



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

August 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



Breaking Ground on the Expansion of the Coquihalla Primary Care Clinic

NIHB AFTER HRS. Emergency Travel
Call 250-280-1644 4:30pm-10:00pm
For Any Medical Emergency- Call 911



***Do You Enjoy
Helping Others?***

***Are You Home
During the Day?***



If you would like:



- to provide transportation for community members to medical and specialist appointments
- to get your errands done at the same time
- receive mileage reimbursement for your travel
- the opportunity to make a positive impact in someone's life

***If you're interested in signing up to
be on a list please contact***

Angela Nordstrom

Phone: 250-378-9745

Email: nordstrom.a@schss.com

***Together, we can help
our communities thrive***



**This is a preliminary notice of
Annual General Meeting**



Scw'exmx Community Health Services Society

October 23, 2025 – Nooaitch Band Hall

5:00 PM

The purpose of this notice is to give the membership time to put forth any resolutions that they may wish to be voted on at the AGM.

A resolution to be voted on at the AGM must be received at the
SCHSS office no later than

4:30 pm, Monday, September 7, 2025.

A resolution so received will then be reviewed for appropriateness and may or may not be put forward to the AGM. NO resolutions will be accepted from the floor of the AGM as any resolution to be voted on must be posted with the final notice of the AGM.

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ANNUAL

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GENERAL

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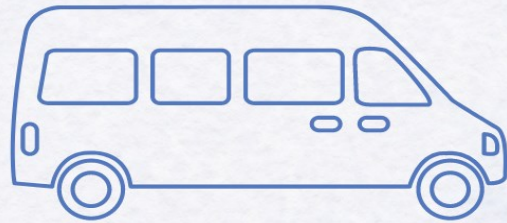
MEETING



SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY MEDICAL TRAVEL VAN

FOR LOCAL TRAVEL TO ATTEND MEDICAL APPOINTMENTS IN MERRITT

**TUESDAYS- COLDWATER RESERVE
WEDNESDAY- 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 or 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.



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>



What Does the Seabird Mobile Diabetes Team Do?

The Mobile Diabetes Team serves First Nations communities across Southern BC and Vancouver Island by providing diabetes-related care and education.

Services Offered:

Assessment and Education

- We assess your health by collecting your medical history, measuring height, weight, and blood pressure, and taking small blood and urine samples for analysis.
- This program complements existing health services in your community.

Personalized Counseling

- Based on your test results, we offer one-on-one advice to manage your condition. This includes medication support and practical tips for improving your health.

Test Results and Follow-Up

- A copy of your test results is sent to you, and a detailed report is sent to your primary care provider.

Diabetic Foot Exams

- We perform foot exams to identify concerns and recommend addressing them with your local healthcare team.

Guidance for Additional Support

- We are able refer you to dietitians and send relevant diabetic information to your family doctor.

Free Services

- All our services are provided at no cost.



**August 26,27,28, 2025 Clinics at
SCHSS**

**To book an Appointment contact
Bonita at SCHSS 250-378-9745**

Seabird Mobile Diabetes Team



Our Mission

To improve the quality of life for First Nations people living on-reserve and avoid long-term issues.

For additional details regarding the Mobile Diabetes Clinic or upcoming tests in your area, contact the main office at Seabird Island.

Areas of Focus:

- Diabetes prevention and management
- Point-of-care blood and urine testing (e.g., ACR screening)
- Clinical foot exams.
- Medication reviews

What We Have Been Up To:

- Recent partnerships with Helicopters without Borders.
- And Vision Loss Rehabilitation Canada.



Team Leads

Lerinda Wright

Home Care Nurse, Diabetes Educator
604-796-7068 or lerindawright@seabirdisland.ca

Pamela Kalia

Licensed Practical Nurse, Diabetes Educator
604-796-2177 or pamelak@seabirdisland.ca

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





Sun	Mon	Tues
27	28 CW Girl Power Group 3:00pm-4:00pm	29 NOO/SHA Youth Drop In 1-3pm @ Nooaitch
3	4 CLOSED– Civic Holiday	5 NOO/SHA Youth Drop In 1-3pm @ Nooaitch Parent & Tots @CWHB 10:30am-12:00pm
10	11 CW Girl Power Group 3:00pm-4:00pm	12 NOO/SHA Youth Drop In 1-3pm @ Nooaitch CW Youth– Back to School Bingo @ CWHB 1-3:30pm
17	18 CW Girl Power Group 3:00pm-4:00pm	19 Nicola Canoe Pull
24	25 CW Girl Power Group 3:00pm-4:00pm	26 NOO/SHA Youth Drop In 1-3pm @ Nooaitch Seabird Mobile Diabetes @ SCHSS Parent & Tots– Nooaitch Swimming 9AM-1:00PM

August 2025

Wed	Thu	Fri	Sat
30 NOO/SHA Youth Munchie Maker 1-3pm @ Nooaitch	31 Wellbriety 5:30-8:00pm@CWHB NOO/SHA Youth Swim 1-3pm	1	2
6 NOO/SHA Youth Munchie Maker 1-3pm @ Nooaitch	7 Wellbriety 6:00-7:15pm @SCHSS NOO/SHA Youth Swim 1-3pm Pressure Canning Workshop @ CW Hall 10am-3:30pm	8	9
13 Pressure Canning Workshop @ Nooaitch Hall 10am-3:30pm NOO/SHA Youth Munchie Maker 1-3pm @ Nooaitch	14 Wellbriety 6:00-7:15pm @SCHSS NOO/SHA Youth Swim 1-3pm Pressure Canning Workshop @ Shackan Hall 10am-3:30pm	15	16
20 CW Kids Back to School Shopping Nicola Canoe Pull	21 Wellbriety 6:00-7:15pm @SCHSS Nicola Canoe Pull	22	23
27 Seabird Mobile Diabetes @ SCHSS NOO/SHA Youth Munchie Maker 1-3pm @ Nooaitch	28 Wellbriety 5:30-8:00pm@CWHB NOO/SHA Youth Swim 1-3pm Seabird Mobile Diabetes @ SCHSS	29	30

Community Pressure Canning

Workshops for August

All community members welcome to sign up.

