



Scw'exmx Community Health Services Society

1926 Quilchena Ave
Box 3090 Merritt BC V1K 1B8
T.250.378.9745
Toll Free: 1.888.667.2477
reception@schss.com
www.schss.com

JANUARY 2026

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

Heather Hudson,
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 Turnik
Wellness Therapist

Doug Dixon-
Medical Transportation Driver



NIHB AFTER HRS. Emergency Travel

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

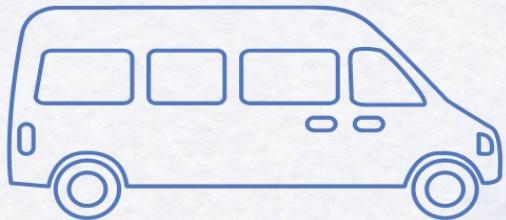
For Any Medical Emergency- Call 911



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 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, www.schss.com
or visit FHNA Website: <https://www.fnha.ca/benefits/medical-transportation>



NOOAITCH PERIMENOPAUSE EDUCATION WORKSHOP

Location:
Nooaitch Band Hall

January 5:00-7:00
Date TBA



Catering provided by
~Ashley Monroe~

For more information contact
Angela Nordstrom
nordstrom.a@schss.com
250-378-9745



Parent & Tots January 2026 Calendar

Sparkling Icicle Craft

Aluminium Foil
Silver Cord
White Glue
Blue Glitter

Activity Sheets

Tracing
I-Spy
Colouring
Mazes



Shackan Wellness Building
January 14th
12:30-2:00

Coldwater Health Building
January 21st
10:30-12:00

Nooaitch Head Start
January 15th
10:30-12:00



Sun	Mon	Tue	Wed
4	5	6 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm	7 NOO/SHA Youth Gym Night 6-7:30pm
11	12	13 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm	14 NOO/SHA Youth Gym Night 6-7:30pm Parent & Tots @ Shackan Wellness 12:30am-2:00pm
18	19	20 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm	21 NOO/SHA Youth Gym Night 6-7:30pm Parent & Tots @CW School 10:30am-12:00pm
25	26	27 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm	28 NOO/SHA Youth Gym Night 6-7:30pm

January 2026

Thu	Fri	Sat
1 Wellbriety 6:00-7:30pm @SCHSS	2 NOO/SHA Youth Skating 3:30-5:00pm	3
8 Wellbriety 6:00-7:30pm @SCHSS	9 NOO/SHA Youth Skating 3:30-5:00pm	10
15 Wellbriety 6:00-7:30pm @SCHSS Parent & Tots @Noo 10:30am-12:00pm	16 NOO/SHA Youth Skating 3:30-5:00pm	17
22 Wellbriety 6:00-7:30pm @SCHSS	23 NOO/SHA Youth Skating 3:30-5:00pm	24
29 Wellbriety 5:30-8:00pm@CWHB	30 NOO/SHA Youth Skating 3:30-5:00pm	31



What is a Heart Attack?

A heart attack happens when blood flow to the heart becomes blocked, often by a clot. Without oxygen, heart muscle begins to die.



Warning Signs in Men & Women

- Chest pain, pressure, squeezing tightness
- Pain spreading to neck, jaw, arm, or back
- Shortness of breath
- Cold sweats, light-headedness
- Nausea, stomach discomfort, indigestion-like feelings



Signs More Common in Women

- Shortness of breath without chest pain
- Severe fatigue (sometimes days before)
- Nausea/vomiting
- Pain in upper back, jaw, shoulder
- Feeling "off," "unwell," or just not normal



Why This is Important

Indigenous communities in Canada experience higher rates of heart disease & stroke.

Women are especially at risk for delayed diagnosis.

