

Health Wellness Coalition

March 2019 Newsletter

Another great meeting this month, if you have not been here for a while, please come. The executive are working hard to have informative speakers with information that is useful to the community and their healthcare needs.

As most of you know Dr. Zake is leaving Ashcroft, we have not heard where he is headed, as always we are sad to lose another physician. A small dinner gathering was held to say goodbye to him. We feel it is important to not only welcome our new doctors when they arrive, but also to make sure they are content and living as full a life as possible while they are working here. Our new executive is working towards a different social committee to help with not only finding them a place to live, but showing them what makes our community tick, introducing them to people within our community with similar interests, or backgrounds, etc. to help them find their way. I am certain it is very challenging to arrive here and then not only work here but live here, and we want to help. If this is something that interests you, please let us know and we will find a way for you to work with our committee on this.

The Health Fair update highlighted the significant progress we are making to be a very meaningful fair with hands on and friendly faces of many parts of the healthcare team. We sure hope you all will come to the fair. **IMPORTANT OUR NEXT MEETING IS APRIL 15TH, SO WE ARE NOT HOLDING A MEETING BUT RATHER ASK YOU TO PLEASE COME TO THE FAIR AND PARTICIPATE. Check out our FB page for news and details.**

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Our guest speaker this month was Kim Madill and she is the program manager for the Primary Urgent Care Clinic in Kamloops. This clinic is on Columbia Street right in front the Royal Inland Hospital. This was a very informative presentation that explained what the clinic does, what hours it is open, and how we the people of this healthcare catchment area can / should access them with our very limited hours of emergency services to supplement the small group of doctors we have at the clinic.

Phone Number is: **250-314-2256**

Hours 7 days per week, 10:00 AM to 10:00 PM

Services offered

This is not a walk in clinic.

This phone line is open at 10:00 AM and generally in 45 minutes to one hour the appointments with physicians 1:00 PM to 9:30 PM are full. If it is a physician you need, then you would try again the next day UNLESS it was an emergency, then call 911 or go to an emergency room. BUT maybe your need is for something another healthcare professional can assist with, like physiotherapy, or social worker, or a nurse etc. This same phone number can arrange for you to see someone else who can help. The clinic operates using a team approach with a variety of healthcare professionals to tackle many health needs.

Joan Kealey of the Ashcroft and District Hospice Society updated us since our last meeting, there have been some additional discussions, looking for solutions to access to the palliative bed by local residents. We are supportive of the work they do and want to encourage them in their efforts to work with Interior Health to solve this problem.

We do our best to keep our meetings to one hour, in recognition of people's busy schedules. And we finished early this month, with the opportunity, the subject of homeless people in our community especially during the very cold season. Lots of lively discussion occurred finding solutions to help these individuals on a temporary basis to get them out of the extreme cold. It was a very worthwhile 15 minute discussion with some solutions.

Sheila Corneillie

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fb.me/healthcareandwellnesscoalition