



HEALTH ADVISORY COMMITTEE AGENDA

DATE: 2024.11.18

LOCATION: Council Chambers – City Hall

TIME: 6:00 p.m.

413 Fourth Street, Kaslo

1. Call to Order

We respect and recognize the First Nations within whose unceded lands the Village of Kaslo is situated, including the Ktunaxa, Sinixt, and Sylix People, and the Indigenous and Metis Residents of our community.

The meeting is called to order at ____ p.m.

2. Adoption of the Agenda

2.1 Adoption of the Agenda for the 2024.11.18 Health Advisory Committee Meeting.

RECOMMENDATION:

THAT the Agenda for the 2024.11.18 Health Advisory Committee Meeting be adopted as presented.

3. Adoption of the Minutes

3.1 Adoption of the Minutes of the 2024.09.23 Health Advisory Committee Meeting.

RECOMMENDATION:

THAT the Minutes of the 2024.09.23 Health Advisory Committee Meeting be adopted as presented.

4. Delegations

4.1 Audrey Calvo – North Kootenay Lake Nav-CARE Coordinator

5. Information Items

5.1 Member Reports

5.1.1 2024.11.18 KCS Seniors Coordinator Report – E Brandrick

5.2 Correspondence

5.2.1 2024.09.24 T. Dobie re Nelson Dialysis

5.2.2 2024.09.13 BCRHN Mid-Month Update

5.2.3 2024.11.01 BCRHN Rural Health Matters

6. Question Period

An opportunity for members of the public to ask questions or make comments relating to items on the agenda.

7. Business

7.1 Dialysis Service in Nelson – Request for update

RECOMMENDATION:

THAT the committee recommend to Council that staff contact IHA to request an update on the availability of dialysis services in Nelson.

7.2 Kaslo Victorian Community Health Centre – Hours of operation

RECOMMENDATION:

THAT the committee recommend to Council that staff contact IHA to inquire about resuming Saturday service at the Kaslo Victorian Community Health Centre now that the full complement of physicians (2.5 FTE) has been achieved.

7.3 Long Term Care Expansion – Request for update

RECOMMENDATION:

THAT the committee recommend to Council that staff contact IHA to request an update on the Village's inquiry regarding additional long-term care beds for Kaslo.

7.4 Request for Committee Liaison from IHA

RECOMMENDATION:

THAT the committee recommend to Council that IHA be asked to designate a liaison to attend meetings of the Health Advisory Committee and provide updates to the committee.

8. Late Items

Consideration of any late items added to the agenda.

9. Next Meeting

Unless otherwise specified the next meeting will be held at the call of the Chair.

10. Adjournment



From: Kaslo Nav-CARE <kaslo@westkootenaynavcare.org>
Sent: September 6, 2024 11:17 AM
To: Village of Kaslo
Subject: Council meeting

Follow Up Flag: Flag for follow up
Flag Status: Flagged

Hello,

I was wondering if it would be relevant to share with the health advisory council what West-Kootenay Nav-Care can offer for our community? I'm unsure if it would be possible to present to the council what we do in one of the future meetings or at least share some information with the Village?

West-Kootenay Nav-Care was designed to help any adult with declining health to stay engaged and reduce the social isolation that comes with some disabilities. This program is free for anyone and is a volunteer base. It has been in this area now for over a year helping and working in collaboration with all our partners in our area.

I have share our website to share more information :
<https://westkootenaynavcare.org/about/>

I would love to share with the Village council what we are doing for our community.

Thank you

Audrey S. Calvo
Nav-CARE Coordinator, North Kootenay Lake
Monday, Thursday, Friday 08h30 to 15h30
Cell: 778-205-0031
kaslo@westkootenaynavcare.org





Seniors Coordinator Report-Health Advisory Committee Meeting Nov.18,2024

1.Simple meals for 'The Healthy Aging' *Therapeutic Activation Program* (TAPS) are prepared at our Food Hub. Some of the 50 meals are picked up by clients at the Food Cupboard in the Lardeau Valley Hall on Wednesdays. The remaining packages are delivered in person on Fridays in Kaslo and Area. This delivery process provides an excellent opportunity to share information with Seniors, and creates a time of social interaction and check-ins.

2.Free activities for the TAPS group of clients continue:

a) A 'Rain or Shine-Drop-In Social Walking Group' begins each week at 10:00 on Tuesday mornings at the Front of Abbey Manor. All Seniors are welcome to join in the walk.

b) The last in-person meal for TAPS participants in 2024 takes place on Tuesday November the 19th, at the Heritage Hall from 12:00 noon to 2:00 pm. Participants are encouraged to bring a friend, and RSVP's need to be received by Kathy one week before the dinners. Participants can register at phone # 250-353-7691 Extension #204 or they can email Kathy at <kathyallaire@kaslo.services>. The hall is wheelchair accessible, and the meal is funded by The United Way & Kaslo Community Services.

c) Bowling took place once a month on Mondays from 10:00 - 12:30 pm on Sept. 16th, and Oct. 21st, One more bowling session for this year will take place on Nov. 25th, at the Lardeau Valley Community Hall. Lunch is provided and registration is required. See Kathy's contact information at #2b) above!

3.Digital Support is available with Angela by appointment at the Kaslo Public Library and is linked to CBAL (Columbia Basin Alliance of Literacy) programing through Barb Szuta.

4. Medical and Non-Medical Rides for Seniors can be arranged through 'The Kootenay Seniors Volunteer Drivers Program' (KSVDP.), phone #778-463-5247. Volunteers or those needing rides can contact the K.S.V.D.P.

5. Seniors' Exercise began @ The Heritage Hall on Nov.1 and runs until April 25. The program begins with a 20 minute safe indoor walk. Elizabeth Scarlett (retired physiotherapist) designed a series of exercises for seniors led by Liz Ross (retired nurse). The yearly cost is \$60.00 or pay \$5.00 per session. Contact Liz Ross at 250-353-2465. New members are always welcome.

6. The Kaslo Seniors monthly in-person meetings are held on the first Tuesday of each month at 11:00 am. at the Kaslo Seniors' Centre for the months from September to June. The monthly meetings are followed by a delicious lunch served at noon, at the cost of \$15.00 for members and \$20.00 for visitors. The cost for Senior Annual Memberships is \$15.00. The December Luncheon for the Kaslo Seniors' Association will be held at the Legion Hall on Tuesday December 3rd @ 12:00 noon. There is no charge for the December meal for those who have a Kaslo Senior membership or are invited guests.

7. Kaslo Seniors Chair Fitness Classes will be held with Rhonda Addison on Tuesdays + Thursdays from 1:30 - 2:30 for six weeks from Nov. 5th - 12th. A \$3.00 donation per class is optional.

8. Kootenay Seniors Light Housekeeping Support is available now in Kaslo. Subsidized rates are available for low-income seniors. For more information contact the Program Coordinator at: phone # 778-868-1308 or email: kaslocoordinator@nelsoncares.ca.

9. 'West Kootenay Nav-Care' - is a friendly visitor's program in Kaslo. Volunteers visit a senior once or twice a week for a time of social interaction. Contact Audrey Salazar Calvo if you would like to be a volunteer or know someone who would benefit from being paired with a friendly visitor at: ph.#778-689-6832 or email <kaslo@westkootenaynavcare.org>.

