

Commitment-Stick Ceremony

AT THE 150 DRUMS FOR LAND, WATER, AND UNITY

SEPTEMBER 23, 2017

1:00PM

SHULUS ARBOUR

Hosted by

Scw'exmx Community Health Services Society

COMMITMENT STICKS DESIGNED BY ALKALI (ESKETEMC) ELDER FRED JOHNSON SR AND HIS SON FRED JOHNSON JR. THESE BEAUTIFUL STICKS SIGNIFY EACH OWNER'S PERSONAL AND PROFESSIONAL COMMITMENT TO LIVE VIOLENCE FREE AND TO STOP VIOLENCE AGAIN INDIGENOUS WOMEN AND GIRLS.

FOR MORE DETAILS
CONTACT KAREN LARA AT 250-378-9745 OR EMAIL
LARA.K@SCHSS.COM



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

September 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

Ashleigh Huston
Community Health Associate

Bonita Eagles
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

Daryle Shackley
Community Van Driver



This is a preliminary notice of
Annual General Meeting



Scw'exmx Community Health Services Society
November 21st 2017– Coldwater Band Hall
5:00 PM

The purpose of this notice is to give the membership time to put forth any resolutions that they may wish to be voted on at the AGM.

A resolution to be voted on at the AGM must be received at the
SCHSS office no later than
4:30 pm, Friday, October 6, 2017.

A resolution so received will then be reviewed for appropriateness and may or may not be put forward to the AGM. **NO Resolutions will be accepted from the floor of the AGM as any resolution to be voted on must be posted with the final notice of the AGM.**



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.





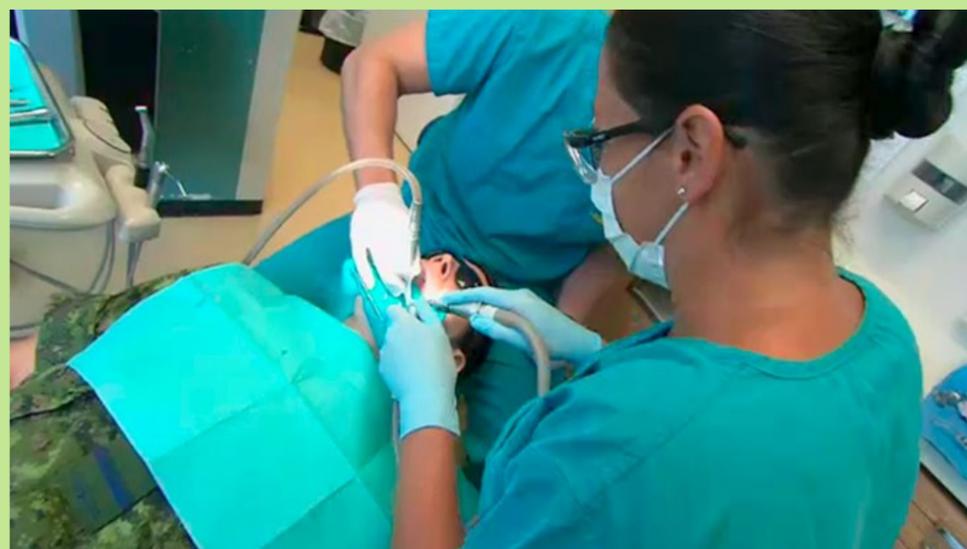
Stoyoma Dental Clinic

Come down to book an appointment at

Stoyoma Dental Clinic will be closed **Friday September 1, 2017**, and as of **September 8, 2017** Stoyoma Dental Clinic will be back to regular hours and will be open **Monday to Friday 8:00 am to 4:30 pm.**
Van rides are available on Tuesday and Thursday

COHI for our three communities has been changed to once every other month. The next COHI in our communities will take place on Thursday October 19, 2017. Location and times to be announced closer to the date.

