



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

March 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 MARCH 6, 2025 FROM 11AM - 1PM
BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER



MORE INFORMATION
CALL AMBER @ SCHSS
378-9745

DROP - IN COME SEE THE NURSE

**GET VITALS CHECKED
CHAT ABOUT ANY
HEALTH CONCERNS
NO APPOINTMENT NECESSARY**

1ST TUESDAY OF THE MONTH

MARCH 4, 2025

10AM - 2 PM

**COLDWATER HEALTH
BUILDING**





Diabetes Pilot Project

When: Mondays, March 3 & 10

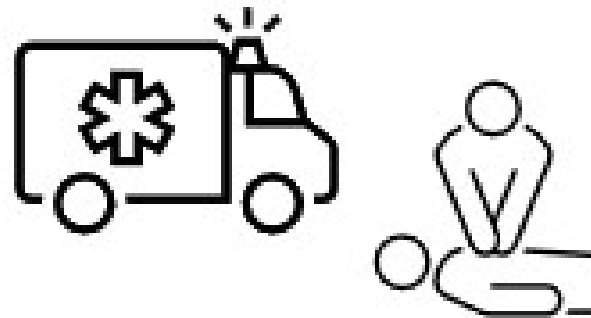
Time: 1:00PM-4:00PM

Location: Nlaka'pamux Health
Boardroom

For Who: Community members living
with diabetes

If you have any question please call
SCHSS: 250-378-9745 and speak with
Bonita Eagles, Angela Nordstrom or
Ashleigh Huston, or email:
reception@schss.com

**Coldwater Indian Band along with
Scw'exmx Community Health
Services Society will be hosting at
“Emergency First Aid w/CPR
Course on Monday March 10, 2025
@ Coldwater School Gym
8:30am-4:30pm**



We have 15 seats available for this 1-day training course. If you would like to register contact Lucy Henry at 250-280-5489 (cell) or email henry.l@schss.com

Lunch and snacks will be provided 😊



Parents & Tots March Calendar



**St Patrick's Day
Themed
Activity Sheets**

Colouring Sheets

1-Spy

Mazes

Tracing

Black Glue & Salt

Watercolour

Rainbow Painting Craft

Salt

White Glue

Black Paint

Watercolours

Pencil

White Paper

St Patrick's Day Slime

1/2 cup Clear PVA School Glue

1 tablespoon Saline Solution

1/2 cup of Water

1/4-1/2 tsp Baking Soda

Glitter

Food coloring

Coldwater Head Start

March 5, 2025

10:30-12:00

Nooaitch Satellite Building

March 14, 2025

11:00-1:00

Shackan Wellness

Building

March 12, 2025

12:30-2:00

Healthy Snacks Provided



Freeze Drying Snacks In Shackan



Date: March 5 & 26, 2025
Time: 10 AM- 12 pm

Text Angela at 250-315-9535
Or call the Shackan Band
Office for more information.





Sun	Mon	Tues
23	24 CW Girl Power Group 3:30pm-4:45pm Diabetes Pilot Program 1:00-3:30pm—NHSS Boardroom	25 CW Gym Night 6:00-7:30pm NOO/SHA Drumming 5-7pm @ Nooaitch
2	3 CW Girl Power Group 3:30pm-4:45pm Diabetes Pilot Project 1:00-4:00pm @ NHSS	4 CW Gym Night 6:00-7:30pm NOO/SHA Drumming 5-7pm @ Nooaitch Nurse Drop In 10:00AM-2:00PM @ CWHB
9	10 CW Girl Power Group 3:30pm-4:45pm Diabetes Pilot Project 1:00-4:00pm @ NHSS First Aid w/CPR 8:30AM-4:30PM @ CW School	11 CW Gym Night 6:00-7:30pm NOO/SHA Drumming 5-7pm @ Nooaitch
16	17	18
23	24	25

March 2025

Wed	Thu	Fri	Sat
<p>26</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym</p>	<p>27</p> <p>CW Youth Drop-In 3:30-4:30pm NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch</p>	<p>28</p> <p>NOO/SHA Youth Skating- 3:30-5pm</p>	<p>1</p>
<p>5</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym Parents&Tots @CW School 10:30am-12:30pm Shackan Freeze Drying- 10:00AM-12:00PM</p>	<p>6</p> <p>Wellbriety 6:00-7:15pm @SCHSS Elders Potluck Lunch 11:00-1:00 @ CWHB CW Youth Drop-In 3:30-4:30pm NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch</p>	<p>7</p> <p>NOO/SHA Youth Skating- 3:30-5pm</p>	<p>8</p>
<p>12</p> <p>NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym Parents & Tots @ SHA Wellness Bldg 10:30am-12:30pm</p>	<p>13</p> <p>Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch</p>	<p>14</p> <p>NOO/SHA Youth Skating- 3:30-5pm Parents & Tots @ NOO Headstart 11:00AM-1:00PM</p>	<p>15</p>
<p>19</p>	<p>20</p> <p>Wellbriety 6:00-7:15pm @SCHSS</p>	<p>21</p>	<p>22</p>
<p>26</p> <p>Shackan Freeze Drying 10:00AM-12:00PM</p>	<p>27</p> <p>Wellbriety 5:30-8:00pm @CWHB</p>	<p>28</p>	<p>29</p>

March is National Nutrition Month

Super Foods for extra brain and health support:

Leafy Greens: Spinach, collards, and kale are veggies that are rich in brain-boosting nutrients such as carotene, folic acid, lutein, and vitamin K. Green plant-based foods have shown in studies to aid curbing cognitive decline. **Recommended serving is ¼ cup per day.**

Nuts and Legumes: Nuts and legumes are a source of protein and healthy fats. They are also great brain food; walnuts are the best for cognitive incline. Nuts come packed with omega-3 fatty acids and antioxidants. **Recommended serving is 15-30 grams per day.**

Apples: They are a useful source of soluble fiber which can lower blood cholesterol and glucose levels. Fresh apples are a beneficial source of vitamin C—an antioxidant that helps protect the body's blood vessels and aids in the absorption of iron.

