

Community Vision

Members of the Shackan Band envision a Healthy community that lives in accordance with traditional Scw'exmx values. These values include sharing, helping, learning and teaching. These values translate into: helping the younger generation realize their potential, promoting everyone's involvement in the life of the Community, and also in being generous to those in need.

Scw'exmx Values: Respect for Self & Others; Positive Sharing; Positive Helping; Positive Learning; Positive Teaching; Healthy Lifestyle; and Self-Sufficiency.



Shackan Indian Band Newsletter

Office: 250-378-5410

Fax: 250-378-5219

www.shackan.ca

October

2020

2099 Granite Ave

PO BOX 1360

V1K 1B8



Mission Statement

The band office is to promote the development of a healthy lifestyle and self-sufficiency for Shackan community members. We will achieve by being helpful, positive, respectful and professional to leadership, co-workers and Shackan members when administering band programs





**Sorry I missed
your Birthday
Ranger
Oppenheim!!!
(September 27th)**



Protect Yourself From COVID-19

Each of us plays a role in protecting our communities and loved ones. Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- Practise physical distancing by staying at least two metres (six feet) away from other people.
- For now, we cannot use usual greetings such as handshakes, hugs, and kisses. Safe greetings include a wave, a nod, or a bow.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Wearing a cloth face mask might not protect you from COVID-19 but it is one way to protect others in situations where you cannot keep a safe distance for an extended period of time i.e. when you are on transit, grocery shopping, getting a haircut or visiting someone indoors.

During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!

Learn more and get all COVID-19 updates at www.fnha.ca/coronavirus



First Nations Health Authority
Health through wellness

Prevent COVID-19 (Novel Coronavirus) by Cleaning your Phone



Clean your phone twice daily or as needed.

Turn off your phone and unplug all cables.

Use gloves before cleaning your phone (optional).

Always check manufacturer guidelines before cleaning your phone.

STEP 1: CLEAN (removing germs and dirt)

Use a soft, lint-free cloth with warm soapy water. Avoid getting moisture in openings.

STEP 2: DISINFECT (killing germs)

Gently wipe the exterior of your phone using a 70 per cent isopropyl alcohol wipe. Do not use bleach.



Wash your hands after cleaning your phone.

For more information: <https://www.fnha.ca/coronavirus>

Last month Rebecca held a Family BINGO game. Here are some fun photos from those who participated & received gift cards!!

B	I	N	G	O
Go on a hike as a family 	Swim in a Lake or in the Ocean 	Involve the whole family while cooking a meal 	Play an outdoor sport 	Go on a bike ride
Make an emergency evacuation plan for your home	Have a movie night	Finger paint 	Read together 	Go camping
Play a board game 	Build a fort	Have a dance party 	Have a karaoke night	Have a water fight
Roast marshmallows 	Go on a picnic	Make an indoor compost bin	Regrow Vegetables 	Collect rocks and sticks
Pick berries	Paint on rocks	Take a family photo 	Make a bird feeder	Make a time capsule

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Pick berries 	Paint on rocks 	Take a family photo 	Make a bird feeder 	Make a time capsule 


 First Nations Health Authority
 Health through wellness
How to Wear Your Non-Medical Mask

Physical distancing remains a key practice during this pandemic. However, using non-medical masks helps when you cannot maintain physical distance from others, like at the grocery store. Let's protect each other by wearing our masks!

Put on your mask:



Wash or sanitize hands before touching your clean mask.



Hold mask by the ties/loops and inspect for damage. Discard if damaged.



Put on mask, adjusting to cover nose, mouth and chin.



Ensure there are no gaps and that you can breathe easily.



Avoid touching your mask while wearing it. If you do, wash or sanitize hands.

Take off your mask:



Wash or sanitize hands.



Remove mask by only touching the ties or loops. Do not touch the front of your mask.



Discard the mask immediately if disposable. If your mask is reusable, store it in a sealed bag until it can be washed in hot, soapy water.



Wash or sanitize your hands again.

Learn more at the [FNHA.ca/coronavirus](https://fnha.ca/coronavirus)

AUGUST 2020

Canada Emergency Response Benefit (CERB)

What is the Canada Emergency Response Benefit?

The Canada Emergency Response Benefit provides temporary income support to workers who have stopped working related to COVID-19.

Individuals who are eligible for Employment Insurance regular or sickness benefits, or who have recently exhausted Employment Insurance regular or fishing benefits may also be eligible.

