



# Bringing Tradition Home Aboriginal Parenting Program

Date: May 10 – June 28, 2017

Place: **SCHSS Board Room** (# 103 – 2090 Coutlee Ave.)

Time: **6:00 – 9:00pm (Wednesdays)**

*Snacks will be provided*



The aim of **Bringing Tradition Home** is to present traditional values and cultural practices to help parents, grandparents and other family caregivers to raise healthy children in today's urban Canadian context. We believe that healthy children with involved parents lead to healthy communities. While there are many differences among Nations, there are some universal values, beliefs and practices that the program builds upon, such as story-telling, the spiritual connection to child-rearing, and the involvement of the extended family.

There is a 9 week commitment required for participating in this program. All participants who complete the program will receive a certificate. **MUST** Pre-Register for the program.

For further information, please contact **May Gilbert** at **SCHSS Office @ (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

# June 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 Chypyha

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

Programs Manager/Facilitator

### Doreen Jules

Mental Health/Addictions Cnslr

### May Gilbert

Mental Health/Addictions Cnslr

### Karen Lara

Therapist/Clinical Supervisor

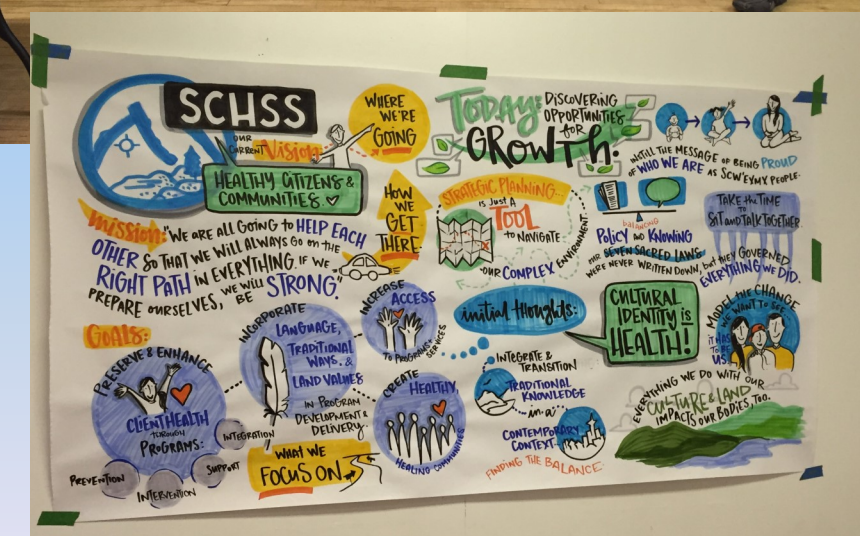
### Amelia Washington

Elders Support

### Doug Dixon

Medical Van Driver

Mission & Vision special meeting held on April 29, 2017 was a success with the Coldwater, Shackan and Nooaitch community members and the Scw'exmx Community Health Service Society's Board of Directors.



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.







*Mission & Vision Special Meeting held on April 29, 2017*



Door prize winners from the Mission Vision Meeting held Sat, April 29, 2017. Justice Aspinall winner of the Pendleton Blanket picture on the top left and winner of the TV Jean McLeod on the top right. Brenda Bent winner of the Pendleton Blanket picture on the bottom left and Sharon McLeod winner of the TV picture below. Congratulations!!



# RED ROAD TO WELLBRIETY

Weekly on Tuesday

6:30 -8:30 PM at The Coldwater Access Center

**SNACKS WILL BE PROVIDED**



*For more information please contact Karen or Doreen  
At Scw'xmx Community Health Services (250) 378-9745*



Join us at Highland Valley Copper

# 2nd Annual Nlaka'pamux Gathering

June 25th

9:30 am to 4:00 pm

Informational Booths  
Presentations  
Children and Youth Activities

Tours:

Reclamation and Historical Land Use  
Operations and Maintenance  
Tailings Storage Facility

