



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

May 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

Karen Lara
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

Drop-In

Come see the Nurse

**GET VITALS CHECKED
CHAT ABOUT HEALTH CONCERNS
USE THE SAUNA
CHECK OUT FREEZE DRIED FOOD PANTRY**

**COLDWATER
HEALTH
BUILDING**

**06 TUES MAY
10AM - NOON**



Please Join Us

Fireside Elders Potluck Lunch

COLDWATER HEALTH BUILDING
THUR MAY 8, 2025 FROM 11AM - 1PM
BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER



MORE INFORMATION
CALL AMBER @ SCHSS
378-9745



Parent & Tots May Calendar



Spring Themed Activity Sheets

Colouring
Sheets
I-Spy
Mazes
Tracing

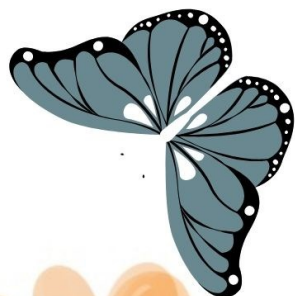


Fork Stamp Tulip Craft

Purple, pink,
yellow green
paint
Forks
White Paper

Spring 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



10:30-12:00
Coldwater Head
Start
May 28, 2025

Shackan Wellness
Building
May 22, 2025
12:30-2:00

Nooaitch Satellite Building
May 20, 2025
11:00-1:00

Healthy Snacks Provided

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





Canadian
Cancer
Society



ImmunizeBC

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

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

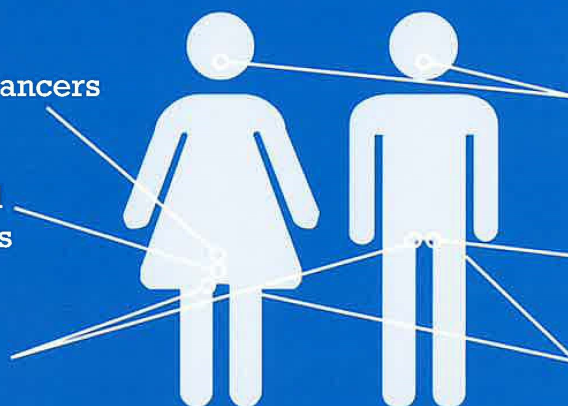
New this year: HPV vaccine is now offered to all grade six children
in British Columbia as part of the regular school-based immunization program.

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



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



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



Scw'exmx Community Health Services Society - Staff Directory

1926 Quilchena Ave, PO Box 3090, Merritt B.C., V1K 1B8, Ph: 250-378-9745, Fax: 250-378-4962

| Staff | Position | Email Address | Direct Numbers |
|--------------------|---------------------------------------|------------------------|----------------|
| Shayla George | Receptionist/NHIB Clerk | reception@schss.com | 250-378-9745 |
| Selena Henry | Administrative Financial Assistant/AR | henry.s@schss.com | 778-661-1162 |
| Barclay Smith | Executive Director | smith.b@schss.com | 778-661-1170 |
| Jim Adams | Project Manager | adams.j@schss.com | 778-661-1160 |
| Jessie Aljam | Finance Assistant | aljam.j@schss.com | 778-661-1181 |
| Bonita Eagles | Community Health Rep | eagles.b@schss.com | 778-661-1175 |
| Carly Obenauer | Early Childhood Educator | ece@schss.com | 778-717-6770 |
| Angela Nordstrom | Community Health Nurse / RN | nordstrom.a@schss.com | 778-661-1149 |
| Ashleigh Huston | Licensed Practical Nurse | huston.a@schss.com | 778-661-1163 |
| Crystal Lindley | Licensed Practical Nurse | lindley.c@schss.com | 778-661-1137 |
| Dawn Chypyha | Personal Care Aide | chypyha.d@schss.com | 778-661-1186 |
| Christine Provost | Wellness Counsellor | provost.c@schss.com | 778-661-1193 |
| Amber Steinhauer | Home Care Nurse / RN | steinhauer.a@schss.com | 778-661-0480 |
| May George | Wellness Manager | george.m@schss.com | 778-661-1122 |
| Lucy Henry | Youth Recreation Worker | henry.l@schss.com | 778-661-1117 |
| Darlene Rodominski | Youth Recreation Worker | darlener@schss.com | 250-378-2300 |



SCHSS Eye Clinic 2025

Dr. Ahmed is Returning This Spring!