Contributing factors may include:

- Higher rates of diabetes & high blood pressure
- Systemic barriers to healthcare access
- Stress & effects of colonization and trauma
- Limited screening and early diagnosis



Regular Check-ups

- Eat heart-friendly foods (fruits, vegetables, fish, whole grains)
- Move your body regularly — even 20 minutes helps
- Monitor blood pressure, cholesterol & blood sugar
- Quit smoking / avoid secondhand smoke
- Reduce salt, processed foods & sugary drinks
- Manage stress — talking, culture, land-based practice



What To Do in an Emergency

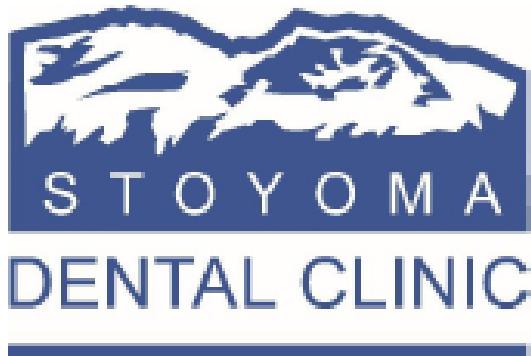


- Call 911 immediately
- Keep person calm and seated/lying down
- If not breathing — begin CPR if trained
- If advised by a healthcare provider — give aspirin (chewed)
- Do not wait. Minutes matter.



Strength is in Knowledge & Community

- ✓ Educate and ensure screening & regular checkups
- ✓ Share awareness in families & Elders
- ✓ Support cultural approaches to health & healing.



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 would like to thank
everyone for their trust and confidence
in us in 2025!*

*We look forward to caring for all your
dental needs in 2026.*

*We wish you a very Merry Christmas and
Happy New Year!*

Dr. Bruce Prokopenko

*Marlene, Lisa, Cindy, Ivy,
Cheyenne, Kelly, Melinda,
Vansh and Deanna*





Scw'exmx Community Health Services Society

Healing From Grief and Loss

Facilitators:

Karen Lara

Alyssa Turik

3 DAY WORKSHOP

Friday, January 23, 2026—6:00-8:00PM

Saturday, January 24, 2026—10:00AM-3:00PM

Sunday, January 25, 2026— 10:00AM-3:00PM

Location: Coldwater Health Building @ 810 – 200th St.

Call or email May George to sign up



250-378-9745



george.m@schss.com

Transportation and Food Provided



SCHSS Health & Wellness Swim & Gym

Available to Coldwater, Nooaitch and Shackan band members on Monday, Wednesday & Friday.

Please call SCHSS 250-378-9745 to register.



Winter Pool Hours:

- Monday - Friday 6:00am – 8:15am, 9:00am – 1:45pm, 3:30pm – 7:30pm
- Saturday 10:00am – 5:00pm
- Sunday 12:00pm – 4:00pm

Fitness Room Hours

- Monday-Friday 6:00am – 7:30pm
- Saturday 10:00am – 5:00pm
- Sunday 12:00pm – 4:00pm

Nicola Valley Aquatic Centre Location: 2040 Mamette Avenue, Merritt

The Aquatic Center is fully accessible for the disabled and has the following special features:

- 6 lanes 25-meter Main Pool
- Rope Swing
- Lazy River & Vortex (ideal for rehabilitation)
- Leisure Pool
- Sauna
- Hot Tubs (2)
- Tot's Pool & Water Sprays
- Viewing Deck
- Fully Equipped Fitness Room (minimum age is 16 years old)

For more information contact SCHSS:

Toll Free: 1-888-667-2477

reception@schss.com

www.schss.com





SCHSS NEW BUILDING - 1926
Quilchena Ave.
SCHSS WELLBRIETY GROUP
EVERY THURSDAY

Date	Location	Time
January 1, 2026	CANCELLED	-----
January 8, 2026	SCHSS	6:00PM-7:15PM
January 15, 2026	SCHSS	6:00PM-7:15PM
January 22, 2026	SCHSS	6:00PM-7:15PM
January 29, 2026	Coldwater Health Building	5:30PM-8:30PM

If you have any questions or need a ride, please contact:

Christine Provost, Wellness Counsellor
@ (250) 378-9745.

Transportation & Snacks are provided.