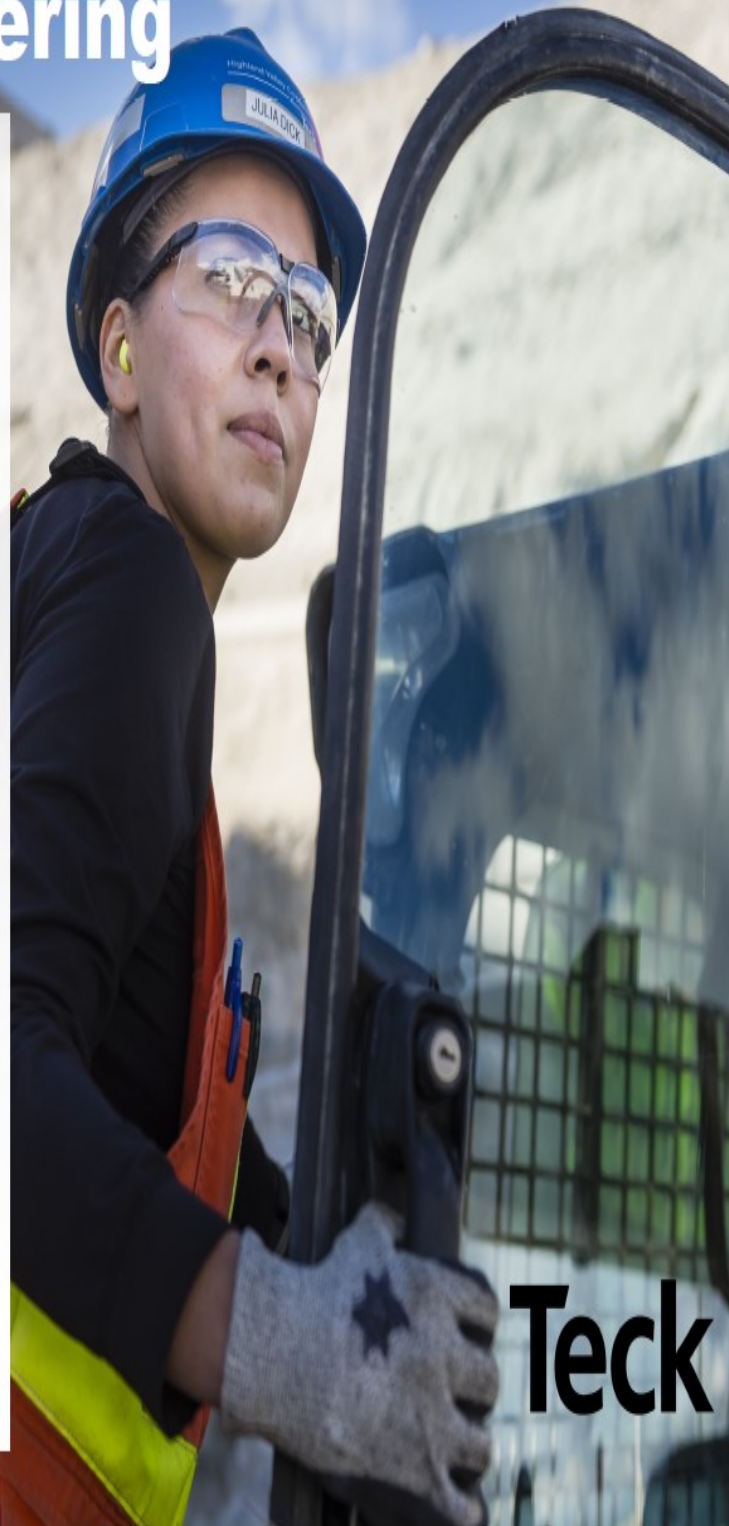
Questions, please contact:

Lisa Moses

**250-523-3802**

Lunch Will Be Provided

*Closed Toed Shoes and Long Pants Are Required*



HAPPY FATHERS DAY JUNE 18, 2017

## Why are Fathers Important?

Children want to look up to a man they can trust. They want to have a father who guides them. Careful guidance builds a close, respectful relationship. It also teaches children how to be good parents, strengthening the generations that follow. First Nations Health Authority, *Fatherhood is Forever*, 2013



*"If one doesn't ask for help when  
help is needed, then one is not  
friendly, one is not kind."*  
— Richard Atleo in his book  
*Tsawalk: A Nuu-Chah-Nulth  
Worldview*

## Learning How to Be a Father

The best thing about life is that it takes place in the moment. Every moment, you can choose a path of healing. Every step that you take in your own healing is a step towards becoming a better father.

*Being a father takes practice  
and time. The more time  
you spend caring for your  
children, the more confident  
you will feel as a father.*





# Nurse's Note

## Shingles Vaccine

**The Shingles Vaccine  
is temporarily being offered free  
from Scw'exmx Health  
for clients over age 60!**

**Call now to book an appointment!  
Normally this vaccine costs \$200 at pharmacies!**

### **What is Shingles?**

Shingles is from the varicella zoster virus (also gives you chickenpox), and can cause a severely painful and itchy skin rash which may blister. Also may cause fever, headache, nausea, chills –may last 2 to 4 weeks. 1 in 3 people will get shingles.

