

RED ROAD TO WELLBRIETY

Weekly on Tuesday

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

SNACKS WILL BE PROVIDED

Red Road to



Wellbriety

*For more information please contact Karen or Doreen
At Scw'exmx Community Health Services (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

July 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



Come down to book an appointment at Stoyoma Dental Clinic

*Stoyoma Dental will be working half days on Fridays
starting July 7, 2017. Hours will be from 8:00 am to 1:00 pm.*

*Also, on Friday July 14, 2017 the office will be closed
for the full day for computer upgrades.*



Where all New Patients are
always welcome
Status First Nation's are
covered 100%
We are open 8:00 am to 4:30
pm Monday to Thursday,
Fridays 8:00 am to 1:00 pm
(summer hours)
If you need a ride to an
appointment,
van rides are available
with 24 hour notice.
1999 Voght Street Merritt BC
V1K 1B8
Please Call us: 250-378-5877

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.





Elders Pensions and Retirement Lunch Workshop

Are you getting all the money you should?

July 5, 2017 at the NVISA Elders Building
2199 Coultee Ave, Merritt
11:00 AM – 1:00 PM

This workshop is for you if you answer yes to any of the following questions:

- Have you paid into a pension plan while working for a First Nation organization?
- Do you think you may have lost track of your pension plan(s)?
- Do you have family members who may have lost track of their pension plan?
- Would you like to know more about the options within your pension plan?
- Would you like to know more about taxation of investments and pensions under First Nations pensions plans?
- Would you like to know more about Govt of Canada pension programs and how they impact your retirement?

All Nations Insurance Brokers (ANIB) is a 100% Aboriginal owned company, through All Nations Trust Company (ANTCO). ANIB is dedicated to providing efficient and effective insurance and financial services to Aboriginal communities, organizations, businesses and individuals.

We gratefully acknowledge the initiative of the Scw'exmx Community Health Services Society
for inviting All Nations Insurance Brokers to provide this workshop.

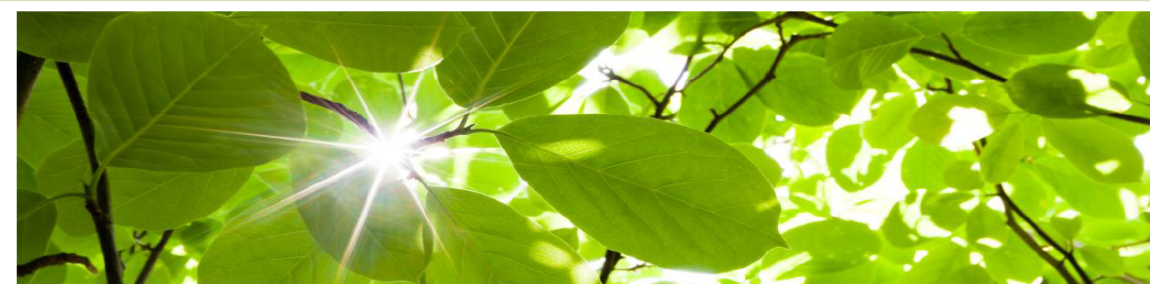


My Recovery Journey



I attended treatment almost 24 years ago. I initially went to learn to control my drinking. While there, I saw a video called "The Sleeping Tiger" which is about the addiction being seen as a tiger that lives within us. When we quit drinking, this tiger goes to sleep (but continues to grow) and when we consume even the minutest amount of alcohol, this tiger is awakened and the addiction can continue and even be worse than before. This is when my decision to quit drinking and drugging began. The first 2 years were the hardest. I made an agreement with my counsellor when I first decided to quit drinking that if I was going to start again, I would call or go see him first. After 6 months of sobriety, I went to see him because I was not happy, I was lonely and sad. After talking to him I decided to go back to treatment to identify issues to work on. I kept seeing my counsellor for another 6 years, while completing programs and preparing myself to go to school. It's been a long journey full of ups and downs, triumphs and turmoil. Today I regret none of it and would not change a thing about my journey. My life is still not perfect and not happy all the time but it is worth everything I did to make it this far. I started out with a vision for my grandchildren and great grandchildren. That vision is still unfolding and life goes on, I'm happy most of the time!

My first grandchild arrived 2 years ago and her parents are sober 7 years. (anonymous)



If you would like to contribute your recovery story, please contact Karen Lara at 250.378.9745 or lara.k@schss.com. All stories will be published anonymously.



Mind Your Mind!

Eating for good mental health

Eating for good mental health is about a mind-body connection. A healthy diet and good nutrition are essential to your overall mental and physical wellness.

