

Scw'exmx Community Health Services Society

1926 Quilchena Ave

Box 3090 Merritt BC VIK IB8

T.250.378.9745 F.250.378.4962

Toll Free: 1.888.667.2477

February 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 Manager

Christine Provost Wellness Counsellor

Elizabeth Perdok-Waboose Wellness Therapist

Doug Dixon-Medical Transportation Driver



NIHB AFTER Hours Emergency- Medical Travel
Call 250-280-1644 after 4:30pm-10:00pm
For Any Medical Emergency—Call 911

SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY



1926 Quilchena Avenue
P.O. Box 3090 Merritt, BC, V1K 1B8
Telephone: (250) 378-9745
Fax: (250) 378-4962
E-mail: reception@schss.com

WE HAVE MOVED TO OUR NEW OFFICE!

Scw'exmx Community Health Services Society is now located at:

1926 Quilchena Avenue, Merritt, BC

Contact us by:

Phone: 250-378-9745

Fax: 250-378-4962

Email: reception@schss.com

Mail: PO Box 3090 STN Main,

Merritt, BC, V1K 1B8

Website: schss.com

Facebook: Scw'exmx Community Health Services Society

Kwukwscémxw - Thank you

SCHSS ELDERS



SCHSS warmly invites all elders from Coldwater, Shackan, and Nooaitch communities to join the SCHSS Elders Group. This group offers a valuable opportunity for community, connection, and shared wisdom. Elders meet every 3rd Tuesday of the month. We encourage all interested members to participate and be a part of this wonderful gathering. For more information please contact Jessie Aljam at SCHSS at 250-378-9745.

We look forward to welcoming you!



CHAT ABOUT ANY HEALTH
CONCERNS

NO APPOINTMENT NECESSARY

1ST TUESDAY OF THE MONTH



FEBRUARY 4TH, 2025 10AM - 2 PM COLDWATER HEALTH BUILDING



FIRESIDE ELDERS POTLUCK LUNCH

COLDWATER HEALTH BUILDING

THUR FEB 6, 2025 FROM 11AM - 1PM

BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER



MORE INFORMATION CALL AMBER @ SCHSS 378-9745



Paper Plate Love Bug Craft

paper plates googley eyes glue paint & paint brushes Valentine's Day Slime

hot water
baking soda
white glue
saline solution
measuring cups & spoons
mixing tools
food dye



paper plates
googley eyes
glue
paint & paint brushes



Coldwater School February 12 10:30-12:00

Nooaitch Satellite Building February 19 10:30-12:00

Shackan Wellness Building February 20 12:30-2:00

Diabetes Pilot Project

When: Monday, February 10 & 24

March 3 & 10

1-4 PM

Location: Nlaka'pamux Health Boardroom

Who: community members living with diabetes

questions call Scw'exmx Community
Health Service's Society @ 250-3789745

Speak with Bonita, Ashleigh, or Angela



Sun	Mon	Tues
2	3	4
	Water Testing	CW Gym Night 6:00-7:30pm
	CW Girl Power Group	Nurse Drop In 10:00-2:00 @ CWHB
	3:30pm-4:45pm	
	10	
9	10	
	Water Testing	CW Gym Night 6:00-7:30pm
	CW Girl Power Group	
	3:30pm-4:45pm	
	Diabetes Pilot Program 1:00- 3:30pm—NHSS Boardroom	
16	17	18
		Water Testing
	CLOSED- Family Day	CW Gym Night 6:00-7:30pm
		CTT Gym Taight 0.00-7.50pm
23	24	25
	Water Testing	NOO/SHA Drumming 5-7pm @ Nooaitch
	CW Girl Power Group	CW Gym Night 6:00-7:30pm
	3:30pm-4:45pm	
	Diabetes Pilot Program 1:00- 3:30pm—NHSS Boardroom	

