



# Scw'exmx Community Health Services Society

103-2090 Coutlee Ave

Box 3090 Merritt BC V1K 1B8

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Toll Free: 1.888.667.2477

reception@schss.com www.schss.com

## January 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



Coldwater Health Building Grand Opening & Ribbon Cutting

**NIHB AFTER Hours Emergency**

**Medical Travel**

**Call 250-280-1644 after**

**4:30pm-10:00pm**

*please join us for a*

# ★ FIRESIDE ELDERS ★ POTLUCK LUNCH

● COLDWATER HEALTH BUILDING

**THUR JAN 9, 2025 FROM 11AM - 1PM**

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



MORE INFORMATION  
CALL AMBER @ SCHSS  
378-9745





# NEW DROP-IN

*Come see the nurse*

**Get vitals checked**

**Chat about any health concerns**

**No Appointment Necessary**

1st Tuesday of  
Every Month  
Starting On  
January 7, 2025  
10am - 2pm

Coldwater Health Building



# **Coldwater Prenatal – Postnatal Program**

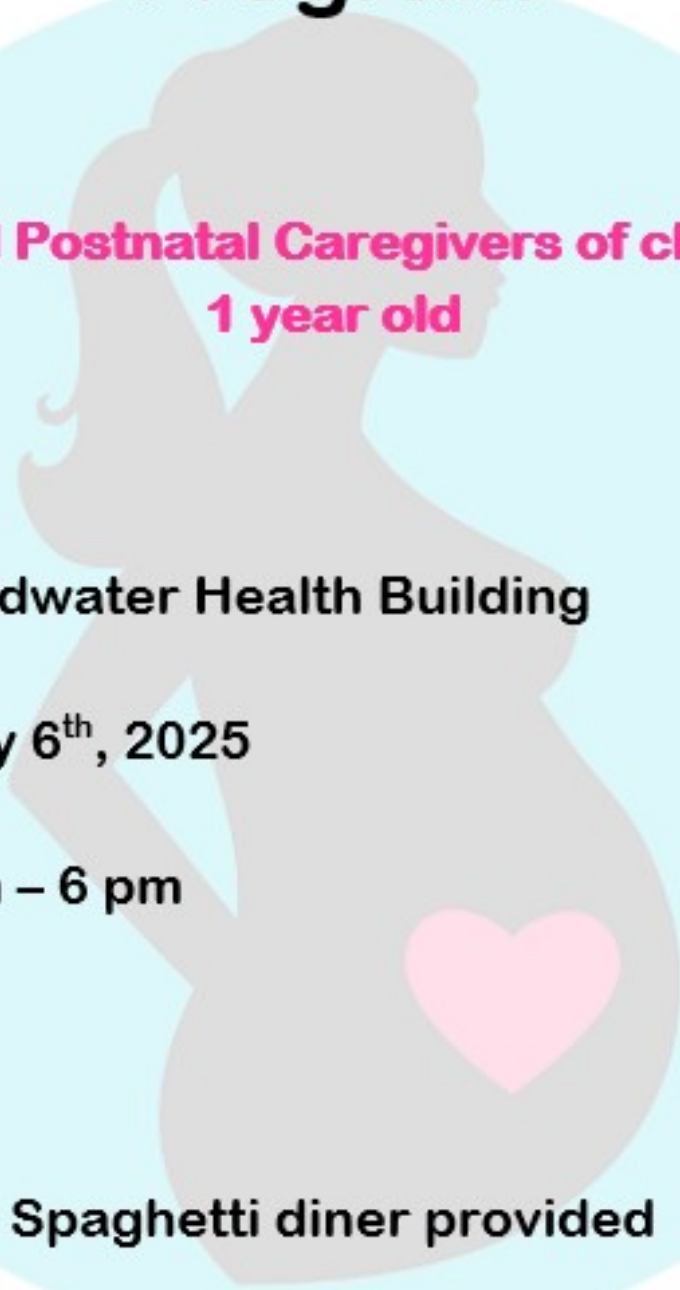
**Prenatal and Postnatal Caregivers of children up to  
1 year old**

**Location: Coldwater Health Building**

**Date: January 6<sup>th</sup>, 2025**

**Time: 4:30pm – 6 pm**

**Spaghetti diner provided**





# Freeze Drying Kid Snacks in Shackan

Date: January TBA, 2025

Time: 10 AM– 12 pm

Call Angela at 250-378-9745 for more information.





