



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

June 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



Calling Our Spirits Home Event – May 22-25, 2025

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
HAVE QUESTIONS ??
CHAT ABOUT HEALTH CONCERNS
USE THE SAUNA
CHECK OUT FREEZE DRIED FOOD PANTRY**

TUESDAY JUNE 3

10AM-12


**COLDWATER
HEALTH
BUILDING**





Please Join Us

Fireside Elders Potluck Lunch



COLDWATER HEALTH BUILDING
THUR JUNE 5 2025 FROM 11AM - 1PM
BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER



**MORE INFORMATION
CALL AMBER @ SCHSS
378-9745**





PARENT & TOTS



JUNE CALENDAR

SUMMER THEMED ACTIVITY SHEETS

Colouring
Sheets
I-Spy
Mazes
Tracing

SHELL CANVAS CRAFT

Small Canvas
Hot Glue or
Crazy Glue
Shells
Paint
Paint Brushes

SHACKAN
WELLNESS
BUILDING
JUNE 12TH
12:30-2:00

COLDWATER
HEAD START
JUNE 11TH
10:30-12:00

HEALTHY SNACKS PROVIDED

NOOAITCH
SATELLITE
BUILDING
JUNE 19TH
11:00-1:00

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



June 15
Elder Abuse
Awareness Day

ELDER ABUSE



Did you know?

- Around 1 in 6 people 60 years of age and older experienced some form of abuse in a community setting.
- Elder abuse can be physical, sexual, financial, emotional, neglect, self-neglect or abandonment.

If you suspect or know of any kind of elder abuse happening in our communities, please reach out to any of the supports below for more help. You can also reach out to the SCHSS office and speak to any of the health or mental health team members.

Seniors Abuse and Information Line (SAIL):

Toll-free: 1-866-437-1940 or 1-604-437-1940 in the Lower Mainland.

(Available 8am—8pm daily, excluding holidays)

Available in TTY: 1-604-428-3359 or 1-855-306-1443

VictimLink BC: (available in BC and the Yukon, 24 hours a day, 7 days a week)

Toll-free: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

Interior Health Abuse and Neglect Reporting Line:

Toll-free: 1-844-870-4754 or 1-250-256-3374

Interior Health Office: 1-250-364-5395

Email: IHAdultguardianship@interiorhealth.ca

Assisted Living Registrar: If you believe someone is being abused or neglected in an assisted living facility, contact the ALR.

Toll-free: 1-866-714-3378 or 1-250-952-1369 in Victoria

Fax: 1-250-952-1119

Email: hlth.assistedlivingregistry@gov.bc.ca





Freeze Drying Meals in Shackan

Date: June 17th 2025

@ the band hall

Time: 10 AM– 2 pm

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

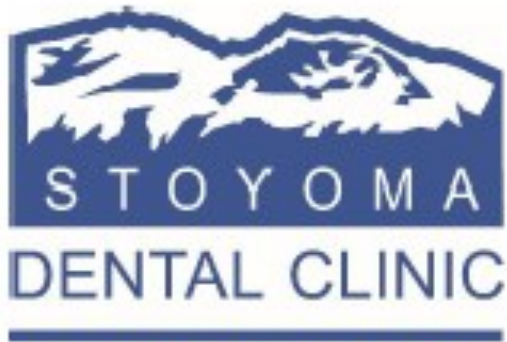




Sun	Mon	Tues
1	2 CW Girl Power Group 3:30pm-4:45pm	3 Nurse Drop In @ CWHB 10:00AM-12:00PM NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch NOO/SHA Drumming 5:30-7:30pm @ Nooaitch
8	9 CW Girl Power Group 3:30pm-4:45pm	10 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch NOO/SHA Drumming 5:30-7:30pm @ Nooaitch
15	16 CW Girl Power Group 3:30pm-4:45pm	17 Shackan Freeze Drying @ Hall 10:00AM-2:00PM NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch NOO/SHA Drumming 5:30-7:30pm @ Nooaitch
22	23 CLOSED- National Indigenous Peoples Day	24 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch NOO/SHA Drumming 5:30-7:30pm @ Nooaitch
29	30	

