



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

November 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

Alyssa Turik
Wellness Therapist

Doug Dixon-
Medical Transportation Driver



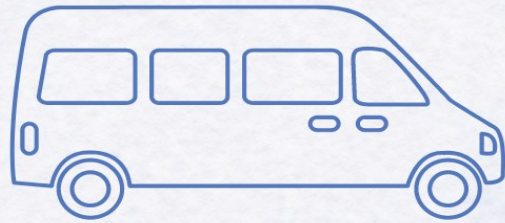
NIHB AFTER HRS. Emergency Travel
Call 250-280-1644 4:30pm-10:00pm
For Any Medical Emergency- Call 911



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>



Parent & Tots

November Calendar

Fall Activity Sheets

MAZES
COLOURING
TRACING
I-SPY



Craft Corn on the cob Prints

CORN COB
PAPER
PAINT

NOVEMBER 20TH
12:30-2:00

**HEAD START
BUILDING**

NOVEMBER 26TH
12:30-2:00

**SHACKAN
WELLNESS
BUILDING**

NOVEMBER 12TH
10:30-12:00

**COLDWATER
SCHOOL**



Nooaitch HeadStart

Nurse Visits
9:00-11:00

Fire Safety
October 21

Dental Care
November 18

Walk In Nature
December 9





***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***

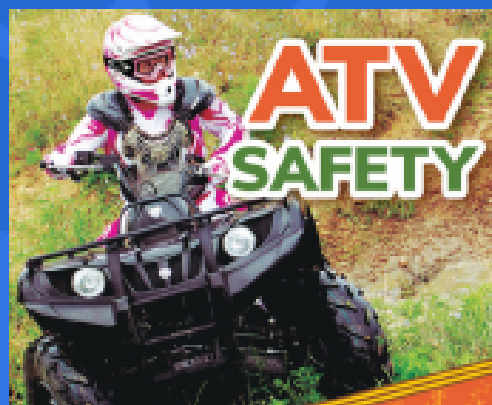
Youth Safety Tips for ATVs, Dirt Bikes & Recreational Vehicles



Scw'exmx Community
Health Services Society

Ride Smart. Ride Safe.

Know the risk. Know the rules.



SPEED LIMITS SAVE LIVES

- Always follow posted speed rules
- Slow down near people, wildlife, and sensitive terrain.
- Never exceed the safe speed for your skill, terrain, or vehicle
- Ride within your limits — control is more important than thrill



WEAR HELMET & SAFETY GEAR ALWAYS

No excuses. No exception

- Always wear a certified safety helmet — it reduces head injury risk
- Add goggles, gloves, long pants, boots, and a protective jacket.
- Seatbelts must be used where provided



SUBSTANCE USE = CRIMINAL RISK

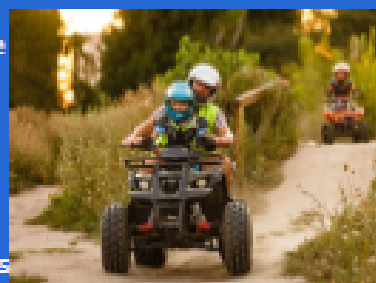
No impairment — Zero Tolerance

- Operating any ORV under the influence of drugs or alcohol is illegal.
- Never ride under the influence of alcohol or drugs (including cannabis)
- Impairment reduces reaction time, balance, judgment.
- Youth caught riding impaired face fines, license suspensions, and criminal charges.
- Half of ORV-related deaths involve alcohol or drugs



YOUTH SPECIFIC REGULATION IN BC

- Riders under 16 must be supervised by an adult (19+) with a valid license or certified training.
- Youth cannot carry passengers on ORVs.
- Riders must meet manufacturer age and weight requirements.
- ID is mandatory for riders 12+.



STATISTICAL FACTS ABOUT ATV & IMPAIRED DRIVING

- During summer months, impaired-driving-related crashes in BC increase by ~ 27% over the rest of the year.
- Between 2012–2022, there were around 6,452 hospitalizations (> 537 per year) of children/adolescents aged 0–19 for ORV injuries, and 230 deaths
- Rollover is the leading cause of ATV injuries, often due to excessive speed.