10. The TEETH Clinic is accepting new patients and Arielle Shuman, Lynda Beddow, and I, can verify registrations for the TEETH Program.

11. The new 'Canadian Dental Care Plan' address is <Canada.ca/dental>. To qualify you must be a Canadian resident, have an adjusted family net income under

\$90,000 with no access to employer/pension-sponsored or private dental insurance. Participants need to have filed their tax return in the previous tax year.

12. The recent 2024 Provincial Summit on Aging was held in Richmond from November 5-7. The Conference Theme was "Innovative Approaches to Healthy Aging" which included Keynote Speakers, and small group discussions on topics such as: Inclusive Services for older adults, Ageism, Stigma, Discrimination, Elder Abuse, Innovative Transportation Strategies for Seniors in Rural and Small Town B.C., Aging in Place - with a focus on Rural and Remote Communities, Advocacy, and Lobbying, Finances, Health, Housing, Social Isolation in rural and remote areas with funding needed for connection, and strengthening the rights of older persons. Dan Levitt the Seniors Advocate spoke and was able to share current information and statistics.

11. The Seniors' Coordinator can be contacted at the following email address:

<elizabethbrandrick@kaslo.services>

FW: Dialysis in Nelson ?

From Tyler J. Dobie [REDACTED]
Date Tue 2024-09-24 9:54 PM
To Catherine Allaway <allaway@kaslo.ca>
Cc Mayor Hewat <mayor@kaslo.ca>

For the information of the Health Advisory Council,

This is a reply from the MLA office regarding dialysis in Nelson.

Separately, I have a meeting with Lannon de Best tomorrow evening by telephone regarding Long term care needs in Kaslo.

We (VHKAS) are aiming to hold a public meeting in late November or early December and have as many different organizations and community members represented as possible, along with elected representatives, and most importantly: senior representatives from Interior Health. We have the strong support of the Kaslo Senior Citizen's Society. The aim of the public meeting would be to show the urgent need and majority support that this issue carries, and the high importance of it to our community.

I look forward to a continued dialogue with you.

Warm wishes,
Tyler Dobie

President, Victorian Hospital of Kaslo Auxiliary Society.
The oldest Hospital Auxiliary in British Columbia, since 1902.

Kaslo BC, V0G 1M0

From: Anderson.MLA, Brittney <Brittney.Anderson.MLA@leg.bc.ca>
Sent: September 24, 2024 12:39 PM
To: Tyler Dobie [REDACTED]
Subject: RE: Dialysis in Nelson ?

Hi Tyler,

Thank you for reaching out, it was a much-needed break, that's for sure.

Our office will be open during the election period Monday to Thursday from 12-4. We can assist folks with referrals and such, but not much more until after we get the results of the election.

I hear you on the dialysis. MLA Anderson and our office, even back to the previous MLA has been advocating for this for a long time. I encourage you to reach out to the elected MLA following the election on October 19 to continue with your advocacy.

You can reach out to the Interior Health Authority in the meantime to add your voice to the many that are advocating for this.

In your service,




Sarah Wasilenkoff she/they

Constituency Advisor Kootenay Central

(250)354-5944 or Toll free 1-833-256-6270 | 433 Josephine St. Nelson V1L 1W4

Brittney.Anderson.MLA@leg.bc.ca

CONFIDENTIALITY NOTICE: The above message contains confidential information intended for a specified individual and purpose. The information is private and protected by law. Any copying or disclosure of this transmission by anyone other than the intended recipient is prohibited. If you are not the intended recipient, please notify the sender immediately and delete this message and any attachments from your system. Thank you.

 **Help save paper - do you need to print this email?**

-----Original Message-----

From: Tyler Dobie [REDACTED]

Sent: Tuesday, September 17, 2024 1:13 PM

To: Anderson.MLA, Brittney <Brittney.Anderson.MLA@leg.bc.ca>

Subject: Re: Dialysis in Nelson ?

Hi Sarah,

I hope you had a good vacation.

Will the constituency office be closed after the writ is dropped?

I just wanted to follow up and ask about dialysis ... it sounded like IH wasn't willing to increase the budget and have a 2nd kidney doctor in Nelson ... making travel to Trail 3 times a week necessary for some Kaslo residents (4 kidney patients currently) and that's crazy.

*** The transportation piece really needs some kind of better solution.

- separate concern.

Any hope of having dialysis available in Nelson as well as Trail?

Can the Ministry of Health put pressure on Interior Health about this?

Any updates you can share?

2 hrs each way to Trail from Kaslo (4 hrs of driving), 3 times per week, is a pretty insane amount of time and expense for these rural patients.

Best wishes.

Cheers,

~ Tyler Dobie

President, Victorian Hospital of Kaslo Auxiliary Society The oldest Hospital Auxiliary in BC, since 1902.

Kaslo BC, V0G 1M0

[REDACTED]

On 2024-08-22 12:11, Anderson.MLA, Brittney wrote:

> Hi Tyler,
>
> This is my last day before 2 weeks of holidays. Just wanted to let you
> know that I'll be able to respond when I return. Thank you once again
> for your patience.
>
> In your service,
>
> Sarah Wasilenkoff she/they
> Constituency Advisor to Brittany Anderson, MLA for Nelson-Creston
>
> (250)354-5944 or Toll free 1-833-256-6270 | 433 Josephine St. Nelson
> V1L 1W4
>
> Brittney.Anderson.MLA@leg.bc.ca
>
> _Stay up to date by following MLA Anderson on _
>
> _ [1] __ [2] _ [3]
>
> Sign up for MLA Anderson's Newsletter
>
> CONFIDENTIALITY NOTICE: The above message contains confidential
> information intended for a specified individual and purpose. The
> information is private and protected by law. Any copying or disclosure
> of this transmission by anyone other than the intended recipient is
> prohibited. If you are not the intended recipient, please notify the
> sender immediately and delete this message and any attachments from
> your system. Thank you.
>
> P Help save paper - do you need to print this email?
>
> From: Tyler J. Dobie [REDACTED]
> Sent: Wednesday, August 21, 2024 5:44 PM
> To: Anderson.MLA, Brittany <Brittney.Anderson.MLA@leg.bc.ca>
> Subject: Dialysis in Nelson ?
>
> Hi Brittany and staff,
>
> I wanted to follow up about something we touched on in our in-person
> meeting besides the primary issue of expanding Long-term care in
> Kaslo.
>
> You said you had spoken with executives at Interior Health about
> offering dialysis in Nelson.
>
> I'm curious if you have gotten any traction in making that a reality?
>
> I got some insight from Paul Adams, E.D. of the BCRHN. Please see
> highlighted sections below.
>
> It sounds like IH is saying that it's due to "funding caps" for kidney
> disease. (??????)
>