June 2025

Wed	Thu	Fri	Sat
<p>4</p> <p>NOO/SHA Gym Night 6-7:30pm</p>	<p>5</p> <p>Elders Potluck Lunch 11:00-1:00 @ CWHB</p> <p>Wellbriety 6:00-7:15pm @SCHSS</p> <p>CW Youth Drop-In 3:30-4:30pm</p> <p>NOO/SHA Girls Group 4-5pm @ Nooaitch</p>	<p>6</p> <p>NOO/SHA Youth Swim 3-5pm</p>	<p>7</p>
<p>11</p> <p>Parent & Tots @CW School 10:30am-12:00pm</p> <p>NOO/SHA Gym Night 6-7:30pm</p>	<p>12</p> <p>Parent & Tots @ SHA Wellness Bldg 12:30-2:00pm</p> <p>Wellbriety 6:00-7:15pm @SCHSS</p> <p>CW Youth Drop-In 3:30-4:30pm</p> <p>NOO/SHA Girls Group 4-5pm @ Nooaitch</p>	<p>13</p> <p>NOO/SHA Youth Swim 3-5pm</p>	<p>14</p>
<p>18</p> <p>NOO/SHA Gym Night 6-7:30pm</p>	<p>19</p> <p>Parent & Tots @ NOO HeadStart 11:00AM-1:00PM</p> <p>Wellbriety 6:00-7:15pm @SCHSS</p> <p>CW Youth Drop-In 3:30-4:30pm</p>	<p>20</p> <p>NOO/SHA Youth Swim 3-5pm</p>	<p>21</p>
<p>25</p> <p>NOO/SHA Gym Night 6-7:30pm</p>	<p>26</p> <p>Wellbriety 5:30-8:00pm@CWHB</p> <p>CW Youth Drop-In 3:30-4:30pm</p>	<p>27</p> <p>NOO/SHA Youth Swim 3-5pm</p>	<p>28</p>



250-378-5877

stovomadental@schss.com

2088 Quilchena Avenue
(beside the Royal Bank)

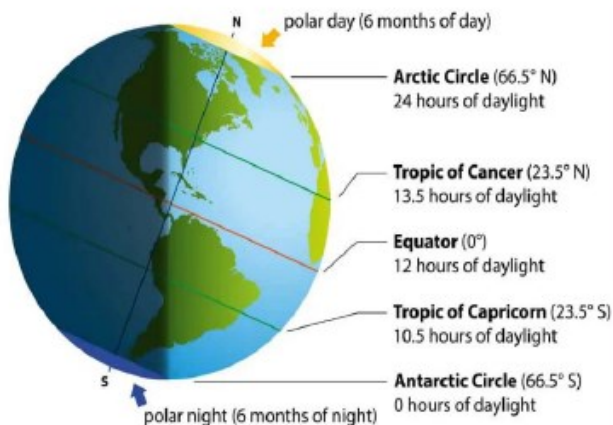
To assist our receptionist, please give 24 hours' notice for all cancellations



Father's Day is a time to recognize all the Dad's in our life. Do something special with your Dad on June 16th

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

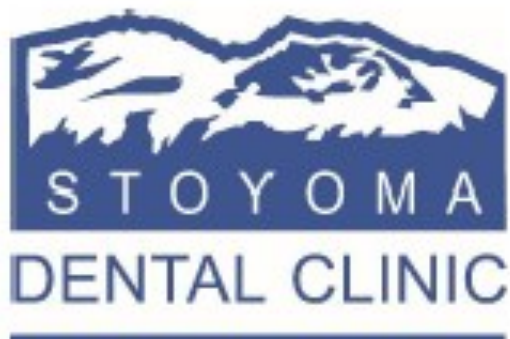
summer solstice



SUMMER SOLSTICE

The summer solstice, usually falling around 21st June, is the longest day of the year in the Northern Hemisphere. It marks the official beginning of summer and is celebrated for its connection with warmth, renewal, and abundant sunlight.





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Dental I Spy



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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>





Burnaby
Orthopaedic
& Mastectomy



Coming to Scw'exmx Community Health Services Society
July 2nd 10AM – 7PM 1926 Quilcheana Ave. in Merritt

INTRODUCTION TO BURNABY ORTHOPAEDIC & MASTECTOMY

Burnaby Orthopaedic & Mastectomy is a full-service Orthotic and Bracing clinic located in Burnaby, BC. We employ a Certified Orthotist and a Certified Pedorthist. We have been in business for 25 years and have been proudly providing our services to First Nations communities for 12 years.

Most of the services we provide are eligible under FNHIB provided the client has a prescription from a Medical Doctor or Nurse Practitioner. **We do not charge clients assessment fees or surcharges on the products we provide.**

After approval from FNHIB the products should be received by clients in 3-4 weeks, depending on location.

The services we provide are custom foot orthotics, custom and off-the-shelf knee braces, wound care shoes, ankle, wrist, and back braces. We also provide breast prosthetics/bras, lymphedema gloves, sleeves and pumps.

If you have any questions or are interested in booking an appointment, please contact:

Bonita or Angela... 250-378-9745 Scw'exmx Community Health Services Society

****Doctor's prescriptions are required****



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.

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 NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY THURSDAY

Date	Location	Time
June 5, 2025	SCHSS	6:00PM-7:15PM
June 12, 2025	SCHSS	6:00PM-7:15PM
June 19, 2025	SCHSS	6:00PM-7:15PM
June 26, 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