21%

Among all fatal crashes in BC, about 21% involve impaired driving (alcohol or drugs)



61

On average, 61 people die per year in BC in crashes where impairment was a contributing factor



Children & youth under 16 make up ~55% of ORV-related deaths in Canada, even though they are a smaller fraction of riders



Between 2012–2022, there were around 6,452 hospitalizations (> 537 per year) of children/adolescents aged 0–19 for ORV injuries, and 230 deaths (> 20 per year) in that age group

RESOURCES & TRAINING

1. [Quad Riders ATV Association of British Columbia \(ATVBC\)](#)
2. [Canada Safety Council \(CSC\)](#)
3. [Technapro](#)
4. <https://www2.gov.bc.ca/gov/content/industry/crown-land-water/crown-land/crown-land-uses/off-road-vehicles>

DONT LET FUN TURN INTO FATAL

♥ Ride Sober. Ride Smart. Ride safe ♥



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: 250-3788-4962

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 Prenatal Nutrition Program (CPNP)

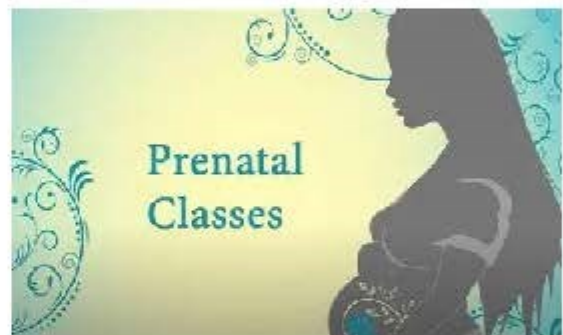


CPNP is a program that is available through pregnancy until baby's 1st birthday. Mothers will receive \$75 Save On Foods gift card each month to promote nutrition and development. These are available to Coldwater, Nooaitch and Shackan band members.

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. 866-964-9301





Sun	Mon	Tues
26	27	28 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch
2	3	4 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm
9	10	11 CLOSED– Remembrance Day
16	17	18 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm
23	24	25 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm

November 2025

Wed	Thu	Fri	Sat
29 NOO/SHA Youth Gym Night 6-7:30pm	30 Wellbriety 5:30-8:00pm@CWHB NOO/SHA Youth Swim 3:30-5:00pm	31	1
5 NOO/SHA Youth Gym Night 6-7:30pm	6 Wellbriety 6:00-7:30pm@CWHB NOO/SHA Youth Swim 3:30-5:00pm CW Youth Drop In 3:30-430pm @ CWHB	7	8
12 NOO/SHA Youth Gym Night 6-7:30pm Parent & Tots @CW School 10:30am-12:00pm	13 Wellbriety 6:00-7:30pm@CWHB NOO/SHA Youth Swim 3:30-5:00pm CW Youth Drop In 3:30-430pm @ CWHB	14	15
19 NOO/SHA Youth Gym Night 6-7:30pm	20 Wellbriety 6:00-7:30pm@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	21	22
26 NOO/SHA Youth Gym Night 6-7:30pm Parent & Tots @ Shackan Wellness 12:30am-2:00pm	27 Wellbriety 5:30-8:00pm@CWHB CW Youth Drop In 3:30-430pm @ CWHB	28	29

SCHSS ELDERS

Meeting: Tuesday, November 18, 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!



Elders August Raffle Results:

1st Prize—Elks Horns—Savannah Joe

2nd Prize—Gill Net— Suzanne Auclair

3rd Prize—Men's Bike—Roberta Herad

4th Prize—Women's Coat—Jackie Lacerte

Thank you for all your support and the donations for this draw

Flu and Covid-19 Vaccine Walk In Clinic

November 13 & 27, 1:00PM to 4:00 PM

Scw'exmx Community Health Services Society

1926 Quilchena Ave, 250-315-9535



All B.C. residents 6 months and older can get a flu vaccine seasonally in fall and winter.

All B.C residents 6 months and older can get an updated mRNA COVID 19 vaccine with protection against the latest variants of COVID 19

It's especially important to get a flu vaccine if you're:

- Under 5 years or over 65 years
- Pregnant
- Living in long-term care or assisted living
- Immunocompromised or have a chronic illness

Immunization is one of the most effective ways to protect yourself against severe illness from COVID-19, and the Flu.



**DIABETES
AWARENESS
MONTH**

Did you know?

- **Every three minutes**, someone in Canada is diagnosed with diabetes.
- When you live with diabetes, **you're never off the clock**.
- Diabetes is a **continuous cycle** that demands your time, attention, and energy.
- People living with diabetes are two to three times more likely to live with **depression**.

Check out these sites below for more information on how to take control of your diabetes journey and where to find additional supports:

Diabetes Canada

<https://www.diabetes.ca/>

FNHA - Living with Diabetes in a good balanced way

<https://www.fnha.ca/about/news-and-events/news/living-with-diabetes-in-a-good-balanced-way>

SCHSS Aboriginal Diabetes Initiative Program

<https://schss.com/nursing/#diabetes>



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Ph: 250-378-5877

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.