> Perhaps this is something you can bring to the attention of Health
> Minister Dix?
>
> Paul says that BHRHN can certainly send representatives to our public
> meeting about LTC when it happens.
>
> --
>
> Warm wishes,
>
> ~ Tyler Dobie
>
> President, Victorian Hospital of Kaslo Auxiliary Society.
> The oldest Hospital Auxiliary in British Columbia, since 1902.
>
> Kaslo BC, VOG 1M0
>
> From: Paul Adams <paul.adams@bcruralhealth.org>
> Sent: Wednesday, August 21, 2024 2:57 PM
> To: Tyler J. Dobie <[REDACTED]> Phoebe Lazier
> <phoebe.lazier@bcruralhealth.org>
> Cc: Sheila Roberts <[REDACTED]> Dea Lewsaw
> <dea.lewsaw@bcruralhealth.org>
> Subject: Re: touching base from Kaslo
>
> Good afternoon, Tyler,
>
> Thank you for the update! We have also been working on improving the
> hemodialysis situation within the central Kootenay but have been told
> that this is not going to happen in the immediate future. The
> allocation for nephrologists is capped at 1 for the central Kootenay
> region and this physician is currently in Trail and isn't interested
> in relocating from my understanding. There have been repeated requests
> from Nelson to have a centre but these have (to date) been
> unsuccessful due to the cap on funding for nephrology. We have
> discussed this issue with IHA Executives and don't believe we will see
> any changes without additional funding and allocation for nephrology
> from the Province.
>
> In-home dialysis is an option for some patients but is also time
> consuming and challenging for the patient and for any complications
> that may arise. This is not an option for all patients and would need
> to be put in place by the patient's specialist and physician, BC Renal
> has a good information page on home hemodialysis and you can check
> that out
> <https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bcrenal.ca%2Fhealth-info%2Fkidney-care%2Fhome-hemodialysis%23Benefits--of--Home--Hemo&data=05%7C02%7CBrittney.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939187283%7CUnknown%7CTWFpbGZsb3d8eyJWljojoiMC4wLjAwMDAiLCJQJljoIjIuMzliLCJBTiI6I1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=AzmPdZrWJYY%2BK9yl1278403tSAiQj9TH6uN6cOzZyI%3D&reserved=0>
> [4] .
>

> We have a meeting with IHA again in September and we will mention the
> dialysis challenges your community is facing. We are also working hard
> to create better travel assistance and reimbursement of costs to
> patients that is broad and comprehensive and I hope we are making some
> progress in that regard.

>
> Keep us posted on your event. We now have a staff member in Kaslo,
> Dea, who is helping Phoebe with community engagement and is copied on
> this message. I would like to visit too, and our challenges are
> currently the lack of resources that we have generally, but I am sure
> we can provide representation from our group to your event. Peggy
> Skelton (President) isn't too far away (East Shore) and one of us
> should be able to attend but please give us as much notice as possible
> so we can ensure we have someone available.

>
> Yours in health and wellness,

>
> Paul

>
> Paul Adams || Executive Director || BC Rural Health Network ||

>
> Cell: 250-295-5436

>
> <https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbcruralhealth.org%2F%2F&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1cccc09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939204127%7CUnknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=fjCwQGpYNw2FgcXLIJ2%2FYgmKCOM2P6xOgXW0cAFs9MU%3D&reserved=0> [5] ||
> paul.adams@bcruralhealth.org |. | :

> LinkedIn [6]

>
> _The BCRHN is the healthcare voice of the rural residents of British
> Columbia and seeks better health outcomes for all people, through
> solutions-based approaches with governments, and information provision
> to residents._

>
> _ _ _

>
> _The BCRHN is grateful to live, work, and be in relation with people
> from across many traditional and unceded homelands, covering all
> regions of British Columbia. We are honoured to live on this land and
> are committed to reconciliation, decolonization, and building
> relationships in our communities._

>
> P Please consider the environment before printing this e-mail.

>
> This e-mail contains information which may be confidential. The
> information contained in this e-mail and any attachments is intended
> only for the person(s) or entity named in the message. Any
> disclosure, copying, distribution or use of the contents of this
> e-mail and any attachments, without the consent of such person(s) or
> entity, is prohibited. If you are not the intended recipient, please
> immediately notify Paul Adams by reply e-mail or by telephone, delete
> this message and any attachments and destroy any copies.

>
> -----
>
> From: Tyler J. Dobie [REDACTED]
> Sent: Wednesday, August 21, 2024 12:30 PM
> To: Paul Adams <paul.adams@bcruralhealth.org>; Phoebe Lazier
> <phoebe.lazier@bcruralhealth.org>
> Cc: Sheila Roberts [REDACTED]
> Subject: touching base from Kaslo
>
> Paul and Phoebe,
>
> Just an update from VHKAS...
>
> I had a meeting with our MLA and she is supportive of our efforts to
> get an expansion to the Long Term care facility in Kaslo.
> She feels that there is good hope for that in Creston and Kaslo ...
> Brittny Anderson is also the co-chair of the NDP Government's rural
> caucus.
>
> She is will aware of the inequities that rural residents face,
> especially seniors, and is a big fan of Isobel MacKenzie's excellent
> report.
>
> So, good to have an ally ... hopefully they get re-elected.. and we can
> see some action on this file.
>
> Currently dialysis is only available in Trail which is a 2-hr drive
> from Kaslo... so we have a couple of residents travelling that distance
> 3 times per week.
>
> Brittny said she is advocating for dialysis to be available in Nelson
> ... but I'm also wondering if there is the option for people to do it in
> their own homes.
>
> We sent a letter to the Chief Medical Officer of Interior Health on
> June 19 asking for a meeting ... and have not received any response.
>
> Our next step will be a letter to the Executive Director of Clinical
> Operations for the Kootenay Boundary area, named Lannon de Best.
>
> We are hoping to hold a public meeting in Kaslo after the provincial
> election and have representatives from IH present.
>
> I have commitment from 2 of our elected officials to attend, and one
> is on holiday but I'm sure she will as well.
>
> Would we be able to have someone from BCRHN attend? We are targeting
> late Nov or early Dec.
>
> Best wishes.
>
> --
>

> Warm wishes,

>

> ~ Tyler Dobie

>

> President, Victorian Hospital of Kaslo Auxiliary Society.

> The oldest Hospital Auxiliary in British Columbia, since 1902.

>

> Kaslo BC, V0G 1M0

>

>

>

> Links:

> -----

> [1]

> <https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FBrittnyAndersonMLA&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939214674%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=silFVUTE1VaGuJfQH0Fc1Y2Q5%2FySdrtsY2ZsFZSdbHY%3D&reserved=0>

> facebook.com%2FBrittnyAndersonMLA&data=05%7C02%7CBrittny.Anderson.MLA%

> 40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9

> a513408ba40%7C0%7C0%7C638622007939214674%7CUnknown%7CTWFpbGZsb3d8eyJWI

> joiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7

> C%7C&sdata=silFVUTE1VaGuJfQH0Fc1Y2Q5%2FySdrtsY2ZsFZSdbHY%3D&reserved=0

> [2]

> <https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FBrittnyAnderso&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939222819%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=aV7zR6r3178BYjzrb%2BMm%2F2%2FVelq%2FQjKuSiNncTJZEMqY%3D&reserved=0>

> ter.com%2FBrittnyAnderso&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.

> ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba

> 40%7C0%7C0%7C638622007939222819%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLj

> AwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdat

> a=V7zR6r3178BYjzrb%2BMm%2F2%2FVelq%2FQjKuSiNncTJZEMqY%3D&reserved=0

> [3]

> <https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fbrittnyandersonmla%2F&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939230038%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=yA72PaQ4hWwqQBKO%2B0zGULBTAvBM7RcoZASfKd7uwRs%3D&reserved=0>

> instagram.com%2Fbrittnyandersonmla%2F&data=05%7C02%7CBrittny.Anderson.

> MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9a

> b6a9a513408ba40%7C0%7C0%7C638622007939230038%7CUnknown%7CTWFpbGZsb3d8e

> yJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%

> 7C%7C%7C&sdata=yA72PaQ4hWwqQBKO%2B0zGULBTAvBM7RcoZASfKd7uwRs%3D&reserv

> ed=0

> [4]

> <https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bcrenal.ca%2Fhealth-info%2Fkidney-care%2Fhome-hemodialysis%23Benefits--of--Home--Hemo&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939235689%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=uxsDIQMXnbcbrhnk%2BczBstooqyEZ867pK2b%2BfKpvtkOs%3D&reserved=0>

> crenal.ca%2Fhealth-info%2Fkidney-care%2Fhome-hemodialysis%23Benefits--

> of--Home--Hemo&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff

> 1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0

> %7C638622007939235689%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQ

> IjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=uxsDIQMX

> nbcbrhnk%2BczBstooqyEZ867pK2b%2BfKpvtkOs%3D&reserved=0

> [5]

> <https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbcrenalhealth.org%2F&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939240959%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=VmxilrLNmoO6mhRslvhnf2YhuxNlyimiW2f3%2BjeRduU%3D&reserved=0>

> ralhealth.org%2F&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892

> ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7

> C0%7C638622007939240959%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLC

> JQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=Vmxilr

> LNmoO6mhRslvhnf2YhuxNlyimiW2f3%2BjeRduU%3D&reserved=0

> [6] <https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fca.linkedin.com%2Fpub%2Fpaul-adams%2Fb%2F877%2F7&data=05%7C02%7CBrittny.Anderson.MLA%40leg.bc.ca%7C892ff1ceee09461fc41a08dcd755262d%7C68f96eb1b9544ae9ab6a9a513408ba40%7C0%7C0%7C638622007939246308%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&sdata=uxsDIQMXnbcbrhnk%2BczBstooqyEZ867pK2b%2BfKpvtkOs%3D&reserved=0>

[FpbGZsb3d8eyjwjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C%7C%7C%7C&sdata=JIL%2Bh7yZjRKaM6powKAEBu%2F47px5oXgltwMpuXcERzg%3D&reserved=0](https://www.google.com/search?q=fpgzsb3d8eyjwjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C%7C%7C%7C&sdata=JIL%2Bh7yZjRKaM6powKAEBu%2F47px5oXgltwMpuXcERzg%3D&reserved=0)

From: BC Rural Health Network <newsletter@bcruralhealth.org>
Sent: September 13, 2024 8:08 AM
To: Village of Kaslo
Subject: September Mid-Month Update!

[View this email in your browser](#)



September Mid-month Update

Healthcare vs. Housing: Rural Patients Face Unimaginable Choices—What’s Being Done?



Christina and Arlen Unrau back home in Princeton – Christina Derksen-Unrau

BC Rural Health Network – September 12 2024

Bridging the Gap for Healthcare Access at the UBCM Convention

At this year’s Union of British Columbia Municipalities (UBCM) convention, a critical conversation on bridging the gap in healthcare access for rural patients will take place in a panel discussion titled “Bridging the Gap: Innovative Solutions for Rural

Healthcare Access.“ The event, scheduled for Tuesday morning, will bring together leading voices and advocates, including **Paul Adams**, Executive Director of the BC Rural Health Network; Hope Air, **Mark Rubinstein**, Chief Hope Officer; **Lynette Lucas**, Director Helicopters without Borders; the UBC Centre for Rural Health Research led by Associate Professor **Dr. Jude Kornelsen**; Housing is Healthcare advocate, Jacqueline Podewils, and patient partner **Christina Derksen-Unrau**.

The discussion will highlight the growing disparities rural patients face when seeking essential, high-acuity healthcare, focusing on access to services such as solid organ transplant and other vital treatments in urban centers. Rural patients frequently confront overwhelming financial and logistical barriers, which can delay or even prevent them from receiving life-saving care.

A poignant example of these challenges is Christina Derksen-Unrau’s story. Derksen-Unrau, a lung transplant patient from rural BC, could not afford the costs associated with staying in Vancouver for her treatment, ultimately leading to the inability to receive a transplant. Her experience prompted meetings with Premier David Eby and opposition parties earlier this year to address these inequities and seek lasting solutions for rural residents facing similar healthcare access challenges. Read more about her pre-transplant story [here](#).

Thanks to the generous donations of her community of Princeton, BC, philanthropists, and many friends, Christina has been able to receive her transplant and is now back home. You can watch her account of [her journey post transplant here](#).

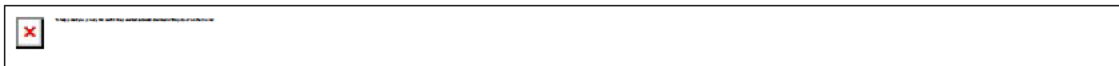


Paul Adams, who will be moderating the panel, emphasized the urgency of this issue: “Rural British Columbians are facing a healthcare crisis. Section 12(1)(a) of the Canada Health Act guarantees reasonable access to care without financial burdens, yet we continue to see rural patients suffer financial hardship or forego essential treatments because they can’t afford the costs of relocating for care. This is a failure of

our system, and we need immediate action from all political parties to uphold the promises of the Act.”

As the province approaches an election, the panelists are calling for clarity from all political leaders, including **Premier David Eby** (NDP), **Sonia Furstenu** (BC Green Party), and **John Rustad** (Conservative Party of BC), on their positions regarding equitable healthcare access to care for BC residents.

Jude Kornelsen, Co-Director of the UBC Centre for Rural Health Research, who has been instrumental in analyzing rural healthcare access, stated: “We know that outcomes vary dramatically for patients depending on where they live. If we want to provide equitable healthcare in this province, we must address the inefficiencies in how we provide care for rural patients. Investing in dedicated, affordable housing for healthcare is not just a moral obligation—it’s a fiscally responsible one.”



Associate Professor Dr. Jude Kornelsen – UBC Centre for Rural Health Research

The panel will delve into proposed solutions, including the development of subsidized patient accommodations near urban health centers, modeled after successful initiatives like Ronald McDonald House and Canuck Place. These dedicated housing options can help alleviate the financial burdens on rural patients while improving health outcomes and reducing system strain.

Jacqueline Podewils, advocating for Housing is Healthcare, further added: “The province is currently spending significantly more by booking hotel rooms to accommodate patients than it would if we invested in purpose-built housing. The inefficiencies in the current system are costing both the province and patients far more in the long term. By creating dedicated housing, we not only save money but also provide patients with stability and dignity during their treatment.”

There are also broader cost-saving measures that could greatly benefit the province. For example, dedicated navigators to assist high-acuity patients such as those requiring transplants could streamline their journeys, ensuring timely care, reducing repeated hospitalizations, and improving recovery outcomes. By reducing the need for chronic care management and preventing system strain from unmanaged conditions, the province could save millions annually.

