



# 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

## November 2022

reception@schss.com www.schss.com

**Jim Adams**  
Executive Director

**Barclay Smith**  
Finance Manager

**Selena Henry**  
Finance Assistant

**Kimberly Bent**  
Dental Driver/Finance  
Assistant

**Amber Steinhauer ,RN**  
Home Care Nurse

**Crystal Lindley**  
Licensed Practical Nurse

**Dawn Chypyha**  
Personal Care Aide

**Rose Dionne, RN**  
Community Health Nurse

**Carly Obenauer**  
Early Child Educator Worker

**Bonita Eagles**  
Community Health Associate

**Lucy Henry**  
Youth Dev/Rec Worker

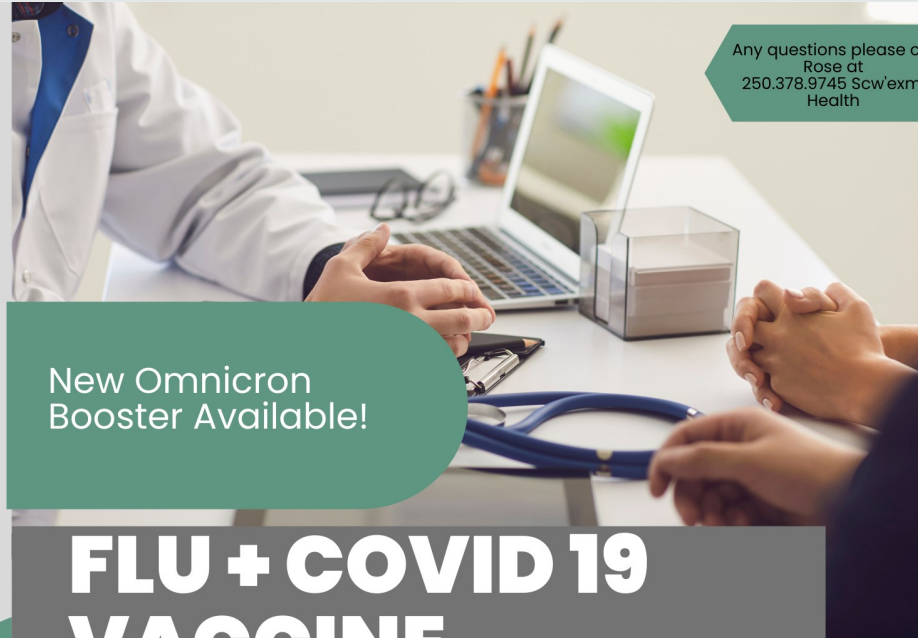
**Darlene Rodominski**  
Youth Worker

**May George**  
Wellness Manager

**Christine Provost**  
Wellness Counsellor

**Elizabeth Perdok-Waboose**  
Wellness Therapist

**Doug Dixon-MT Driver**



Any questions please call  
Rose at  
250.378.9745 Scw'exmx  
Health

New Omnicron  
Booster Available!

## FLU + COVID 19 VACCINE CLINIC'S

*Let's protect you and your loved ones*

**Flu and Covid-19 Vaccine Drop-in  
clinic**  
*Where:*

- Nooaitch Band Hall  
November 2nd: 1pm-6pm
- Coldwater Band Hall  
November 3rd: 10am-6pm
- Shackan Band Hall  
November 8th: 10am-2pm
- Drop-In at SCHSS  
November 10th and 17th: 10am-4pm



**NIHB AFTER HRS emergency travel**

call 250.280.1644 4:30PM-10:00PM

**\*\*LOCAL TRAVEL TO MEDICAL APPOINTMENTS IN**

**MERRITT\*\* Call:: 250-378-9745**

**TUESDAYS: COLDWATER RESERVE**

**WEDNESDAYS: SHACKAN RESERVE**

**THURSDAYS: NOOAITCH RESERVE**



## Annual General Meeting Scw'exmx Community Health Services Society



**December 1st 2022  
Coldwater Band Hall  
5:30 PM**



## Cultural & Traditional Gatherings Coming:

**Sweat Lodge for Men & Women**  
**Drumming, Singing & Sharing**  
**Puberty Training Preparations**  
**Grieving Ceremony**  
**Preparing for Fasting**



### Background on these gatherings:

**Sweat Lodge:** There will be a Sweat for just all Women & Sweat for just all Men (the Sweat Lodges hold up to about 10 people in each lodge). There will *also be mixed Sweats* held with Men/Women together with woman seated on one side of the lodge and men seated on opposite side of the lodge. After the Sweats there will be Soup/Biscuit/Fruit Salad and refreshments shared together.

