eyes, nose and mouth.
- Keep your distance from people who are sick.
- If you are feeling sick... stay home!

Remember: Elders and infants are especially vulnerable to the flu virus. By choosing to get immunized, you're protecting your community and loved ones.

Free flu shots for First Nations and Aboriginal people are available at your health centre or nursing station and can also be obtained in physicians' offices or pharmacies. The flu vaccine is safe and effective for First Nations people.

For more information on influenza,
visit us online www.fnha.ca



First Nations Health Authority
Health through wellness

Questions?

Contact your Community Health Nurse at your health centre or nursing station.

HHSS will host a flu & Covid clinic in late October.

We will post when a date is confirmed.

Community Clinic Information



First Nations Health Authority
Health through wellness

THE FLU SHOT

A healthy choice



Flu season typically runs from November to April each year.

Influenza (the flu) is a dangerous respiratory illness that can lead to serious health complications and even death. Getting vaccinated is recommended as the best way to prevent influenza.

THE FLU SHOT IS:

HEALTHIER



It's important to get the flu shot every year. Keeping our bodies healthy makes it easier to fight off respiratory illnesses, such as COVID-19 and pneumonia.

SAFE



The flu shot is tested extensively for effectiveness and for safety. The vaccine prevents serious illness or hospitalization from the flu.

FOR EVERYONE



Everyone over the age of six months should be immunized. Elders (65+) and children under five are at the highest risk of hospitalization from flu complications.

The flu shot is free for all First Nations people in British Columbia. Contact your local health centre, nurse practitioner, or pharmacy.



MASK UP.



LATHER UP.



SLEEVE UP FOR THE FLU SHOT.

October Health Awareness themes in Canada

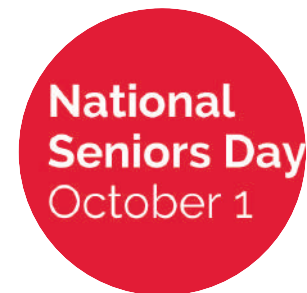


Knowledge is power; here are some trustworthy health resources to explore:

National Seniors Day Oct 1

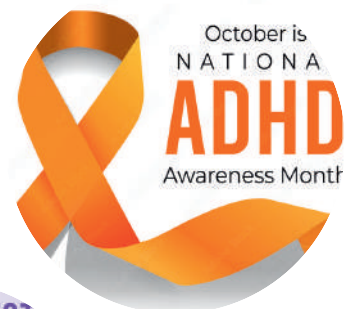
<https://www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html>

<https://www.unitedway.ca/celebrating-national-seniors-day/>



ADHD Awareness Month

<https://caddac.ca/main-cta/adhd-awareness-month-2025/>



World Mental Health Day October 10

<https://www.canada.ca/en/department-national-defence/campaigns/healthy-workplace.html>

<https://excellence.ca/chwm-2025/>



Purple Thursday October 16



Free Drug & Alcohol Treatment Admission



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

Please call the office and speak with one of our nurses. They will fill out the paperwork and support you on this journey.

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: October 16 & 17

Cooks Ferry: October 20 & 21

Flu & Covid Clinic

We are waiting to find out when our shipment will be available. We are hoping by the end of October. Covid shots will be available for those who request it.

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

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. This is the last month she will be in until March 2026.

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, offered year round.

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

New Day and Time until December Saturdays 1245-3:15 pm

Transportation available and gas cards provided.



Aquafit in Merritt

We will be taking clients to Aquafit once a week starting in October. Please call the office to book a seat, limited space. Day to be confirmed soon.

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.



Naloxone Training

● SAVE A LIFE: CARRY NALOXONE ●

Be prepared.

Must be 16 or older

For Siska & Cooks Ferry Members

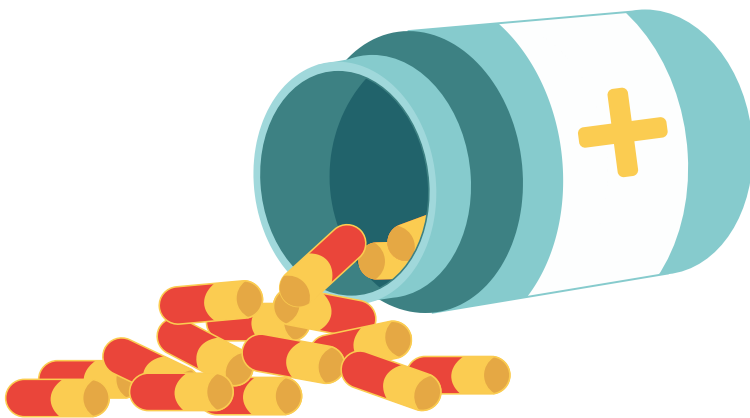
Call the **Heskw'en'scutxe Health Services** office at Cooks Ferry office: 1(250)458-2212 or Siska Office 1(250)455-6601 to book an appointment for Training.

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.