May 12-16, 2025

Locations & Dates:

Coldwater Health Building - May 12-14, 2025

810-200th Street Coldwater Reserve

Civic Centre - May 15-16, 2025

1950 Mammette Avenue, Merritt, BC

Book your appointments with
SCHSS Reception @ 250-378-9745

K^wuk^wscémx^w - Thank You



DENTAL CLINIC

250-378-5877

stoyomadental@schss.com

2088 Quilchena Avenue

(beside the Royal Bank)

Our receptionists do a great deal to keep the schedule running smoothly. In a dental clinic, there is a lot to coordinate, including scheduling, insurance, and treatment planning. May 8 is National Receptionist Day. On this day, we recognize all their efforts and express our appreciation!

To assist our receptionist, please give 24 hours' notice for all cancellations



Mother's Day is a time to recognize all the sacrifices mothers make for their families. Do something special with your MOM on May 11th

To all our moms : Are you up to date on your Oral Health? Give us a call.



| Sun | Mon | Tues |
|-----|---|--|
| 27 | 28 CW Girl Power Group 3:30pm-4:45pm | 29 NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch |
| 4 | 5 CW Girl Power Group 3:30pm-4:45pm | 6 NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch Nurse Drop In @ CWHB 10:00AM-12:00PM |
| 11 | 12 CW Girl Power Group 3:30pm-4:45pm Eye Clinic @ CWHB | 13 Eye Clinic @ CWHB |
| 18 | 19 CLOSED- Victoria Day | 20 NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch Parent & Tots @ NOO HeadStart 11:00AM-1:00PM |
| 25 | 26 CW Girl Power Group 3:30pm-4:45pm | 27 NOO/SHA Youth Drop In 3:45-5pm @ Nooaitch NOO/SHA Drumming 5-7pm @ Nooaitch |

May 2025

| Wed | Thu | Fri | Sat |
|---|--|--|-----|
| 30 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym | 1 Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch | 2 NOO/SHA Youth Swim 3-5pm | 3 |
| 7 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym | 8 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 | 9 NOO/SHA Youth Swim 3-5pm | 10 |
| 14 CW Walk Program 3:30-4:30pm @ CW Gym Eye Clinic @ CWHB | 15 Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm Eye Clinic @ Civic Centre | 16 Eye Clinic @ Civic Centre | 17 |
| 21 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym | 22 Wellbriety 6:00-7:15pm @SCHSS CW Youth Drop-In 3:30-4:30pm NOO/SHA Girls Group 4-5pm @ Nooaitch Parent & Tots @ SHA Wellness Bldg 12:30-2:00pm | 23 NOO/SHA Youth Swim 3-5pm | 24 |
| 28 NOO/SHA Gym Night 6-7:30pm CW Walk Program 3:30-4:30pm @ CW Gym Parent & Tots @CW School 10:30am-12:00pm | 29 Wellbriety 5:30-8:00pm@CWHB CW Youth Drop-In 3:30-4:30pm | 30 | 31 |

Emergency Preparedness Week 2025



Emergency Preparedness Week (EP Week) is a national awareness initiative and an opportunity for you to take action to ensure you're prepared to protect yourself, your family and your community during an emergency. This year, the theme is **Be Prepared. Know Your Risks.** We encourage you to understand the risks in your area and learn what actions you can take to protect yourself and your household.

This year, EP Week is May 4-10, 2025.

Emergency Management Organizations in BC:

- Ministry of Emergency Management and Climate Readiness (EMCR)
- BC Emergency Health Services
- Canadian Red Cross
- Local Emergency Support Services (ESS) programs
- First Nations' Emergency Services Society (FNESS)

Downloadable Apps for Mobile Devices:

- Voyent Alert App
- Alertable App
- BC Wildfire Services App
- Pulsepoint Respond App
- BC Health Service Locator App



Other Important Information:

- Know the risks for your location. Have a plan for different emergency scenarios. (Fires, floods, power outage, earthquakes, tornados, etc.)
- Make an Emergency Plan. Store important documents with your emergency plan.
- Keep an emergency kit (should have resources to be self-sufficient for 72 hours)

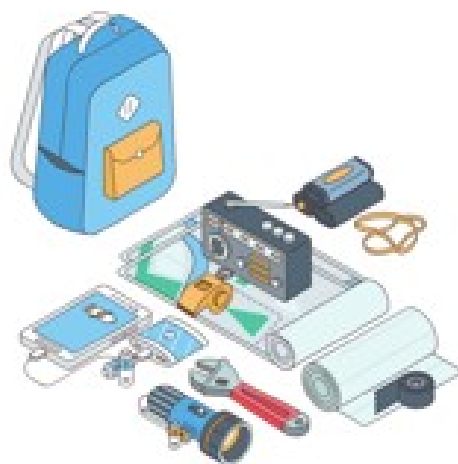


Emergency Preparedness



Complete one or both questions to win swag by local artist (limited quantity)

What are some of your emergency preparedness plans?

