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

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Gym Night at Nic Can 6—7:30 pm Cooking One Pan Cheesy Cauliflower Rice with Broccoli and Chicken Low Carb 10-12:30 @Coldwater School CW & Noo Water Sampling	2 Coldwater Local Medical Van CW After school drop in CW Access Ctre 3:30-4:30pm CW Kids Gym Night 6-7:30 pm Wellbriety 6:30-8:30 pm NVIT	3 Swim & Gym 3:30pm-5:00pm Cooking One Pan Cheesy Cauliflower Rice with Broccoli and Chicken Low Carb 10-12:30 @ Nooaitch Health Building	4 Nooaitch Local Medical Van Noo/Sha Feel the Beat 5:00 pm ➲ Meal Delivery	5 ➲ NOO Drop In 6-8pm Cooking One Pan Cheesy Cauliflower Rice with Broccoli and Chicken Low Carb 10-12:30 @ Shackan Hall	6
7	8 CW & Noo Water Sampling April Showers Bring May Flowers Umbrella Craft CW School 10 am to 12:30 pm Woman's Self Defence class @ CW gym 5pm –8pm	9 Coldwater Local Medical Van Elders' Drop in Potluck 11:00 to 1 pm CW Gym Night 6-7:30 pm Wellbriety 6:30-8:30 pm NVIT CW After school drop in CW Access Ctre 3:30-4:30pm	10 Shackan Local Medical Van Knowledge Keepers meeting- 10am-2:00 pm Swim & Gym 3:30pm-5:00pm Aboriginal Parenting SCHSS Board Room 6:00 to 9:00 pm Pre-register	11 Nooaitch Local Medical Van ➲ Meal Delivery Noo/Sha Feel the Beat 5:00 pm	12 Civic Center Movie Night	13
14	15 CW & Noo Water Sampling Woman's Self Defence class @ Nooaitch gym 5pm-8pm	16 Coldwater Local Medical Van CW After school drop in CW Access Ctre 3:30-4:30pm Wellbriety 6:30-8:30 pm NVIT CW Gym Night 6-7:30 pm	17 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm April Showers Bring May Flowers Umbrella Craft Noo Band Hall 10am t Elders Meeting at 2199 Coutlee Ave 1pm Aboriginal Parenting SCHSS Board Room 6:00 to 9:00 pm Pre-register	18 Nooaitch Local Medical Van ➲ Meal Delivery Noo/Sha Feel the Beat 5:00 pm	19 Good Friday SCHSS Office Closed Stoyoma Office Closed NLX Office Closed	20
21	22 Easter Monday SCHSS Office Closed Stoyoma Office Closed NLX Office Closed	23 Coldwater Local Medical Van CW & Noo Water Sampling CW After school drop in CW Access Ctre 3:30-4:30pm Wellbriety 6:30-8:30 pm NVIT CW Gym Night 6-7:30 pm	24 Shackan Local Medical Van Aboriginal Parenting SCHSS Board Room 6:00 to 9:00 pm Pre-register Swim & Gym 3:30pm-5:00pm	25 Nooaitch Local Medical Van ➲ Meal Delivery Noo/Sha Feel the Beat 5:00 pm	26 ➲ NOO Drop In 6-8pm Language Nest Trip with Carly, call if you need a ride	27
28	29 CW & Noo Water Sampling	30 Coldwater Local Medical Van CW & Noo Water Sampling CW After school drop in CW Access Ctre 3:30-4:30pm Wellbriety 6:30-8:30 pm NVIT CW Gym Night 6-7:30 pm			Stoyoma Dental clients- If you need a ride van rides are available Tues & Thursdays with 24 hours	

Scw'exmx Community Health Presents:

Women's Self Defense

Training with Melissa Moses

Free dinner and personal alarm!

Coldwater:

Date: April 8, 2019

Time: 5pm-8pm

Where: Coldwater School

Nooaitch:

Date: April 15, 2019

Time: 5pm-8pm

Where: Nooaitch Band Hall

Please sign up in advance: contact Rose Kramer through email at chn@schss.com or phone 250-378-9745.

This class is for female youth and adults aged 10 years and older

Please bring active wear clothing, a towel and a water bottle.

FREE WORKSHOP

Are you living with Diabetes?

This Photo by Unknown Author is licensed under CC BY-SA-NC

SCHSS is now taking registrations for Living a Healthy Life with Diabetes Self-Management Program

- Use the Diabetes Self- Management Toolbox
- Use skills needed for day to day management of diabetes and related symptoms
- Prevent low blood glucose (Hypoglycemia)
- Prevent or delay complications
- Plan low fat meals & read nutritional labels
- Use strategies for sick days
- Practice proper foot care
- Communicate effectively with your health care team

Each weekly session is 2.5 hours long for six weeks. Snacks & refreshments will be provided.

