



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

July 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



SCHSS Staff Harvesting Day – June 18, 2025

NIHB AFTER HRS. Emergency Travel

Call 250-280-1644 4:30pm-10:00pm

For Any Medical Emergency- Call 911



MEDICAL TRANSPORTATION

The Medical Transportation benefit is intended to supplement the cost of travel expenses such as- meals, mileage, 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.

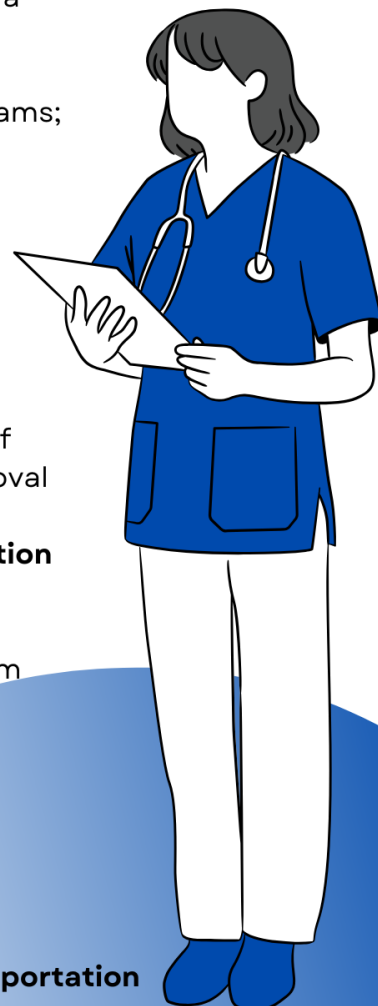
HOW TO ACCESS COVERAGE

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>





Job Posting

Wellness Therapist – Mental Health & Addictions

Scw'exmx Community Health Services Society - Merritt, BC

Full-Time

ABOUT US:

Are you a passionate Counsellor seeking to make a difference in the lives of First Nations adults, families and their communities? Does your vision include assisting individuals and families in achieving and maintaining the highest level of wellness possible? Does your preferred workstyle use a holistic and trauma-informed perspective that is sensitive to cultural identity by respecting ancestral ways, family, cultural traditions and community values?

Scw'exmx Community Health Services Society (SCHSS) is seeking a qualified Counsellor (Masters Degree) committed to enriching the lives of individuals and families, and communities. This role offers a high degree of autonomy within a very supportive team. A Baccalaureate Degree in Psychology, Social Work or Human Services from an accredited university may be considered.

Our organization is committed to serving the needs of our communities. We ask that all Indigenous applicants self-identify in our recruitment and staffing processes where preference may be given to qualified Indigenous applicants. We offer a competitive remuneration package that includes benefits and pension.

For more information about the position please contact us.

A resume with a cover letter outlining your ability to meet the requirements of the position is required.

Apply by mail or email to:

**SCHSS Executive Director
1926 Quilchena Avenue
Box 3090
Merritt, B.C. V1K 1B8**

Email: reception@schss.com

Application deadline: July 22, 2025
Expected Start Date September 1, 2025



Shackan Pizza Making Workshop

Date: July 23rd 2025

Time: 11:00-1:00

Location: Shackan Wellness
Building



*Make your own pizza!
School aged children
welcome!*





PARENT & TOTS JULY CALENDAR



Paper Plate Ice Cream Craft

Paper plate
Tissue paper
Glue
Glitter
Brown paint
Potato masher
Pom poms

Summer Themed Activity Sheets

Colouring
Sheets
I-Spy
Mazes
Tracing

Shackan Wellness Building

July TBA

12:30-2:00

Healthy Snacks
Provided

Coldwater
Health Building
July 24
10:30-12:00

Nooaitch
Satellite
Building
July 25
12:30-2:00

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
Licenced 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
29	30 CW Girl Power Group 3:30pm-4:45pm	1 CLOSED– Canada Day
6	7 CW Girl Power Group 3:30pm-4:45pm	8 NOO/SHA Youth Drop In 1-3pm @ Nooaitch
13	14 CW Girl Power Group 3:30pm-4:45pm	15 NOO/SHA Youth Drop In 1-3pm @ Nooaitch
20	21 CW Girl Power Group 3:30pm-4:45pm	22 NOO/SHA Youth Drop In 1-3pm @ Nooaitch
27	28 CW Girl Power Group 3:30pm-4:45pm	29 NOO/SHA Youth Drop In 1-3pm @ Nooaitch

July 2025

Wed	Thu	Fri	Sat
2	3 Wellbriety 6:00-7:15pm @SCHSS NOO/SHA Youth Swim 1-3pm	4	5
9	10 Wellbriety 6:00-7:15pm @SCHSS NOO/SHA Youth Swim 1-3pm	11	12
16	17 Wellbriety 6:00-7:15pm @SCHSS NOO/SHA Youth Swim 1-3pm	18	19
23 Pizza Making @ SHA Wellness Bldg 11:00-1:00pm	24 Wellbriety 6:00-7:15pm @SCHSS NOO/SHA Youth Swim 1-3pm Parent & Tots @CWHB 10:30am-12:00pm	25 Parent & Tots @ NOO HeadStart 12:30AM- 2:00PM	26
30	31 Wellbriety 5:30-8:00pm@CWHB NOO/SHA Youth Swim 1-3pm		

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!