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



My Recovery Journey



Addiction was all around me when I was growing up as a kid in Vancouver. Most adults in my life kept it away from me. Meaning they would send me to bed before the drinking started. But I knew what was going on, it always got louder the more they drank. I didn't understand it completely other than it was always done when people would gather to socialize. When I finally got to go to a party I was fifteen. My parents at the time did everything they could to keep me from going down that road. By keeping me at home on weekends cleaning and dusting the house to occupy my time, they figured they could keep me safe by not letting me go to parties. I of course found a way.

I slowly became a liar, a cheat, a thief and the manipulator. I'd tell my parents that I would be staying at friend's house for an overnight then go to parties that were elsewhere. Mind you I was never good at it since I always got caught....eventually. Even though I would get caught I still kept looking for opportunities to drink. When I turned nineteen I thought it was going to even be cooler since now I could drink anytime I wanted. I was finally able to buy alcohol for myself legally. In fact I could buy alcohol for others as well. That's what I did. I bought alcohol for others, including my 12 year old brother. I got into a lot of trouble for this of course. Instead of it using a parent or dad voice (when my dad talked to me about it) he had a sad tone. He didn't yell, he didn't look angry, he looked and sounded hurt. It wasn't that I did a bad thing....it was that I did a bad thing to my brother! I helped set my brother on a road that I had no idea where it would lead him. Many years later after a night of drinking my brother was passed out on the couch, little did he realize that he was passed out on top of his son. If it wasn't for my mom driving down there to drop off garbage bags, my nephew would not be alive today.

I think the biggest lesson that I got from this was that, the things you do to yourself don't just affect you, they affect everyone around you. I've been sober for 25 years now and I look back on all the moments that I have gotten to live and remember every last bit of detail. That is a lot of gratitude to look back on and I'm proud of every moment I remain sober.

As much as I enjoyed sharing I hope you enjoyed reading. Have an amazing day and remember you are the greatest gift to you.

~Monty



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.

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 Elders

Scw'exmx Elders Raffle Winners:

1st Prize: Drum, Horse Drum Bag & Deer Hide Rattle made by hank Yamelst

WINNER: ISABELL BARA

2nd Prize: Vest & Wood Rattle

WINNER: ESTHER VOGHT

3rd Prize: Scw'exmx Family Services Society Drum

WINNER: ESTHER VOGHT (see below pic on right)

Scw'exmx Elders Summer Basket Raffle Winner was BRAD MCKAY (see below pic on left)

ATTENTION TO ALL ELDERS GOING ON THE ELDERS TRIP IN OCTOBER. Please attend the next elders Meeting on Wednesday September 20, 2107 we will be going over the Itinerary and travel plans, etc.

Scw'exmx Elders Summer Basket Raffle Winner was BRAD MCKAY



Winner of the Vest & Wood Rattle and the SFSS Drum was ESTHER VOGHT



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



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

Grief Recovery Edu-Therapy Program

When: October 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

Nl̓eʔkəpm̓x Nation

150 DRUMS for Water, Lands and Unity

Friday September 22, 2017 &
Saturday September 23, 2017

PRIZES
TO BE
WON!!

Lower Nicola Arbor

Time: Day 1: 7:00pm Day 2: 10:00am

Welcoming all Hand Drummers

**FREE ADMISSION &
DINNER PROVIDED ON SATURDAY**

*Please bring your own plates, utensils &
Water bottles*

Guest Speakers:

Amelia Washington, Billy Pierre, Marshall Kraus,
Opie Oppenheim, John Chenoweth,
Mandy Jimmie, Robin Humphrey and more...

Vendor/ agency booths on location
**STOP the Violence Commitment
Stick Ceremony**

On-site
Concession



For more information
please contact Molly Toodlican at
250 280 1012 or email mtoodlic@nvit.bc.ca

Looking for volunteers



Nurse's Note

September is Arthritis Awareness Month!

The term **arthritis** (“arthro” meaning joint, “itis” meaning inflammation) refers to more than 100 related conditions. Arthritis can strike anyone at anytime, regardless of age, physical condition or ethnicity. The main symptoms of arthritis are chronic joint pain, stiffness and swelling, which can cause disability and poor quality of life.

There is no cure for arthritis.

