



Scw'exmx Community Health Services Society

1926 Quilchena 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 2025

Barclay Smith
Executive Director

Jim Adams
Project Manager

Selena Henry
Administrative Financial Assistant

Jessie Aljam
Finance Assistant

Shayla George
Reception/ NIHB Clerk

Angela Nordstrom, RN
Community Health Nurse

Ashleigh Huston,
Licensed Practical Nurse

Amber Steinhauer, RN
Home Care Nurse

Crystal Lindley,
Licensed Practical Nurse

Dawn Chypyha
Personal Care Aide

Carly Obenauer
Early Child Educator

Bonita Eagles
Community Health Associate

Lucy Henry
Youth Dev/Rec Worker

Darlene Rodominski
Youth Recreation Worker

May George
Wellness Programs Manager

Christine Provost
Wellness Counsellor

Elizabeth Perdok-Waboose
Wellness Therapist

Doug Dixon-
Medical Transportation Driver



NIHB AFTER HRS. Emergency Travel

Call 250-280-1644 4:30pm-10:00pm

For Any Medical Emergency- Call 911



Please Join Us
**Fireside Elders
Potluck Lunch**

COLDWATER HEALTH BUILDING
THUR APRIL 3, 2025 FROM 11AM - 1PM
BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER



MORE INFORMATION
CALL AMBER @ SCHSS
378-9745

CERVICAL SELF SCREENING



SCW'EXMX COMMUNITY HEALTH

A nurse will go over eligibility criteria and self-screen instructions.

It can be done in our office or at home. The mail bag is included to mail the completed test to lab.

Eligibility Criteria

Anyone aged 25 to 69 who

- Has a cervix
- Is due for screening
- Has ever had sexual intercourse with a person of any gender

You can check your screening history on Health Gateway (www.healthgateway.gov.bc.ca)

**PLEASE CONTACT
ONE OF OUR NURSES
TO DISCUSS IF
ITS RIGHT FOR YOU**

Contact Information

Phone: 250-378-9745

Text: 250-315-9535

Who should not complete cervical self-screening?

- If you are currently pregnant
- Recommended to have a cotest (procedure that tests for HPV and preforms pap test)
- Using pessary or Exhibiting cervical cancer symptoms including post-sexual contact bleeding, persistent abnormal bleeding, and persistent vaginal discharge that cannot be explained by benign causes





Contact Scw'Exmx Community Health Nurse Angela Nordstrom to book your child for immunizations or request your child's immunization history.

250-378-9745 ext. 210

Nordstrom.a@schss.com

PREVENT MEASLES



Measles cases are rising worldwide.



Check your immunization records and make sure your family is protected against measles, especially if travelling.

Children need 2 doses of the measles, mumps, rubella (MMR) vaccine:

• 1st dose: 12 months • 2nd dose: 4-6 years

Babies and young children travelling outside Canada may need to get their 1st or 2nd dose early.



Anyone born in 1970 or later should ensure they've had 2 doses of the measles vaccine.



For more information:

- Talk to your community health nurse or health care provider
- Visit immunizebc.ca/mmr



Is your child 4-6 years of age?

They are eligible for school age immunizations!

Call Scw'exmx Community Health Services Society and speak to the Community Health Nurse Angela to check their vaccination status and set an appointment for school age vaccinations.

250-378-9745 ext. 210



Scw'exmx Community Health Services will be at Coldwater school **April 29th** for grade 6 immunizations.



Canadian
Cancer
Society



ImmunizeBC

cancer.ca/bc/HPVvaccine
immunizebc.ca/hpv

The HPV vaccine helps protect your child against many types of cancers.

