



**Scw'exmx Community Health
is offering the following program:**

Grief Recovery Edu-Therapy Program

When: February 2017

The *Grief Recovery Edu-Therapy Program* is one of "action" that will assist participants in moving beyond losses they have experienced in their lives by working to complete the grief associated with these losses. Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness, and yet most of us living in today's society have not been taught how to effectively deal with grief and loss.

Grief Recovery Edu-Therapy is facilitated in a group format. The program is approximately **8 sessions long and each session is about 1.5 to 2 hours in length.** There is a **sobriety requirement** with this program due to the type and intensity of the work; however, the sobriety requirement will be assessed and established on an individual basis.

For individuals who have suffered a significant loss, abuse, or other trauma the program effectively eliminates the griever's sense of isolation, by actively engaging them in emotionally helpful and liberating exercises.

Participants learn how to free themselves from painful conflicting feelings. The Edu-Therapy process helps participants to let go of their anger, guilt and fear while learning how to enhance their valuable memories.

Seating is limited for this program, therefore registration is on a first come first served basis

For more information about participation and registration please call May or Joanne 250-378-9745



Scw'exmx Community Health Services Society

103-2090 Coutlee Ave
Box 3090 Merritt BC V1K 1B8
T.250.378.9745 F.250.378.4962
Toll Free: 1.888.667.2477
reception@schss.com www.schss.com

February 2017

Jim Adams
Executive Director

Lori Clark
Operations Manager

Joanne Trosky
Mental Health Reception

Ruby Adams
Non-Insured Health Clerk

Kimberly Bent
Dental Driver/ Finance Assistant

Rena Jones
Home Care Nurse

Dawn Chyphyha
Personal Care Aide

Rose Kramer
Community Health Nurse

Bonita Eagles
Community Health Associate

Gina Andrew
Community Health Associate

Lucy Henry
Youth Dev/Rec Worker

Darlene Rodominski
Youth Worker

Diana Lepine-Thomas
Mental Health/Addictions Mngr

Doreen Jules
Mental Health/Addictions Cnslr

May Gilbert
Mental Health/Addictions Cnslr

Patrick Lamour
Mental Health/Addictions Cnslr

Karen Lara
Mental Health/ Therapist

Judy Chillihitzia
Community Van Driver

Doug Dixon
Medical Van Driver

3rd Annual Nicola Valley Health Fair

**Scw'exmx Community Health
Services Society**

**PRIZES to
be WON!!!!**

FREE ADMISSION

When: Saturday March 11, 2017

Where: Merritt Civic Center

Time: 10:00am to 3:00pm

Health classes: Emergency preparedness, Fentanyl Crisis, Heart & Stroke
 ⇒ Free yoga classes
 ⇒ Kids rooms, face painting, caricature artist
 ⇒ Blood pressure & blood sugar screening
 ⇒ Hearing & Vision screening

**Uncle Chris
the Clown**

FREE SANDWICH LUNCH!!

First 100 people will get an emergency car hammer

**TOP DOOR PRIZES: Helicopter ride, 1 year pass to Planet
Fitness, Pendleton blanket, Bikes and pool passes.**

30+ information booths

Dietician	Pharmacist	Children's programs	HIV Testing
Gym	Dental care	Foot care	Aquatic centre
MADD	Traditional Crafts	ASK Wellness	Public Health
Music Therapy	Smoking & gambling prevention		

**Organized by Scw'exmx Community Health Services Society, for more
information please contact Rose Kramer 250 378 9745**

**For
Medical
Emergencies call
911**

**NIHB AFTER HRS emergency travel
call 250.280.1644 4:30PM-10:30PM**
This number is not for general inquires,
& not available during regular office hrs.



Nurse's Note



February is Heart Month!

To keep your heart healthy, remember to do these 3 things:

1. Stop Smoking: smokers are twice as likely to have heart attacks.
2. Exercise: try for at least 30 minutes a day. Going for a walk is an easy way to get exercise. Other activities can include running, swimming, gardening, housework, and dancing.
3. Eat properly: eating properly can help reduce your cholesterol. High cholesterol levels can lead to heart problems.