4.6 million – Over 4.6 million Canadian adults (one in six) report having arthritis.

First – Among all causes of disability in Canada.

2/3 – Two out of three Canadians with arthritis are women.

3/5 – Nearly three out of every five people with arthritis are of working age.



Here are some lifestyle tips if you or a loved one has arthritis:

- Pace yourself. Spread heavy activities over the week (don't do vacuuming and grass cutting on the same day). Take breaks. Switch between standing, sitting & walking.
- On long trips, stop frequently and walk to relieve tension, relax muscles and prevent stiffness.
- Store items you use the most between waist and shoulder height.
- Larger and stronger joints more. For example, push open a door with your shoulder or hip. And, instead of carrying a purse in your hand, sling it over your shoulder.
- Use tools (e.g. pens, knives) with “fat” handles
- Use raised seats to make sitting/standing easier
- Do exercises that improve flexibility (e.g. stretching), strength, and endurance (e.g. walking, swimming, and bicycling)
- Eat a healthy and well-balanced diet



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, contact the office at **250-378-9745** 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: The next eye clinic is scheduled for November, 2017, dates to be determined. If you wish to see Dr. Ahmed, phone the health office at 250-378-9745. You need to sign up, have your status number, health care number, birth date and contact number. 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.

HEALTH CARE CARDS: Everyone of all ages needs to apply for new health care cards by February 2018. If you have not applied before this date, you will be billed for medical services acquired. Go to Hub Insurance and apply, you will need \$20.00 for your new card. This is a source of picture ID, as it will have your picture.

Job Posting – Nation Health Administrative Assistant

The Nlaka'pamux Nation Community Engagement Coordinator is currently recruiting for a temporary full-time (1 FTE), Nation Health Administrative Assistant. Office is located at 2064B Coutlee Ave, Merritt BC. The Nlaka'pamux Nation Health Administrative Assistant will support the Community Engagement Coordinator as required in the day to day operations by maintaining communications, providing administrative and clerical support and assisting with event planning and coordination of activities.

START DATE: September 25, 2017

END DATE: March 31, 2018

(Please note that the term of this position may end prior to or be extended beyond the expected end date.)

HOURS OF WORK: Monday to Friday 8:30 am – 4:30 pm (35 Hours per week)

APPLICATION DEADLINE: 4:00 pm, September 13th, 2017

RESPONSIBILITIES:

- Coordinate meeting logistics, record and distribute meeting minutes;
- Prepare notices, posters & other promotional materials;
- Assist with project planning, scheduling, and coordinating resources;
- Support with all Nation communications;
- Compile and maintains contact lists;
- Any other tasks as assigned.

QUALIFICATIONS/EXPERIENCE:

1. Previous experience taking meeting minutes;
2. Possesses basic knowledge of Nlaka'pamux First Nations communities and health priorities;
3. Completion of grade 12 or equivalent;
4. Minimum of 3 years' experience in an office setting;
5. Strong verbal and written communication skills;
6. Strong computer skills and knowledge of programs such as Outlook, Word, Excel and PowerPoint;
7. Good organizational skills and record keeping;
8. Cheerful presence and people skills;
9. Must be able to type, preferably at a speed of 45 w.p.m. or more.

If you are interested in applying for this position, please email your application to:
bernadette.collins@fnha.ca by **September 13th, 2017 at 4:00pm**

Deliver to: Scw'exmx Community Health #103 – 2090 Coutlee Ave, Merritt BC

Mail to: P.O. Box 3090 Merritt BC, V1K 1B8 Attn: Bernadette Collins

Only qualified applicants will be interviewed.

Apply with cover letter, resume, and 3 recent employment references



Scw'exmx Community Health Job Postings

Relief Medical/Community Van Driver

Scw'exmx Community Health Services Society is inviting applications for a Relief 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 skills necessary
- Familiarity of Nlaka'pamux culture, language & history will be a definite asset

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.

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.

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.

Non-Insured Health Benefits

Are you First Nations and turning 19?