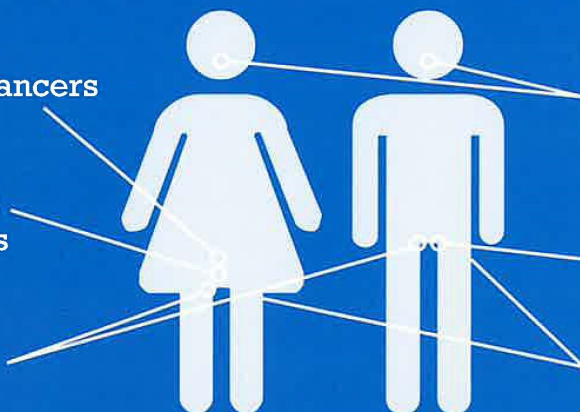
New this year: HPV vaccine is now offered to all grade six children
in British Columbia as part of the regular school-based immunization program.

Human papillomavirus (HPV) is associated with:

almost **ALL**
cases of cervical cancers

40% of vaginal
and vulvar cancers

over **90%**
of genital warts



25-35%
of mouth and
throat cancers*

40-50%
of penile cancers

about **80-90%**
of anal cancers

Three facts we want you to know

- 1) HPV is one of the most common sexually transmitted infections in the world; 75% of Canadians will contract HPV at some point in their lives.**
- 2) The vaccine is safe and effective in preventing HPV related cancers in both males and females.
- 3) For best protection, the vaccine is given in grade 6 when it is unlikely your child has been exposed to the virus. Children also have a better immune response around this age.

*Oral and oropharyngeal cancers **Sexual intercourse is not necessary to get infected with HPV.



Learn about the
HPV vaccine.



Sign your child's
consent form today.



Don't delay.
Get your child
vaccinated.

Have questions? Talk to your doctor, public health nurse or call HealthLinkBC at 8-1-1 for more information.
Canadian Cancer Society Information Service at 1-888-939-3333 / info@cis.cancer.ca / immunizebc.ca



April Parent & Tots Calendar

Paper Plate Bunny Craft

Paper plates
Construction
paper
Googly eyes
Glue stick
Scissors
Ribbon
Black marker



Easter Themed Activity Sheets

I-Spy
Colouring
Sheets
Mazes
Tracing



Shackan Wellness
Building
April 25, 2025
12:30-2:00



Coldwater Head
Start
April 24, 2025
10:30-12:00



Nooaitch Satellite
Building
April 23, 2025
12:30-2:00

Easter Egg Hunt





First Nations Health Authority
Health through wellness

First Nations Health Benefits: Breast Pump Purchase Process

Community member needs a breast pump after birth.

Health professional and Client choose a breast pump that best meets the Client's needs (i.e., manual or electric).
*Note: First Nations Health Benefits (FNHB) provides coverage for one manual or electric breast pump per birth.**

Prescription

Written by Medical Doctor, Nurse Practitioner, Registered Nurse or Registered Midwife.

Purchase

Client purchases from a Provider - either a pharmacy or medical supplies and equipment (MS&E) store. If no pumps are available, they ask when they will be restocked or reach out to other Providers.

Coverage

Breast pump under \$300?

YES: No pre-determination required. Client's prescription is kept on file.

Breast pump dispensed to Client.

Provider submits claim to Pacific Blue Cross (PBC) within 12 months.

NO: Provider is required to submit a pre-determination** to Pacific Blue Cross (PBC). Ask the Provider to submit an urgent/rush request for timely access.

PBC approves the breast pump, informs the Provider.

Breast pump dispensed to Client.

Please note that not all pharmacies are registered as MS&E Providers with PBC. These pharmacies are unable to use PBC's online ProviderNet system and will have to fax/mail all pre-determinations to PBC if the prescriber is a Registered Nurse. If a Registered Nurse is planning to recommend a breast pump, please contact the pharmacy or medical supply vendor in advance to confirm if they are registered as an MS&E Provider with PBC. If the pharmacy is not a PBC registered MS&E Provider, please have the Medical Doctor, Registered Midwife or Nurse Practitioner write a prescription to expedite this process.

Please contact the Provider in advance to confirm if they are registered as an MS&E Provider with PBC.

*First Nations Health Benefits (FNHB) may also provide coverage for a rental breast pump, pending a pre-determination. If a Client rents a pump, it will not exclude them from buying one later as the coverage is separate. Note that a credit card may be required for rentals.

**A pre-determination is a request for a benefit that a Provider must submit to PBC via fax or mail. Once approved, the Provider is then able to dispense the benefit to the community member fully covered.