The new Canada Emergency Response Benefit provides \$500 per week for a maximum of 24 weeks.

The Benefit is available from March 15, 2020, to October 3, 2020. You can apply no later than December 2, 2020 for payments retroactive to within that period.

- If you have any questions about whether you are eligible for CERB, you can contact the Canada Revenue Agency (CRA) at 1-833-966-2099, or Service Canada at 1-833-699-0299

Eligibility







- You have been laid off
- You are in quarantine or sick
- You are away from work to care for children or other dependents

IF YOU ARE UNSURE PLEASE CALL THEM

YOU do not qualify for CERB if you *quit your job*.

What you need to apply

- A Social Insurance number (SIN)
- An online account with the CRA or Service Canada
<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>
- If you are not able to create an account, you can call 1-800-959-2019

B	I	N	G	O
Go on a hike as a family 	Swim in a Lake or in the Ocean 	Involve the whole family while cooking a meal 	Play an outdoor sport 	Go on a bike ride 
Make an emergency evacuation plan for your home	Have a movie night	Finger paint	Read together	Go camping
Plant a herb 	Build a fort	Have a dance party	Have a karaoke night	Have a water fight
ma		Make an indoor compost bin	Regrow Vegetables	Collect rocks and sticks
Pick berries	Paint on rocks	Take a family photo	Make a bird feeder	Make a time capsule

THE AMAZING HALLOWEEN RACE



Who: Shackan Band Members

Where: Shackan Reserve

Date: Saturday October 24th, 2020

Time: 2:00pm - 6:00pm

Dinner will be served; Prizes will be won (must be dressed up to win) max 6 people per team & Grand Prize of \$300 (gift card)

You must register to participate and must follow COVID-19 rules. Email Rebecca.fader@shackan.ca or call the office at 250-378-5410

Registration is very very important to allow for correct prizes, food, and safety For more information contact Debra Manuel debra.manuel@shackan.ca



WELCOME ABOARD! NLX-Licensed Practical Nurse (LPN)

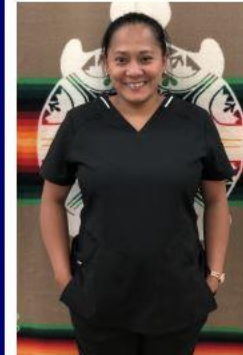


The Nlaka'pamux Health Services Society would like to welcome aboard Shella Broman, NLX-Licensed Practical Nurse, she will provide services to the 12 Nlaka'pamux bands.

The Nlaka'pamux Bands that will be serviced:

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

We are pleased to welcome Shella Broman



Hi my name is Shella Broman. I came to Canada from the Philippines 10 years ago and became a Canadian citizen 2 years ago. I have worked in Gillis house for more than 5 years as a care aide and a Licensed Practical Nurse. I am married to my husband Tony, and we live in Merritt with our two children, Jakob and Olivia. I enjoy kayaking, camping and I have recently taken up paddle boarding. I look forward to building relationships with my new family at NHSS and with all of you.

You can contact Shella by phone: 250-378-9772, fax: 250-378-4962,

"Welcome" Terri Stockwell NHSS Home Care Program, Registered Nurse/ Manager



The Nlaka'pamux Bands that will receive services:

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



Terri Stockwell has been in the health care field as a registered nurse with Interior Health Authority for the past 28 years and comes to Nlaka'pamux Health Services to lead our home care program, supporting communities that need nurse management, client care plans and home care support.

Terri obtained her degree in nursing through the University of Victoria and has spent much of her practice in rural settings. Terri, her husband and two daughters moved to Merritt in 2006; originally from Salmon Arm.

Terri has worked in all areas of health care but has a passion for senior care, palliative care, and education. Her most recent position, as site Manager for 11 years at Gillis House, which is a long-term care facility, brings to us much need experience in home care management.

She has teaching and nursing experience with White Feather Family Centre (Tsq'esenenmc) with the Canim Lake Band, which will also provided valuable experience to our program.

In Terri's words: "I am beyond thrilled, to be working with Nlaka'pamux Health Services and look forward to meeting people and communities, to come together with a shared vision".