Please contact Dawn or Bonita at SCHSS 250-378-9745 to register

Non-Insured Health Benefits

Non-Insured Health Benefit Report by Ruby Adams:

To book the medical van or community vehicle, please phone 250-378-9745

Community Van: Tuesday: Coldwater van run Wednesday: Shackan van run
Thursday: Nooaitch van run

We require advance notice if you need a ride to your appointments. Please try to book your appointments for before 2:00 p.m. in the afternoon, this is so the community vehicle can return back to the communities by 3:00 p.m.

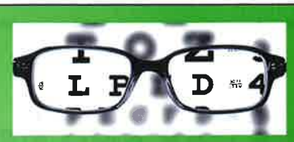
Medical Van to Kamloops:

Just a reminder, that, Mondays, Wednesdays and Fridays are early departures from Merritt, the van leaves Merritt by 7:45 a.m. 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.

Community members who require rides for your appointments, please notify the NIHB clerk if your contact numbers (cell, land line) has changed. It is important for the van driver to be able to contact you to arrange for pick up times. Also, if your place of residence changes, notify the office and the van driver. If you have to call an ambulance, please ensure that you provide your status card to the paramedics.

BC Care Cards: If you have moved back to the reserve you should fill out a change form at the health office. This would be a change of address. Provide a copy of your status card and care card. You also need to register your child who has turned 1 year old, because now they need their own care card. You can go to the service Canada office or SCHSS office

Eye Clinic with Dr. Ahmed: Dr. Ahmed had a change of staff in his office and won't be able to come to Merritt until MAY 2019 or even later. Sorry for any inconvenience. Notices will come out once date is confirmed. In the mean time you can phone in or drop in to fill out a form for the eye clinic.



SCHSS EYE CLINIC
COMING IN MAY 2019

PLEASE REGISTER BY
CONTACTING RUBY ADAMS
(NIHB CLERK) AT:
(250)378-9745

TO PRE-REGISTER YOU WILL NEED:

NAME
DATE OF BIRTH
STATUS NUMBER
CARE CARD NUMBER
PHONE NUMBER

Regardless of your age or physical health, it is important for everyone to have regular exams.

Eye examinations are an important part of health maintenance for everyone. Adults should have their eyes tested to keep their prescriptions current and to check for early signs of eye disease. For children, eye exams can play an important role in normal development.

In addition to evaluating your eyes for glasses and contacts, your eye doctor will check your eyes for diseases and other problems that could lead to vision loss.

MOTHER'S DAY AND NEW LIFE CELEBRATION

Wednesday, May 8, 5:00 pm Shackan Band Hall

Thursday, May 9th 5:00 pm Nooaitch Band Hall

Sunday, May 12th 11:00 am Coldwater Band Hall

YOU'RE INVITED TO CELEBRATE THE NEW BABIES BORN THIS YEAR WITH DINNER, WELCOME BABY CELEBRATION, PROFESSIONAL PHOTOGRAPHER FOR FAMILY PICTURES, AND DOOR PRIZES!

Schedule your FREE Hearing Evaluation today.

Hear life's most important moments!

Full Mobile Hearing Clinics

Authorized Mobile Hearing Clinic Truck set up with Sound booth and Audiological equipment.

May 31, 2019 10 am to 4 pm

Auditory Deprivation Hearing Health

Learn about auditory deprivation and the importance of healthy hearing.

Hearing Aids & Today's Technology

Learn about today's hearing aids and technology.

Hearing Health Professionals

Learn more about our dedicated team of hearing health care professionals

Carter Hearing Team

At Carter Hearing, we are dedicated to the highest level of care for our clients.

From the first visit to ongoing support, you'll find our professional clinic team is with you every step of the way. Because we believe that hearing well is part of leading a healthy happy life.

Laura Carter, CEO, Owner, Hearing Practitioner, RHIP
Dr. Sarah Barnes, Audiologist, Au.D., MSC, RAUD, RHIP (missing in the photo) Don Mcleod Hearing Instrument Practitioner RHIP, Angela Gronbeck-Jones, Operations Manager/Audiometric Technician, Joyce Cheshire Customer Care Representative, Crystal Andronick Customer Care Representative, Zeena Minstry Customer Care Representative, Wilfred Victor and Shane Kelly Customer Care Representative (missing in photo)

CALL BONITA AT SCHSS TO BOOK AN APPOINTMENT
250-378-9745

The Citxw Nlaka'pamux Assembly, Scw'exmx Child & Family Services Society, First Nations' Health Authority & Nlaka'pamux Health Services Present

Spiritual

Mental

Health & Wellness Conference

Physical

Emotional

MAY 4TH & 5TH, 2019

MERRITT CIVIC CENTRE

8:00A.M.-4:30P.M.

