LOCAL AND TOLL-FREE CRISIS RESOURCES

911 - RCMP and Ambulance

250-378-2242 - Nicola Valley Hospital and Health Centre

1-888-353-2273 - Crisis Line & Emergency After Hours

1-800-668-6868 - Kids Help Line

1-800-SUICIDE
If you are in distress or are worried about someone in distress who may hurt themselves, call SUICIDE **(1-800-784-2433)** 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

Native Youth Crisis Hotline - 1-877-209-1266
Answered by staff 24/7. Available throughout Canada and US.

Trans Lifeline - 1-877-330-6366 - www.translifeline.org
Trans Lifeline is a non-profit dedicated to the well-being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. This is a FREE helpline run by volunteers and supported by the community.

310-6789 (no area code needed) Mental Health Information Line
Answered 24/7/365 it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns.

1-800-588-8717 – KUU-US CRISIS SERVICES
24HR PHONE SUPPORT A place where you can trust, talk, and feel safe!
KUU-US Crisis Line Society handles calls from individuals concerned about themselves or from family or agencies, concerned about others. Once the crisis issue has been identified, the level of severity for call handling is determined. The goal is to establish a non-judgmental approach to listening and problem solving. A support system is put into place where the caller is brought back to a pre-crisis state. Debriefing is also provided to any front-line worker who work in the field. KUU-US also maintains an in-depth referral database.

Hope for Wellness Helpline: The Hope for Wellness Help Line offers 24-hour immediate mental health counselling and crisis interventions to all Indigenous peoples across Canada.
1. Toll Free: 1-855-242-3310
2. Chat line: https://chat.fn-i-hopeforwellness.ca/

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

JANUARY 2021

Jim Adams
Executive Director

Lori Clark
Operations Manager

Yvonne McMillan
Receptionist/Medical Travel

Joanne Trosky
Wellness Programs Assistant

Kimberly Bent
Dental Driver/ Finance Assistant

Selena Henry
Finance Assistant

Rena Jones
Home Care Nurse

Crystal Lindley
Licensed Practical Nurse

Dawn Sugiyama
Personal Care Aide

Rose Dionne
Community Health Nurse

Melissa Krause
Licensed Practical Nurse

Carly Obenauer
Early Child Educator Worker

Bonita Eagles
Community Health Associate

Lucy Henry
Youth Dev/Rec Worker

Darlene Rodominski
Youth Worker

May George
Wellness Counsellor

Christine Provost
Wellness Counsellor

Florence Lamirande
Wellness Counsellor

Doug Dixon
Medical Van Driver

Jake Jameson
Community Van Driver

SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY WISHES YOU A HAPPY NEW YEAR AND MANY BLESSINGS FOR 2021.
IT'S A NEW YEAR AND LET'S HOPE WE ALL HAVE A GREAT ONE. THE COVID VACCINE WILL BE AVAILABLE SOMETIME IN THE COMING MONTHS. WE WILL KEEP EVERYONE INFORMED AS SOON AS WE KNOW DETAILS. IN THE MEANTIME, PLEASE CONTINUE TO BE VILIGANT AND PRACTICE SOCIAL DISTANCING AND OTHER COVID SAFETY PRACTICES.

JIM ADAMS, EXECUTIVE DIRECTOR

NIHB AFTER HRS emergency travel
call 250.280.1644 4:30PM-10:00PM
This number is not for general inquires,
& not available during regular office hrs.

For Medical Emergencies call 911

SCHSS AGM DOOR PRIZE WINNERS

Nooaitch

43 “ TV: Caroline Dunstan
Microwave: Marcel Shackelly
Electric Roaster: Jerrod Shackelly
Vehicle Emergency Kit: Prescott Shackelly
Socket Set: Wanda Dexel
Kitchen Aid Chopper: Hector Fountain
Crockpot: Sharon McLeod
Socket Tool Chest: Kaylynn Dexel
First Aid Kit: Barney Shackelly