Up to your 19th birthday, you are enrolled under your parent's MSP Account. After the month of your 19th birthday you will get your own number and may be billed directly for MSP Premiums if you do not apply for enrolment through FNHA.

Complete this MSP application form <http://www2.gov.bc.ca/assets/gov/health/forms/178fil.pdf> and submit to FNHA.

If you would like to change your MSP information, such as:

- Change /Correct Account Holder's information
- Change address information
- Add, remove or change/correct information for a spouse
- Add, remove or change/correct information for a child

Click [here](#) for the MSP Change Request Form

To help you complete the Change request Form, here are highlights of information required in each section:

- Section 1: Choose the reason for completing the form
- Section 2: Account holder's information
- Section 3: Only complete this section if you are changing your address
- Section 4: Do not forget to date and sign your application
- Section 5: FNHA's authorization
- Section 6: SPOUSE—only complete if you are changing/correcting, adding or removing spouse's information on your contract
- Section 7: CHILD—only complete if you are changing/correcting, adding or removing child's information on your contract
- * For additional children, copy page 2 for each additional child
- Section 8: Residency confirmation—must be complete

Be sure to add all applicable documents—marriage/name change certificates, adoption papers, birth certificates.

If you have been billed directly for MSP premiums, write on the application—"please backdate MSP coverage: [MONTH/YEAR]", and we will backdate your MSP premium coverage up to five (5) years.

Five years is the maximum allowable time to backdate premium coverage by Health Insurance BC.



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September 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|---|--|-----------------------------------|
| | | | | | 1 Shackan Local Medical Van Stoyoma Dental Office Closed | 2 |
| 3 | 4 Labour Day Holiday SCHSS Office & Stoyoma Dental Office will be CLOSED for the Holiday | 5 Coldwater Local Medical Van Stoyoma Dental Van CW & Noo Water Sampling CW After school drop in CW Access Ctre 3:30-4:30pm | 6 Shackan Local Medical Van | 7 Nooaitch Local Medical Van Stoyoma Dental Van Meal Delivery CW Gym Night-13 & up 6-8 pm | 8 | 9 |
| 10 | 11 CW Gym Night-13 & up 6-8 PM | 12 Coldwater Local Medical Van Stoyoma Dental Van CW After school drop in CW Access Ctre 3:30 CW & Noo Water Samp Gym Night at Nic Can 6—7:30 pm Elders Drop In: 11am to 1 pm CW Kids Gym Night 12yrs & under 6-730pm | 13 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm | 14 Nooaitch Local Medical Van Stoyoma Dental Van Meal Delivery Palliative Meeting 10:00 am 2199 Coutlee Avenue CW Gym Night-13 & up 6-8 pm | 15 Shackan Local Medical Van NOO Drop In 7-9pm  | 16 |
| 17 | 18 CW Gym Night-13 & up 6-8 PM | 19 Coldwater Local Medical Van Stoyoma Dental Van CW After school drop in CW Access Ctre 3:30- CW & Noo Water Sam- Gym Night at Nic C 6—7:30 pm Elders Moccassin Making CW Kids Gym Night 12yrs & under 6-730pm | 20 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm CW Parent and Tots H2O Trip Elders Monthly Meeting | 21 Nooaitch Local Medical Van Stoyoma Dental Van Meal Delivery CW Gym Night-13 & up 6-8 pm | 22 NOO Drop In 7-9pm  Movies at the Civic Centre 6:00 pm—rides are limited pre- register | 23 |
| 24 | 25 NOO Parent and Tots H2O Trip CW Gym Night-13 & up 6-8 pm | 26 Coldwater Local Medical Van Stoyoma Dental Van CW After school drop in CW Access Ctre 3:30-4:30pm CW & Noo Water Sampling Gym Night at Nic Can 6—7:30 pm CW Kids Gym Night 12yrs & under 6-730pm | 27 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm | 28 Nooaitch Local Medical Van Stoyoma Dental Van Meal Delivery CW Gym Night-13 & up 6-8 pm | 29 Shackan Local Medical Van NOO Drop In 7-9pm  | 30 ORANGE SHIRT DAY |