



Your source for the latest news, events and happenings at the Chilliwack Division of Family Practice.

Doc Talk- May 2016

Your monthly update from the Chilliwack Division of Family Practice

Upcoming Events

Fraser Cascades Local Action Team Lunch and Learns

As part of the CYMHSU Collaborative, the Fraser Cascades Local Action Team's lunch and learn sessions have an incredible line up for May. You and your organizations are welcome to get your work team together over a LAT-sponsored lunch to watch and participate together. For more information, please contact Maggie Aronoff, CYMHSU Chilliwack & Fraser Cascades LAT Coordinator.

Walk with your Doc 2016

Walk with your Doc is back for 2016. Here are the event details:

May 9: Chilliwack

Location: Townsend Park Time: 12:15 pm - 1:15 pm

Held in partnership with the City of Chilliwack.

Sign up here for Chilliwack.

May 12: Walk with your Doc and your Mayor in

Agassiz

Location: Agassiz Community Recreation & Cultural

Centre

Time: 9 am- 10:30 am

Held in partnership with the District of Kent.

Sign up here for Agassiz.

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Walk with your Doc and your Mayor

Chilliwack: May 9, 12:15 pm -

1:15 pm

Agassiz: May 12, 9 am - 10:30am Hope: May 10, 5:30 pm - 6:30 pm

May 10: Walk with your Doc and your Mayor in Hope

Location: Hope Memorial Park Time: 5:30 pm - 6:30 pm

Held in partnership with the District of Hope.

Sign up here for Hope.

May 6 OR May 13: Medical Imaging - MOA Tour and Talk

Location: Chilliwack General Hospital, Imaging

Department

Time: 7:45 am - 8:45 am on May 6 OR 12:00pm -

1:00pm on May 13

Join in on a tour of the medical imaging department and learn how to prepare patients for appointments, streamline referrals for imaging and get to know other MOAs and radiology staff. Breakfast/lunch will be provided and stipends available for attendees. For more information, please contact Tracy Miyashita, Project Manager or call 604-537-4507.

May 10: Cancer Survivorship and Primary Care: <u>Developing a Shared Care Action Plan</u>

Location: Ramada Plaza at 36035 North Parallel

Road, Abbotsford

Time: 5:30 pm - 8:30 pm (dinner included)

Join the BC Cancer Agency in this meeting with local physicians, oncologists, BCCA leaders and patients to formulate a plan for enhancing the care of cancer survivors. This engagement session provides an opportunity for your input and innovation to develop a shared care action plan. Sessional rates provided and up to 2.5 Mainpro M1 credits available. To register, click here or call 604 877 6000 ext. 676123.

June 2: Medical Imaging - GP Dine and Learn Location: Chilliwack General Hospital, ICU Conference Room

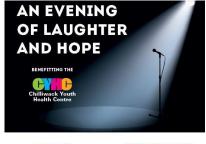
Time: 6 pm - 7:15 pm

Join your colleagues for an education session about medical imaging guidelines and an opportunity for questions with the radiology team. This session will be facilitated by Dr Kai-Ling Ng, Radiologist at Chilliwack General Hospital. This is a physician



<u>Mental Health Awareness Week -</u> May 2016

There's lots going on in Chilliwack from May 2 till May 14 for Mental Health Awareness Week. <u>Check out these events</u>.





May 3: <u>Stand Up for Mental</u> Health

learning session open to GPs and SPs only. Dinner will be provided and stipends available for attendees. For more information, please contact Tracy Miyashita, Project Manager or call 604-537-4507.

Mental Heath Awareness Week Events in Chilliwack - For Providers

May 2 & May 4: safeTALK

Location: Neighbourhood Learning Centre, 46361

Yale Road, Chilliwack Time: 1 pm - 3 pm

safeTALK is a free, half day training that provides tools to identify persons with thoughts of suicide and connect them to resources. This internationally recognized workshop developed by Living Works Education is targeted towards service providers in Chilliwack and Fraser Cascades Local Action Teams. You can attend the workshop on either day. Register here.

May 6: "Building Resiliency" Conversation on Chilliwack's Children

Location: Chilliwack Secondary, 46361 Yale Road,

Chilliwack

Time: 8:30 am - 3 pm

Anxiety disorders and depression are on the rise amongst children and adolescents. Join educators, service providers and community members in exploring tools and methods to help combat this growing trend. Keynote and workshops revolve around the topics of anxiety, self-regulation and mindfulness. Registration is free but required. Lunch provided.