- Eating meals with your family can give you a more positive outlook on life, higher self-esteem and helps kids do better in school.
- Dehydration can affect mental performance. Symptoms of dehydration include light-headedness, dizziness & headaches. A great way to measure how much water you need in a day is your body weight (lbs) divided by 2. This is measured in ounces.
- Add cucumber, lemon or mint to perk up your water! Staying hydrated helps you avoid feeling sleepy and unmotivated during the day.
- Too much caffeine can affect your mental and physical health, causing jitters, sleep loss, anxiety, insomnia and stomach upset
- Coffee is great and can give you a boost, but Health Canada recommends that adults have no more than 400 mg of caffeine a day – that’s 2 to 3 cups of coffee.
- Be sure to include a variety of protein sources on a weekly basis including lean meat and chicken, fish, nuts and seeds! Protein stabilizes your emotions and helps you feel grounded.
- Smoothies are a great way to consume your daily nutrients without very much effort.
- The omega 3’s in fish oil can help reduce the risk of stroke, improve thinking skills, and increase muscle growth. Salmon is an important superfood!

Super Scaq™m Smoothies

Ingredients

- 1 peeled & sliced banana (frozen bananas are great!)
- 3/4 cup plain yogurt
- 1 cup milk or orange juice
- 1 cup scaq™m (saskatoon berries)
- 1 Tbsp. honey

Directions

Place all ingredients in blender.
Blend until smooth.

For extra power try adding: oats, peanut butter, spinach, green tea, almond milk

Scaq™m are higher in antioxidants than blueberries and they're rich in iron and calcium.



Nurse’s Note

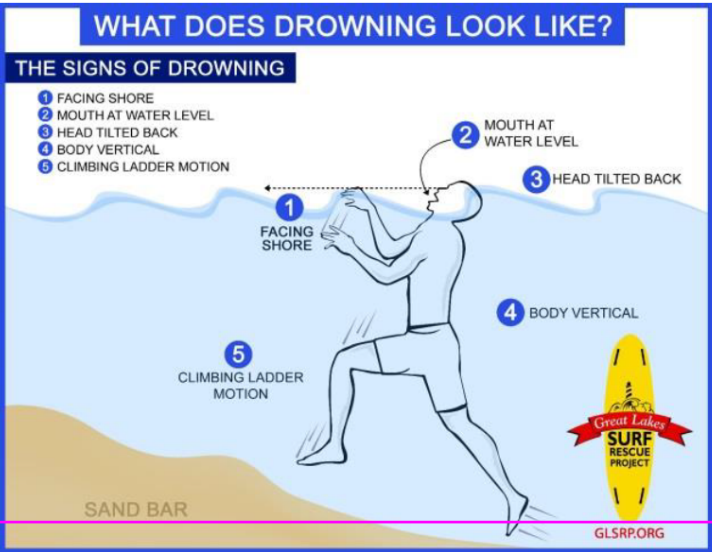
Think water safety this summer!!

Swimming at the pool, lake or river is a fun family-friendly activity during the summer months. However, please remember these safety tips!

- Drowning is the second leading cause of preventable death for children under 10 years.
- Almost 500 people drown each year in Canada.
- Drowning is a fast and silent killer. A child can drown in as little as 10 seconds. Victims rarely call, wave or signal for help because they can’t keep their heads above water.**

- Tips for Parents:**
- Keep your eyes on young children at all times and **stay within arms’ reach**.
 - Put **young children in lifejackets**. Water wings are **NOT** safety devices!
 - Fence backyard pools**
 - Empty wading pools** when not in use.
 - Enroll your children in **swimming lessons**. At minimum, they should be able to roll in water, tread for 1 minute and swim 50 m. Call the Nicola Valley Aquatic Centre to learn more about swimming and lifesaving programs
 - Have close adult supervision in areas without lifeguards. **Designate an adult to be “on guard”**. If this is you, limit conversation and **stay off the phone!**
 - Insist your children always **swim with a buddy**, never alone.
 - Make it a rule that **weak or non-swimmers must wear lifejackets**.
 - Put babies in swim diapers. These get less heavy with water than normal diapers
- Tips for adults:**
- Swim and boat sober:** Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body’s ability to stay warm.
 - Protect your neck:** Go feet first, first time. Never dive into shallow water.
 - Take a CPR course!**

Call Rose to borrow a lifejacket for the summer! Kids and adult sizes!!