Shackan

43 “ TV: Lindsay Tighe
Microwave: Vera Charlie
Electric Roaster: Nexpetko (Nikie) Joe
Vehicle Emergency Kit: Skylar Joe
Socket Set: Taylor Joe
Kitchen Aid Chopper: Garrett McDonald
Crockpot: James Adams
Socket Tool Chest: Wayne Adams
First Aid Kit: Ernest George

Coldwater

43 “ TV: Sharon Antoine
Microwave: Deloris Charters
Electric Roaster: Marie Major
Vehicle Emergency Kit: Trevor Collins
Socket Set: Tamika Bob
Kitchen Aid Chopper: Veronica Charters
Crockpot: Carole Smith
Socket Tool Chest: Roger Bob
First Aid Kit: Bernice Garcia

Virtual Wellbriety Support Group

Open Daily Zoom Meetings

EVERYONE IS WELCOME TO ATTEND

Every Day, Monday to Friday

1:00 pm to 3:00 pm

Join by clicking this link or copy and paste the link into a web browser https://us02web.zoom.us/j/84428458473

Dial in option: **1-778-907-2071**
Meeting ID: **829 8096 8751**

For more information contact:

Dave Manuel, TteS Wellness Counsellor
250-372-5030 dave.manuel@kib.ca

Me7 knucwentwécw-kp (help one another)

Me7 yegwyúgwt-k ell me7 yegwyúgwt ke7 púsmen
(Keep healthy and strong in body and mind)

Nurse's Note

Is your New Year's Resolution to have a more active lifestyle?

Try these COVID-19-friendly ideas:

1. SCHSS sponsors a reduced rate at **Beyond Fitness.** Just go to Beyond Fitness with an ID that shows you are a Coldwater, Nooaitch, or Shackan band-member or live in one of these communities. Community members are responsible for their own sign-up fee and reduced monthly rate of only $10/month. Please make payment arrangements directly with Beyond Fitness. Try to work out during less-busy hours and follow the gym's COVID guidelines.

2. Call SCHSS reception to sign up for the **Swim and Gym Program**. This gets you free pool and gym entry 3 days a week! The pool and gym are still open, you just need to call them and reserve your spot ahead-of-time.

3. **Recruit a household member (or pet) to be an exercise partner** to help with fun and accountability

4. Do an activity you **enjoy**: you will be more likely to stick with it!

5. Consider **productive and/or cultural activities**, e.g. fishing, harvesting, chopping firewood, walking in the forest

6. **Try something new:** snowshoeing, cross-country skiing, walking/jogging outside, making an outdoor obstacle course, snowball fights, and bike-riding are great COVID-safer options!

7. Be realistic. For example, if you've never exercised before, planning to run a marathon in 6 months time is probably not a realistic exercise goal. Start with something doable, like going for a walk everyday.

8. **Add exercise in small ways**, e.g. taking the stairs, parking farther away, marching in place during commercials

9. Try **online exercise videos.** ISPARC (Indigenous Sport-BC) has some great videos, some with local people: https://www.youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q

10. Aim for **30 minutes per day** of physical activity

GINGERBREAD CONTEST WINNERS

COLDWATER – 20 submissions

1st - $100.00	Evelyn Spahan	CW 26
2nd - $ 75.00	Cheryl Rule	CW34
3rd - $ 50.00	Aleck & K. Henry	CW 20
4th - $ 25.00	Chantal Phippen	CW 7
5th - $ 25.00	Michelle Andrew	CW 5

NOOAITCH – 6 submissions

1st - $100.00	Roger Shackelly	NO 14
2nd - $ 75.00	Derek Stump	NO 16
3rd - $ 50.00	Kayla Phillips	NO 3
4th - $ 25.00	Mona Lisa Shackelly	NO 19

SHACKAN – 5 submissions

1st - $100.00	Lenny & Kristy Joe	SHA 6
2nd - $ 75.00	Jody John	SHA 2
3rd -$ 50.00	Aliyah Rodominski	SHA 1

ELDERS – 7 submissions

1st - $100.00	Joan Seymour	ELD 9
2nd - $ 75.00	Irene Bob	ELD 11
3rd - $ 50.00	Grace Aljam	ELD 19
4th - $ 25.00	Amelia Washington	ELD 4

Thank you to all who participated in our SCHSS GINGERBREAD CONTEST.
The whole purpose of this contest was for family to have fun, share stories, and have some laughter.
Congratulations to the Winners !!!
From the staff here at SCHSS, we wish you a Merry Christmas and all the Best In 2021.