Paul Adams highlighted the critical connection between healthcare and housing: “Housing is healthcare. When patients receive timely, effective treatment, the entire healthcare system benefits. The current reliance on expensive, short-term solutions such as hotels for patients is unsustainable. We need long-term, integrated solutions that provide affordable housing and ensure that no one has to choose between losing their home and having their health.”

The panel will also discuss the broader mental health impacts and financial stresses rural patients experience, as many are forced to deplete savings, sell homes, or take on debt to afford care. These realities contradict the principles of the Canada Health Act, which promises access to care without financial hardship. As Dr. Jude Kornelsen notes, solutions must be patient-centered and inclusive of the diverse needs of rural populations.

The Path Forward: A Non-Partisan Call for Action As the election looms, the BC Rural Health Network and its partners are calling on all political parties to commit to solutions that guarantee equitable access to care for all British Columbians. This is a non-partisan issue that impacts families across the province, from the Lower Mainland to the most remote communities.

The Housing is Healthcare resolution, being presented to the UBCM, advocates for the province to address these long-standing disparities by creating a sustainable, patient-first approach to rural healthcare, starting with subsidized housing near key health centers. The proposed model could transform healthcare access for rural patients, saving lives and reducing costs to the healthcare system.

The panel discussion promises to be a pivotal moment in the conversation about healthcare equity in British Columbia. Attendees are encouraged to participate in what will undoubtedly be an engaging and solution-focused dialogue.



The Rural Voices Gathering, co-hosted by the Rural Coordination Centre of BC (RCCbc), First Nations Health Authority and Health Quality BC, will take place between November 20 – 27, 2024. Comprised of two virtual sessions and in-person community-based dialogue, the Gathering will bring together and amplify the voices of rural, remote and First Nations and Métis communities relative to health and wellness. Topics will include:

- The Rural and Remote Health Strategy being developed by the BC Ministry of Health
- Transportation for health services
- Selection, education and training for health care providers from rural, remote, First Nations and Métis communities
- Hybrid health care including peer-to-peer virtual support, in-person and virtual patient consultations

Those living, working or providing services to a rural, remote, First Nations or Métis community are strongly encouraged to attend. Community-based discussion groups will bring together new or existing groups who share geography, interests, practice, circumstances and/or objectives.

Read more and register: [The Rural Voices Gathering – RCCbc](#)

[**Register here!**](#)



Advocating for Hospice and Palliative Care in the Upcoming Election



We value the continual connection and support of our members, the [BC Hospice and Palliative Care Association](#).

As the 2024 BC Election approaches, the British Columbia Hospice Palliative Care Association (BCHPCA) and their members are committed to ensuring that hospice and palliative care receive the attention they deserve on government platforms.

To aid in this endeavour, they have prepared a document with key messages designed to raise awareness and educate government officials about the significance of hospice palliative care. These resources highlight the vital impact of our services on the over 120,000 British Columbians who benefit from them each year.

We encourage you to share this information with family, friends, healthcare professionals, and government partners. By working together, we can ensure equitable access to hospice palliative care for all who need it, when and where they choose.

As we approach the upcoming provincial election, it's crucial to stay informed about the key issues affecting our healthcare and palliative care systems. The BCHPCA 2024 BC Election Key Messaging document provides vital insights into the challenges and necessary improvements in hospice, palliative care, and grief support services in British Columbia.

This comprehensive guide highlights the urgent need for policy changes to better serve our aging population and those in need of end-of-life care. We encourage you to download and review this important document to understand the key messaging and advocate for necessary reforms.

[Find the BCHPCA 2024 BC Election Key Messaging Document Here](#)



Travel Assistance with Kindness and Compassion!

Hope Air is doing more than many know to help people reach medical treatment and appointments in BC and across Canada. Their “no patient left behind” policy is inspiring and greatly needed by many rural residents in our province. Hope Air provides not only air travel where needed but also helps many with out-of-pocket costs associated with accessing the care they need. Hotels, meals and ground transportation are all aspects of service that Hope Air not only provides but coordinates for those in need. [Visit Hope Air!](#)





Copyright (C) 2024 BC Rural Health Network. All rights reserved.
You are receiving this email because you opted in via our website.

Our mailing address is:
BC Rural Health Network PO Box 940 Princeton, BC V0X 1W0 Canada

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

From: BC Rural Health Network <newsletter@bcruralhealth.org>
Sent: November 1, 2024 7:37 AM
To: Village of Kaslo
Subject: Rural Health Matters November Edition



November 2024
Edition

[A Letter from our President](#)

Dear Readers

When I started my report, I was sitting in the airport in Cranbrook...such a beautiful view! It's 2-hour drive for me to get to the airport from where I live. Lots of people who live rurally know all too well the distances we must travel to get to where you can fly out... I'm one of the lucky ones that can drive to the airport...and very lucky that the weather has been good...the last time I flew to Vancouver the weather wasn't so good and flights were cancelled ...I finally got in very late at night that time...but I got there!

This time I was heading to Vancouver to attend the facilitator training in preparation for the Rural Voices Gathering. We were trained in the Appreciative Inquiry method of engagement in order to speak with, but more importantly listen to residents and communities on what is not only needed but what is working well. You can find information on where to register for the Gathering later in the newsletter. The workshops are being sponsored by RCCbc and are being held in many rural and remote communities across the province, as well virtually. The training from Dr. Woolard and Dr. Oakley was very well done and enjoyable. It is expected that the information that is gleaned from these discussions will be used to inform government but perhaps more importantly, it is also to share information from our areas, to get commitments from the attendees on what is possible and what they can commit to do. It can be as simple as making a phone call to find out more information for developing

a committee to look at possible alternatives. I think that the strength of these type of engagements is when people know what each other are doing and it becomes a natural thing to offer support and identify how we can help out, or work together. I always say — and perhaps my personal bias is showing — that rural residents are some of the most creative people when coming to finding solutions to issues.

Its always great to be a part of a survey to give voice to your thoughts but its even more fulfilling to get those thoughts into actions that can make a difference in peoples lives and communities!

The training not only taught me a thing or two about facilitating, but being there in person with many people who I have spoken with or worked with only by Zoom was amazing! Don't get me wrong, virtual meetings have allowed us to stay in touch and work with each other in a way that wouldn't otherwise be possible, and accomplish so much, especially for the BCRHN as we have a very small budget and no travel dollars. Yet to meet in person and to get to know each other more personally besides from the material on the of a two-hour meeting is so meaningful and satisfying! We are always grateful for the sponsorship to allow us to attend.

On the BCRHN side I was able to meet Bob Storey, our Vice President, Dea, our outreach worker, and her beautiful family, and Paul Adams our ED for the second time in person. We are in contact regularly but in person is special.

I was also able to meet several others from various committees I work on and for the first time connect with people not only across the province but also people from neighbouring areas. Thankful for the opportunity!

I am looking forward to participating in the United Way Summit on Healthy Aging next week. The Summit is being held in Vancouver, and as there is an online stream as well. I'm hoping you have seen the Summit information in our last newsletter about it. This Summit will, through the various presentations discuss the challenges as well as the positive things that are happening across the province on Aging.