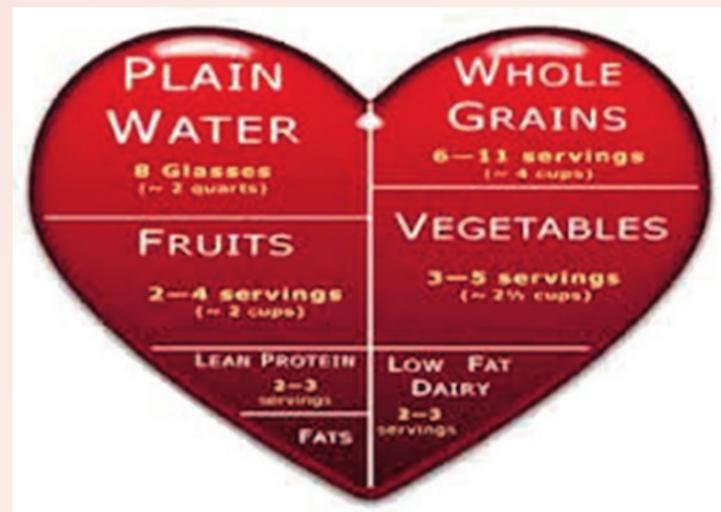
Signs of a Heart Attack

If you or anyone you know has any of the following symptoms, call 911 immediately!

1. Sudden discomfort that doesn't go away with rest, often in the chest, neck, shoulders, arms or back. It may feel like a burning, heaviness, tightness, or pressure. Women can have more vague pain.
2. Difficulty breathing
3. Nausea and/or indigestion
4. Cool clammy skin
5. Fear or anxiety



Visit/call Rena or Rose for more information about how to keep your heart healthy!



Want to Know How to Feel Better, Right Now...?

Take the "Living Life to the Full program".

This enjoyable, interactive course will help you understand your feelings and what to do about them!

Program Description

- Eight-week group program
- Sessions are approximately 1.5 - 2 hours each and are held once per week.
- Small group activities are used to help you identify and work on improving your feelings, moods and behaviours.
- You are taught how to deal with your feelings when fed up, worried, or hopeless, and you learn skills that help you tackle life's problems.
- The program includes activities designed to engage you at your comfort level, and inspire you to shift how you respond to stresses in your life.
- At each session you will receive a little **"Living Life to the Full"** booklet and various worksheets. You will also be encouraged to share ideas, participate in discussions, and engage in mutual support.



Who Should Take the "Living Life to the Full" Program?

Anyone can benefit from **"Living Life to the Full"**. People experiencing stress and change in their lives, individuals affected by mental health issues, service providers, teachers, parents, community groups, employers, volunteers, friends and neighbours are just some of the groups who have benefitted from this program.

Whatever the reason for taking **"Living Life to the Full"**, the skills covered in this program can provide you with useful tools to help you tackle life's challenges.

The course is suitable for adults 19+ years.

Cost, Location, Dates 'n Times!

This program normally costs \$185.00 per person, however SCHSS is offering it **FOR FREE** to community members!!!! The program will tentatively start in February/March, please call Diana or Joanne @ SCHSS 378-9745 for more information or to register.

safeTALK – 1/2 Day Workshop

This free workshop is for anyone 15 years of age or older who wants to become more *suicide alert*.

It will help you:

- recognize that a person might be having thoughts of suicide
- learn how to engage the person in open and direct talk about suicide, and
- connect that person with someone who can do a suicide intervention.

Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You don't need any prior training to attend safeTALK – just a willingness to make a difference

*Help Someone When They
Need It Most*

This workshop will tentatively run in February 2017. Please call Diana or Doreen at SCHSS (250)378-9745 for more information or to register.



Non-Insured Health Benefits

Non-Insured Health Benefits Program Report by Ruby Adams

We still have our **community vans** on the following days:

Tuesday: Coldwater: phone in ahead to secure a seat

Wednesday: Shackan: phone in ahead to secure a seat

Thursday: Nooaitch: phone in ahead to secure a seat

Friday (every second one): Shackan

If you want or need to catch a ride on the van, please phone Ruby Adams at 250-378-9745 at least 2 days before. Community members who ride on the community van, are not to be drinking alcohol at all. When booking appointments in town, please see if you can have your appointment scheduled before 2:00 p.m. so that the driver can head back to your community by 3:00 p.m. at the latest. Also, please be ready when the driver shows up.

