



Scw'exmx Community Health Services Society

1926 Quilchena Ave
Box 3090 Merritt BC V1K 1B8
T.250.378.9745 F.778.661.1152
Toll Free: 1.888.667.2477
reception@schss.com www.schss.com

February 2026

Barclay Smith
Executive Director

Jim Adams
Project Manager

Selena Henry
Administrative Financial Assistant

Jessie Aljam
Finance Assistant

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

Heather Hudson,
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



**SCHSS staff enjoying some fun,
playing Indian bingo!**

NIHB AFTER Hours Emergency- Medical Travel

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

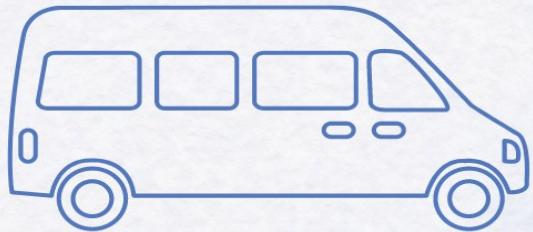
For Any Medical Emergency—Call 911



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 FNHA Website: <https://www.fnha.ca/benefits/medical-transportation>



Scw'exmx Community Health Services welcomes Heather Hudson



My name is Heather Hudson, and I am pleased to introduce myself and share a little about my background and the perspective I bring to my work within the Scw'exmx community.

I am a Licensed Practical Nurse with over 15 years of practice, with a strong foundation in geriatric and palliative care. Throughout my career, I have had the privilege of supporting individuals and families through some of the most vulnerable stages of life. This experience has shaped my belief that care must be compassionate, respectful, and centered on the whole person—not just their diagnosis.

In 2014, I moved to the Nicola Valley, where I got married and began raising my family. I am now a wife and mother to three children, and together we live on a small hobby farm with goats, sheep, and front porch chickens. Living and raising a family in this community has deepened my appreciation for connection, balance, and the importance of caring for both people and the land. These values strongly influence how I approach my nursing practice.

While my clinical roots are in geriatric and palliative nursing, my current focus has expanded into holistic wellness. For my clients, holistic wellness means being seen and supported physically, emotionally, mentally, and spiritually. It means creating space for listening, education, prevention, and empowerment, while honoring each person's lived experience, culture, and values. I strive to support clients in building balance and resilience in their daily lives, not just managing symptoms.

I am also grateful to be part of the pre- and postnatal team, where I support individuals and families during pregnancy and the postpartum period. This role allows me to offer care that nurtures both parent and child, with an emphasis on education, emotional support, and continuity of care during a significant and beautiful life transition.

I am honored to be part of Scw'exmx Community Health Services Society and look forward to contributing my experience, compassion, and commitment to community-centered care. I value collaboration and learning from the community and team, and I am excited to grow together in service of holistic health and wellness.

Warm regards,
Heather Hudson LPN
Licensed Practical Nurse



Scw'exmx Community Health Services Society

Healing From Grief and Loss

Facilitators:

Karen Lara

Elizabeth Perdok-
Waboose

3 DAY WORKSHOP

DAY: March 15, 2024—6:00PM-8:00PM

March 16 2024—10:00AM-3:00PM

March 17, 2024— 10:00AM-3:00PM

Location: SCHSS Boardroom 103-2090 Coutlee Ave
Call or email May George to sign up



250-378-9745



george.m@schss.com

Transportation and Food Provided



SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

103-2090 Coutlee Ave.
Box 3090 Merritt, BC V1K 1B8
T.250.378.9745 F. 778.661.1152
Toll Free: 1.888.667.2477