For more information please contact Nlaka'pamux Health Services
2088 Quilchena Avenue, PO Box ,1624 Merritt BC, V1K 1B8
Phone: 250 378 9772 Work Cell: 250 315 7120 Fax: 250 315 0283



NLAKA'PAMUX HEALTH SERVICES SOCIETY

MEET NHSS NURSING TEAM

NLX HOME COMMUNITY CARE NURSE/MANGER

Terri Stockwell
O: 250-378-9772 Ext. 103
Stockwell.t@nlxhn.com



1994 graduate from UVIC RN,BCNs degree
Been in the nursing field for 26 years

NLX HOME COMMUNITY CARE LPN

Shella Broman
O: 250-378-9772 Ext. 103
Broman.s@nlxhn.com



2015 graduate from NVIT Health Care Assistant Program & continued her education & successfully graduate from NVIT's LPN program 2020

NLX HEALTH CARE ASSISTANT

Sharon Williams
O: 250-378-9772 Ext. 103
Williams.s@nlxhn.com



2004 graduate from TRU care aide. Worked previously for LNIB 3.5 years and Interior Health Authority 16.5 years (worked both jobs at the same time)

NLX HEALTH CARE ASSISTANT

Samantha Tom
O: 250-378-9772 Ext. 103
Tom.S@nlxhn.com



2015 graduate from NVIT Health Care Assistant Program & has worked for Interior Health

NLX HEALTH CARE ASSISTANT

Christeena Clarke
O: 250-378-9772 Ext. 103
Clarke.c@nlxhn.com



2016 Graduated from NVIT Health Care Assistant Program and has previously worked in Long term care facility.



WELCOME ABOARD!

NLX-Health Care Aid



The Nlaka'pamux Health Services Society would like to welcome aboard Christeena Clarke, NLX-Health Care Aid, she will provide services to the 12 Nlaka'pamux bands.

The Nlaka'pamux Bands that will be serviced:

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



We are pleased to welcome Christeena Clarke.

Christeena Clarke is a proud member of the Coldwater Indian Band and Nlaka'pamux Nation. Her parents are Ronald George from Coldwater Band and Paula Clarke from Pacheedaht. Christeena has one younger brother: Devan Clarke. Born and raised in the Nicola Valley, she grew up learning traditional practices from her grandfather Dennis Saddleman and Grandmother Doris Abbott.

Christeena has been a RCA for five years in a facility based setting. She has worked in long-term care, palliative, and assisted living. She was able to gain experience moving around working in different facilities. She is excited to bring forward her knowledge she has learned to help our vulnerable elders within our community. Her goal is to earn trust, and to stay connected with her cultural roots to have that connection with the community. Christeena is very compassionate, loving, and she has always loved helping anyone who needs a hand. She looks forward to working with the community as a NLX-health Care Aid with Nlaka'pamux Health Services Society.

You can contact Christeena by phone: 250-378-9772, fax: 250-378-4962, or email: Clarke.c@nlxfn.com

Welcome



Clean the air in your Home & Lungs

- ❖ Grab an ugly pot (you will not want to use this pot for cooking after)
- ❖ Fill with water
- ❖ Place Juniper and Rose Hips in the water
- ❖ Boil once it boils – Simmer and keep adding water as needed

"Welcome" Sharon Williams

Home & Community Care,
NLX Health Care Assistant



The Nlaka'pamux Bands that will receive services:

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



Sharon was born & raised in the beautiful Nicola Valley and is proud to call Merritt her home. She is a mother of two adult children with one beautiful grandson. Sharon started her career with Lower Nicola Indian Band as a home care aid from 2004-2007. During this time Sharon also worked for Interior Health as a care aid in the Long Term Care Facility in Merritt and then moved to Kamloops to further her career in ICU and rehab at RIH in Kamloops.

In Sharon's words " I love family, friend gatherings & long walks on the beach! . I am looking forward to building new relationships & caring for our most vulnerable"

Thank you for this wonderful opportunity! I am looking forward to meeting you all.

BLSWilliams

For more information please contact Nlaka'pamux Health Services
2088 Quilchena Avenue, PO Box 1624,
Merritt BC, V1K 1B8 Phone: 250 378 9772 Fax: 250 315 0283

"Welcome" Samantha Tom NHSS Home Care Program Health Care Assistant



The Nlaka'pamux Bands that will receive services:

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



Samantha Tom is originally from the Upper Nicola Indian Band and grew up her first 20 years, living on the Quilchena Reserve. She is married, and has five children; three boys and two girls, ranging in age 16 to 26. She currently has lived on Douglas Lake Reserve for the last 25 years.