The **medical van** goes over to Kamloops every day of the week as required. Monday, Wednesday and Fridays are early pickup. Leave Merritt by 7:45 a.m. or 7:50 a.m. at the latest. If you make an appointment on these days, it would be advisable to arrange for morning appointments if possible. The van usually leaves Kamloops by 1:30 or 2:00 in the afternoon. Tuesdays and Thursdays are more flexible, If you require a ride to Kamloops, please phone 250-378-9745 with as much advance notice as possible. Also, please be ready when the driver shows up. No alcohol or drinking at all during this ride as well. Policies require that community members catch the medical van to Kamloops for appointments, thus members who choose to go over on their own will be going at their own cost. Unless, you provide a letter from your doctor that states why you would need to go in your own vehicle.

Confirmation slips to show you have attended your appointment need to be handed in as soon as possible after your medical appointment. There are still **some outstanding slips that need to be brought in before you apply for your next medical travel**. These are required for our auditing purposes. THANKS to those who bring in your slips right away.

Eye Clinic: Dr. Ahmed has confirmed new dates for the next eye clinic, **April 18 & 19, 2017**. Phone in to book an appointment: you will need to have your Band number, birthdate and Health Care Card number available. As well as a contact number that you can be reached at.

SCHSS Eye Clinic





A New Year equals New Resolutions and New Beginnings. Let one your resolutions be to take good care of your Oral Health. At Stoyoma Dental Clinic we are always happy to see you. Haven't been to a dentist in years? NO worries. Nervous of the dentist? We have an amazing staff who are here to help and make your dental experience as pleasant as Possible.

We have been given the title "The Fun Office in Town", and it's true!!!! Come by today to book an appointment or give us a call.

Your smile is our reward!



1999 Voght Street. (next to the Credit Union)

Office Hours: Monday-Friday 8am to 4:30pm

Call Today to Book your Appointment

Phone: 250-378-5877 Fax: 250-378-9123



First Nations Health Authority
Health through wellness

-cont-

From my own experience, there's no question that a harm-reduction approach saves lives. Current public health philosophy backs up this point of view, according to our own Chief Medical Officer Dr. Evan Adams: "Harm reduction seeks to minimize the chances for danger, like overdose, that can come to those who regularly or occasionally use drugs. Ending drug use is always the final goal, but we need to respond with compassion to those who currently struggle with addictions."

So what can we do, as leaders, to live this philosophy?

1. Talk to your staff. What are the frontline workers from your social sectors seeing, hearing and doing? Find out what form this crisis is taking in your community, in your context.
2. Become a vocal proponent of harm-reduction approaches. Educate yourself if you're new to harm reduction, and encourage the same from your councillors and service providers.
3. Fight stigma in your community. Abstinence is our end goal, but stigma does not push people into abstinence. An abstinence-only approach drives drug use underground and causes more harm.

Remember when we were encouraged to have safe sex conversations in the 80s? Some parents and community leaders were worried that we were encouraging youth to have sex simply by providing condoms and sex education. The provision of condoms is really just another example reducing harm: it says, this activity is happening anyway, so let's reduce the harm that can come with it.

Many of us are coping with the realities of opioid addiction in our families and communities. But it's how we respond to this tragedy as leaders that will help shape our futures.

I firmly believe that 2017 is going to be the year of breaking the cycle of the Residential School legacy. Addiction and the masking of pain through harmful substances are part of this cycle. As we do the hard work to bring painful childhood and intergenerational trauma into the light, I am hopeful that we can release many of our addictive distractions and harmful coping strategies.

Let us break the cycle together, overcome powerlessness, draw strength from unconditional love to promote change and fight stigma for a better and healthier new year.



First Nations Health Authority
Health through wellness

Embracing the Grey Area:

Harm Reduction in a Community Context

A guest blog by Grand Chief Doug Kell



As a young leader I often saw issues in black or white. I tended to be decisive and held strong opinions. With simple black or white opinions, I could not share empathy.

As I aged, I adopted a philosophy of choices. Human beings make choices, and we are accountable for those choices. If over time, you generally make good choices, then you will be healthy. Over time, if you make poor choices – you will achieve poor health. For the most part, I still stand by this belief.

But when addiction struck my immediate family, I discovered powerlessness. It seemed that I had no choices that would lead to a healthy outcome. Without being fully aware, I made decisions that enabled and supported addiction. Sometimes, there is no win. Sometimes the healthy choice is too harsh. The best that we can do is to minimize harm. I realized that sometimes what we think of as choices are not really choices at all.

It is easy to come down hard on addiction and substance abuse when you have distance from it. The truth is that fewer and fewer of us have that kind of distance. In the midst of a crisis, there is simply no room or time to judge.