Questions? Call Health Benefits at 1-855- 550-5454 or email at HealthBenefits@fnha.ca



SCHSS EYE CLINIC

Our optometrist Dr.Ahmed is returning this spring

May 12-16, 2025

Please register with reception

By phone: 250-378-9745 or by email: reception@schss.com



Sun	Mon	Tues
30	31 CW Girl Power Group 3:30pm-4:45pm	1 CW Gym Night 6:00-7:30pm NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch
6	7 CW Girl Power Group 3:30pm-4:45pm	8 CW Gym Night 6:00-7:30pm NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch
13	14 CW Girl Power Group 3:30pm-4:45pm	15 CW Gym Night 6:00-7:30pm NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch
20	21 CLOSED- Easter Monday	22 CW Gym Night 6:00-7:30pm NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch
27	28 CW Girl Power Group 3:30pm-4:45pm	29 CW Gym Night 6:00-7:30pm NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch

April 2025

Wed	Thu	Fri	Sat
<p>2</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym</p>	<p>3</p> <p>Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch Elders Potluck Lunch 11:00-1:00 @ CWHB</p>	<p>4</p> <p>NOO/SHA Youth Swim 3-5pm</p>	<p>5</p>
<p>9</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym</p>	<p>10</p> <p>Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch</p>	<p>11</p> <p>Healing from Grief & Loss Workshop 1-4 @ Shackan Band Hall NOO/SHA Youth Swim 3-5pm</p>	<p>12</p> <p>Healing from Grief & Loss Workshop 10am-4pm @ Shackan Band Hall</p>
<p>16</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym</p>	<p>17</p> <p>Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch</p>	<p>18</p> <p>CLOSED- Good Friday</p>	<p>19</p>
<p>23</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym Parent & Tots @ NOO HeadStart 12:30AM-2:00PM</p>	<p>24</p> <p>Wellbriety 5:30-8:00pm@CWHB CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch Parent & Tots @CW School 10:30am-12:30pm</p>	<p>25</p> <p>NOO/SHA Youth Swim 3-5pm Parent & Tots @ SHA Wellness Bldg 12:30-2:00pm</p>	<p>26</p>
<p>30</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym</p>	<p>1</p> <p>CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch</p>	<p>2</p> <p>NOO/SHA Youth Swim 3-5pm</p>	<p>3</p>

Coquihalla Primary Care Clinic

Physicians and Nurse Practitioner



Dr. Duncan Ross

Originally an Okanagan native, Dr. Duncan Ross relocated to Ontario where he completed his medical degrees at the University of Ottawa. He had a peaked interest in family medicine which aided him in the transition back to his home province ultimately finding himself in the Nicola Valley in 1994.

Prior to his time with Coquihalla Primary Care Clinic, along with being Chief of Staff at Nicola Valley Health Care Centre, he worked along side Dr Mcleod at Nicola Valley Medical Centre until he was asked to anchor our new health clinic in September of 2023

If Dr Ross is not at the clinic, he will often spend time enjoying outdoor activities, hiking, paddling and horse riding.



Dr. El Zubaeir Belrasali

Dr. El Zubaeir Belrasali is originally from the country of Libya. His journey in the field of medicine began at Benghazi University Faculty of Medicine, where he graduated in 2013. After completing my post-graduate training in 2015, he practiced medicine in Libya for several years.

In April 2024, Dr Belrasali made a significant move to Merritt, British Columbia. Merritt, with its charming small-town atmosphere and welcoming community, quickly felt like home. The weather here pleasantly reminds him of his home country, adding a touch of familiarity to my new surroundings.

Outside of his professional life, he has a passion for road trips, exploring new places, and immersing himself in the natural beauty of the outdoors. Soccer is a favorite pastime, enjoying both playing and watching the sport. Dr Belrasali also like hiking, allowing him to discover the scenic landscapes that British Columbia has to offer.

Dr Belrasali is excited to be a part of this community and looks forward to contributing to the health and well-being of the people here.