# Parents & Tots January Calendar



## **FAKE SNOW SENSORY PLAY**

***White Hair Conditioner  
Baking Soda  
Large Bowl***



## **SALT SNOWFLAKE CRAFT**

***Salt  
Elmers Glue  
Cardstock Paper  
Watercolours  
Paint Brush  
Cup  
Water***



**SHACKAN WELLNESS BUILDING**




**January 30- 12:30-:2:00**

**NOOAITCH SATELLITE BUILDING**

**January 22 - 10:00-12:00**

**HEALTHY SNACKS INCLUDED**

**COLDWATER HEAD START January 15 -  
10:30-12:00**



**Coldwater Prenatal and Postnatal 0-1 year**

**@ Coldwater Health Building**

**Meal provided with beverages**

**Any food allergies please contact**

**250-315-9535- Angela community health nurse**

**Drop in classes**

**Nov 6 4:30 to 6PM – Pizza and apple crisp**

**Dec 9 4:30 to 6PM**

**Jan 6 4:30- 6PM**

**Feb 10 4:30 -6 PM**

**March 3 4:30 -6PM**

**April 7 4:30 – 6 PM**

**May 5 4:30 – 6 PM**

**June 2<sup>nd</sup> 4:30- 6PM**

**Canadian Prenatal Nutrition Program (CPNP)**

**Gift cards provided monthly**





Sun	Mon	Tues
5	6 Water Testing CW Girl Power Group 3:30pm-4:45pm Coldwater Prenatal & Postnatal @ CW Health Building 4:30-6:00	7 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Gym Night 6:00-7:30pm Nurse Drop In 10:00-2:00 @ CWHB Wellbriety 6:00-8:00pm @SCHSS
12	13 Water Testing CW Girl Power Group 3:30pm-4:45pm	14 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Gym Night 6:00-7:30pm Wellbriety 6:00-8:00pm @SCHSS
19	20 Water Testing CW Girl Power Group 3:30pm-4:45pm	21 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Gym Night 6:00-7:30pm Wellbriety 6:00-8:00pm @SCHSS
26	27 Water Testing CW Girl Power Group 3:30pm-4:45pm Diabetes Pilot Program 1:00- 4:00pm—SCHSS Boardroom	28 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Gym Night 6:00-7:30pm Wellbriety 5:30-8:00pm @SCHSS

# January 2025

Wed	Thu	Fri	Sat
1 <b>Office Closed</b>	2 <b>Office Re-opens</b>	3	4
8 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym	9 CW Youth Drop-In 3:30-4:30pm Elders Potluck Lunch 11:00-1:00 @ CWHB	10 NOO/SHA Youth Skating 3:30-5pm	11
15 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym Parents & Tots @ CW School 10:30am-12:00pm	16 CW Youth Drop-In 3:30-4:30pm	17 NOO/SHA Youth Skating 3:30-5pm	18
22 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym Parents & Tots @ NOO HeadStart 10am-12pm	23 CW Youth Drop-In 3:30-4:30pm	24 NOO/SHA Youth Skating- 3:30-5pm	25
29 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym	30 CW Youth Drop-In 3:30-4:30pm Parents & Tots @ SHA Wellness Bldg 12:30pm-2:00pm	31 NOO/SHA Youth Skating- 3:30-5pm	

We wish all our clients a  
Happy New Year.



We thank you for your ongoing  
support throughout the year and  
we look forward to serving all your  
dental needs in 2025.