I now understand that many issues we face are filled with ambiguity. When it comes to addiction, you can save a person's life by being flexible and withholding judgment. We have to confront and overcome that deep feeling of powerlessness. We have to draw strength from a well of unconditional love before we take decisions.

Regardless of your loved ones' situations, how will you respond in a crisis? Sometimes the grey area is better than black or white.

Scw'exmx Community Health Services Society

Elders Valentines Luncheon

WEAR

DOOR
PRIZES



When: Wednesday February 15, 2017

Where: Elders Centre 2199 Coutlee Ave

Time: 1:00pm

**Welcoming all Elders to come out and enjoy a lunch
with regular Elders meeting to follow.**

Please wear Red.

**For more information please contact Tamara George
250 378 9745 or 250 378 7045 or
by email nwellnesscoordinator@gmail.com**



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 reception@schss.com www.schss.com

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Swim & Gym 3:30pm-5:00pm Shackan Local Medical Van	2 Meal Delivery Nooaitch Local Medical Van 10 to 12 pm NOO parent & tots swimming CW Gym Night-13 & up 6-8 PM Red Road to Wellbriety—CW Access Ctr Drop in 6 to 8 pm	3 Shackan Local Medical Van TROLLS Movie at the Civic Centre	4
5	6 CW & Noo Water Sampling CW Gym Night-13 & up 6-8 pm CW Parent & Tots Cooking Group 10:30 am– CW School BOOT CAMP @ Nic Canford School 6:30 to 7:30 pm	7 Coldwater Local Medical Van Noo/Shu Gym Nights 6-7:30 pm Nic Canford CW Kids Gym Night 12yrs & under 6-7:30pm CW After school drop in CW Access Ctre 3:30-4:30pm	8 Swim & Gym 3:30pm-5:00pm Shackan Local Medical Van Noo Parent & Tots Group 10:30 Noo Sat office Nooaitch Walk Group 12 to 1:30pm	9 Meal Delivery Nooaitch Local Medical Van SCHSS Youth Skiing Trip to Harper Mountain ages 13-18, Must Pre-register CW Gym Night-13 & up 6-8 PM Red Road to Wellbriety—CW Access Ctr Drop in 6 to 8 pm	10 NOO Drop In 7-9pm	11
12	13 OFFICE CLOSED FOR FAMILY DAY	14 CW & Noo Water Sampling Coldwater Local Medical Van CW Kids Gym Night 12yrs & under 6-7:30pm CW After school drop in CW Access Ctre 3:30-4:30pm Noo/Shu Gym Nights 6-7:30 pm Nic Canford	15 Elders Luncheon 1 pm Elders Centre Shackan Local Medical Van Shackan Family Night at Shackan Hall start at 5:30 PM	16 Meal Delivery Nooaitch Local Medical Van CW Gym Night-13 & up 6-8 pm COHI NOO @10am-12pm Satellite Office Drop ins Welcome Red Road to Wellbriety—CW Access Ctr Drop in 6 to 8 pm	17 Shackan Local Medical Van SCHSS Kids Skiing Trip to Harper Mountain ages 7-12, Must Pre-register	18
19 SCHSS Family Bowling Night 6-8 pm	20 CW & Noo Water Sampling CW Gym Night-13 & up 6-8 pm BOOT CAMP @ Nic Canford School 6:30 to 7:30 pm	21 Coldwater Local Medical Van CW Kids Gym Night 12yrs & under 6-7:30pm CW After school drop in CW Access Ctre 3:30-4:30pm Noo/Shu Gym Nights 6-7:30 pm Nic Canford CW Youth Movie Night in Kamloops, see Sharon Collins or Lucy to reserve a seat	22 Swim & Gym 3:30pm-5:00pm Shackan Local Medical Van CW Vitals 12—1:30 pm	23 Meal Delivery Nooaitch Local Medical Van CW Gym Night-13 & up 6-8 PM Red Road to Wellbriety—CW Access Ctr Drop in 6 to 8 pm	24 Tubing Day at Harper Mountain, Must Pre-register	25
26	27 CW & Noo Water Sampling CW Gym Night-13 & up 6-8 pm Merritt Moms Dinner 5:00 pm Educational Dinner BOOT CAMP @ Nic Canford School 6:30 to 7:30 pm	28 Coldwater Local Medical Van CW Kids Gym Night 12yrs & under 6-7:30pm CW After school drop in CW Access Ctre 3:30-4:30pm Noo/Shu Gym Nights 6-7:30 pm Nic Canford				