Paul will be on a panel with others including Dan Levitt, our Seniors Advocate discussing Transportation and the impact of whether or not it is available has on our seniors, especially in the rural and remote areas. The AIM program will be discussed as well as the wonderful work being done on the Sunshine Coast. It will highlight some of the creative ways communities are dealing with their situations and I'm pleased to be a part of that discussion.

On another note, it always seems that people talk sometimes more to strangers in an airport waiting area than other places! While waiting in line for security at the Vancouver Airport, a gentleman named Dave was on his way home after receiving a cancer diagnosis. Although rattled by the diagnosis, he was so happy he was able to meet with the oncologist and team in a timely manner and a plan was being developed for next steps. He had nothing but praise for the system. It was such a good thing to hear, as I must admit I have heard too many stories of when it doesn't go so smoothly! Just love it when it works! Sending only positive thoughts to all those who are facing a difficult diagnosis, may all go well through your journey...

As always please enjoy the rest of the newsletter and on November 11th please give pause for all of those who fought for our freedom.

Only my best,

Peggy

From the Desk of the Executive Director

Greetings Members and Supporters,

As the dust settles on a hard-fought provincial election, we enter a new chapter for rural healthcare in British Columbia with renewed optimism. With a slim majority government now in place, we have the opportunity to make meaningful strides in rural health—an area receiving unprecedented attention at the provincial level. For the first

time, a sitting government has positioned rural healthcare as a top priority, signifying a crucial shift toward recognizing and addressing the unique challenges that our communities face.

Premier David Eby's recent comments signal a promising commitment to improving access and infrastructure, especially in rural areas where healthcare access remains fragile. His acknowledgment of the significant role rural healthcare played in the election speaks volumes. This new focus provides fertile ground for us to continue advocating for equitable access, reinforcing our position as a vital voice for communities that have been historically underserved. With the BC Greens also showing a keen interest in Community Health Centres, this may be a unique moment for cross-party collaboration to shape a future where healthcare is accessible for all, regardless of geography.

In the spirit of partnership, I recently joined our President Peggy Skelton, Vice President Bob Storey, and our Community Outreach contractor Dea Lewsaw in Vancouver for facilitation training ahead of the upcoming Rural Voices Gathering 2024. This training, sponsored by the [RCCbc](#), is an exciting step toward ensuring rural voices are integral to the development of this new health strategy. As facilitators, we'll be positioned to assist community members share insights from their lived experiences directly with policymakers, an essential process for crafting solutions that reflect on-the-ground realities. The summit itself represents another step forward, bringing together key stakeholders committed to reshaping healthcare for rural British Columbians.

The BC Rural Health Network is also broadening its advocacy efforts in community and government outreach. We're engaging with newly elected MLAs to strengthen connections across the political spectrum, especially as many of our rural areas are represented by new faces. Building these relationships and familiarizing our elected officials with the pressing healthcare issues our communities face are essential. With many strong advocates no longer in the legislature, our outreach to new leaders will be critical to sustaining momentum for change.

Looking ahead, we are preparing for upcoming opportunities to share our story. On November 5th, Peggy and I will attend the United Way Summit on Aging, where we will highlight transportation challenges and community-driven solutions that are making a difference. Partnerships with organizations like Hope Air, Helicopters Without Borders, and East Kootenay Angel Flight continue to showcase the resourcefulness and resilience of rural communities in meeting healthcare needs, even in the face of limited resources.

There is much to be optimistic about as we navigate these changes. With a government committed to addressing rural healthcare challenges, growing support for our initiatives, and an energized team, we are well-positioned to advocate for meaningful improvements to healthcare across rural BC. Thank you all for your dedication to advancing health and well-being in our communities. Together, we are making strides toward a healthier, more equitable future for all British Columbians.

Speaking of growth, our membership continues to expand and our latest member brings a proactive and preventative approach to health and wellness. The Institute for Personalized Therapeutic Nutrition is demonstrating that chronic illness can be reversed through improved diet and lifestyle (more information below.)

We are also working directly with communities to look at new models for rural Long Term Care and Hospice and seeking funding to demonstrate models of care that can be scaled and spread throughout rural communities to allow folks to stay close to home and to ensure our communities retain the wealth and wisdom our elders provide. This work is ongoing and an initial presentation to the community of Golden has created support at the community level for this initiative.

Additional work in community engagement has started with Dea and her work that you can read about below. Dea is also working to engage with potential new community members and today we met with the CAO of Lillooet ahead of a presentation we will make to their mayor and council in November. Our growth is only limited by our capacity and as a small, underfunded organization, we continue to make significant changes for the betterment of rural communities and rural residents.

I hope you all enjoyed some fun with our young trick and treaters and had an enjoyable Halloween! My motivation for working on rural healthcare is really all about ensuring my granddaughters can enjoy life in rural BC with strong healthcare and good health. They get to eat too much candy for a few days but overall they enjoy lots of fresh air, lots of hikes in our mountains and give their grandpa a lot of joy too!



Yours in Health and Wellness,
Paul

Community Connect: An Update on Our Outreach Initiatives

Dea here:

As I sit in my favourite chair with a cup of hot cocoa, I feel so grateful to witness the changing colours of the trees, the brisk air, and the first touches of frost. I've also been busy preparing for winter, which is always a mix of practicality and adventure! This time of year, is often full for rural and remote communities as everyone gets ready for the colder months, each in their own unique ways. I'm continually impressed by the creativity and resilience I see.

In my work with SPARC, I'm excited to connect with even more people in the community to discuss climate and resilience. Our project focuses on how changing climates are affecting individuals and their communities, and I've been asking questions like, "How are you preparing to manage your physical health during extreme climate events?" or "Have you gathered supplies you might need for a serious climate emergency?"

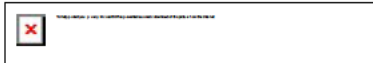
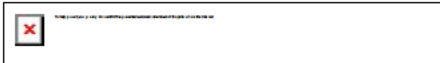
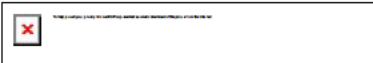
If these questions spark your interest, I'd love to connect and hear your thoughts! I'm grateful for everyone I've spoken to already and look forward to many more engaging conversations in the coming months. Wishing you a wonderful fall season and all its splendours.

Thank you for reading! As always, we are continuing our community outreach work and would love to hear from you. Please feel free to send us an email at phoebe.lazier@bcruralhealth.org or dea.lewsaw@bcruralhealth.org.

November Member of the Month:



The Terrace Regional Hospice Network has recently moved to a beautiful new location marking a significant milestone after years spent in a small, shared space. We are grateful to have this in partnership with the Terrace Women's Resource Centre. This expansion allows us to enhance our programming and services as well as service area. We recognize the importance of a Hospice House for not just Terrace but all the communities that surround us, and that is truly our end goal. We are working towards expanding our programming by growing our volunteer capacity and partnerships here in the North. We are located right downtown, in Terrace BC on the traditional and unceded Tsimshian territories.



Recently we reached out to the community with a survey to gather insights from families caring for loved ones with life-altering illnesses. Not surprisingly, social opportunities emerged as a key priority, especially in light of the social isolation many have experienced since COVID-19. We also have had many requests for educational workshops and will be starting monthly workshops with our partners, Northern Health. Our first workshop is on Nov 20th, 2024 with the topic of Dementia.