PICTURES OF THE GINGERBREAD HOUSES

Roger Shackelly and his sister Bonita

Aleck & Keisha Henry

First Nations Health Authority
Health through wellness

Telehealth for Mental Health

What is Telehealth?

Telehealth is the use of virtual technology to deliver health care services. If you are unable to attend an appointment in person, the First Nations Health Authority can support you to receive mental health counselling through telehealth.

Counselling sessions delivered using telehealth can be done over the phone or using video conferencing (e.g. Zoom, Skype, FaceTime). The FNHA does not consider texting and emailing to be telehealth.

How Do I Set Up a Telehealth Appointment?

STEP 1

Contact your mental health provider to ask about a virtual counselling appointment. Discuss which telehealth option they prefer and which you feel most comfortable using.

As long as you are seeing a mental health provider who is registered with Health Benefits, all telehealth sessions are fully covered.

STEP 2

Prepare for your telehealth appointment:

- Have a fully charged device.
- Find a private space where you feel comfortable and won't be overheard.
- Use a headset or earbuds to avoid echoes and protect your privacy.

STEP 3

Follow any instructions from your provider about downloading or logging on to the video conferencing system.

It is important to remember that not being available for the call or video as planned is considered a no-show appointment. Clients may need to pay for no-show appointments.

To find a registered mental health provider, visit fnha.ca/benefits or call 1.855.550.5454

HOW FAMILIES CAN TAKE CARE OF EACH OTHER'S MENTAL HEALTH DURING A SECOND LOCKDOWN

@BELIEVEPHQ

TIME AND SPACE
Make sure you are giving each other time and space to relax

EXERCISE
Support and encourage each other to stay active and exercise.

KINDNESS
Be kind and caring towards each other. Listen to each other and be understanding

DAILY CHORES
Support and help each other with daily chores around the house

POSITIVE RELATIONSHIPS
Encourage each other to maintain positive relationships by staying in regular touch with friends and family

LEARNING EXPERIENCES
Identify key learning experiences from the previous lockdown and identify some things you did previously that were helpful

TEAMWORK
Work as a team and make decisions together so that everyone feels involved

TALKING
Encourage each other to talk about mental health. If you notice someone is struggling ask how you can help

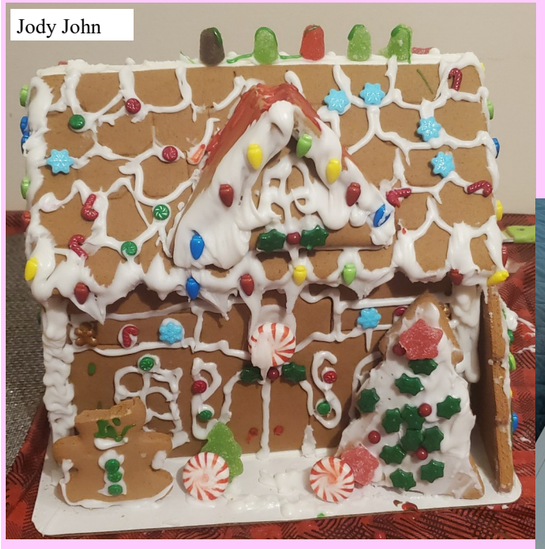
SELF CARE
Identify some activities you can all do individually and as a family that will provide you with a sense of pleasure, achievement and relaxation

PHYSICAL HEALTH
Encourage everyone to take care of their physical health. Make sure everyone is getting enough sleep and eating a well balanced diet

CHECKING IN
Check in with each other on a regular basis - "how are you feeling today? is there anything I can to do help you?

HELPFUL BEHAVIOURS
Encourage each other to identify helpful behaviours that you can engage in individually or as a family that will help reduce any stress, anxiety or worry

PICTURES OF THE GINGERBREAD HOUSES



Stoyoma Dental Clinic is happy to have re-opened!!!