Sun

Mon

Tues

2

Water Testing

3

NOO/SHA Youth Drop In

3:45-5:30pm @ Nooaitch

CW Youth Gym Night 6-7:30pm

8

9

Water Testing

10

NOO/SHA Youth Drop In

3:45-5:30pm @ Nooaitch

CW Youth Gym Night 6-7:30pm

15

16

Office Closed

17

NOO/SHA Youth Drop In

3:45-5:30pm @ Nooaitch

CW Youth Gym Night 6-7:30pm

22

23

Water Testing

24

NOO/SHA Youth Drop In

3:45-5:30pm @ Nooaitch

CW Youth Gym Night 6-7:30pm

29

30

Water Testing

31

NOO/SHA Youth Drop In

3:45-5:30pm @ Nooaitch

CW Youth Gym Night 6-7:30pm

February 2026

Wed	Thu	Fri	Sat
4 NOO/SHA Youth Gym Night 6-7:30pm	5 Wellbriety 6-8pm @SCHSS	6 NOO/SHA Youth Skating 3:30-5:00pm	7
11 NOO/SHA Youth Gym Night 6-7:30pm	12 Wellbriety 6-8pm @SCHSS	13 NOO/SHA Youth Skating 3:30-5:00pm	14
18 NOO/SHA Youth Gym Night 6-7:30pm	19 Wellbriety 6-8pm @SCHSS	20 NOO/SHA Youth Skating 3:30-5:00pm	21
25 Pink Shirt Day NOO/SHA Youth Gym Night 6-7:30pm	26 Wellbriety 5:30-8pm @SCHSS	27 NOO/SHA Youth Skating 3:30-5:00pm	28



250-378-5877

stoyomadental@schss.com

2088 Quilchena Avenue

(beside the Royal Bank)

DENTAL CLINIC

Our receptionists do a great deal to keep the schedule running smoothly. In a dental clinic, there is a lot to coordinate, including scheduling, insurance, and treatment planning. May 8 is National Receptionist Day. On this day, we recognize all their efforts and express our appreciation!

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



Mother's Day is a time to recognize all the sacrifices mothers make for their families. Do something special with your MOM on May 11th

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

Medetomidine is now common in BC's unregulated opioid supply

Medetomidine is a sedative usually found in opioids (down).

If you use unregulated opioids, you might be using medetomidine and not know it. Overdoses in BC are increasing and medetomidine is most likely the cause.

What happens when you take medetomidine

Medetomidine can cause **harmful effects** and **make an overdose worse** by:

- lowering the heart rate
- causing prolonged sedation (not waking up for a long time)
- changing blood pressure

You can get **serious withdrawal symptoms**:

- severe vomiting
- a racing heart rate
- chest pain
- severe headache
- confusion

Use harm reduction practices to reduce risk



Test your drugs



Check drug alerts



Have naloxone and know how to use it



Use with someone you trust



Take turns using so you can help each other



Start low, go slow

- If you want help using less or stopping, help is available. Ask your doctor about opioid agonist therapy and other supports.
- **Call 911 or go to the hospital** if you experience harmful effects or serious withdrawal symptoms.
- Naloxone doesn't work on medetomidine but **still give naloxone for an opioid overdose** - it's safe and helps the person start breathing again.

For more information

- Find out more about medetomidine in the [BCCDC Medetomidine Info Sheet](#)
- Learn how to respond to a drug poisoning by following the [SAVE ME steps](#)
- Healthcare providers: learn how to respond to low heart rate in the [BCCDC Responding to Low Heart Rate](#)
- Find where to [get your drugs tested](#)
- For mental health and substance use supports go to [HelpStartsHere.gov.bc.ca](#)



FOODSAFE

We are taking names for those people interested in FOODSAFE.

Please call Bonita at SCHSS at 250-378-9745 ext. 204 to register or Rhonda at Merritt Moms and Family at 250-378-5107 ext. 113

Location and time are TBD

No charge



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 performs 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