**Drumming & Singing & Sharing:** The gathering will be held inside a Teepee around a fire and encourage participants to bring a drum if they have one, or just come and sit around the fire and listen to stories and drum songs. Dress warm.

**Puberty Training Preparation:** Knowledge Keepers will share what 'Puberty Training' is about & what one needs to do to prepare for it. Puberty Training is for young boys and girls becoming a woman and young man. There will be circle around a fire inside a teepee, with Knowledge Keepers sharing information on Puberty Training. Anyone is invited who want to learn about Puberty Training.

**Grieving Ceremony:** Knowledge Keepers will share what Ceremonies are required when losing a Parent or partner, and for those who lost a loved one. The sharing will take place around a fire inside a Teepee. Brushing & smudging will happen after the gathering is completed. Then dates will be set for those who would like to go through the 4 Days of Medicine Bath for Grieving – more information will be provided at this gathering.

**Preparing for Fasting:** Knowledge Keepers will share around fire on what is required to prepare for a 2 – 4 Day Fast, and what a Fast is about. Fasting is not eating anything for 2 to 4 Days. Some Fasting organized has medicine tea provided to Fasters.

**NOTE:** All the gatherings will have refreshments and snacks, and some of the gatherings will provide a meal. These Gatherings will take place outside in the Coldwater, Nooaitch and Shackan communities. Knowledge Keepers and Hand Drummers from each of the communities will be called on to assist with these Cultural Gatherings.

Dates will be sent out soon. For more information contact Ko'waintco Michel at

[kowaintco@telus.net](mailto:kowaintco@telus.net) or leave message on cell: 250-378-7241



## SCW'EXMX COMMUNITY TRAVEL VAN IS OPERATING ONCE AGAIN: Village Runs, No Kamloops Trips

\*Local travel to medical appointments in Merritt\*

Tuesdays: Coldwater Reserve

Wednesdays: Shackan Reserve

Thursdays: Nooaitch Reserve

Operating times: 8:30am-4:30pm

- Clients must have both vaccinations
- All community van passengers MUST Pre-Book with SCHSS at least the day prior to day of travel
- All clients must wear seatbelts
- Drivers/Parents must ensure that all small children are secured in car seat appropriate for the age of the child
- Absolutely No Smoking or Vaping in the vehicle
- Driver's only responsibility is to drive clients to their appointments and return. Not obligated to provide unscheduled stops unless agreed to prior to departure
- Community members who do not have a medical in town may be accommodated depending on space.
- Driver may refuse to allow anyone who is behaving inappropriately, under the influence, or in possession of illegal drugs or alcohol. Travelers will be responsible for transportation back from location of refused.

Please Call Reception 250.378.9745 to book your appointment



# BEYOND FITNESS



Get Strong this Fall!

YOU PAY  
JUST \$15  
PER MONTH!

Lower Monthly Rate available to Coldwater, Nooaitch,  
and Shackan band members

To sign up: Visit Beyond Fitness and set up your  
payment plan for the \$15/month. This can be a direct  
monthly withdrawal from a bank account, or an  
arrangement with credit/debit/cash.

You must show the gym staff a status card or other  
document/ID that identifies you as a Coldwater,  
Nooaitch, or Shackan community member

For more info: Call Rose at 378-9745



## SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

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Toll Free: 1.888.667.247 7

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Sun	Mon	Tue	We
		1 Water Samples for CW Noo and Shackan CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30	2 After School Flu/Covid Clin 1pm-6
6	7 Water Samples for CW Noo and Shackan Gym Night 6-7:30	8 CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30 Flu/Covid Shackan 10am-2pm	9 After School
13	14 Water Samples for CW Noo and Shackan Gym Night 6-7:30	15 CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30	16 After School
20	21 Water Samples for CW Noo and Shackan Gym Night 6-7:30	22 CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30	23 After School
27	28 Water Samples for CW Noo and Shackan Gym Night 6-7:30	29 CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30	30 After School