Activities, Workshops & Presentations on topics that stem from the four areas of the medicine wheel that will lead to your healing, health and wellness. There will also be a Wellness Centre at the event!

For more information contact Kristy Joe at (250) 378-1864 or email at kjoe@cna-trust.ca

THIS IS A DRUG & ALCOHOL FREE EVENT

STOYOMA
DENTAL CLINIC

APRIL IS ORAL HEALTH MONTH!

Good oral health has an impact on our overall well being!
As part of a healthy lifestyle and to help reduce the risk of Oral disease:

- ✔ Keep your mouth clean with regular brushing, flossing and limited sugar
- ✔ Check your mouth regularly for signs of gum disease or oral cancer
- ✔ Eat well. Good nutrition helps build strong teeth and gums
- ✔ Do not smoke or chew tobacco
- ✔ Visit your dentist regularly for check ups and cleaning

New patients are always welcome.

STOYOMA
DENTAL CLINIC

2088 Quilchena Ave.
(beside Royal Bank)
PO Box 3090, Merritt, BC V1K 1B8
Call: 250-378-5877

HOURS OF OPERATION: MONDAY TO FRIDAY 8:00AM-4:30PM

Water Our First Medicine

WATER AND OUR HEALTH

Water contributes to good physical, mental, emotional and spiritual health. Necessary to life, water is the most powerful element on earth and acts as an important healer. In fact, our bodies are largely made up of water, which is lost from the body through sweating, breathing and going to the toilet. Newborns, infants and children's bodies can be made of up to 80% water. That is why they need a steady supply of water to keep their bodies working and growing properly.

"Children should be taught from an early age to respect, honour and protect water. Water is a resource which will some day in the future be more precious than oil or gold. Water – the body needs it. Without it we die. Nothing more needs to be said. It truly is 'Our First Medicine'."

– Albert 'South Wind' Dumont,
Spiritual Advisor, Poet, Storyteller

Help is only a phone call away!

KUU-US CRISIS LINE

A place where you can trust, talk, and feel safe!

24 HOURS — 7 DAYS PER WEEK

- **BULLYING**
- **SUICIDE** *Ideations, Attempts, Survivors of...*
- **PEER PRESSURE**
- **EDUCATION** *Poor grades, Failing...*
- **RELATIONSHIPS** *Friendships, Family, Work...*
- **MENTAL HEALTH** *Stress, Depression, Anxiety, Anger...*

- **ADDICTIONS** *Drugs, Alcohol, Gaming...*
- **VICTIMS OF CRIME** *Impacted by Social Media, Sexually Assaulted...*
- **ABUSE** *Neglect, Child Welfare, Physical, Sexual...*
- **FINANCIAL** *Poverty, Homelessness...*
- **GRIEF / LOSS** *Death, Separation, Divorce...*
- **SELF HARM** *Self Medicating, Cutting...*

Toll Free:
1-800-KUU-US 17
(588-8717)

Facebook Page:
KUU-US Crisis Service

www.kuu-uscrisisline.ca

First Nations Health Authority
Health through wellness

Nlaka'pamux Nation

Knowledge Keepers Meeting

April 10, 2019

10:00 AM

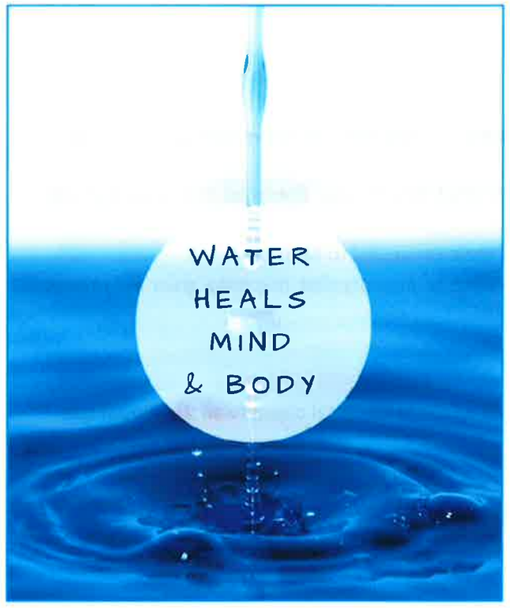
Rocky Pines Community Center

2790 Cougar Crescent

If you have any questions please contact Wellness Coordinator, Lepika Saddleman
250-378-9772 or by email at wellnesscoordinator2@nlxfn.com