Scw'exmx Community Health Services welcomes Alyssa Turik



I am honored to join the Scw'exmx Community Health Services Society as a Wellness Therapist. Since 2019, I have dedicated myself to supporting individuals facing mental health and substance use challenges, both in my home community on Syilx territory and on Secwepemc territory. Most recently, I earned a Master of Social Work (MSW) with a focus on clinical counselling from the University of British Columbia Okanagan.

Throughout my career, I have worked with adults and youth, helping them navigate internal and external struggles. My approach is centered on building resilience, fostering self-compassion, and walking alongside individuals toward a path of wellness as they define it for themselves. I am committed to supporting individuals in creating positive change and achieving their unique wellness goals in the mental, emotional, physical, and spiritual realms.

Beyond my professional work, I am deeply connected to my loved ones and community. I am known as a daughter, sister, auntie, and friend, and I treasure spending time with those I hold dear. I also find peace and inspiration in nature. This past summer, I had the privilege of spending time at Nicola Lake, and I fell in love with the beauty of the Nicola Valley. As a humble guest on Nlaka'pamux territory, I look forward to developing meaningful relationships with the land and its community members, who have long been stewards of this place and its healing traditions.

Kʷukʷscémxʷ for welcoming me. Please feel free to stop by and say hello!





Ko'waintco Michel
Scw'exmx Community Health Services Society
Outgoing Chairperson

Ko'waintco is a member of the Nooaitch community. She is married to Brian Michel, and they reside on the Nooaitch Reserve. Ko'waintco has two sons & step-daughter and has three grandchildren, two adopted daughters, and three adopted grandchildren. She is daughter of Late Leslie & Dora Shackelly (Oppenheim), and the third oldest in her family. She has four sisters and one brother and recently lost one sister. Ko'waintco is strong believer in practicing

her culture and traditions and teaches NLX culture within School District #58 when called in by Aboriginal Support Workers to do so.

For the last 37 years, Ko'waintco has served in political roles from the Nooaitch community Chief (12 years), Councillor (1 year), Assembly First Nations Regional Chief (2 years), NTA Chair (3 years), NTA Fisheries Political Rep (4.5 years).

Ko'waintco is the Nlaka'pamux (NLX) Nation Health Governance Rep for the Nlaka'pamux Nation, elected by NLX Chiefs since 2007. Her role is to Chair the NLX Nation Health Assembly Meeting with the NLX Chiefs and takes direction from them on the health gaps and health concerns and bring it to the Partnership Accord Leadership Table (PALT).

She represents the Nlaka'pamux Nation at the Interior Region Nation Executive (IRNE) that is a table that carries out the directions of from the Interior Regional Caucus (54 Interior Chiefs) meetings.

Ko'waintco also represents the NLX Nation at the Partnership Accord Leadership Table (PALT) that is a result of the Partnership Accord agreement support by the 54 Interior Chiefs on health gaps with Interior First Nation's health that Interior Health Services provides.

Ko'waintco was appointed as the chair of the First Nations Health Council on May 16, 2025. The FNHC is a provincial-level political and advocacy organization that represents and is accountable to First Nations in BC. The FNHC is regionally-driven by a 15-person Council — three representatives from each region in BC.

Ko'waintco was one of the 9 people who signed on as the first directors and applicants of incorporation for Scw'exmx Community Health Services Society more than 27 years ago. She did not know that the organization would become what it is today, but had a clear direction to move health services forward in a good way to provide access to services that were not fully accessible previously. She was involved with SCHSS during the transfer from Health Canada, expansion of mental health and addictions programming, development of fleet vehicles and medical transportation program, creation of Stoyoma Dental, pandemic planning and preparedness, through environmental crises and health emergency management, expansion of services, buildings, and facilities out in each of the communities, and every other health program that we deliver to help our families and our children in our communities.

Ko'waintco Michel has held many positions as a member of the board of SCHSS, and has been the Chairperson of Scw'exmx Community Health Services Society since 2016 (9 years). Although it was not our decision to replace her, our new Board Chairperson, Mike Smithers from Coldwater, and the rest of the Board of Directors will continue to advance the work that she has been doing with the organization. We thank her for all her commitment, dedication, guidance, and service in her governance roles with SCHSS.

K'uk'scémx

Thank you.





SCHSS NEW BUILDING - 1926
Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY THURSDAY

Date	Location	Time
November 6, 2025	SCHSS	6:00PM-7:15PM
November 13, 2025	SCHSS	6:00PM-7:15PM
November 19, 2025	SCHSS	6:00PM-7:15PM
November 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