All of our programs are interconnected. When someone has a life altering illness, our Navcare services focus on the individual; helping them with booking appointments, navigating services to help manage declining health, transportation to medical appointments, and talk through feelings of loneliness or anxiety.

We also recognize the challenges faced by our caregivers, who often feel burnt out or even isolated themselves. Our Caregiver program offers supports with resources, wellness opportunities, informal respite, groups, and even food delivery. This program also ties in with our Visiting Volunteer program. Through our Visiting Volunteer Program, we match volunteers with individuals who share similar interests, fostering meaningful connections. Whether it's baking, playing cards, or simply enjoying each other's company, our volunteers find that their time spent with clients is just as rewarding to them as the support they provide.

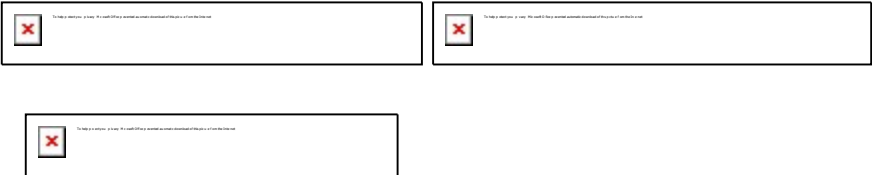
Additionally, our Visiting Volunteers also provide vigiling. Our belief is that no one should die alone, unless that is their preference. Volunteers can sit with clients and help them through their end-of-life journey, providing comfort and reassurance. Even if it is just holding space or holding their hand, listening to music or reading with them, we will do our best to be present in those final hours.

Grief support is also another crucial aspect of our services. TRHN offers one-on-one peer-to-peer sessions. These sessions can include a chat over a cup of coffee or more intensive programs such as the Grief Recovery Method. In any case, grief support is tailored to the wants and needs of the client, and we hope to offer consolation that connects with community, culture, or any other valuable connection clients benefit from.

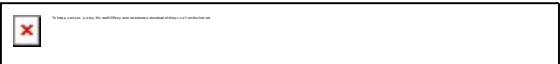
Finally, our Hospice has a lending library covering a variety of topics related to caregivers, grief, death and dying and traumatic loss. You can explore our collection of books by looking at the resource section on our website.

You can find us on [Facebook](#) or on our website: terracehospice.org

One of our volunteers
“Catie” at the Terrace
Public Library, recruiting
volunteers and
showcasing our
Caregivers section the
library set up for the
community with our
Hospice Caregivers in
mind.



OurVolunteer and
Board Member David
Grubb with his, now
friend Gary.



We would also like to acknowledge the
face of TerraceHospice, our current
Board Chair and Volunteer Sue
Skeates, who has been with our
Hospice over 10 years and worked
tirelessly to keep the Hospice afloat.

Here is Sue Skeates (right) accepting a donation from Northern Savings Credit Union representative.

[See more members of the month here](#)



The [Rural Voices Gathering](#), co-hosted by the Rural Coordination Centre of BC (RCCbc), First Nations Health Authority and Health Quality BC, will take place between November 20 – 27, 2024. Comprised of two virtual sessions and in-person community-based dialogue, the Gathering will bring together and amplify the voices of rural, remote and First Nations and Métis communities relative to health and wellness. Topics will include:

- The Rural and Remote Health Strategy being developed by the BC Ministry of Health
- Transportation for health services
- Selection, education and training for health care providers from rural, remote, First Nations and Métis communities
- Hybrid health care including peer-to-peer virtual support, in-person and virtual patient consultations

Those living, working or providing services to a rural, remote, First Nations or Métis community are strongly encouraged to attend. Community-based discussion groups will bring together new or existing groups who share geography, interests, practice, circumstances and/or objectives.

Read more and register: [The Rural Voices Gathering – RCCbc](#)

Register here!



Introducing a new BCHR member: the Institute for Personalized Therapeutic Nutrition

Did you know that the symptoms and outcomes of many chronic diseases, such as type 2 diabetes and prediabetes, can be greatly improved or even reversed by changing how and what you eat?

That is one of the key messages of the Canadian registered charity, the Institute for Personalized Therapeutic Nutrition (IPTN), which recently joined the BCHR. Therapeutic nutrition means using food as treatment for chronic disease and other health issues. Personalized means that the food recommendations are individualized to you, your food preferences, and your specific health condition. Fortunately, a growing body of research is showing how powerful – and delicious— this personalized food-as-treatment can be!

The IPTN is a BC-based organization that increases public awareness and educates health professionals on the application of these food-based treatment across Canada. The IPTN has recently joined the BCHR to help support and engage with rural communities across BC to enable more British Columbians to learn about and apply these food-first approaches to improve their health and reduce or even eliminate the need for life-long medications.

“We are really excited to be joining the ranks of BCHR,” said Sean McKelvey, CEO and Founder of the IPTN. “Personalized therapeutic nutrition is a growing grassroots movement provided through health professionals that empowers people to improve

their health with proven food-based strategies. Our experience has shown that rural communities are a great place for grassroots health initiatives like this to grow and spread.”

For the past year, the IPTN and the Rural Coordination Centre of BC have led a process of engaging with two rural BC communities, Tumbler Ridge and Port Alberni, to support their planning for local type 2 diabetes remission services, using food-based approaches. The engagement process involved not only local health providers such as doctors, dietitians, nurse practitioners and local pharmacies, but local grocery stores, restaurants, community kitchens, recreation facilities, farmers, mayor and council, people with lived experience with diabetes and First Nations representatives.

The IPTN promotes 8 food-based principles that are common across all eating patterns that have been shown to improve type 2 diabetes symptoms and other chronic conditions. These principles can be adapted to accommodate any eating style (Mediterranean, low carb, vegetarian, ethnic, etc.) and include eating whole, minimally processed foods, eliminating or reducing ultra-processed foods, reducing or avoiding added sugars or foods that rapidly digest to sugar, eating plenty of colourful vegetables, and prioritizing protein at every meal.

The IPTN has created numerous resources that explain the science and approaches used in therapeutic nutrition, including two public-facing websites www.diabetesremission.ca and www.reversingprediabetes.ca .

As well, the IPTN has its own website, www.therapeuticnutrition.org. The IPTN’s mission is to raise public awareness and help people adopt therapeutic nutrition choices where they live and work, train health professional to deliver evidence based therapeutic nutrition options, and work with researchers and the healthcare system to generate and share food-based knowledge to inform policy and practice.

Be sure to check out the diabetesremission.ca website or the reversingprediabetes.ca website to see handy and easy to use resources. As well, the diabetesremission.ca website has inspiring stories from individuals of all ages who describe what they did to achieve remission of their type 2 diabetes. Please contact us at info@therapeuticnutrition.org if you have reversed your diabetes and want to inspire and motivate others with your story.

In the coming months the IPTN is interested in engaging more rural communities in BC to design and implement local type 2 diabetes remission services that uniquely fit a community's needs and resources. If you are interested in being part of this grassroots movement to reduce the burden of diabetes and improve the health of your community, please contact Phoebe (phoebe.lazier@bcruralhealth.org) to put your community on the waiting list.



