



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

September 2025

Barclay Smith
Executive Director

Jim Adams
Project Manager

Selena Henry
Administrative Financial Assistant

Jessie Aljam
Finance Assistant/Elders Coordinator

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



***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.

A

ANNUAL

G

GENERAL

M

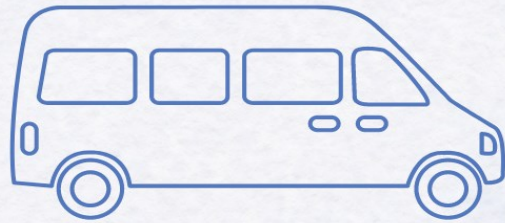
MEETING



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.



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>





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

TUES SEPT 02

10AM - NOON





Please Join Us

Fireside Elders Potluck Lunch

COLDWATER HEALTH BUILDING
THUR SEPT 11, 2025 FROM 11AM - 1PM

BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER



MORE INFORMATION
CALL AMBER @ SCHSS
378-9745



Ways to reduce risk from measles



First Nations Health Authority
Health through wellness

when vaccination isn't an option

Measles is a serious illness caused by a virus. It spreads very easily through the air. While vaccines offer strong protection, they're not always an option. If you or someone you care for cannot be vaccinated, here are some ways to reduce risk from measles.

Actions to protect yourself

- 1 Avoid crowded places** and public events during a measles outbreak. Stay home when you can.
- 2 Clean hands and surfaces.** Wash your hands often. Clean and disinfect things that are touched a lot.
- 3 Keep your body strong.** Eat plenty of fruits, veggies, whole grains, and protein to help your immune system.
- 4 Create a safe circle.** Being around people who are vaccinated lowers your risk of catching measles.
- 5 Know the signs of measles.**
 - Fever of 38.3° C or higher
 - Cough
 - Runny nose
 - Red, watery eyes
 - Rash - red, blotchy, flat spots that show up 3-7 days after fever

If you've been near someone with measles



Let care providers know early



Find out if treatment is an option



Look out for signs of illness

If you or your child has signs of measles



Stay home and away from others. Wear a mask if around others.



Call a health care provider or 8-1-1 for advice. Make sure to call ahead before you go to a clinic or hospital, as measles spreads very easily.

Community Health Contact Information: _____

These steps can't replace vaccines but can help reduce your risk.

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
30	1 CLOSED	2 Nurse Drop In @ CWHB 10:00AM-12:00PM
7	8 CW Girl Power Group 3:30pm-4:30pm	9 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch
14	15 CW Girl Power Group 3:30pm-4:30pm	16 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm
21	22 CW Girl Power Group 3:30pm-4:30pm	23 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm
28	29 CW Girl Power Group 3:30pm-4:30pm	30 CLOSED

September 2025

Wed	Thu	Fri	Sat
3 Wellbriety 6:00-7:30pm@CWHB	4 NOO/SHA Youth Swim 3:30-5:00pm	5	6
10 NOO/SHA Youth Gym Night 6-7:30pm	11 Wellbriety 6:00-7:30pm@CWHB NOO/SHA Youth Swim 3:30-5:00pm CW Youth Drop In 3:30-430pm @ CWHB Elders Potluck Lunch 11:00-1:00 @ CWHB	12	13
17 NOO/SHA Youth Gym Night 6-7:30pm Parent & Tots @CW School 10:30am-12:00pm	18 Wellbriety 6:00-7:30pm@CWHB NOO/SHA Youth Swim 3:30-5:00pm CW Youth Drop In 3:30-430pm @ CWHB	19	20
24 NOO/SHA Youth Gym Night 6-7:30pm	25 Wellbriety 5:30-8:00pm@CWHB NOO/SHA Youth Swim 3:30-5:00pm CW Youth Drop In 3:30-430pm @ CWHB Parent & Tots @ NOO HeadStart 10:00AM-11:30PM	26	27
1 NOO/SHA Youth Gym Night 6-7:30pm	2 CW Youth Drop In 3:30-430pm @ CWHB	3	4



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

Announcement

Stoyoma Dental would like to sincerely thank Dr. Purjeet Monga for his dedication and excellent patient care since joining our clinic in January 2023.

As of August 31, 2025, Dr. Monga will be leaving Stoyoma Dental. We are grateful for his contributions and wish him the very best in his future endeavors.

Please note that with this change, clinic hours will be adjusted. Beginning in September, there will be no dentist available on Fridays. However, our hygienist and receptionist will still be available to assist patients with hygiene appointments, scheduling, and inquiries.



