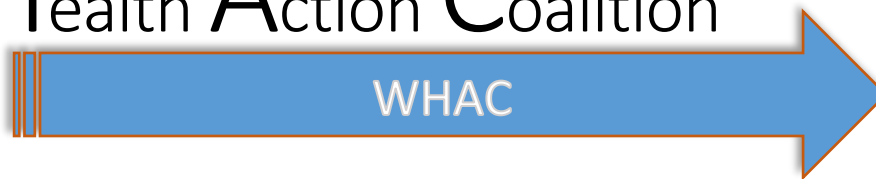


# Wellness Health Action Coalition



## Newsletter

December 2018

December meeting was very informal, thanks to those who brought some treats, and arranged for coffee and beverages, it was a very nice time in a busy season.

Bev Grossler of Interior Health, was able to attend in person this month, and Krista Billy of United Way was also able to attend.

With this we decided we wanted to take advantage of the casual brainstorming opportunity. The discussion from the November meeting regarding a health and wellness fair came up. Krista on behalf of United Way has an interest in providing funding for a fair, the discussion was robust and included some of the following:

March 29<sup>th</sup> was suggested as the date (funds need to be used by end of March) Cache Creek Community hall was chosen as the venue (it has since been secured for this date)

We held our next meeting on Jan 4<sup>th</sup>, and will be every two weeks after that until the fair or no longer required. A working group has been formed and work assigned, if you have interest in sharing in the work, please let us know. We are happy to have help.

Items discussed that I managed to get into my notes.

Hopefully using the community transport bus.

BC Ambulance \*Community Paramedics\*Hospice\*Home Health, Adult Day, Respite, \*Home Support\*Meals at home (tastings)\*LTC or Residential care

Better at Home\*Fair pharmacare\*Audiology\*DNR, Living will etc.\*Maternity and New moms

Transport services – information sharing

Healthy Snack sample table\*Pharmacist (pharmacy)\*Prostate Health\*Breast Health\*Public Health

Mental Health\*Health Portal sign up\*First Nations

Heart and Stroke\*Diabetics Assoc.\*BC Cancer \*Kidney Foundation\*ALS

Kamloops Seniors Group\*Urgent Care – RIH how it works\*BP Clinic\*Glucometer Corner\*Dietitian

We will report at the next meeting **JANUARY 21, 2019**

*Sheila Corneillie*

Chair, WHAC