We have installed a Hi-Velocity Air Purification System for the added safety of staff, patients, families and the community at large. Air in the office will be recycled every 14 minutes. We also have a hand sanitizer mounted on the wall at reception and we will be asking all patients to use this upon entering the building and before leaving. We also have Lexan installed on the front desk as a safety barrier.

There is a few changes for patients presenting to their appointments.

1. We will be asking that only patients with appointments enter the office. Please do not bring along extra family members or friends. Exceptions to this will be parents accompanying small children or patients who have care givers.
2. We will do a COVID prescreen on all patients
3. A touchless thermometer will be used to take a temperature on all patients. Patients with a fever of 38C and over will be rescheduled.
4. At this time we have suspended van rides due to social distancing rules
5. All toys and reading material has been removed from the waiting room. Chairs have been spaced according to social distancing rules.

We are working hard to reschedule all patients who had their appointments canceled due to our closure. At this time we appreciate your patience.

We also ask that due to our high volume of patients needing appointments that if you are unable to attend your appointment kindly give a minimum of **24 HOURS NOTICE** to ensure that we do not have wasted time.

Who will get the COVID-19 vaccine first?

Priority will be given to those who are more likely to get severely ill or die from COVID-19, or those likely to spread the virus to high-risk groups.

The first COVID-19 vaccines in Canada will be given to long-term care patients and staff members. This is because most COVID-19 deaths in Canada have been among long-term care home residents.

COVID-19 vaccines will then be made a priority to elders/seniors, healthcare workers, and those living in remote/isolated aboriginal communities. This is due to high COVID-19 risk in these groups. Immunizing these populations will likely start between January-March 2021.

Once these groups have been immunized, other adults will be able to receive the vaccine. Vaccine for most adults should be widely available by September 2021.

Who cannot get the COVID-19 vaccine?

-There has not yet been enough research to broadly approve the vaccine for:

- Children/youth under age 16
- Pregnant or breastfeeding women (vaccine may still be given if high risk)
- Those with weakened immune systems due to medical conditions or medications (vaccine may still be given if high risk)

-People who have a severe allergic reaction to polyethylene glycol (found in cosmetics, laxatives, cough syrups, some foods and drinks) may not be eligible for the vaccine

-Those with possible COVID-19 symptoms or who have recently tested positive for COVID-19 must wait until they have negative test results or have finished the recommended isolation time period before coming to an immunization site. This is to avoid spreading the virus to others.

How many doses will I need?

You will need two doses of the vaccine, 28 days apart.

What are the expected side effect of the vaccine?

Reported side effects have almost entirely been mild or moderate and may include: pain or redness at the injection site, fatigue, muscle aches, joint pain, or headache. The chance of a severe reaction (such as being anaphylactic) is very minor, about one in a million.

Please note: this is the information available as of Dec. 14, 2020. There may have been updates after the time of writing. Call the SCHSS nursing department at 250-378-9745 for the most information about the COVID-19 vaccine.

Information about COVID-19 Vaccines: FAQ

How do vaccines work?

Vaccines make the human body recognize a pathogen/virus, so that if a person is then infected with a virus, the immune system can quickly prevent the infection from spreading within the body and causing disease.

In this way, vaccines mimic natural infection but without actually causing the person to become sick.

How do we know if a vaccine is safe and effective?

The safety and ability of a vaccine to prevent infection (efficacy) of a vaccine is determined through clinical trials. Clinical trials are studies that are typically conducted in three phases to assess the safety and efficacy of vaccines in increasingly larger numbers of volunteers.

The Phase 3 COVID-19 clinical trials included tens of thousands of volunteers. Participants were randomized to receive either the real vaccine or a placebo vaccine (a harmless substance like saline). The participants are then followed to see how many in each group get the disease.

Clinical trials for the COVID-19 vaccines that will soon be available in Canada have shown a 94-95% efficacy in preventing COVID-19.

How has approving a COVID-19 vaccine happened so quickly?