TIPS

- ***Be grateful***: Water gives life. Humans, animals, plants and all living things need water to survive and be well. Be grateful and give thanks for this wonderful gift.
- ***Consider your teachings***: Draw on the knowledge that you have in your own culture and connect with Elders in your family or community to learn about water teachings.
- ***Be a positive role model***: When parents and caregivers make healthy drinks like water the norm at home, kids are more likely to make healthy drink choices throughout the day.
- ***Make it the easy choice in your home***: Keep a pitcher of water on the kitchen counter or in the fridge for everyone to grab a drink from throughout the day.
- ***Set them up for success***: Children need water to learn and stay focused. When packing your child's lunch, pack a reusable bottle of water instead of a sugary drink.
- ***Spice it up***: If your child grows tired of plain water, add a piece of fruit. Berries, lemon, lime and cucumber add natural flavours that are sure to have them coming back for more.
- ***Start early***: Dietary preferences develop between ages 0 and 4 years. Children who are used to drinking water at a young age are more likely to do so later in life.
- ***Reach for whole fruit instead***: While juice contains some nutrients, it also has a lot of sugar. Eating a piece of fruit is a better choice than reaching for juice - they will get important nutrients, fibre and will feel full longer.



Drink a glass of water
It's good for your mental health

Letting Go

Spring has arrived! As Spring begins many of us start to shake the winter season off, we start to put away our winter clothing, begin garden preparations, or start our spring clean. During this time, we find old treasures that had been lost amongst the clutter, and we decide its time to let things go.

Yet, when the time comes to let go of what we have accumulated, it is sometimes hard to get rid of what we don't need or use any more.

"The things you own end up owning you." – Brad Pitt as Tyler Durden

If you are having problems letting go, here on some tips:

1. Be Honest with Yourself
   - Do we really need it?
   - Will we ever actually wear/use/read/watch it?
   - Will our life be worse in any way without it?

2. Detach

   It can be very difficult to give away/throw away/donate something when we have formed an emotional attachment to an object.

   Of course, nobody would suggest you sever all emotional ties to your cherished treasures, but ask yourself:
   - What it is about a particular object that makes us so compelled to keep it?
   - Is there another way we can get the same feeling or memory that this thing gives us without cluttering our house?

3. Help Others

   Give things away to people who need them more or pass on the sentimental object to another loved one that will put the object to use.
   - Donate books to the library, local school or Red Book Shelf located around Merritt.
   - Donate clothing/houseware items to a local charity or shelter.
   - Donate old formal dresses to the Fairy Godmother program at MSS.

Applicants must be a member of or working for the Nlaka'pamux Nation.

Seats are limited to 20 participants for the overall program.

There are NO FEES for this program; and as such, each applicant will be reviewed for eligibility, with the understanding of a full commitment to complete program in its entirety.

Note: The program fee is normally $5,000 for each application, so commitment to complete the program is expected.

For further information or to register please call or email Wanda Dexel at 250.378.9772 or dexel.w@nlxfn.com

Registration will be accepted until seats are full and/or no later then April 15, 2019

Program will be offered in *Merritt* and *Location is TBA*

PRIORITY WILL BE GIVEN TO NLAKA'PAMUX STAFF

THIS IS A NLAKA'PAMUX SPONSORED PROGRAM

In Collaboration with the Justice Institute of British Columbia,

Nlaka'pamux Health Services is pleased to present

Aboriginal Focusing-Oriented Therapy & Complex Trauma Certificate

Dates:

May 30 – June 1, 2019	Complex Trauma
Aug 8 – 10, 2019	Focusing - Oriented Therapy & Complex Trauma 1
Oct 3 – 5, 2019	Focusing – Oriented Therapy & Complex Trauma 2
Dec 5 – 7, 2019	Focusing – Oriented Therapy & Complex Trauma 3
Jan 16 – 18, 2020	Depression, Grieving & Complex Trauma
Mar 12 – 14, 2020	Dreams & Complex Trauma
May 14 – 16, 2020	Clinical Spirituality & Complex Trauma

This 21-day (10.5 credit) Aboriginal Focusing-Oriented Therapy & Complex Trauma certificate uses Focusing-Oriented Therapy as a safe and effective method of working with clients who experience complex trauma.

This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation. A variety of Aboriginal/ Indigenous treatment modalities are woven throughout the courses, including experiential exercises, story-telling, ceremonial processes and land-based healing techniques.