"Sam" was a stay at home parent in until 2000. It was her dream to finish school and work on her career; her first experience was working for her band, in their day care program. Over a 14 year period she worked for Head Start on Reserve and completed her ECE diploma. Along the way, she also completed training as a hair dresser.

Samantha chose to return to school at NVIT and completed the Health Care Assistant program in 2015. She then went on to work at Gillis House, a long-term care facility in Merritt. At the same time, she also worked for her band, in their Home Support program, and has now has five years experience in Home Care.

She comes to Nlaka'pamux Health Services at the start of COVID-19, and is a great addition to our Home Care Team; her warmth and experience is a appreciated asset to our Home Care program.

For more information please contact Nlaka'pamux Health Services
2088 Quilchena Avenue, PO Box 1624, Merritt BC, V1K 1B8
Phone: 250 378 9772 Fax: 250 315 0283

Possession
Acquisition
Licence



MERRITT

Comfort Inn Conference Room

3 Upcoming PAL Courses

\$150/person maximum 8 seats each class
Sponsorship available for CNA Members

October 2, 2020

October 3, 2020

October 4, 2020

For additional information contact:
Jaymie Brundage
Employment & Training Administration
250-378-1864
administration@cna-trust.ca
2187A coutlee ave, merritt bc



Nlaka'pamux Health Services Society ELDERS - HOME CARE PROGRAM

Supporting Nlaka'pamux's Community Home Care Programs with consistent and reliable Nursing and Home Care Services



The Goal is to provide elders with consistent, reliable access to culturally appropriate and safe nursing services, allowing members to age successfully within their communities.

ELDERS HOME CARE

- Support to access nursing care
- Help navigating health services
- Home Care directed by a care plan
- Culturally safe home care services
- Nurse presence in community
- Family connection & understanding of elder's care needs / family support education

"Caring for Elders to them maintain their own independence in community, in their homes"

Nlaka'pamux Home Care Aids

At Nlaka'pamux Health Services, our Home Care Aides can be assigned to provide serves in twelve of the fifteen Nlaka'pamux communities. We differentiate our HCAs from Community HCAs, employed by their community, by adding the designation of NLX to the HCA title.

(NLX-HCA) vs. Community HCA
(Community Home/Health Care Aide or CHCA)

Code of Conduct

- Fulfill duties and responsibilities in a dependable and honorable manner
- Respect each individual and support their traditional beliefs and culture
- Encourage client's independence and wellbeing
- Ensure own personal beliefs or activities do not interfere with services
- Contribute to the safety of the client's household and personal property
- Maintain client confidentiality acquired through service delivery



The NLX Home Care Program is available to help support those communities that need client assessments and nurse management of client care plans, in support of the needs of their Community Home Care Program. Services are focused on the needs of elders and those with chronic illness, living on reserve.

Priority is given to communities that do not have their own nurse to manage their client care plans.

HOME CARE STANDARDS
All standards of Nursing and Home Care services, procedures and practices follow the current British Columbia College of Nursing Professionals guidelines... with respect and honor of the cultural connection to the family, community and our natural environment.

OUR HOME CARE TEAM

- Registered Nurse, Manger
- LPN Nurse Team Leader
- NLX – Home Care Aides (3)

REFERRAL PROCESS

You or your family member can call us directly at: (250) 315-7120 and request services directly or you can call your community health center and make a request for an appointment.

Initial intake can be scheduled in your home or at your community health center, which ever you choose.

For an Appointment
Call: (250) 315- 7120



Nlaka'pamux Nation Home Care Program

Based on the responses provided in the Elder's Enhancement study, completed August 2019, Nlaka'pamux Health Services secured funding through the Interior Health Authority to create a shared Home Care nursing program to assist the needs of communities, within the Nlaka'pamux Nation having difficulty retaining nurses to provide Home Care Nursing services in their communities.