SCHSS is proud to announce the introduction of our new **Licensed Audiologists**, Mikhila Sivaswami and Aswin Kuttuva. Owners of **HearCare Audiology** in both West Kelowna and Kelowna. (www.myhearcare.ca)

They are authorized by:

First Nations Health Authority,

Veteran's Affairs Canada (VAC),

Worker's Compensation Boards, and

Private Health Services

Call **Bonita** to book an appointment at **250-378-9745 ext. 204**

Clinic: July 18,2025 at **Nooaitch Health Building** 10:00 a.m. If you already have hearing aids, please bring them.



250-378-5877

stoyomadental@schss.com

2088 Quilchena Avenue
(beside the Royal Bank)

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



STOYOMA DENTAL WILL BE CLOSED MONDAY, JUNE 30 AND TUESDAY, JULY 1

Here's why and how Canada Day relates to dental health:

- **Appreciation for dentists:**

Canada Day is a time to celebrate all Canadians, including those working in the dental field. It's a chance to thank dentists for their dedication to keeping our smiles healthy.

- **Importance of oral hygiene:**

While celebrating, it's important to remember to maintain good oral hygiene practices. This includes brushing, flossing, and staying hydrated to prevent dental issues, especially with potential increases in sugary treats and drinks during celebrations.

- **Dental Benefit:**

Canada has a new program, the Canada Dental Benefit, that is helping Canadians from lower-income families access dental care. This highlights the importance of accessible dental care for all Canadians, which is relevant to the Canada Day celebration of Canadian unity and inclusion.



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Dental I Spy



Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use

A standard drink means:



Beer

341 ml (12 oz) of beer
5% alcohol

or



Cooler, cider, ready-to-drink

341 ml (12 oz) of drinks
5% alcohol

or



Wine

142 ml (5 oz) of wine
12% alcohol

or



Spirits

(whisky, vodka, gin, etc.)
43 ml (1.5 oz) of spirits
40% alcohol

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

0 drinks per week

Not drinking has benefits, such as better health and better sleep.

No risk



1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

Low risk



3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk



7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Increasingly high risk

Each additional standard drink

Radically increases the risk of these alcohol-related consequences.



Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.



Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.



To better understand and to evaluate your alcohol use, please see *Knowing Your Limits with Alcohol*:

bit.ly/knowning-your-limits

National Injury Prevention Day July 7th

REDUCE YOUR RISKS: CONSIDER-LIMITING ALCOHOL AND SUBSTANCES

Consuming any amount of alcohol and/or substances is associated with an increased risk of harm to self and others, including injuries and violence.

If you do participate, consider.

- Drink lots of water
- For every drink of alcohol, have one non-alcoholic drink
- Choose alcohol-free or low-alcohol beverages
- Eat before and while you're drinking or using substances
- Choose cannabis with lower levels of THC and/or high CBD content, and try a small amount first
- Have alcohol and substance-free weeks or do alcohol and substance-free activities

Substances affect your thinking and reaction time, your risk of death from injury rises. Combining alcohol and cannabis increases your level of impairment and risk. slowing reaction time, impairing short-term memory and concentration and reducing the ability to make decisions quickly.

The same goes for activities like boating and operating an ATV. Do not consume alcohol, since you'll need to maintain proper judgment and reaction time.

Other activities which should be alcohol and substance-free:

- Using machinery and tools
- Taking medicine or other drugs that interact with alcohol
- Participating in potentially dangerous physical activity (certain sports including hockey, rugby, baseball, skiing, snowboarding, skateboarding and water skiing)
- When you are responsible for the safety of others
- When making important decisions



Alcohol and substance use can affect one's judgment, vision, coordination, and decision-making. Parts of the brain responsible for these functions are among the first impacted. As a result, people who use these substances and partake in high risk, or certain activities, are more likely to get hurt than people who don't.

We have the POWER to change the story



SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY THURSDAY

Date	Location	Time
July 3, 2025	SCHSS	6:00PM-7:15PM
July 10, 2025	SCHSS	6:00PM-7:15PM
July 17, 2025	SCHSS	6:00PM-7:15PM
July 24, 2025	SCHSS	6:00PM-7:15PM
July 31, 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