**!! NEW POLICY !!**

**ALL APPOINTMENTS MUST BE  
CONFIRMED**

**UNCONFIRMED APPOINTMENTS WILL  
BE CANCELLED**

**WE HAVE CONTACT BY: PHONE, TEXT,  
OR EMAIL**

**TEXT ONLY: 1-833-563-2853**

**TALK ONLY: 250-378-5877**

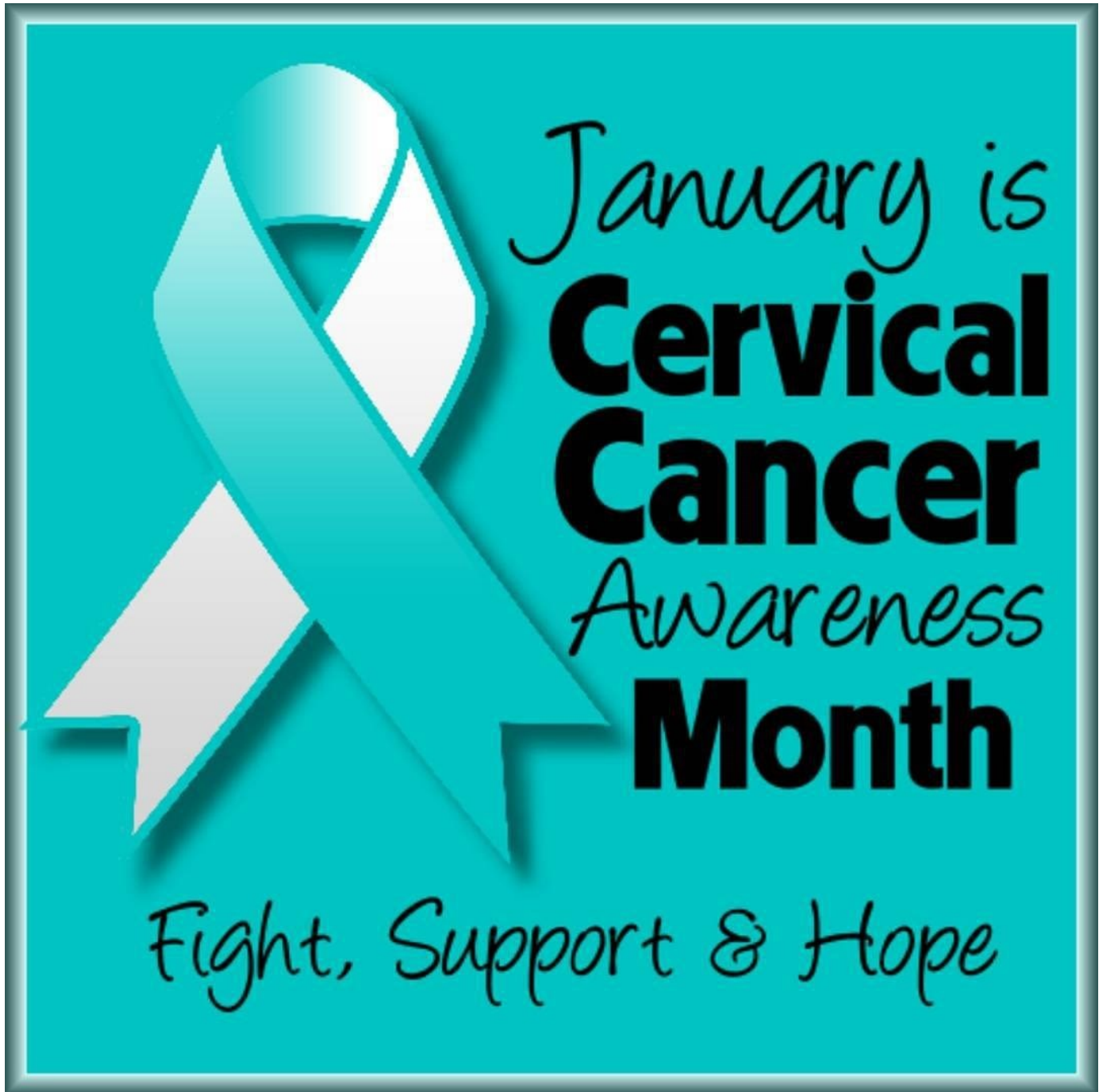
**EMAIL: [stoyomadental@schss.com](mailto:stoyomadental@schss.com)**

**!! WE MUST REDUCE NO-SHOWS !!**

**1 no-show can be forgiven as an  
accident**

**2 no-shows will result in being unable  
to book scheduled appointments**

**THANK YOU FOR YOUR CO-OPERATION**



**January** is Cervical Cancer Awareness Month, an ideal chance for WHO and partners to raise awareness of cervical cancer and vaccination against human papillomavirus (HPV), the main cause of cervical cancer. Together, we can strive to end cervical cancer within a few generations.

# **Diabetes Pilot Project**

Session 5

**When:** January 27, 2025 , 1:00-4:00

**Location:** Scw'exmx Board Room

**Who:** Community members living  
with diabetes

Questions, please call SCHSS:

250-378-9745

Speak with Bonita, Ashleigh, or Angela





Nooaitch  
Spaghetti Dinner  
and  
Making Healthy Deserts  
Sugar alternatives, and gluten free options



When: Tuesday January 28<sup>th</sup>

Location: Band hall

Time: 5-7 PM



Presented by Community Health Nurse

Angela call 250-378-9745 for more information

*February*

14

*2025, 1:30PM - 8:00PM*

*Save  
the Date*

*Scw'exmx Community Health Services Society Presents*



*Resources, Booths, Speakers, Wellness Station, Prizes  
Dinner provided*

***Prevention Through Connection  
Child & Youth Harm Reduction Event***

*Merritt Civic Centre, 1950 Mamette Ave.*

*Merritt, BC*

*For more information contact the Wellness Team @:*

*250-378-9745*



## SCHSS WELLBRIETY GROUP

WILL BE HELD EVERY TUESDAY

Date	Location	Time
January 7, 2025	SCHSS Boardroom	6:00PM-8:00PM
January 14, 2025	SCHSS Boardroom	6:00PM-8:00PM
January 21, 2025	SCHSS Boardroom	6:00PM-8:00PM
January 28, 2025	SCHSS Boardroom	5:30PM-8:00PM

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.



**SCHSS**

SCW'EXMX COMMUNITY  
HEALTH SERVICES SOCIETY