📅 ✨ Back-to-School Smiles! ✨ 🍎

Don't forget to book your **check-up & cleaning**. Start the year with a healthy, confident smile!



📞 Call us today to schedule!



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.



Freeze Drying Meals in Shackan

September 2025
@ the band hall

Dates TBA contact if
interested and will teach you
how to use machine



Angela text or call 250-315-9535

Canadian Prenatal Nutrition Program (CPNP)

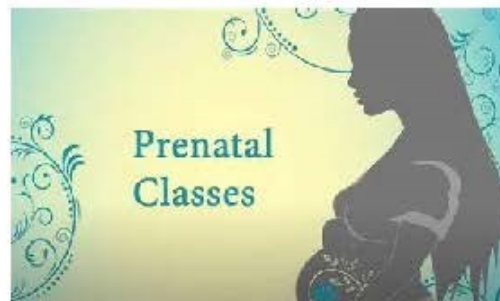


CPNP is a program that is available through pregnancy until baby's 1st birthday. Mothers will receive \$75 Save On Foods gift card each month to promote nutrition and development. These are available to Coldwater, Nooaitch and Shackan band members.

Topics covered in Prenatal and Postnatal Education

Nutrition, Fetal Development, Pain Management, Labor & Delivery, Newborn Care, Feeding Options, and Postpartum Recovery. Some examples are:

- o caring for newborn
- o understanding newborn behavior
- o physical and emotional recovery
- o postnatal fitness
- o pelvic floor exercises
- o mental health support,
- o techniques for feeding
- o sleep routines



Please reach out to CHN Angela Nordstrom for more information on what First Nations Health Authority Covers with a prescription from your Doctor or Nurse and what your Pharmacist can prescribe. Covered items such as a breast pump, prenatal vitamins, Tylenol/Children's Tylenol and more...

Prenatal and Postnatal education is available through Scw'Exmx Community Health Services Society. Call our Community Health Nurse Angela for more information and to schedule private or group-community education classes. 816_964_6601





CHRONIC PAIN

Chronic pain is a long-lasting pain that persists for more than three months, often affecting daily life and mental health. It can arise from various causes, including injuries, diseases, or sometimes without a clear reason, and may require a combination of treatments for management.

Understanding Chronic Pain

Chronic pain is defined as pain that lasts longer than three months. It can affect any part of the body and may be constant or intermittent. This condition is common, with approximately 20.9% of U.S. adults experiencing chronic pain.

Common Types of Chronic Pain

Chronic pain can manifest in various forms, including:

- **Arthritis or Joint Pain:** Often seen in conditions like osteoarthritis.
- **Back Pain:** Particularly lower back pain is prevalent.
- **Cancer Pain:** Associated with cancer and its treatments.
- **Fibromyalgia:** Characterized by widespread pain and fatigue.
- **Headaches:** Including migraines and tension headaches.
- **Neuropathic Pain:** Resulting from nerve damage.

Symptoms and Causes

Symptoms of chronic pain can vary widely but often include:

- Aching
- Burning
- Shooting sensations
- Stiffness
- Throbbing

Chronic pain can arise from various causes, such as:

- **Injuries:** Past injuries can lead to ongoing pain.
- **Medical Conditions:** Conditions like fibromyalgia or arthritis.
- **Psychological Factors:** Stress and anxiety can exacerbate pain.
- **Genetics:** Family history may increase risk.

Management and Treatment

Managing chronic pain typically involves a combination of approaches:

- **Medications:** Pain relievers, including opioids and non-opioids.
- **Therapies:** Physical therapy and cognitive behavioral therapy.
- **Lifestyle Changes:** Exercise, stress management, and healthy eating.

While chronic pain may not be completely curable, effective management can significantly improve quality of life. Seeking help from healthcare providers is essential for developing a personalized treatment plan.

Submitted by Bonita Eagles, CHR



1926 Quilchena Avenue

250-378-9745



Parent and Tots September Calendar

**Apple Stamp
Painting Craft**

**apples cut in
half
red, green,
yellow paint
white printer
paper**

**Apple Themed
Activity Sheets**

**I-Spy
Mazes
Tracing
Colouring
Sheets**

**Nooaitch Head Start
September 25
10:00-11:30**

**Coldwater Head
Start
September 17
10:30-12:00**

**Shackan Wellness
Building
TBA**

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
September 3, 2025	SCHSS	6:00PM-7:15PM
September 11, 2025	SCHSS	6:00PM-7:15PM
September 18, 2025	SCHSS	6:00PM-7:15PM
September 25, 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