- Client services will be delivered according to the client's personal care plan
- Client care plans will be completed per initial and annual in-home evaluations and or with changes in health status
- NLX Home Care services will work collaboratively with physicians and the health care team
- NLX Home Care team will support the client and their family to understand their condition and ways to support their care
- The NLX Home Care Program will work with the community's Home Care Aids sharing care plan assignments



Lytton Office:
281 Main Street
Lytton BC V0K1Z0

Merritt Office:
2088 Quilchena Ave
Merritt BC V1K 1B8

Ph: 250.315-7120 • Fax: 250.315.0283
www.nlxhealth.com

SERVING TWELVE OF THE FIFTEEN COMMUNITIES OF THE NLAKA'PAMUX NATION

Ashcroft • Oregon Jack Creek • Shackan Cook's Ferry • Nicomen • Lytton First Nation Skuppah • Siska • Kanaka Bar • Lower Nicola Coldwater • Nooaitch Indian Bands

Citxw Nlaka'pamux Assembly
Employment & Training

Occupational First Aid Level 1

Cost \$120 + GST Sponsorship Available For CNA Members

To be eligible for sponsorship the following criteria must be met:

- Must be CNA Member
- Must complete intake form
- Must be willing or able to work or be currently employed



Upcoming Course Dates

Tuesday	October 6th, 2020
Friday	October 30th, 2020
Friday	November 20th, 2020
Tuesday	December 8th, 2020

NVIT, Merritt Campus,
4155 Belshaw St

*Time for all 8:30am - 4:30pm

Occupational First Aid Level 1 provides an introductory knowledge on how to identify injuries and administer first aid to injuries. The OFA Level 1 course is suitable for people in many industries. Must be at least 16 years old and be able to physically perform first aid. Must bring Gov't issued I.D.



Jaymie Brundage
Employment & Training Administration
Email: administration@cna-trust.ca
Phone: 250-378-1864
Facebook: [cna-employment & training](https://www.facebook.com/cna-employment-&-training)
Website: employment.cna-trust.ca



Gloves & Masks Mandatory

CITXW NLAKA'PAMUX ASSEMBLY
EMPLOYMENT & TRAINING

DRIVING LESSON

September 15
& October 2

Book your
lesson today!

- PATIENT EXPERIENCED TEACHER
- USE OF CAR FOR ROAD TEST
- PRACTICAL DRIVING SKILLS
- ROAD READINESS COURSE

*Each lesson is 45 min long at the cost of \$65/lesson. Sponsorship available to Citxw Nlaka'pamux Assembly (CNA) participating bands. All lessons must be purchased and booked through the CNA.



For additional information contact
Nicole Johnny
Employment & Training Coordinator
250-378-1864
njohnny@cna-trust.ca
2187A Coutlee Ave, Merritt BC

Find us on Facebook [CNA- Employment & Training](https://www.facebook.com/CNA-Employment-&-Training)





**Congratulations
Wyatt MacDonald
on receiving your
red seal journeyman
ticket in carpentry!**



**Congratulations Ocean Maygard
on receiving your live firefighting
training!**



Shackan
Administrative

NLAKA'PAMUX HEALTH SERVICES SOCIETY



Save the Date for

Annual General Meeting

**October 30, 2020
From 10AM-1PM**

Due to COVID19 Restrictions
this will be a virtual meeting:
Zoom meeting ID 832 3312 5456

Dial in by your location
+1 204 272 7920
+1 438 809 7799
+1 587 328 1099
+1 647 374 4685

Or follow the link below.

<https://us02web.zoom.us/j/83233125456>

Draft Agenda

1. Welcome
2. Introductions to NHSS Board of Directors
 - a. Data needed for other Bands to join NHSS Board of Directors
3. NHSS Update
4. Financial Report
5. Appointment of Auditors
6. Questions & Discussion

Finalized Agenda will be sent out prior to meeting.

DOOR PRIZES TO BE WON!

For more information please contact Nlaka'pamux Health Services Society at
250-378-9772 or email mhreception@nlxfn.com



Shackan Indian Band & Community October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>Happy Birthday Alan Kellosalmi & Alicia Webster</i>	3 <i>Happy Birthday Aliyah Rodominski</i>
4 <i>Happy Birthday Pauline Dycks</i>	5	6	7	8	9 <i>Happy Birthday Paul Joe</i>	10
11	12  <i>Shackan Office Closed Happy Birthday Shailyn Joe</i>	13	14	15	16	17 <i>Happy Birthday Richard McQueen</i>
18 <i>Happy Birthday Kevin Joe Jr. & Shaelyn Seymour</i>	19	20	21	22 <i>Happy Birthday Alyssa Joe</i>	23	24 <i>Happy Birthday Sharon Stone Shackan Halloween Amazing Race 2pm</i>
25	26	27 <i>Happy Birthday Maynard Joe</i>	28 <i>Happy Birthday Phyllis Rippberger</i>	29	30 <i>Happy Birthday Shaylene Wyatt</i>	31 