May 13: Beneath the Surface Community Performance

Location: UFV Theatre, 45635 Yale Rd, Chilliwack

Time: 7 pm - 9 pm

Inspired by the truth faced by a First Nations teen in East Vancouver, British Columbia, the Beneath the Surface Society, a part of the imagi'NATION
Collective, address the realities faced by youth, both Aboriginal and Non Aboriginal. This theatre production touches on many relevant and poignant



May 13: Beneath the Surface
Community Performance



May 4: Break the Silence, An
Evening of Raising Mental Health
Awareness

topics, such as gender identity, bullying, substance abuse, mental health, depression and suicide. It also educates and informs youth of Canadian History, and Reconciliation. This all-aboriginal cast is committed to expressing the many challenges youth and young adults face, with the conclusion towards resolution and the many possibilities and opportunities towards health and wellness; while creating new dialogues and channels through artistic expression. Each season this work of art is renewed through the actors, by the telling of their stories and the effects history has had on them personally. This free event welcomes all community members from Chilliwack to Boston Bar.

Doctor of the Month

Dr. Susan McDonald has been living and practicing in Chilliwack since 2006. She moved here because of the excellent physicians in this community, including both her partners in general surgery and her family practice colleagues. Dr. McDonald works full time doing general surgery and endoscopy. She has a special interest in laparoscopic surgery, having obtained a Fellowship in that field from Brown University. She is also interested in quality improvement, and is currently working on initiatives to streamline and better prepare patients for their operative experience. If anyone has comments or suggestions regarding this, she would be happy to hear from them!

Local Non-Profit Seeks Board Member

The Chilliwack Central Elementary Community
School Society (CCECSS) is a non-profit
organization that provides ongoing social,
recreational activities and educational programs and
services to the residents in the Chilliwack
community. CCECSS exists to develop, promote,
and support programs, services, events, and
opportunities that empower the Downtown

CHILLIWACK MENTAL HEALTH WEEK May 2 - 6, 2016 Schedule of Events



May 4, 2016 – 7:00 pm Chilliwack Public Library 45860 First Ave

In this humorous and highly informative presentation, our local Chilliwack Mental Health clinician, Lenore Smith, R.N., will answer common questions on the subject of stress and practical ways of dealing with it.

Explore what stress is and how it can affect your activities of daily living. Discover what happens to you physically, emotionally and psychologically when you don't manage your stress. Enhance your coping skills and learn of the resources available in our community.

Don't miss this fabulous opportunity to speak to a clinician with over 40 years of experience in the field of mental health!



11 am – 4 pm Stó:lö Nation Health Services 7-7201 Vedder Rd.

May 4, 2016 11 am – 7 pm Chilliwack Public Library 45860 First Ave

May 5 & 6, 2015 9 am – 9 pm

9 am – 9 pm nce Walmart Supercentre ces 8249 Eagle Landing Park



May 4: "Stressed" is "Desserts"
Spelled Backwards Presentation



May 5: A Few Things You
Should Know About Your Child's
Brain (and Yours Too)

Neighborhood, to satisfy community needs, and provide life-long learning opportunities for all. They are looking for an individual to join their board who is committed to health, development, education and growth of both the children and adults in the Chilliwack downtown core and willing to make a once a month commitment for at least 2 years. For more information, please contact Shannon Carmichael, Central Gateway for Families\Community School Coordinator via email or phone at 604-792-8539.

Translation Service Offered for Refugee Care in Chilliwack

Hodgins Pharmacy Remedy's Rx Manager, Michael Barbary, R.Ph., CDE and wife Jacqueline Twadrous, R.Ph, CGP, both fluent Arabic and English speakers, have offered assistance with translation and other services, as required, for the provision of primary care to Syrian refugees in Chilliwack. They are keen to assist as needed and as capacity permits. For more information, please contact Hodgins Pharmacy Remedy's Rx at 604 402 4555 or at hodginspharmacy@remedysrx.ca.

Final A GP for Me Update

As A GP for Me draws to a close, we are excited to share one final update on how the Patient
Attachment Mechanism (PAM) has been working, for the month of March.