Kristy Bodner, NP

Kristy Bodner has been working in Merritt as a Nurse Practitioner since 2021. Prior to working at Coquihalla Primary Care Clinic, she was part of the team at Conayt Friendship Society. Kristy continues to offer not only general family medicine but also Women's Health and Prenatal care; both areas are of interest to Kristy.

Before becoming a Nurse Practitioner, Kristy worked as Registered Nurse at BC Children's Hospital in the Neonatal ICU and Pediatric Emergency Department. Kristy holds a Bachelor of Science in Nursing from Douglas College, a Master of Nursing from the University of Saskatchewan and will be pursuing a Doctorate of Nursing Practice later this year. In Kristy's free time she enjoys traveling with her Husband and 18 month old son (He has already been to Spain, France, Italy, Vatican City, USA and Gibraltar) and Curling with the Merritt Curling Club.

Coquihalla Primary Care Clinic

Physicians and Nurse Practitioner



Dr. Abdulhamd Alnatuh

Dr. Abdulhamd Alnatuh was born and raised in Libya and graduated from Tripoli University with a Bachelor of Medicine and Surgery. He moved to the beautiful town of Merritt in mid-September 2024 and practices the full range of family medicine, including office-based care for Sew'xmx Health Society at Coquihalla Primary Clinic and inpatient care at Nicola Valley Hospital.

Dr. Alnatuh is married and enjoys being part of the welcoming Merritt community. He is honored to serve and work with the community, bringing compassionate, patient-centered care to the region.



Dr. Spencer Cheyne

Dr. Cheyne grew up in Kelowna, BC and completed both his undergraduate and masters degrees at UBC before moving to Ireland to complete his medical school training at the University of Limerick.

After medical school he was quite happy to return home to BC to complete his residency in rural general practice at UBC and additional fellowship training in Emergency Medicine at Royal Inland Hospital in Kamloops.

Dr. Cheyne is the newest addition to the Coquihalla Primary Care Clinic and is honoured to join a very collegial team of doctors, nurse practitioners, nurses and allied health professionals here. His medical interests include complex care, chronic disease management and Emergency Medicine and he works both in the clinic at CPCC as well as the emergency department at NVGH. He is looking forward to contributing to the health of the Merritt community.

In his spare time, Dr. Cheyne enjoys hiking, mountain biking, cross-country and downhill skiing and is looking forward to trying his hand at fly fishing on the many beautiful lakes surrounding the Merritt area this spring and summer.

Coquihalla Primary Care Clinic

Staff

Linda Brown, Clinic Lead

Born and raised in Saskatoon, she moved to the BC coast in 1981. She has a 40-year history in the medical field, 30 of which have been running medical clinics from ENT, General Surgery, Liver transplant Specialty, Addiction Medicine and Family Practice. In 2000, she met and married Dave Brown and moved to Merritt 2001. They are very active in the community being involved with Rotary and Church. They hike, bike and camp. Linda is privileged to be part of the Scw'exmx Community Health's vision with their creation of the Coquihalla Primary Care Clinic. Their clinic goal is to create a team of health professionals who are inclusive and offer top medical care.