### **What is this vaccine protecting me against?**

Shingles – This vaccine has shown to reduce the risk of getting the shingles by up to 50%.

65% effective for preventing long-term nerve pain if you do still get shingles after having the vaccine

Even if you have had shingles, you can still receive shingles vaccine to help prevent future occurrences of the disease. You can get shingles more than once.

### **Possible complications of the Shingles Vaccine**

Side effects of vaccine are mild: Redness, soreness, swelling, or itching at the site of the injection (about 1 person in 3). Headache (about 1 person in 70).

If you have any questions, or would like to book this vaccine, please contact Rose or Rena at Scw'exmx Community Health.

Ph: (250)378-9745



# NEW HEALTH SATELLITE BUILDING FOR COLDWATER

## **Coldwater General Band Meeting To discuss needs & location**

**When: Thursday June 15, 2017**

**Where: Coldwater Band Hall**

**Time: 6:00pm dinner served**

**6:30pm meeting starts**

**Dinner will  
be provided**

## **Door Prizes!**

### **AGENDA**

1. SCHSS Health  
Satellite Building  
on-reserve for the  
Community of Coldwater.
2. Nutrition & Traditional Foods presentation by  
SCHSS staff Karen, Amelia and Rose



**32" TV**



**WIN THIS BEAUTIFUL  
PENDLETON BLANKET**

**COME SHARE YOUR THOUGHTS & GIVE YOUR INPUT**

For more information please contact Tamara George  
250 378 9745 or email: [nwellnesscoordinator@gmail.com](mailto:nwellnesscoordinator@gmail.com) or Dawn  
Porter 250 378 6168 email: [dporter@coldwaterband.org](mailto:dporter@coldwaterband.org)



# Non-Insured Health Benefits

## Non-Insured Health Benefit Report by Ruby Adams

**Confirmation Slips:** are still an issue to be dealt with. There are quite a few slips that haven't been returned after the appointments have been attended to. As a result, those of you who haven't turned in these slips will now have to be responsible for the costs of going to your appointments. This will be in place until clients bring in signed or stamped confirmation slips.

**THANK YOU** to those who bring in their slips immediately after attending their appointments

**Medical Van and Community Van:** There have been complaints about garbage being left in the vans. If you as the client have garbage during your ride in either of the vans, can you please take your garbage with you. This will help with the cleanliness and upkeep of the vans. Thank you in advance for your cooperation.

We also require advance notice if you need a ride to your appointments. Also, just a reminder that Mondays, Wednesdays and Fridays are early departures from Merritt. Recommend that if you are booking an appointment in Kamloops on these days that you try to book them for the mornings. Tuesdays and Thursdays are a bit more flexible.

**EYE CLINIC:** We just had our last eye clinic in April and the next one will probably take place in October or November, 2017. Notices will go out the September newsletter so keep an eye out for this notice. Our office does not reimburse community members who go to other eye doctors so you are responsible for these costs.

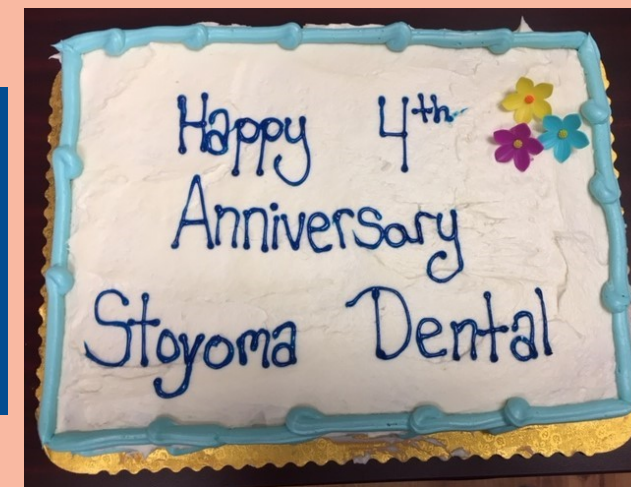
**SWIM & GYM:** Community members from the Shackan Band, Nooaitch Band and Coldwater Band are eligible to utilize the Aquatic Centre facilities, Monday, Wednesday and Fridays. Just sign up with the front reception at the Scw'exmx Community Health office.