#of calls to the PAM hotline (initial intake calls
only): 142

of completed PAM intake forms: 152

of patients that filled out a PAM intake form but

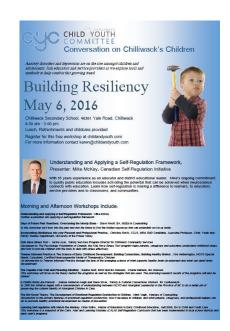
found a GP independent of PAM: 9

of patients referred by PAM to a community GP:

95 (complex: 45, simple healthy: 50)

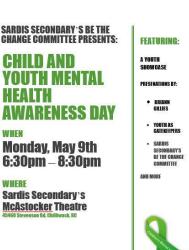
of Chilliwack doctors accepting patients: 13

of primary care clinics directly accepting patients:





May 6: Conversation on Chilliwack's Children



4 (Agassiz Community Health Centre, Chilliwack Primary Care Clinic, Hope Medical Centre, Stó:lō Community Health Centre)

Total number of patients referred out so far: **2,023** (complex: **1,038**; simple healthy: **985**)

If you are able to accept any patients into your family practice, please let us know.

Resources for Patients

Mental Heath Awareness Week Events in Chilliwack
- For Community Members

May 2 - 6: Fraser Health Authority Information Booths

Chilliwack Mental Health clinician, Lenore Smith, RN will be available to answer questions. The booths feature local community resources and information on mental health.

- 10 am 4 pm, May 2, Chilliwack General Hospital Lobby
- 11 am 4 pm, May 3, Stó:lō Nation Health Services
- 11 am 7 pm, May 4, Chilliwack Public Library
- 9 am 9 pm, May 5 & 6, Walmart Supercentre

May 3: Stand Up for Mental Health

Location: Chilliwack Cultural Centre, Chilliwack

Time: 7 pm - 8:30 pm

David Granirer, founder of Stand Up for Mental Health explains, "We use comedy to give mental health consumers a powerful voice and help reduce the stigma and discrimination around mental illness. The idea is that laughing at our setbacks raises us above them. It makes people go from despair to hope, and hope is crucial to anyone struggling with adversity. Studies prove that hopeful people are more resilient and also tend to live longer, healthier lives." Targeted towards community members, tickets for this stand up comedy event are \$ 10.

May 9: Child and Youth Mental Health Awareness Day



May 10: Cancer Survivorship
and Primary Care: Developing a
Shared Action Plan



Doctor of the Month

Dr. Susan McDonald



CCECSS Seeks Non-Profit Board Member

May 4: Break the Silence, An Evening of Raising Mental Health Awareness

Location: Vita Bella Bistro, 45355 Luckakuck Way,

Chilliwack

Time: 5 pm - 9 pm

Fine dining, flamenco guitar, comedian, recovery stories, silent auction, and a door prize await at this community-focused fundraiser. Tickets are \$ 50 and you can register in person at Vita Bella Bistro or by phone 604-846-5001.

May 4: Chilliwack Community Food Drive Teams of volunteers in different neighborhoods citywide will be giving all community members the opportunity to give to the Salvation Army Food Bank. By donation, 4 pm - 8 pm in neighborhoods throughout Chilliwack. Fire Hall #1 will be a drive thru donations drop-off location.

May 4: "Stressed" is "Desserts" Spelled Backwards Presentation

Location: Chilliwack Public Library

Time: 7 pm - 8:30 pm

Local Chilliwack Mental Health clinician, Lenore Smith, RN, will answer common questions about stress, its effects, practical coping skills and community resources available.

May 4: Live it Up!

Location: Stó: lō Elders Lodge, 7519 Topaz Drive

Time: 1 pm - 4 pm

Free seniors event with games, prizes and

refreshments.

May 5: A Few Things You Should Know About Your Child's Brain (and Yours Too)

Location: Chilliwack Secondary, 46361, Yale Road,

Chilliwack

Time: 7 pm - 9 pm

This free session provides an introduction to the concept of "self-regulation", which refers to our capacity to expend energy dealing with stressors and then return to a state of calm, ready to respond appropriately to new situations, opportunities and



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Call PAM

If you may be able to accept patients through PAM, please complete this form and fax to 604 795 4111 or call 604 795 0034 to speak to Patient Attachment Supervisor, Jennica Grenier

challenges. The session is aimed at parents and caregivers of children ages 0 - 8.

May 9: Child and Youth Mental Health Awareness Day

Location: Sardis Secondary School's McAstocker

Theatre

Time: 6:30 pm - 8:30 pm

Presented by Sardis Secondary's Be the Change Committee, the evening will feature a youth showcase and presentations by Brian Gillies, Youth

as Gatekeepers and more.



Video on Appropriate Access

to Care: Keeping Track of Your

Medicines

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