Limited Spots Available.

Coldwater Band Hall: August 6th and 7th, 10 am to 3:30 pm

Nooaitch Band Hall: August 13th, 10 am to 3:30 pm

Shackan Band Hall: August 14th, 10 am to 3:30 pm

You MUST PRE-REGISTER: call Angela at

(Office)250-378-9745

(Cell)250-315-9535 (call or text)



We will provide the canners, ingredients, and jars to make canned fruit/veggies.

Members can bring their own pressure canners and/or fruit if preferred.

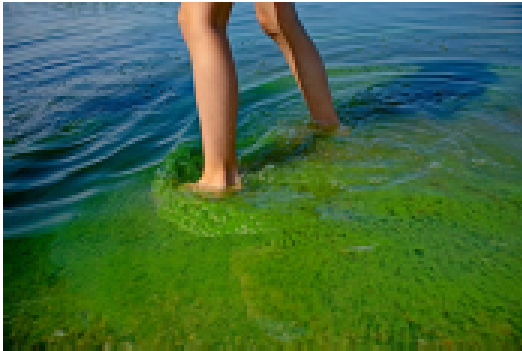
Lunch will be provided.

Door Prizes to be won as well!



****Warning****

Blue-Green Algae Blooms



What should I do if have been exposed to a blue-green algae (cyanobacteria) bloom in a lake?

If you have been exposed to a blue-green algae (cyanobacteria) bloom, shower promptly with clean tap water. If symptoms listed below occur, please contact a Health Nurse at #811 or go to your nearest emergency health care facility.

What are the health risks associated with exposure to a blue-green algae (cyanobacteria) bloom? The following symptoms may appear within one to three hours of contact with a blue-green algae bloom. Symptoms in children are often more pronounced; however, all humans and animals are at risk.

Contact Exposure:

- skin irritation and rash
- sore throat
- sore, red eyes
- swelling of the lips
- hay fever symptoms (e.g., stuffy nose)

Consumption of blue-green algae (cyanobacteria)-contaminated water:

- headache
- diarrhea
- weakness
- liver damage
- fever (temperature over 38.5 °C or 101.3 °F)
- nausea and vomiting
- muscle and joint pain
- cramps in the abdomen



We want your Feedback on your Healthcare Experiences!



Healthcare workers are committed to providing high-quality care in a safe, respectful and caring environments. Sharing your feedback on care received will ensure healthcare workers may resolve concerns and make changes for better patient services.

There are different ways to compliment or file a complaint with the health authorities and to have you or your loved ones experiences heard.

Through Scw'exmx Health and the nursing department, we want to extend our advocacy support to members who may struggle with sharing their interactions with healthcare individuals. You can reach out to any of the healthcare team at SCHSS at 250-378-9745.

For members who wish to record their experience themselves, listed below are links to both Interior Health Authority as well as First Nations Health Authority to process both compliments and complaints:

- Interior Health [Patient Care Quality Office | Patients & Visitors | IH](https://www.interiorhealth.ca/information-for/patients-and-visitors/patient-care-quality-office)

<https://www.interiorhealth.ca/information-for/patients-and-visitors/patient-care-quality-office>

- FNHA [Compliments and Complaints](https://www.fnha.ca/what-we-do/cultural-safety-and-humility/compliments-and-complaints)

<https://www.fnha.ca/what-we-do/cultural-safety-and-humility/compliments-and-complaints>





Coldwater Summer Program

Starting July 29, 2025, we will be running Coldwater Kids/youth Summer Day Program. This is for ages 6 – 18 years old.

Place: Coldwater Health Center (on the reserve)

Days: Tuesdays, Wednesday & Thursdays

Time: 10:00am – 3:00pm

Lunch and snacks will be provided.

(please bring own water bottles)

If need more information contact Lucy Henry – Youth Development/Recreation Worker @ 250-280-5489



PARENT & TOTS AUGUST CALENDAR



**COLDWATER
HEALTH
BUILDING
AUGUST 5
10:30-12:00**

**NOOAITCH HEAD
START
SWIMMING
AUGUST 26
9:00-1:00**

**SHACKAN
WELLNESS
BUILDING
TBA**

Watermelon Squish Bag Craft

hair gel – any clear
variety
ziplock bag
red food coloring
small black button
“seeds”
green painters tape

Summer Themed Activity Sheets

I-Spy
Mazes
Tracing
Colouring Sheets



Healthy Snacks Included
Contact Carly For Information
250-378-9745





As I Am, Is Enough is a powerful, engaging, healing, and motivational interactive workshop facilitated by Madelaine McCallum.

Through sharing her most fragile moments with participants, Madelaine will share the most fundamental lesson there is to learn: "As I Am, Is Enough."

Madelaine
McCallum

AS I AM, IS ENOUGH

SEPTEMBER 4, 2025

9:30AM - 4PM

MERRITT CIVIC CENTRE

REGISTRATION:

May George

george.m@schss.com

250.378.9745



Limited Seats!



SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY THURSDAY

Date	Location	Time
August 7, 2025	SCHSS	6:00PM-7:15PM
August 14, 2025	SCHSS	6:00PM-7:15PM
August 21, 2025	SCHSS	6:00PM-7:15PM
August 27, 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