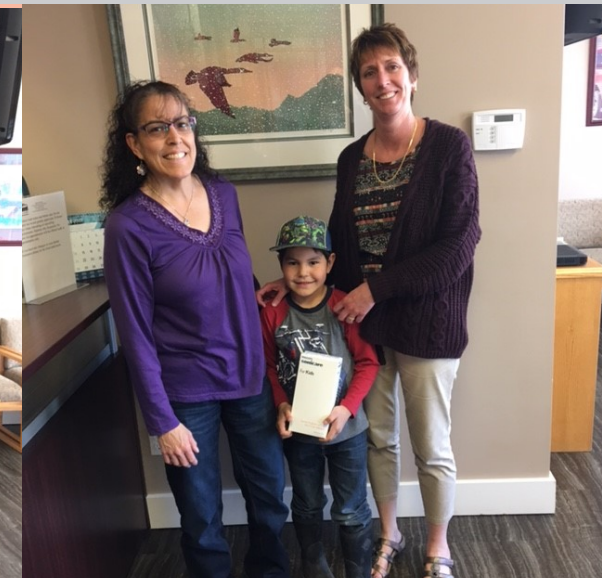
**Your Smile is our  
Reward  
May 1, 2017**



**Open  
8:00am-4:30pm  
1999 Voght  
Street Merritt BC  
V1K 1B8  
250 378 5877**



*Stoyoma Dental Clinic celebrated their 4th Anniversary on May 1st, 2017. Featured below are pictures of some of the door prize winners, Hank Yamelst on the left, Aleck Henry in the middle picture and Darlene Rodominski on the right.*





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# June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Nooaitch Local Medical Van Palliative Meeting 9 to 1pm Noo Parent & Tot Swimming 10:30 to 12 Meal Delivery	2 Shackan Local Medical Van NOO Drop In 7-9pm 	3 Elders Steak Dinner at the Grand tickets \$17
4	5 CW Activites at the CW Blacktop6 6pm to 7:30pm	6 Coldwater Local Medical Van Road to Wellbriety 6:30 to 8:30 pm CW Acesss Center CW Parent & Tot Lil Monkey's trip 9am meet CW School Noo/Shu Feel the Beat 5:00 pm	7 Shackan Local Medical Van Bring Tradition Home Parenting Program 6-9 pm SCHSS Board Room Swim & Gym 3:30pm-5:00pm	8 Nooaitch Local Medical Van Meal Delivery	9 NOO Drop In 7-9pm 	10
11	12 CW & Noo Water Sampling CW Activites at the CW Blacktop6 6pm to 7:30pm	13 Coldwater Local Medical Van Elders Drop In: 11am to 1 pm Noo/Shu Feel the Beat 5:00 pm Road to Wellbriety 6:30 to 8:30 pm CW Acesss Center	14 Shackan Local Medical Van Elders Monthly Meeting scheduled a week early due to Aboriginal day Bring Tradition Home Parenting Program 6-9 pm SCHSS Board Room CW After school drop in CW Access Ctre 3:30-4:45pm Swim & Gym 3:30pm-5:00pm	15 Nooaitch Local Medical Van COHI NOO 10 -1pm Home visits Merritt Moms Nurse' Talk Lunch 11:30 Meal Delivery CW Band General 6:00pm	16 Shackan Local Medical Van NOO Drop In 7-9pm 	17
18	19 CW & Noo Water Sampling CW Activites at the CW Blacktop6 6pm to 7:30pm CW Parent & Tots Cooking Group 10:30 am- CW School Bring Tradition Home Parenting Program 6-9 pm SCHSS Board Room	20 Coldwater Local Medical Van Noo/Shu Feel the Beat 5:00 pm Road to Wellbriety 6:30 to 8:30 pm CW Acesss Center	21 ABORIGINAL DAY SCHSS & STOYOMA DENTAL OFFICE CLOSED	22 Nooaitch Local Medical Van Meal Delivery NOO Drop In 7-9pm 	23	24
25 HVC Mine Nlaka'pamux Gathering 9:30 am -4 pm	26 CW & Noo Water Sampling CW Activites at the CW Blacktop6 6pm to 7:30pm Bring Tradition Home Parenting Program 6-9 pm SCHSS Board Room	27 Coldwater Local Medical Van Noo/Shu Feel the Beat 5:00 pm Road to Wellbriety 6:30 to 8:30 pm CW Acesss Center	28 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm CW After school drop in CW Access Ctre 3:30-4:45pm	29 Nooaitch Local Medical Van Meal Delivery Bring Tradition Home Parenting Program 6-9 pm SCHSS Board Room	30 Shackan Local Medical Van NOO Drop In 7-9pm 	