Shared Healing

Grief recovery
support group

**Hope, Healing,
and Support.
Using
Medicines and
culture to heal**



**Indigenous Facilitators Kaylaa
Mcbee and Hillary Willis from NLX
Health**

Mondays

**October 20
November 17
December 8**

**Cooks Ferry Chamber Room
12:00 - 1:30 pm**

**Siska Band Hall
4:00 - 5:30 pm**

Light supper & door prizes included



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)

Have questions? Need help?

We're here for you.



Available to First Nations (status and non-status), Inuit, and Métis:

United Way alcohol & drug information and referral service

Education and prevention resources, support groups, and counselling and treatment services.

1-800-663-1441 | Lower Mainland: (604) 660-9382

HealthLink BC

Call or text **2-1-1** for reliable non-emergency health information and advice in BC.

Wellness programs and harm reduction resources



Opioid treatment
1-833-804-8111

BC Mental Health and Substance Use Services



Crisis line
310-6789

KUU-US (Indigenous) 24/7 crisis lines

Toll free: 1-800-588-8717

Youth line: 250-723-2040

Adult and elder line: 250-723-4050

Suicide crisis helpline: Call 9-8-8

Mental health line: Call 3-1-0

Kids Help Phone: 1-800-668-6868

Text: 686868

Available to all First Nations living in BC:

First Nations Health Authority

Indigenous virtual doctor of the day

1-855-344-3800

FNHA-approved
treatment centres



Application to
FNHA-approved
treatment centres



Available to all Métis living in BC:

Métis Nation BC

Mental health and harm reduction



24/7 crisis line

1-833-Metis-BC (1-833-638-4722)



September and October schedule for Veneka Therapy and Consulting.

If you would like to inquire about mental health and trauma counselling or would like to request an appointment, please call/text 587-880-2673, email intake@venekatherapy.ca, or fax 403-770-2457. You can also access a referral form via our website at:

<https://n7xservices.com/services/trauma-counselling/>



Angeline Murwisi

Heather Shenton

Alanah Woodland

September 2 - 12
October 6 - 17

Weekend on-call:
Sept 6/7, Oct 11/12

587-225-8898

September 1 - 10
Sept 29 - Oct 3

Weekend on-call:
Sept 6/7

403-635-4315

September 15 & 19
Sept 22 - Oct 1

778-377-8258



Sam Mavimba



Mercy Maviko

Veneka Therapy and NCFSS would like to welcome Alanah Woodland to the clinical team. Alanah is an Indigenous (St'at'yemc) registered social worker - psychotherapist



If you would like to inquire about mental health and trauma counselling or would like to request an appointment, please call/text 587-880-2673, email intake@venekatherapy.ca, or fax 403-770-2457.

You can also access a referral form via our website at:

<https://n7xservices.com/services/trauma-counselling/>

Alanah Woodland BSc, MSc, MSW (she/her)

Holistic, Integrative, Culturally Inclusive, Trauma-Trained Therapist and Facilitator/Consultant, Artist, Helper, Listener, Intuitive, Storykeeper

Alanah offers inclusive, and anti-oppressive counselling, incorporating creativity, body, and land-based approaches from an understanding and training in trauma and resilience. Alanah meets clients where they are, inviting curiosity and courage to look at the place or space they want to grow, understand or heal. She helps identify and work with the strengths within individuals, and families.

Alanah is an Indigenous (St'at'yemc) registered social worker-psychotherapist. Alanah also has European(Scottish, English, Russian, Norwegian) Indigenous(Nlaka'pamux, Central America) and African(Nigerian,Cameroon) ancestry.

Flexibility with meeting spaces is one of the ways Alanah incorporates land-based approaches and culture inclusive practice when helping people on their healing journey. She walks beside clients on their wellness journey finding ways to help people to find and receive what they need. She is comfortable with working with all ages and with families.

The foundation of Alanah's understanding of wellness is built upon the cultural and spiritual work she's done with her elders. She invites client to bring in culture and spirituality if it something they want as part of their healing journey. She adds to this foundation with weaving together different therapy approaches that match with client needs including expressive play, somatic body work , Indigenous focusing oriented therapy, land-based therapy, internal family systems and humour to help bring lightness and fluidity into the work of healing.

Alanah's approach is best described through water, joining the flow within each client's river of life, meeting them where they are and helping them navigate the often turbulent waters, with upstream impacts that can last for generations.

Han Knakst Tsitxw Society Open House



Women only event

Wednesday October 8, 2025

From 11:00 am to 2:00 pm

At the Han Knakst Tsitxw Transition House in Lytton

We will be having :

- 🌸 **House tours,**
- 🌸 **Information sharing:**
 - ◇ **Violence and Abuse Awareness**
 - ◇ **Resident eligibility**
 - ◇ **Intake process**
 - ◇ **Outreach**
- 🌸 **BBQ lunch, and**
- 🌸 **Quality DOOR PRIZES including traditional items**



For more information contact Han Knakst Tsitxw Office

Call or text: 778-254-0217 or email: ed@hanknakst.ca



Dental Clinic

With FNHA Michelle



Siska: October 16 & 17

Cooks Ferry October 20 & 21

Open to all on and off reserve
communitie members



BOOK YOUR
APPOINTMENTS

250.458.2212 / 250.455.6619





● Eye Mobile Clinic

Free exams and wide selection of frames to choose from.