Traditionally, it has taken many years to develop a vaccine, confirm its safety and efficacy, and manufacture the vaccine in sufficient quantities for public use. This timeline was substantially shortened for recent COVID-19 vaccines.

There are several ways this has been made possible:

Because of the high number of new cases of Covid-19 in many places, differences in disease risk between those who received the vaccine and those who received the placebo could be measured more quickly than if there was not an active pandemic.

Governments and private companies invested a great deal of money and resources in developing and manufacturing the COVID-19 vaccine, much more so than other vaccines in the past. This sped up the process enormously.

Governments also devoted more staffing resources to review the vaccines' safety and speed up the approval process.

None of these factors in the accelerated development of a vaccine mean that safety, scientific or ethical integrity are compromised, or that short-cuts were made.

STOYOMA DENTAL CLINIC

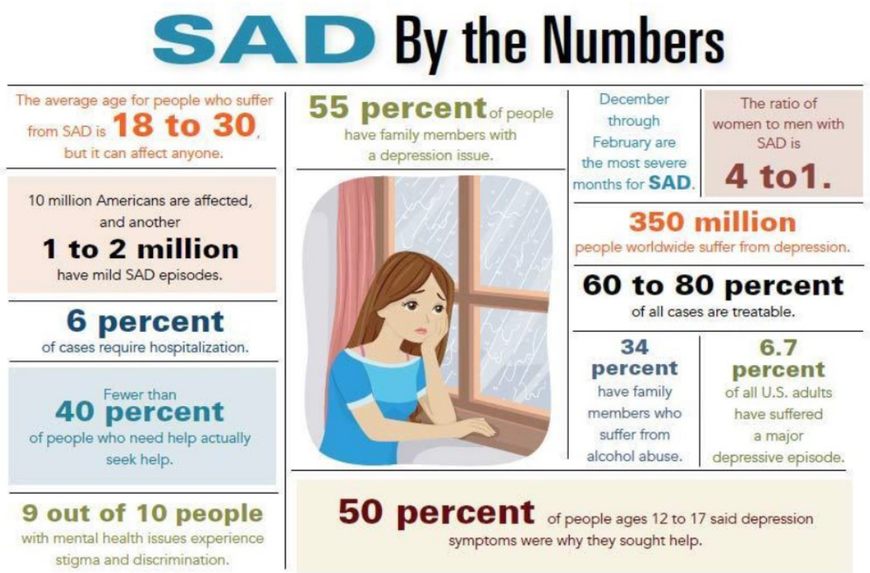
PLEASE CALL TO BOOK AN APPOINTMENT

2088 Quilchena Avenue
Merritt BC V1K 1B8
Please Call us:
Contact Trish: 250-378-5877

Stoyoma Dental Clinic

Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that's **related to changes in seasons**, it **usually begins and ends at the same time each year**. Common symptoms start in the fall and continue into the winter months, leaving you feeling drained of energy and making you feel moody. It is less common to hear of SAD causing depression in the spring or early summer.



Symptoms of SAD	Treatments of SAD
Negative thoughts and feelings of guilt	Try to find time each day to get outside, even 15-30 minutes
Lack of energy, disturbed sleep patterns	SAD Light therapy
Fatigue that is often incapacitating	Take regular, moderate exercise or physical activity
Overeating, and developing cravings for carbohydrates and sweet foods.	Eat a well-balance diet
Difficulty with concentrating and memory	Learn some relation techniques
Social problems, such as finding it difficult to be around others	Sit near a window when you are inside, open all the blinds to let sun inside your home.

Food to Help With Seasonal Affective Disorder

Please get tested for COVID-19 if you have one or more of these symptoms:

- Fever, chills
- Cough
- Malaise (overall feeling of discomfort), muscle aches
- Runny nose, nasal congestion, loss of sense of smell
- Painful swallowing/sore throat
- Loss of appetite
- Fatigue (extreme feeling of tiredness)
- Gastrointestinal symptoms such as nausea, vomiting, and/or diarrhea
- Shortness of breath, difficulty breathing, and/or chest pain

Testing Option 1 (Preferred): Merritt Interior Health Clinic

How to arrange: Call **250-378-3407** and follow the recorded message prompts. An Interior Health nurse will contact you and provide a screening assessment over the phone and schedule an appointment as appropriate.