Seabird Mobile Diabetes Team: Clinic Notice



Living Well Together

When are we coming:

July 10, 11, 12 2017

Location will be:

LNIB Health Centre

Scw'exmx Community Health is linking with LNIB Health Centre and Seabird Islands Mobile Diabetes Team. Diabetes is a major concern for First Nations Peoples. The disease has been increasing at an alarming rate among Indigenous peoples worldwide. The team provides Diabetes Care, including vision and blood screening along with education which will prevent long-term complications of diabetes. They also provide community screening for diabetes. When you attend the clinic you and your doctor will both get a copy of your results. If any of your results show you need help, the team will give you advice on making appointments with your doctor, nurses or dietician.

The clinic will be held on **July 10, 11, 12 @ LNIB Health Center** and a **potluck dinner will be held there at the soup kitchen on July 10th at 5pm.**

Contact **Rena Jones RN ASAP for an appointment at 250-378-9745** if you would like to attend this clinic. **There is limited space available.**



www.seabirdmobilediabetes.ca

Nurse's Note

Shingles Vaccine

**The Shingles Vaccine
is being offered free
from Scw'exmx Health
for clients over age 60!
Call now to book an appointment!**

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





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.

Schedule of Community Van for in and around Merritt appointments:

Tuesday: Coldwater

Wednesday: Shackan

Thursday: Nooaitch

Every Second Friday: Shackan

Medical Van to Kamloops:

Mondays, Wednesdays and Fridays, are the early pick ups for appointments in Kamloops. The medical van leaves Merritt by 7:45 a.m. The medical van driver returns back to Merritt by 2:00 or 3:00 p.m. Recommend that if you are booking an appointment in Kamloops on these days that you try to book them for the mornings. The medical van driver returns back to Merritt by 2:00 p.m. or 3:00 **Tuesdays and Thursdays** are a bit more flexible.

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.

Summer days have arrived. Summer holidays have started. Please be safe out there

Nlaka'pamux Nation

NALOXONE TRAINING

What is Naloxone? Naloxone is a medication that reverses the effects of an overdose from opioids (e.g. heroin, methadone, fentanyl, morphine). BC has developed a Take Home Naloxone (THN) Program to help save lives

Take Home Naloxone (THN) kits will be available to everyone who attends the training.

Kit Eligibility: Take Home Naloxone kits are now available, at no cost, for people who are at risk of an opioid overdose, friends and family or a person (s) who may witness and respond to an overdose.

WHEN: Wednesday July 12, 2017

Where: Shackan Band Hall

Time: 1:00pm

Please register so we can make sure to have a THN kit for everyone.

Open to anyone from the Nlaka'pamux Nation or anyone living in one of the Nlaka'pamux communities. It is our goal to have a minimum of two people trained per community, but strongly encouraging more to attend. Light snacks will be provided



**For more information or to register please contact (250) 378 9745
Tamara George nwellnesscoordinator@gmail.com**

Scw'exmx Elders Raffle
Draw Date: Wednesday July 19, 2017
TICKETS \$5.00 EACH

- 1ST PRIZE: Drum, Horse Drum Bag & Deer Hide Rattle Made by Hank Yamelst**
2nd PRIZE: Vest & Wood Rattle
3rd PRIZE: SCFSS Drum



1st



2nd



3rd

All proceed fundraised will go toward
the Scw'exmx Elders Trip to Harrison Hot
Spring and Vancouver October 2017.

Thank-you for your support.

To purchase tickets please contact
Tamara George 250 378 9745



On June 15, 2017 SCHSS presented at the Coldwater Band General Meeting at the Coldwater School in regards to Coldwater's New Health Satellite building on reserve. There was a second presentation by SCHSS staff Karen, Rose, Amelia about Nutrition and traditional foods. The first 25 people were gifted with a bag filled with healthy foods. The evening was enjoyed by dinner catered by Jackie Smithers. There was a total of 42 people who attended.

Prize winners were: Henry Saul won the TV, and Janice Ellingson won the Pendleton Blanket.





Scw'exmx Community Health Job Postings

Relief Medical/Community Van Driver

Scw'exmx Community Health Services Society is inviting applications for a Medical/Community Van Driver.

This will be a relief/on-call position providing Transportation services to Community members within the guidelines of SCHSS programming, as needed. This may include but not limited to driving to Kamloops, and travel between the communities of Coldwater, Shackan, Nooaitch and Merritt. Morning and early evening work may be required dependent on client schedule.