United Way British Columbia's [Healthy Aging](#) is delighted to invite you to the 2024 Provincial Summit on Aging from Nov 5 - 7, 2024, at the [Executive Hotel Vancouver Airport](#) in Richmond, BC!

The formal program will kick-off with a Nov 5th evening reception “Celebrating United Way BC’s Healthy Aging Programs”, followed by two full days of immersive and interactive discovery and discussion.

The fourth biennial Provincial Summit on Aging brings together Community-Based Seniors’ Services (CBSS) organizations, older adults, family and friend caregivers, academia, and government representatives to discuss and collaborate on current issues and innovations in healthy aging.

See the [2024 Summit on Aging - Agenda in Brief](#) (subject to change). A more detailed agenda will be available closer to the event.

Please follow the instructions below to get connected, register, and more.

Connect with Healthy Aging CORE BC for Summit Updates

If you already have a [Healthy Aging CORE BC](#) account:

1. Visit the [2024 Provincial Summit on Aging](#) group page
2. Click “Join” to receive Summit updates

If you do not have a [Healthy Aging CORE BC](#) account:

1. Sign up at: <https://bc.healthyagingcore.ca/>
2. Enter the Invite Code: 2024Summit
3. Wait for your CORE registration to be approved (approximately 1-2 business days)
 - o Please check your junk mailbox for approval of your CORE BC membership
4. Once approved, you will be automatically added to the [2024 Provincial Summit on Aging](#) group page to receive Summit updates

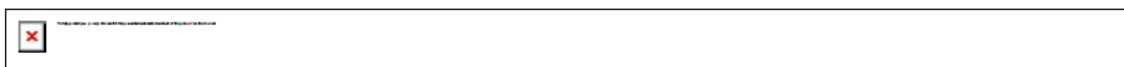
No Travel, No Problem!

While we’d love to see you in person, and value the unrivalled connection and networking live events offer, we know that sometimes schedules don’t allow for travel. As such, the Summit will be offered as a hybrid event so both in-person and virtual participants can engage and enjoy multiple live-streaming sessions and recorded content, an in-conference app, connection with exhibitors, networking, and more, through our dedicated [Whova](#) platform (app will be live closer to the event)

[Learn more and register here](#)

Travel Assistance with Kindness and Compassion!

Hope Air is doing more than many know to help people reach medical treatment and appointments in BC and across Canada. Their “no patient left behind” policy is inspiring and greatly needed by many rural residents in our province. Hope Air provides not only air travel where needed but also helps many with out-of-pocket costs associated with accessing the care they need. Hotels, meals and ground transportation are all aspects of service that Hope Air not only provides but coordinates for those in need. [Visit Hope Air!](#)

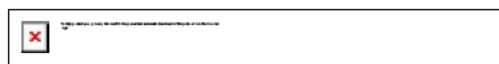


We look forward to connecting with you.



Copyright (C) 2024 BC Rural Health Network. All rights reserved.
You are receiving this email because you opted in via our website.

Our mailing address is:
BC Rural Health Network PO Box 940 Princeton, BC
V0X 1W0 Canada



Want to change how you receive these emails? You can [update your preferences](#) or [unsubscribe](#)

[View In Browser](#)



2023.10.19

West Kootenay Boundary Regional Hospital District Board
c/o Stuart Horn, Secretary

via email: shorn@rdck.bc.ca

Dear Chair Marino and Directors:

RE: DIALYSIS SERVICE AVAILABILITY IN NELSON, BC

The Council of the Village of Kaslo, through the work of the municipal Health Advisory Committee, representing the residents of Kaslo and RDCK Area D, has been made aware of a need for dialysis services at Kootenay Lake Hospital in Nelson.

There are several patients from the Kaslo area that must travel to Trail 2-3 times per week for the 4-hour dialysis procedure that keeps them alive. If services were available in Nelson, the required travel time would be reduced by a minimum of 4-6 hours each week, resulting in improved quality of life for these individuals and their caregivers.

Interior Health has advised that they require a minimum of 10 patients before they would consider budgeting for, building and staffing a dialysis facility in Nelson, like the Community Dialysis Unit (CDU) that currently operates in Grand Forks and Creston. Anecdotal reports indicate that there are at least 10 patients from Nelson and north of Nelson that are accessing dialysis services at the In-Centre Hemodialysis Unit (ICHU) at Kootenay Boundary Regional Hospital in Trail. However, it seems that Interior Health Authority only recognizes 6 patients from Nelson and 3 from outlying areas, less than the required threshold of 10.

Given the increasing travel costs which place additional burdens on rural residents, the Village of Kaslo would like to see the development of CDU facilities in Nelson. Improving access to dialysis treatment is particularly important following the May 2023 termination of the medical transport route between Nelson and Trail that was operated by Nelson CARES. Kaslo and area residents no longer have the option of using public transit to reach their dialysis appointments.

The Village of Kaslo respectfully requests that the West Kootenay Boundary Regional Hospital District consider funding their share of the capital costs required to establish dialysis treatment in Nelson, in order to meet the needs of local patients. If there is any information that the Village can provide to assist with this work, please don't hesitate to contact our office.

PO Box 576, Kaslo, BC V0G 1M0
Tel. 250-353-2311 ext. 101 Fax. 250-353-7767
E-mail: admin@kaslo.ca
<http://www.kaslo.ca>

Sincerely,

A handwritten signature in blue ink, appearing to read "Suzan Hewat". The signature is fluid and cursive, with the first name "Suzan" and last name "Hewat" clearly distinguishable.

Suzan Hewat
Mayor

cc: Interior Health Authority
Regional District of Central Kootenay



June 5, 2023

West Kootenay Boundary Regional Hospital District
Via email: mmorrison@rdck.bc.ca

Dear Directors:

At their 2023.05.23 Regular Meeting, the Council of the Village of Kaslo considered a request from the local Hospital Expansion Committee that was brought forward by the Village's Health Advisory Committee. The request concerned the need for funds to prepare updated drawings for expansion of the Kaslo Victorian Community Health Centre. Over 20 years ago, additional long-term care beds for this facility were promised by the provincial government, but construction didn't occur. The Village of Kaslo supports Interior Health's stated goal of enabling residents to age in place, as this ensures that seniors can remain independent for as long as possible, benefitting from the established social connections to the community which support health and wellbeing. There is still a growing need for additional long-term care beds in the Kaslo area, particularly given the significant percentage of local residents that are aged 60+.

Since the Kaslo Victorian Community Health Centre serves not just the residents of Kaslo, but also the residents of the surrounding rural areas, Council felt that these costs should not be borne by the Village alone. We are requesting that the West Kootenay Boundary Regional Hospital District provide funding for feasibility study to explore the expansion of the current facility, and budget funds in future years for preliminary construction drawings and other detailed studies required as part of the expansion project.

Thank you for considering this request. If there is any additional information that you require from the Village of Kaslo in order to proceed, please reach out to myself or to staff.

Sincerely,

Suzan Hewat
Mayor

PO Box 576, Kaslo, BC V0G 1M0
Tel. 250-353-2311 ext. 101 Fax. 250-353-7767
E-mail: admin@kaslo.ca
<http://www.kaslo.ca>