Dallas Wright, Lead LPN

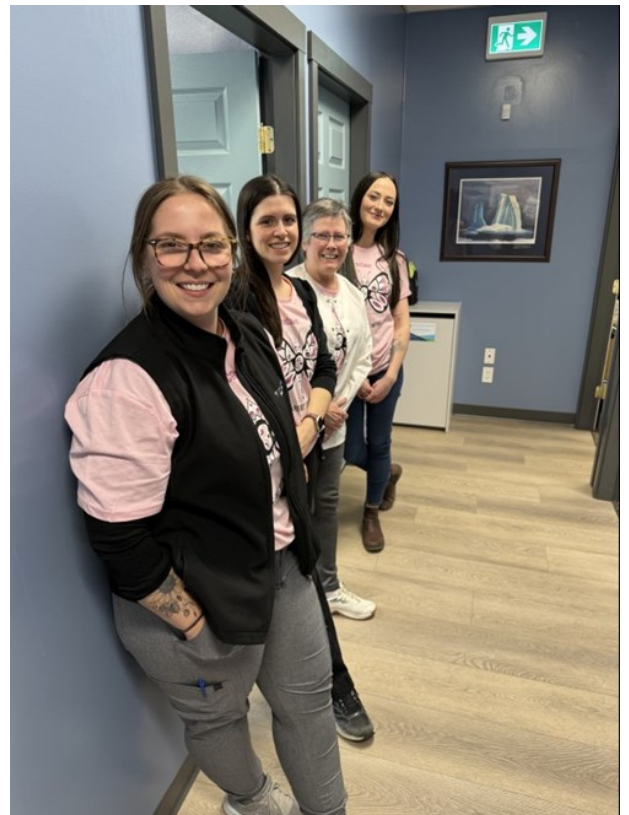
Dallas started her career in health care as an Health Care Assistant in 2018 where she fell in love with working with people. Fast forward 6 years, a lot of early mornings and late nights, and she is now a Licensed Practical Nurse. She was born and raised in Merritt and completed all her schooling locally at Nicola Valley Institute of Technology. Since starting with Scw'exmx Health she has taken an interest in wound care and looks forward to broadening her knowledge in this area to help serve our community member's better. When she's not working you can find her playing ball, hockey or paddle boarding.

Jeannine Neil, LPN

Jeannine is our newest member of the team, she is currently filling an MOA position but will move into an LPN position in the near future with the expansion of the Clinic. Jeannine graduated as an LPN in 2021. She has worked in Kamloops, Grand Forks and Merritt Hospitals. She is enjoying the work-life balance that working in a clinic provides. She spends much of her free time with family.

Jessie Tubbs, Medical Office Assistant

Jessie moved to Merritt in 2005 at the young age of 15. She started her career in healthcare in 2011 after graduating from Stenberg College as a Laboratory technician. Jessie has been working in the hospital setting ever since. Recently, she decided she needed a change of pace and switched over to Mental Health, working in the OAT clinic on Fridays and just recently became a member of our team at Coquihalla Primary Care Clinic Monday to Thursday and still picks up on call shifts in the lab in her spare time. When she's not working, she does a lot of activities with her 3 kids. In the winter, she's almost always at the rink for hockey and figure skating and in the summer she's always on her paddleboard.





We would like to thank all those members and elders from the communities who came out to the welcoming ceremony for the Coquihalla Primary Care Clinic medical staff on February 27th at the Merritt Civic Centre.



Calling Our Spirit Home Walking & Exercise Group

Please join this group if you would like to
be prepared for the upcoming event
Calling Our Spirit Home on May 22-25, 2025.

The event will start at Kamloops Residential School
on May 22, 2025 & will end at Coldwater Reserve #1
on May 25, 2025 the Coldwater School Gym
We are requesting our youth, membership & elders
to join this healing & recognition event.

