



# 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**

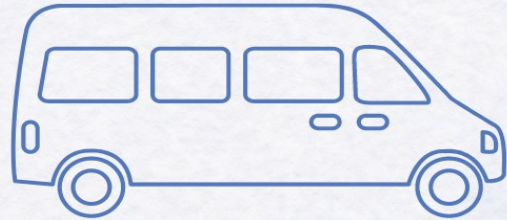




## **SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY MEDICAL TRAVEL VAN**

**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 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](mailto:reception@schss.com)

Phone: 250-378-9745, [www.schss.com](http://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](mailto: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



**Coldwater Health Building  
January 21<sup>st</sup>  
10:30-12:00**

**Shackan Wellness Building  
January 14<sup>th</sup>  
12:30-2:00**

**Nooaitch Head Start  
January 15<sup>th</sup>  
10:30-12:00**

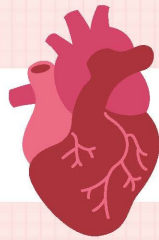


Sun	Mon	Tue	Wed
4	5	6 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm	7 NOO/SHA Youth Gym Night 6-7:30pm
11	12	13 NOO/SHA Youth Drop In 3:45-5:30pm @ Nooaitch CW Youth Gym Night 6-7:30pm	14 NOO/SHA Youth Gym Night 6-7:30pm Parent & Tots @ Shackan Wellness 12:30am-2:00pm
18	19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



## Heart attack warning signs



# HEART HEALTH

### 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.



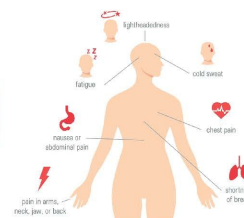
### Warning Signs in Men & Women

- 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

#### HEART ATTACK IN WOMEN SYMPTOMS



### 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.



Visit us on : <https://schss.com/nursing/>





250-378-5877

[stoyomadental@schss.com](mailto: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 Prokopetz  
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 – 200<sup>th</sup> 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](mailto:reception@schss.com)

[www.schss.com](http://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.



**SCHSS**

SCW'EXMX COMMUNITY  
HEALTH SERVICES SOCIETY