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



Stretch & Stability Pool classes Merritt



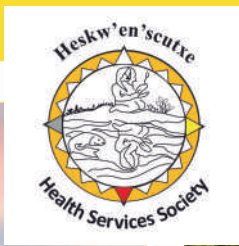
FRIDAYS
10AM - 1045 AM

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, leave Siska at 7am, pick up Cooks Ferry clients 8 am.





Deadline to submit October 14

Thanksgiving Photo

CONTEST

Criteria Photo Contest :

01. What are you grateful for?
02. **Your Own Photo**
03. 1 photo entry per person

**Submit Your Photo on
HHSS FB page, msg or
admin@hhssbc.ca**

**TAKE A CHANCE
TO WIN ONE OF
SEVERAL GIFT CARDS
(FOOD & GAS)**

Draw on October 15



HAPPY HALLOWEEN!!

COSTUME CONTEST

FOR BOTH ON & OFF SISKA & COOKS FERRY MEMBERS

**Drop by the office on Oct 31 or email / FB
Msg us a picture of yourself in your
costume by November 3.**

WINNERS WILL BE ANNOUNCED ON NOVEMBER 4TH



SISKA

Halloween PARTY

28 OCTOBER, 2025



4PM

Doors open

open to all of the Lytton
community



**HOT DOGS/HAMBURGERS, FRUIT,
JUICE/POP/WATER, CANDY, PRIZES,
ACTIVITIES, FUN!**



Pumpkin Carving Contest

One entry per household. First come
first serve.



Fireworks!



SISKA HALL

2071 Siska Main RD



HORSE CLUB

SATURDAYS 1-3PM

ALL LEVELS WELCOME

**COOKS FERRY & SISKA COMMUNITY
MEMBERS ARE SPONSORED BY THE
HESKW'EN'SCUTXE SOCIETY.
GAS CARDS AVAILABLE.**

**CONTACT GRIT FARM FITNESS
(COACHALLITAI@GMAIL.COM) OR
HESKW'EN'SCUTXE TO REGISTER YOUR
ATTENDANCE.**

Rides available, call the office to book a ride

NLAKA'PAMUX HEALTH SERVICES SOCIETY

Sound Bath

Hosted by
Lisa Moses



A sound bath is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various sources, including healing instruments such as gongs, singing bowls, percussion, chimes, rattles, and tuning forks.

Date: October 8th,
2025
Time: 6:00pm -
8:00pm
Location: Nicomen
Band Hall

- Due to the nature of the event, 20 spaces available.
- Please wear something comfortable.
- Session will be held on yoga mats.
- Bring a blanket/ pillow/ water bottle
- Ages 12+

Agenda:
6:15 - Doors Open/ Sign in
6:30 - Doors Close/
Session Starts
7:30 - Session Ends

To Pre-Register, Contact:

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



Dedicated to servicing:
Ashcroft, Coldwater, Cooks Ferry,
Kanaka Bar, Lower Nicola, Lytton,
Nicomen, Noosatch, Oregon Jack
Creek, Shackan, Siska, and Skuppah

NLAKA'PAMUX HEALTH SERVICES SOCIETY

Sound Bath

Hosted by
Lisa Moses



A sound bath is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various sources, including healing instruments such as gongs, singing bowls, percussion, chimes, rattles, and tuning forks.

Date: October 6th,
2025
Time: 6:00pm -
8:00pm
Location: LFN
Battlefield Hall

- Due to the nature of the event, 20 spaces available.
- Please wear something comfortable.
- Session will be held on yoga mats.
- Bring a blanket/ pillow/ water bottle
- Ages 12+

Agenda:
6:15 - Doors Open/ Sign in
6:30 - Doors Close/
Session Starts
7:30 - Session Ends

To Pre-Register, Contact:

Joel Raphael, Wellness
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Nicomen, Noosatch, Oregon Jack
Creek, Shackan, Siska, and Skuppah



Seeking Clients for Foot Massages

REFLEXOLOGY

I am thrilled to announce that I am studying to become a reflexologist! I'm beginning my practicum and am currently seeking clients to provide foot massages. If you're interested, please reach out to me. While I have limited availability, I will need to see you five times between October and December in order to pass my exam.

I will meet with the members of Cooks Ferry and Siska at the HHSS offices.



Feel free to get in touch with me if you're interested. Kukchem!



HESKW'EN' SCUTXE INVITES YOU TO

FALL AT THE FARM

Event Registration



11:30 AM - 6:00 PM

SUNDAY OCTOBER 19



Dinosaur Den | Forest pumpkin patch |
Pumpkin House | Corn Mazes | Photo opt Booth

Limited Tickets & Gas Cards Available

Please call the office to reserve your tickets. Free for Children 2 and under

Maan Farms

790 McKenzie Rd Abbotsford V2S 7N4
(604) 864-5723

Open to all Siska and Cooks Ferry
on & off reserve members