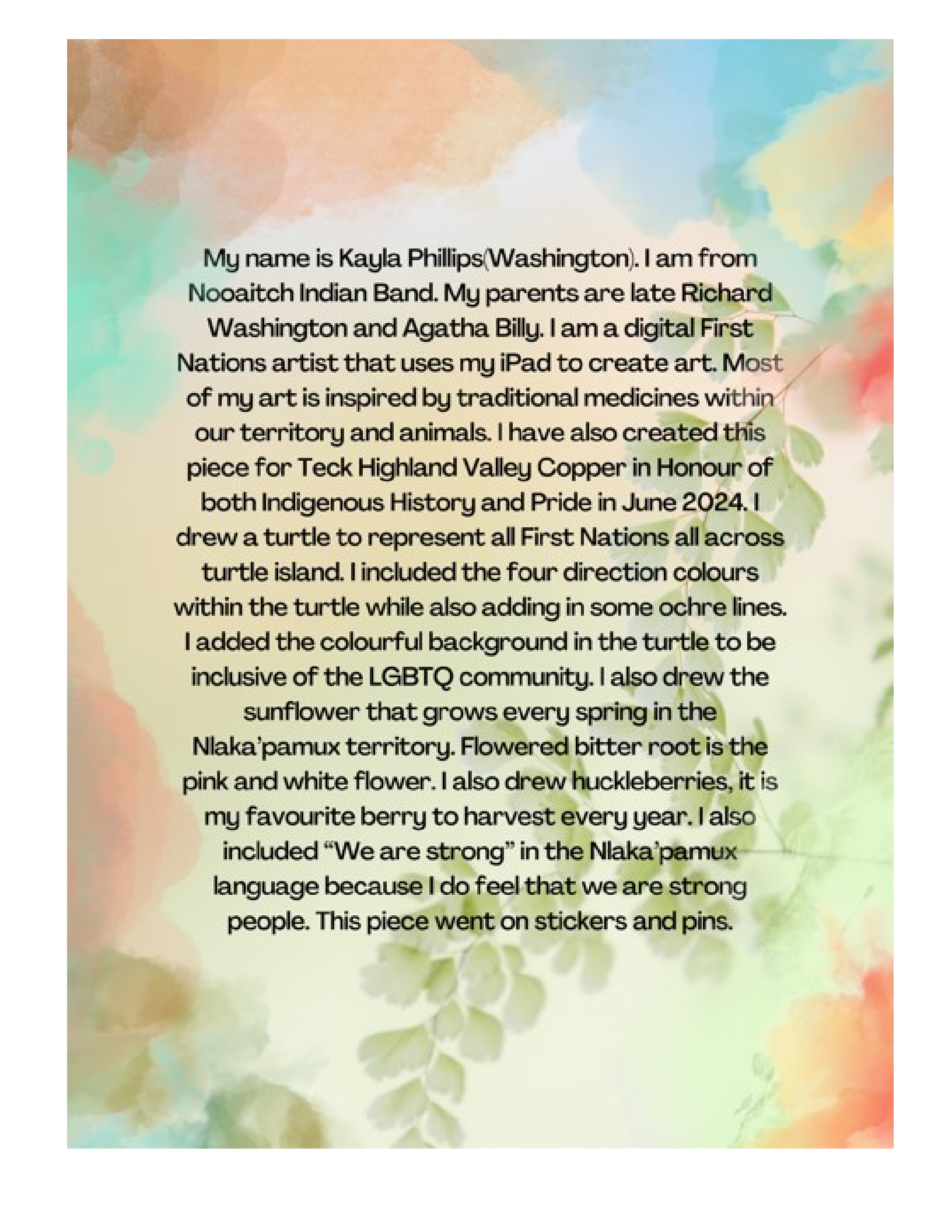


How is your Community prepared?



Submit Answers to Angela
Email - nordstrom.a@schss.com
Text - 250-315-9535





My name is Kayla Phillips(Washington). I am from Nooaitch Indian Band. My parents are late Richard Washington and Agatha Billy. I am a digital First Nations artist that uses my iPad to create art. Most of my art is inspired by traditional medicines within our territory and animals. I have also created this piece for Teck Highland Valley Copper in Honour of both Indigenous History and Pride in June 2024. I drew a turtle to represent all First Nations all across turtle island. I included the four direction colours within the turtle while also adding in some ochre lines. I added the colourful background in the turtle to be inclusive of the LGBTQ community. I also drew the sunflower that grows every spring in the Nlaka'pamux territory. Flowered bitter root is the pink and white flower. I also drew huckleberries, it is my favourite berry to harvest every year. I also included "We are strong" in the Nlaka'pamux language because I do feel that we are strong people. This piece went on stickers and pins.