# November 2022

	Thu	Fri	Sat
2 Swim 3-4:30 Clinic Nooaitch 5pm	<b>3</b> CW Gym Night 6-7:30 Drop-in SCHSS Youth Center Flu/Covid Clinic CW 10am-6pm	<b>4</b>	<b>5</b>
9 Swim 3-4:30	<b>10</b> CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30 Drop-in Flu/Covid SCHSS 10am-4pm	<b>11</b>	<b>12</b>
16 Swim 3-4:30	<b>17</b> CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30 Drop-in Flu/Covid SCHSS 10am-4pm	<b>18</b> Drop-in Nooaitch Band Hall 2:45-5:15	<b>19</b>
23 Swim 3-4:30	<b>24</b> CW Gym Night 6-7:30 Drop-in SCHSS Youth Center 3-4:30	<b>25</b> Drop-in Nooaitch Band Hall 2:45-5:15	<b>26</b>
30 Swim 3-4:30			

## SCHSS YOUTH CENTER

**Located at 1802 Chapman**

Will be open Tuesdays and Thursdays from 3-4:30pm.  
For ages 6-18yrs old. Rides can be provided for  
SCHSS members.

\*If you are feeling sick PLEASE stay home

SNACKS WILL BE AVAILABLE



FOR MORE INFOR-  
MATION CONTACT  
DARLENE OR LUCY AT  
250.315.0016



## Reminder about medical travel:

If needing a travel cheque prior to your appointment date: We need your information at least **one week in advance**

Our medical travel clerk needs the location, date, and time of your medical appointment, the name of your doctor and a general summary of the appointment (e.g. MRI). Please have this information ready when you call.

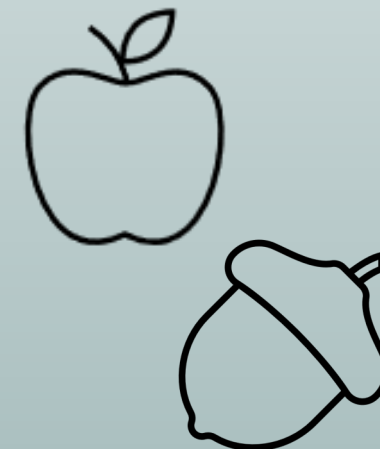
Medical travel assistance **MAY** be available for out-of-town appointments, and can include reimbursement for expenses such as gas, meals, and parking. Hotel bookings are available only for specific appointments or hospitalizations.

Travel assistance is not available to fund the visiting of friends or family who are hospitalized out of town.

## Parents and Tots November Calendar

### **Coldwater School Play Group: November 23rd 10:30-12:00**

- Fall Sensory Bin: Large clear plastic bin filled with corn kernels, leaves, plastic vegetables, scooping accessories
- Crafts: Corn shakers - small plastic bottles, corn kernels and ribbon, fall themed colouring sheets, word searches, tracing, and I-spy
- Practical Life Pouring Work - Pouring corn kernels from one container to another



### **Nooaitch Play Group at the Satellite Building: November 16th 10:30-12:00**

- Fall Sensory Bin: Large clear plastic bin filled with corn kernels, leaves, plastic vegetables, scooping accessories
- Crafts: Corn shakers - small plastic bottles, corn kernels and ribbon, fall themed colouring sheets, word searches, tracing, and I-spy
- Practical Life Pouring Work - Pouring corn kernels from one container to another

### **Shackan Community Activity Kits: Delivered on November 18th**

- Crafts: Corn Shakers - Small plastic bottles, corn kernels and ribbon
- Fall themed colouring sheets, word searches, tracing





## SCHSS WELLBRIETY GROUP

WILL BE HELD EVERY TUESDAY

@

SCHSS Youth Centre - 1802 Chapman Street

6:00pm - 8:00pm

Any questions or if you need a ride, please contact:

Christine Provost, Wellness Counsellor or

Elizabeth Perdok - Waboose, Wellness Therapist

@ 250.378.9745



***Now is a great time to call and make a  
dentist appointment***

*Where all new patients are always welcome!*

*Open 8:00am - 4:30pm*

***If you need a ride to an appointment,  
Van rides are available Tuesday & Thursday with  
24hr notice***

**2088 Quilchena Avenue**

**Merritt, BC V1K 1B8**

**Please Call Us: 250.378.5877**

**Call to book an Appt!**





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