Date: Starting January 29, 2025

Place: Coldwater School Gym

Time: Wednesdays 3:30 - 4:30pm



Contact Information: Lucy Henry

Phone: 250-280-5489

Email: henry.l@schss.com

World Health Day 2025: Healthy beginnings, hopeful futures

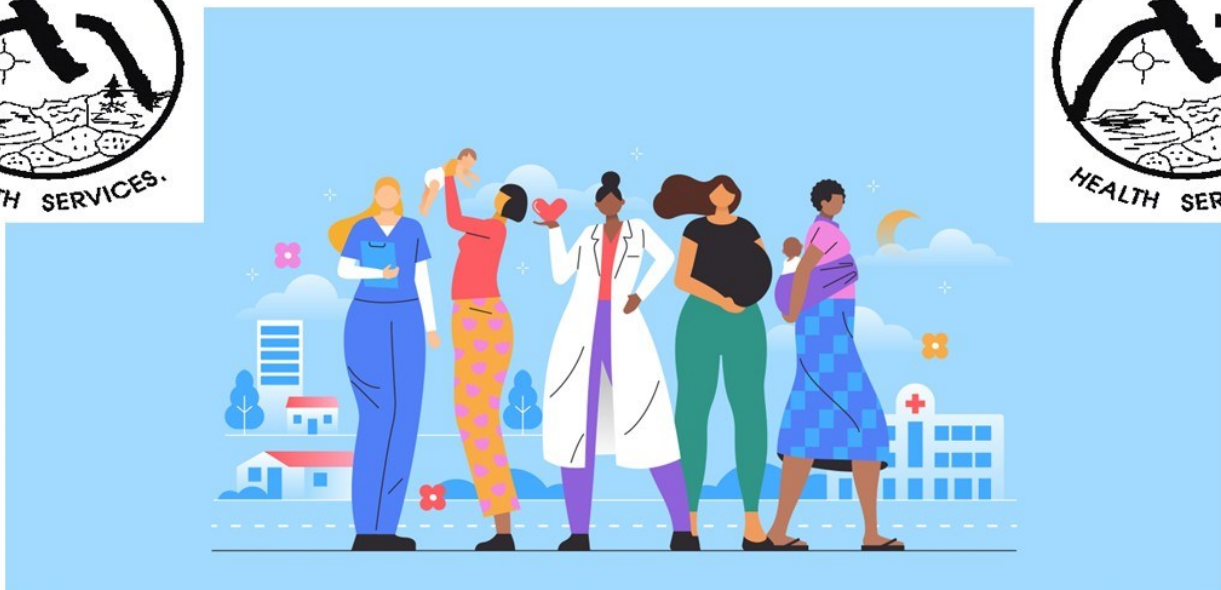
Helping every woman and baby survive and thrive

World Health Day, celebrated on **7 April 2025**, is a year-long campaign on health. This year's campaign, titled *Healthy Beginnings, Hopeful Futures*, will encourage governments and health communities to increase efforts to support healthy pregnancies and births, and for better post-natal health.

Please reach out to our **Community Health Nurse** Angela Nordstrom for prenatal and post natal care at SCHSS

250-378-9745

Nordstrom.a@schss.com



Scw'exmx Community Health Services Society

Healing from Grief and Loss

What You'll Learn

What is grief and loss
Reactions to grief
Trauma and grief
Cultural grief practices

Contact May George to sign up



250.378.9745



george.m@schss.com

APRIL 11-12 2025

FRIDAY 1PM - 4PM
SATURDAY 10AM - 4PM

2 DAY WORKSHOP

SHACKAN BAND HALL
4943 POTATOEILLSHIE RD



FACILITATORS: KAREN LARA & MAY GEORGE
TRANSPORTATION AND FOOD PROVIDED



SCHSS WELCOMES KAREN LARA

Heñle?k^w my name is Karen Lara. I am a registered mental health therapist and have worked with Indigenous communities in the Nlaka'pamux, Secwepemc, and Syilx Nations. I began working with SCHSS in 2016 as the Mental Health Manager, and after starting my own private practice in 2019, have continued to assist the SCHSS counselling team with program development. I support adult clients working through trauma, addictions, ADHD, depression, anxiety and grief and loss.

I truly appreciate the time I've spent as a guest in the Nicola Valley and Nlaka'pamux territory. I have especially enjoyed learning how to gather medicine with the Elders and hiking in the Stein Valley. I grew up on the Arrow Lakes in the West Kootenays and my summers were spent in the garden, picking huckleberries, canning and smoking kokanee salmon with my family. I've really enjoyed learning traditional ways of preserving from SCHSS community members and am looking forward to learning more!





SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

DAY CHANGE, NOW EVERY THURSDAY

Date	Location	Time
April 3, 2025	SCHSS	6:00PM-7:15PM
April 10, 2025	SCHSS	6:00PM-7:15PM
April 17, 2025	SCHSS	6:00PM-7:15PM
April 24, 2025	Coldwater Health Building	5:30PM-8:00PM

If you have any questions or need a ride, please contact:

Christine Provost, Wellness Counsellor
@ (250) 378-9745.

Transportation & Snacks are provided.



SCHSS

SCW/EXMX COMMUNITY
HEALTH SERVICES SOCIETY