Berries: Studies show that elderberries stimulate the immune system's chemical responses, aiding in relief from cold and flu symptoms and shortening their duration. Berries are also high in vitamin C, antioxidants, promote heart health and are high in fiber. **Recommended serving is ½ cup per day.**

Salmon and Tuna: Fish contains omega-3 fatty acids which are essential for good cardiovascular health. Omega-3 acids make your blood less likely to form blood clots, reducing your risk of heart attacks or stroke, lowering blood pressure, and decreasing beta-amyloid levels which cause Alzheimer's. Fish is also a major source of protein. **Recommendation is to aim for 2 servings per week.**

Yogurt: Yogurt is a reliable source of calcium, protein, and vitamins. Thick Greek-style yogurt is a healthier alternative to sour cream in a recipe or in any smoothie. Use plain yogurt instead of flavored varieties to cut back on sugar. **Recommended serving is 8 oz per day.**

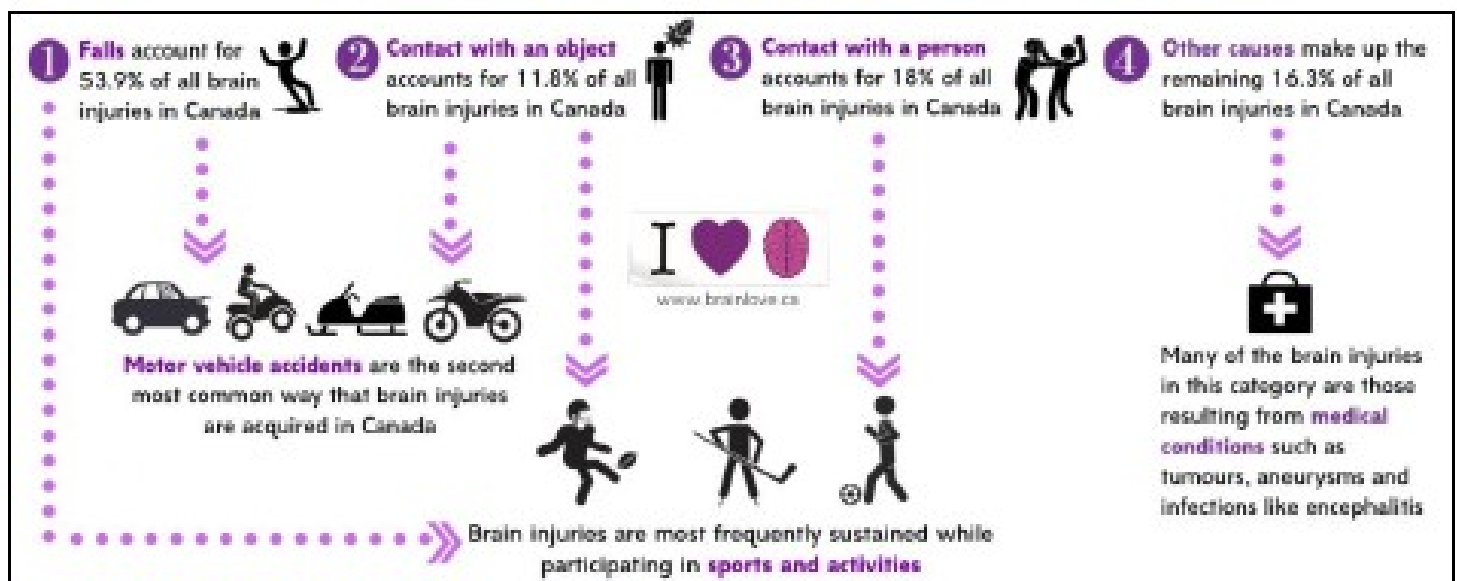
World Head Injury Awareness Day

March 20th, 2025

Every 3 minutes, someone in Canada acquires a brain injury. Since there are no drugs or techniques that can cure a brain injury, **prevention** is the only way to reduce the risks.

WHAT CAUSES BRAIN INJURY?

From slipping on a patch of ice to falling off a bike, there are numerous ways a person can sustain a brain injury. Below are some of the most common causes.



WHAT IS THE GOAL OF BRAIN HEALTH AWARENESS MONTH?

Spreading awareness is an important step we can all take to reduce the chance of brain injury and to increase the everyone's understanding of those who are affected by it.

In 2018, the Public Health Agency of Canada published a report, revealing that 50% of Canadians have little or no knowledge about concussion – the most common type of acquired brain injury.



Prevent Head Injuries By:

- Wear a seat belt in a car
- Check for obstacles on pathways
- Wear a helmet while riding a bicycle, motorcycle or ATV
- Use an appropriate child safety seat
- Do not drink & drive
- Avoid using mobile during driving
- Use the rails on stairways
- Have adequate lighting in home and on stairways
- Avoid slippery floors and walkways



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



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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

K^wuk^wscémx^w - Thank you

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



SCHSS ELDERS



Elders Meeting: Tuesday, March 18, 2025, 10:30 at the Elks Hall

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 by
phone: 250-378-9745 or by email: aljam.j@schss.com

We look forward to welcoming you!



SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

DAY CHANGE, NOW EVERY THURSDAY

Date	Location	Time
March 6, 2025	SCHSS	6:00PM-7:15PM
March 13, 2025	SCHSS	6:00PM-7:15PM
March 20, 2025	SCHSS	6:00PM-7:15PM
March 27, 2025	Coldwater Health Building	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