

Northern Health News...

Aboriginal Patient Liaison Program

Aboriginal Patient Liaisons (APL) assist Indigenous Peoples and their families to access high quality, culturally safe health care services. An APL can assist with translation services, understanding health care processes, support individual admission and discharge planning based on patient needs, advanced care planning, and more. The APL for the Fort Nelson area is April Davis and she can be contacted at 250-261-7418 or April.Davis@northernhealth.ca

Flu Shots

Haven't received a flu shot yet? It's not too late! Flu shots are available at the Health Unit, 5217 Airport Drive. Call 250-774-7092 to make an appointment.

Upcoming Ultrasound Dates

January 13-16
February 10-13
March 9-12

In order to book an ultrasound, you must present the referral form in person at the hospital.

Local Shelter & Transition House

The Father Poulet Men's Emergency Shelter is located by the Fort Nelson Aboriginal Friendship Centre at 4903 48th Avenue. Open to men ages 19 and older, the shelter provides bed, food vouchers, toiletries, showers and free off-site laundry services. The shelter is open 24 hours daily but clients are expected to vacate between 10am-3pm, except during extreme weather conditions. Call 250-774-3816 for more information.

The Fort Nelson Women's Transition House provides shelter for women and their children who are experiencing family violence or abuse of any kind. ID is not required. Male children aged 18 and under are accepted. Call 250-774-4742 for more information.

Northern Rockies Regional Municipality Community Health Plan

December 2019



In the Fall of 2017, more than 500 community members residing in Fort Nelson & the Northern Rockies shared their views on health by taking part in questionnaires, meetings, and interviews. Using this feedback, the **Community Health Plan: Looking to 2020** was created.

Together the Northern Rockies Regional Municipality, Fort Nelson First Nation, and Northern Health have formed a steering committee to act on the identified priorities. You can contact the Health Plan Implementation Lead, Shayna Dolan, at sdolan@northernrockies.ca

The Community Health Plan has 6 priority areas (in no particular order):

- Increase efforts to recruit and retain health care providers
- Improve health care travel services
- Improve maternity care
- Increase visiting health services and the use of telehealth
- Improve cancer care locally
- Improve mental health and substance use services

You can pick up a copy of the Community Health Plan at the Town Office or view online by visiting **NorthernRockies.ca > Residents > Health Services > Community Health Plan**

We are looking for residents passionate about any of the above priorities to get involved!
Contact Shayna for more information



Fair PharmaCare Program

Fair PharmaCare helps B.C families pay for eligible prescription drugs, dispensing fees and some medical supplies. All residents of B.C. are eligible if they have MSP coverage. The less a family earns, the more help they get. Apply online at my.gov.bc.ca/fpcare/registration/requirement or by phone: 1-800-663-7100.

Optometry Clinic coming in January

Suter Brook Optometry Clinic will be in Fort Nelson January 14-16, 2020, at the Lakeview Inn. By appointment only. Call 778-355-8222 or email communityoutreacheyecare@gmail.com to make an appointment.

Discounted accommodation

Need to stay in Ft. St. John or Dawson Creek for medical services? Several hotels offer medical/compassion rates.

Ft. St. John

Stonebridge Hotel	250-263-6880
Signature Suites - Short Term Housing	250-261-1115
Northern Grand Hotel	250-787-0521
Home 2 Suites by Hilton	250 785-5356

Dawson Creek

Bulterys House Opening soon!

In the meantime, contact Shaely with the South Peace Health Services Society at president.sphss@gmail.com for information on discounted accommodation in Dawson Creek.

Friday Walkers Group

- Where:** Northern Rockies Recreation Centre Walking Track (upstairs)
When: Every Friday at 9:00am
What: An opportunity to enjoy walking in a safe indoor environment and also get your vital signs checked by Community Paramedic, Tony.

Travel Assistance Program (TAP BC)

A partnership between the Ministry of Health and private transportation carriers, TAP BC helps alleviate some of the transportation costs for eligible B.C. residents who must travel within the province for non-emergency medical specialist services not available in their own community. If you need to leave the community to access specialist services, ask your doctor to fill out a TAP BC application form with you. You can call 1-800-663-7100 or Google TAP BC for more information.

Community Christmas Dinner

The annual Fort Nelson Emergency Services Community Christmas Dinner is taking place December 21st from 1:00pm to 7:00pm at the Northern Rockies Recreation Centre. Santa will arrive at 1:00pm in the West Parking Lot. The Community Christmas Dinner is FREE and open to all community members. Come enjoy a meal and share community spirit with friends, family and neighbours.

Fort Nelson First Nation News....

The Fort Nelson First Nation Annual Health Fair is taking place in January. The Open House will take place on Saturday January 25th from 11:00am-2:00pm at Chalo School Gymnasium. All are welcome to attend. If you would like to have a booth for your organization, please contact Roberta at 250-774-2300.

Food Bank

Did you know we have a community food bank? Open to all who are having a difficult time accessing food, the food bank is open every second Thursday from 1-3pm at the Fort Nelson Aboriginal Friendship Centre. New clients just need to bring a piece of photo ID. Call 250-774-2993 for more information.