Where: Nicola House 3451 Voght St, Merritt. This is the home-care building beside the hospital.

Testing Option 2: Scw'exmx Health Nursing team can do COVID-19 tests for community members who do not have transportation, feel too sick to drive, or are uncomfortable going to the Interior Health Clinic.

How to arrange: Call one of the SCHSS nurses (Rena, Rose, Melissa, or Crystal) at the office, 250-378-9745.

The SCHSS nurse will do a screening assessment over the phone and arrange an appointment for the nasal swab. Testing will be done from the SCHSS truck tailgate in community members' yard/driveway, or drive-up appointment in SCHSS back parking lot.

JANUARY CALENDAR
PARENTS AND TOTS HOME ACTIVITIES

Activities

Ages 1 1/2-2

Painting on tinfoil
Pudding Painting
Filling and dumping containers with water
Crumpling newspaper and throwing into a garbage can or bucket
DIY sensory bags and bins on pinterest

Ages 2-4

Paper cutting
Simple puzzles
Homemade playdough or store-bought make shapes, animal and fruit
Build forts with blankets and pillows
Make homemade slime
Baking/Cooking/Mixing ingredients
Set up a obstacle course

Ages 4-6

Baking
Painting/colouring/drawing
Sock puppets
Treasure/Scavenger hunt
Build Forts
Science experiments : Baking soda and vinegar
Set up an obstacle course
Play Simon says
Play red light, green light
Freeze tag

For the New Year, Do Something Better Than a Resolution

The custom of starting the New Year with a resolution has good intentions behind it. With a little self-reflection, we all see areas of our life we'd like to improve and bad habits we'd like to break. But for most people, good intentions don't get very far.

There are countless things a person can want, but being consistent for a whole year with four basic intentions gives you a greater chance for success, because these intentions don't run into inner obstacles—they fit every lifestyle, belief system, personality, and individual situation.

The Four Intentions
I want a joyful, energetic body.
I want a loving, compassionate heart.
I want a restful, alert mind.
I want lightness of being.

These intentions move from body, emotions, and mind to spirit. There is a flow that is natural to everyone's life, and what you are intending here is to replace resistance, disorder, effort, and struggle with an easier way of living.

Following Up on the 4 Intentions

Simply by stating your intentions and allowing them to enter your mind, you are affecting more change than you could through a resolution that you try to enforce with willpower.

1. Reminders: If you find yourself in a situation where you don't know what to do or how to feel, take a moment and remind yourself of the intention that is most appropriate. For example, if you are tempted by a rich dessert even though you are already feeling full at lunch, repeat to yourself, "I want a joyful, energetic body." That's all. Go ahead and make any choice you want, whether to order dessert or not, without judgment.

2. Stress: The opposite of flow is stress. If you find yourself being stressed, find a quiet place, center yourself, and repeat your intentions, especially "I want lightness of being." You are telling your higher self that you want to align yourself with peace and calm.

3. Reinforcement: The best reinforcement is being aware of your path, day by day. In the late afternoon or evening, when you have a quiet moment, think of or write down the positive things that happened during the day. It can be something as simple as enjoying a walk, appreciating nature, or feeling grateful for your family. These are moments where flow replaced struggle. Acknowledge them and they will increase.

4. Regrouping: Once you have spent your energy and attention for the day, going to sleep allows your brain to reset for the coming day. As you lie in bed, in those moments before sleep comes, be aware of the four intentions. Review body, emotions, mind, and spirit. Remind yourself of your intentions or simply let your attention go to, so your body, mind, emotions, and spirit can regroup for another day.

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

JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEARS DAY	2
3	4 CW & Noo Water Sampling SCHSS OFFICE STOYOMA OFFICE OPEN	5	6	7	8	9
10	11 CW & Noo Water Sampling	12	13	14	15	16
17	18 CW & Noo Water Sampling	19	20	21	22	23
24 31	25 CW & Noo Water Sampling	26	27	28	29	30