

# Health Wellness Coalition

## Newsletter

February 2019

Wow, if you weren't at this meeting you missed a really good one.

The update on the Health and Wellness Fair was very exciting. Lots of work is being done, we could use some more help if this is something that interests you. Please contact Sheila.

Joan Kealey of the Ashcroft Hospice Society spoke passionately about the challenges the community is having accessing the palliative bed in our healthcare site. It seems the bed is being used by patients that are placed there for short term respite, but families do not come to take them home, out of frustration and not knowing where to turn, they find it easier to leave them in care, unfortunately, that means the palliative bed is blocked for those in need of those services locally. This means our own people of the community and their families are forced to seek palliative / hospice care outside of our community when they no longer can be at home. This places significant hardships on the patient, their families and friends who do their best to support them outside of our community and the costs can be significant. Bev Grossler of the Interior Health, Manager of the Ashcroft site, joined the meeting by telephone, she shared the challenges of the "swing" bed that we know as the palliative bed.

Tawanda Hatendi, Western Interior Coordinator of the Rural and Remote Division of the Family Physicians Group, (pew that's a long title) attended this meeting and shared some of the work he is doing to collect information about the area and services, this is a difficult piece of work, but he also is working on a social component for physicians who join our rural communities, we also have a group being formed to help socialize physicians and other healthcare professionals who choose our area to work. We hope to match them with local people with similar interests and demographics, young family with young family, etc. Ensure they learn about what keeps us in this community and hope they learn to love it too.

Much work is also being done to create a Facebook Page, to date there is none, as well as give the current website page a significant overhaul to match what is currently happening in this group.

*Sheila Corneillie*

Chair, WHAC