- Applicant must possess a Valid Driver's License (Class 4 preferred) and have a clean Drivers Abstract
- Criminal Record Check is required
- Must be a People Person, outgoing, & have the ability to work with community members of all ages
- Sensitive to the physical needs of transporting our clients
- Great communication skills and time management necessary
- Familiarity of Nlaka'pamux culture, language & history will be a definite asset

For more information please contact Scw'exmx Community Health Services Society
(250) 378-9745

Resumes may be dropped off at or mailed:
#103 – 2090 Coutlee Ave PO Box 3090
Merritt BC V1K 1B8

Or Email: reception@schss.com

On-call Reception Worker

Scw'exmx Community Health Service Society is looking for a dedicated and reliable on-call receptionist.

The receptionist will be responsible for administrative duties under the direction of the operations Manager and subject to the policies and procedures of the Scw'exmx Community Health Services Society.

Start Date: ASAP when needed

Apply by submitting your resume by mail, fax or email.

Attention: Lori Clark

Scw'exmx Community Health Services Society
#103-2090 Coutlee Ave PO Box 3090

Merritt BC, V1K 1B8

Telephone: (250) 378 9745

Fax: (250) 378 4962

or Email reception@schss.com

Scw'exmx Community Health Services Society thanks to all those who apply, however, only qualified candidates will be considered for an interview.



Come check out our fabulous new interesting website: schss.com

We also have a facebook page, so come and join our page.

DRAW: JULY 19, 2017

Scw'exmx Elders Summer Basket Raffle

Tickets \$5.00 each
or 5 for \$20.00



What can you win?????

Coleman cooler

- Seasoned & salted sunflower seeds
- 2 jiffy pop popcorn
- 1 off bug repellent
- 1 kids Coppertone sunscreen lotion
- 1 Hawaiian tropic sheer touch tanning lotion
- 1 Hawaiian tropic after sun lotion

- 1 campfire coloured flames
- 2 hooded ponchos
- 1 40ft x ¼ " rope
- 1 Hershey's smore kit

2 player badminton racket set

1 portable gas grill with tank

2 lawn chairs

1 boat set

1 full air mattress

1 fishing rod with tackle box



1 sleeping bag



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July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 SCHSS & STOYOMA DENTAL OFFICE CLOSED IN LIEU OF CANADA DAY	4 Coldwater Local Medical Van Road to Wellbriety 6:30 to 8:30 pm CW Access Center Nkshaytkn Gathering at HVC 11am to 3pm Gym at Nic Canford Field 3-5pm	5 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm CW & Noo Water Sampling Pension workshop 11-1pm Elders building	6 Nooaitch Local Medical Van Meal Delivery	7  NOO Drop In 7-9pm	8
9	10 BOOT CAMP @ Nic Canford School 6:30 to 7:30 pm CW & Noo Water Sampling	11 Coldwater Local Medical Van Elders Drop in Elders Centre Road to Wellbriety 6:30 to 8:30 pm CW Access Center Seabird Island Traveling Diabetes team, at Lower Nic, 250-378-4089	12 Shackan Local Medical Van Naxolone Training, Shackan 1:00 pm Seabird Island Traveling Diabetes team, at Lower Nic, 250-378-4089	13 Nooaitch Local Medical Van CW Parent & Tots Willdife Park Trip Meal Delivery	14 Shackan Local Medical Van OFFICE CLOSED FOR STAFF DEVELOPMENT	15
16	17 BOOT CAMP @ Nic Canford School 6:30 to 7:30 pm CW & Noo Water Sampling EUREKA SCIENCE CAMP, July 17—21. 2017 NOO Band Hall Age 7 – 13 must pre-register →	18 Coldwater Local Medical Van Road to Wellbriety 6:30 to 8:30 pm CW Access Center CW Canning at CW Hall 10am—3:30 pm	19 Shackan Local Medical Van CW Canning at CW Hall 10am—3:30 pm Elders Monthly Meeting and raffles to be drawn	20 Nooaitch Local Medical Van COHI CW@10am-12pm CW School Merritt Moms postpartum Group 1pm CW Parent & Tots Willdife Park Trip Meal Delivery	21	22 Moonlight Movie in the Park Starts at 7 pm
23 July 24-26, 17 Nicola Valley Canoe Pull, ages 13-18 →	24 BOOT CAMP @ Nic Canford School 6:30 to 7:30 pm CW & Noo Water Sampling →	25 Coldwater Local Medical Van Road to Wellbriety 6:30 to 8:30 pm CW Access Center NOO Canning at NOO Hall 10 -3:30 pm	26 Shackan Local Medical Van Noo parent and tots cooking 10:30 - 12pm @ NOO Sat NOO Canning at NOO Hall 10 -3:30 pm	27 Nooaitch Local Medical Van Meal Delivery	28 Shackan Local Medical Van Shackan Canning at Hall 10-3:30pm	29
30	CW & Noo Water Sampling 31					