What is Focusing-Oriented Therapy?

Aboriginal Focusing Oriented Therapy (AFOT) is a body-centred and person –centred approach to healing, developed three decades ago at the University of Chicago by Dr. Eugene Genlin. AFOT allows clients total control of the pace and the direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect. AFOT has been especially well received in Aboriginal communities because of its humanistic, person-centred approach to healing, which reflects the core values of respect and non-interference. For more information about AFOT, visit www.focusing.org.

Who should take this Certificate Program?

This program benefits counsellors, therapists, front line workers, and others who are interested in developing clinical treatment techniques and strategies essential to healing of traumatic life situations presented by many clients.

Aboriginal Focusing-Oriented Therapy (AFOT) is particularly helpful to practitioners who work with residential school survivors, addictions, and survivors of sexual, physical and emotional abuse. The program especially benefits practitioners who work in Aboriginal agencies and/or communities in various other cross-cultural situations/settings.

Learning Objectives?

This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation. The program is highly interactive and experiential and is taught from an Aboriginal perspective.

SCW'EXMX COMMUNITY HEALTH SERVICES

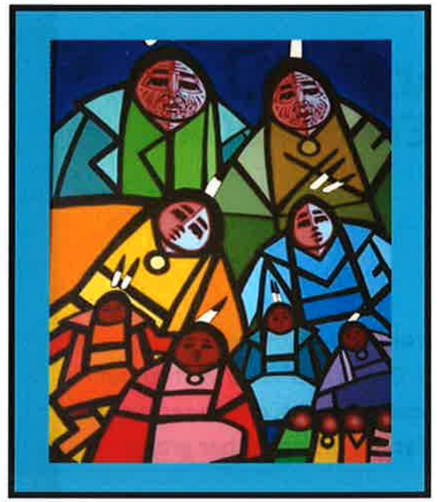
Bringing Tradition Home
Aboriginal Parenting Program

Date: **April 10 – June 12, 2019**

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 @ SCHSS Office @ (250) 378-9745.**

WELLBRIETY MOVEMENT

TRADITIONAL TEACHINGS & 12-STEP WELLBRIETY SUPPORT GROUP

About the Group

This is a weekly drop-in support group based on the White Bison 12-Step Wellbriety Program. Group members learn about personal values & beliefs, traditional teachings, create recovery plans, and gain support from the facilitators and other group members.

Together, we will learn new ways to live happier and healthier lives while balancing all four parts of the self: mental, physical, emotional, and spiritual.

"The Red Road to Wellbriety is offered to the Great Spirit so that all our relatives may find: Recovery, Wellness, Healing, and Peace".

New location in Merritt at NVIT!

Wellbriety

Indigenous 12 Step Support Group

Every Tuesday
6:30 - 8:30pm

NVIT

Traditional Nlaka'pamux Teachings

SCHSS
SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

Call/text Opie Oppenheim @ 250-572-6393 or Jake Jameson @ 250-315-7536 for more info

Scw'exmx Community Health Services Society
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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

April 2019

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

Crystal Lindley
Licensed Practical Nurse

Dawn Sugiyama
Personal Care Aide

Rose Kramer
Community Health Nurse

Melissa Krause
Licensed Practical Nurse

Carly Obenhaur
Early Child Educator Worker

Bonita Eagles
Community Health Associate

Lucy Henry
Youth Dev/Rec Worker

Darlene Rodominski
Youth Worker

Karen Lara
Therapist/Clinical Supervisor

May Gilbert
Wellness Counsellor

Christine Provost
Wellness Counsellor

Doug Dixon
Medical Van Driver

Daryle Shackley
Community Van Driver

Amelia Washington
Elders Support

COMMUNITY TRANSPORTATION SERVICES

COLDWATER COMMUNITY VAN RIDES EVERY TUESDAY
SHACKAN COMMUNITY VAN RIDES EVERY WEDNESDAY
NOOAITCH COMMUNITY VAN RIDES EVERY THURSDAY

PLEASE CALL 24 HOURS PRIOR TO APPOINTMENT TO SCHEDULE RIDES: 250-378-9745

THE KAMLOOPS MEDICAL VAN LEAVES AT 7:45 AM EVERY MONDAY, WEDNESDAY, AND FRIDAY.

THE KAMLOOPS MEDICAL VAN ALSO TRAVELS TO KAMLOOPS ON TUESDAY AND THURSDAY, DEPARTURE TIME IS MORE FLEXIBLE ON TUE/THUR

PLEASE CALL 24 HOURS PRIOR TO APPOINTMENT TO SCHEDULE RIDES: 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.