Artwork by Hawlii Pichette
www.urbaniskwew.com/coloring-pages

BE A SNOOKA, NOT A BULLY

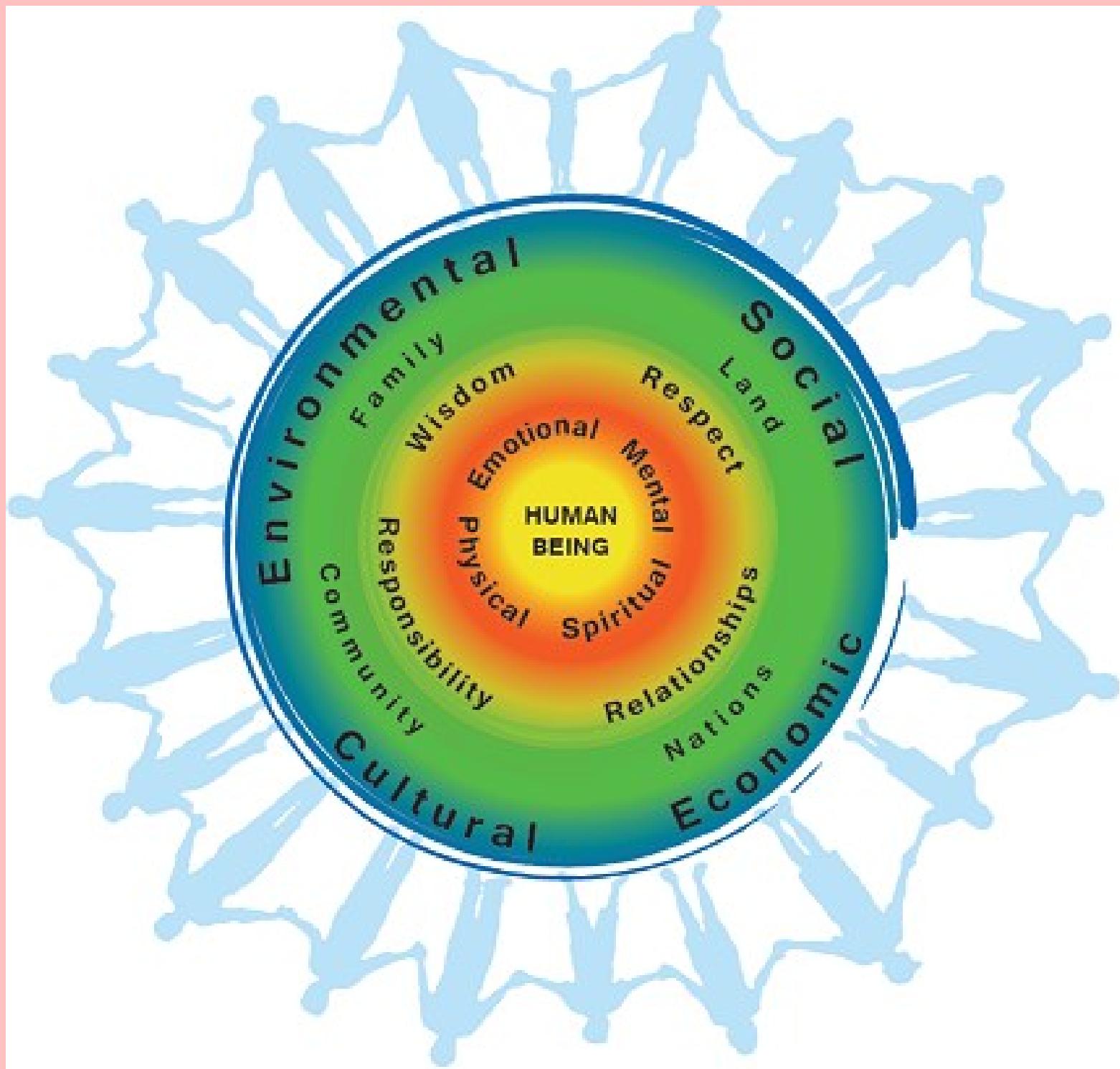
Let's Put a Stop to Bullying



WE ARE HERE FOR YOU!
250-378-9745

Bee my valentine!







SCHSS NEW BUILDING - 1926

Quilchena Ave.

SCHSS WELLBRIETY GROUP
EVERY THURSDAY

Date	Location	Time
February 5, 2026	SCHSS	6:00PM-7:15PM
February 12, 2026	SCHSS	6:00PM-7:15PM
February 19, 2026	SCHSS	6:00PM-7:15PM
February 26, 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