February 2025

Wed	Thu	Fri	Sat
			I
5 CW Walk Program 3:30-4:30pm @ CW Gym	6 CW Youth Drop-In 3:30-4:30pm Elders Potluck Lunch I1:00-1:00 @ CWHB Wellbriety 6:00-8:00pm @SCHSS	7	8
CW Walk Program 3:30-4:30pm @ CW Gym Parents & Tots @ CW School 10:30am-12:00pm	I3 CW Youth Drop-In 3:30-4:30pm Wellbriety 6:00-8:00pm @SCHSS	I4 Prevention Through Connection I:00-8:30 Merritt Civic Centre	15
CW Walk Program 3:30-4:30pm @ CW Gym Parents & Tots @ NOO HeadStart 10am-12pm	20 CW Youth Drop-In 3:30-4:30pm Parents & Tots @ SHA Wellness Bldg 12:30pm-2:00pm Wellbriety 6:00-8:00pm @SCHSS	21	22
26 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym	27 CW Youth Drop-In 3:30-4:30pm NOO/SHA Youth Drop In 3:45- 5:30pm @ Nooaitch Wellbriety 6:00-8:00pm @SCHSS	28 NOO/SHA Youth Skating- 3:30-5pm	

February 4 is World Cancer Day – a day to come together to honor and remember everyone affected by cancer, and take action to change the future of cancer forever.

If you have been affected by cancer, know that our virtual support is available no matter where you live. You can connect with us and find support using our Cancer Information Helpline at 1-888-939-3333, live chat and Cancerconnection.ca peer support forum.



If you have health concerns that could be a sign or symptom of cancer or another serious illness, do not wait to see your doctor. Finding cancer early is critically important. When cancer is found and treated early, the chances of successful treatment are better.

Breast cancer screening is recommended beginning at age 45, with the option to begin at age 40.

Cervical cancer screening recommended for people with a cervix, aged 25 to 69.

Colorectal cancer screening is recommended for everyone beginning at age 45.

screening tests on request. If you or a family member are in need of a kit, please reach out to any of the nurses at

Scw'exmx Health at 250-378-9745.



February 26, 2025 Pink Shirt Day





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 (<u>www.healthgateway.gov.bc.ca</u>)

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

FOOD SAFE CERTIFICATION

SCHSS & Merritt Moms are seeking individuals requiring their Food Safe Certification.

Please contact Bonita @SCHSS 250-378-9745 or Rhonda @ Merritt Moms (Conayt) 250 378-5107

Date, time & location pending





February 9

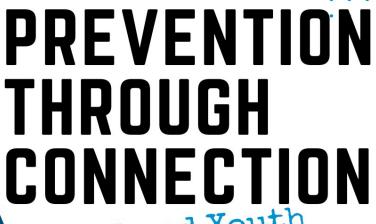
National Tooth Ache Day: Tooth pain can really affect quality of life. Thankfully, there are plenty of pain-free options to eliminate pain and protect your teeth from further decay.

February 14

Valentine's Day: Our dental team wishes you a happy Valentine's Day—remember to brush after sugary treats!

February 28

National Tooth Fairy Day: The tooth fairy encourages kids to maintain oral health by leaving money under their pillows. How much do kids in your family receive?



Child and Youth
Harm Reduction

SPACE IS LIMITED

14 FEBRUARY FRIDAY

1:30 - 8:30

DOORS OPEN

1:00 PM

Merritt Civic Centre 1950 Mamette Ave

> 250-378-9745 or 250-315-9654 Register with May George, SCHSS



STANLEY CUP CHAMPION, OLYMPIC GOLD MEDALLIST, MENTAL HEALTH ADVOCATE, BEST SELLING AUTHOR

THEO HAS BEEN AWARDED THE CANADIAN HUMANITARIAN AWARD AND THE QUEEN'S JUBILEE MEDALLION. HE IS A SIKSIKA NATION HONORARY CHIEF AND RECIPIENT OF THE ABORIGINAL INDSPIRE AWARD.

THEO FLEURY

1:00 PM - Doors Open

1:30 PM - Prayer, Drumming, Opening Remarks

Presenters, Door Prizes, Resource Booths, Wellness Stations,

Jigging/Movement Workshop - Madelaine McCallum

5:30 PM - Dinner

7:00 PM - Theo Fleury

8:00PM - Meet and Greet



MADELAINE MCCALLUM
GIFTED DANCER,
MOTIVATIONAL SPEAKER,
FACILITATOR, AND MC











SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

DAY CHANGE, NOW EVERY THURSDAY

Date	Location	Time
February 6, 2025	SCHSS	6:00PM-8:00PM
February 13, 2025	SCHSS	6:00PM-8:00PM
February 20, 2025	SCHSS	6:00PM-8:00PM
February 27, 2025	Coldwater Health Building	5:30PM-8:00PM
5.6		

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

Christine Provost, Wellness Counsellor or Elizabeth Perdok-Waboose, Wellness Therapist @ (250) 378-9745.

Transportation & Snacks are provided.