C'ELETKWMX (COLDWATER PEOPLE)



CALLING OUR SPIRITS HOME



MAY 22-25, 2025

Call Out

The Planning Committee invites community members to sign up to help at our Calling our Spirits Home event for the following:

- Runners
- Walkers
- First Aid
- Drivers
- Firewood
- Sacred Fire Keepers
- Food Offerings
- Event Helpers
- Hand Drummers

To sign up, please contact Tania
Stewart at 250-378-6174 ext. # 110
OR Harmony Williams at 250-378-2771



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



MEDICAL TRANSPORTATION

The Medical Transportation benefit is intended to supplement the cost of travel expenses such as- meals, milage, accommodation- to access medically necessary health services not available in your community of residence.

ELIGIBILITY

To be eligible for funding you must be:

- Registered status with First Nations Health Benefits & Services
- Must be living on Nooiatch, Shackan or Coldwater

You can access MT benefits for travel for the following:

- Medical services covered by the BC Medical Services Plan (MSP) or a public health agency
- Services eligible under FNHBS
- Publicly funded diagnostic tests and preventative screening programs;
- Traditional healers, if approved as an Exception;
- Treatment Centres for Substance Use ; or
- Opioid Agonist Treatment (OAT).

Note: If you need someone to accompany you for medical travel, you may be eligible to travel with an Escort.

HOW TO ACCESS COVERAGE

1. Submit your travel request and **MUST HAVE** written confirmation of appointment at least **FIVE DAYS BEFORE** your trip to get prior approval
2. You will receive your travel arrangements from your NIHB Clerk
3. Attend your appointment as scheduled and get a **signed confirmation** of attendance slip from your provider
4. Submit your Confirmation of Attendance **slip to your NIHB Clerk**

Note: NIHB After Hours Emergency Travel Call: 250-280-1644, 4:30-10pm

FOR MORE INFORMATION CONTACT

Scw'exmx Community Health Services Society,
1926 Quilchena Ave, PO Box 3090, Merritt, BC, V1K-1B8
NIHB Clerk: Shayla George, email: reception@schss.com
Phone: 250-378-9745, Fax: 250-378-4962, www.schss.com
or visit FHNA Website: <https://www.fnha.ca/benefits/medical-transportation>

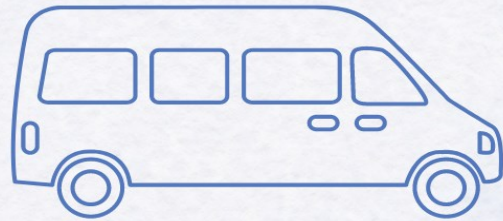




SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY MEDICAL TRAVEL VAN

FOR LOCAL TRAVEL TO ATTEND MEDICAL APPOINTMENTS IN MERRITT

**TUESDAYS- COLDWATER RESERVE
WENDESDAY- SHACKAN RESERVE
THURSDAY- NOOAITCH RESERVE**



THE VAN OPERATES BETWEEN THE HOURS OF
8:30AM TO 4:30PM

- All community van passengers must pre-book with SCHSS reception at least the day prior to travel.
- All clients must wear seatbelts.
- Driver/ parent must ensure all small children are secured in car seats appropriate for the age of the child.
- Absolutely no vaping or smoking in the vehicle.
- The driver's only responsibility is to drive the clients to their appointment and return, the driver is not obligated to make unscheduled stops prior to departure.
- Community members who do not have a medical appointment in town may be accommodated only if there is room in the vehicle.
- Client and medical appointments take priority.
- Driver may refuse to allow anyone who is behaving inappropriately, under the influence of in possession of illegal drugs or alcohol; to ride in the SCHSS vehicle client will be responsible for their own travel arrangements from the location of refusal.

SCHSS WELCOMES SHAYLA GEORGE

We are excited to welcome Shayla George to the Scw'exmx Community Health Services Society's team as our new Non-Insured Health Benefits Clerk/Receptionist.

Shayla is a proud member of the Coldwater Indian Band and the Nlaka'pamux Nation. She is the daughter of May George from Coldwater Band and Mike Smith from Skeetchestn Band. Raised in the Nicola Valley, Shayla grew up surrounded by the traditional teachings and cultural practices of her family and community. With a strong commitment to cultural preservation and community well-being, Shayla brings both passion and purpose to her work. She is deeply dedicated to fostering connection, promoting wellness, and supporting meaningful engagement within the community.

We are honored to have Shayla join our team and look forward to the knowledge, and dedication she brings to this important role.





SCHSS ELDERS



Elders Meeting: Tuesday, May 20, 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 |
|--------------|---------------------------|---------------|
| May 1, 2025 | SCHSS | 6:00PM-7:15PM |
| May 8, 2025 | SCHSS | 6:00PM-7:15PM |
| May 15, 2025 | SCHSS | 6:00PM-7:15PM |
| May 22, 2025 | SCHSS | 6:00PM-7:15PM |
| May 29, 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