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# Central Island Division MOA Network Fall Newsletter-2025



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#### **Hello MOA's and Office Managers!**

As the leaves change and we head into a new season, the Central Island Division MOA Network is excited to share updates, learning opportunities, and recognition for your incredible work in our communities. Thank you for all that you do!

Amanda Salvage



#### What's New This Fall

**Upcoming Learning Opportunities** 

"Communication with Impact October 28 - register now!" More opportunites in the Save the Date section.

#### 3. Events & Networking

- "MOA Appreciation Day is coming October 22--Mark your calendars! This day is all about YOU and your hard work."
- First Aid Training: If you are needing to take a course to comply with Clinic Audit processes please see below links to pre-register.

#### 4. Spotlight or Features

 This fall, we're introducing a new 'MOA Network Spotlight' to recognize the contributions of our members."

#### 5. Resources or Tools

• The MOA Network section on the CIDFP website has been refreshed with new information! Explore the latest content by hovering over the Programs tab or checking the links listed on the left under Programs. We're constantly adding new resources and have plans to create even more—be sure to visit regularly. Happy exploring!

Central Island Division of Family Practice Website





### NOA Spotlight

#### **Spotlight on the MOA Network Core Working Group**

The MOA Network Core Working Group plays a key role in shaping the direction of our network. This dedicated team of MOAs collaborates on initiatives such as training opportunities, resources for clinics, and building stronger connections across our community. Their insight and leadership ensure that the Network reflects the real needs of MOAs and continues to grow as a supportive and practical resource.

We are proud to recognize the members of the Core Working Group:

#### Dawn O, Teresa L, Susan D, Jennifer N, Dana E, Jody C, Maureen R, Colleen G

As well as our newest Core Working Group members! We look forward to you joining the conversation.

## Heather B, Carol C, Trisha A, Lesley B

Thank you all for your commitment and the expertise you bring to every meeting.

If you would like to join the group please reach out!



#### **Save the Dates**

- Communicating with Impact: October 28, 2025
- Core Working Group meeting: November 24, 2025
- Indigenous Allyship & Anti-Racism Workshop: November 29, 2025

Nanaimo Primary Care Network has kindly invited us to their Dinner and Learning Event:

#### COMMUNICATING WITH IMPACT.

Nanaimo MOA Network Dinner & Learning Event

Join Team Based Care Coach, Ashley Murray, to learn more about using communication to build a safe and supportive environment! Activities will include reflecting on our own communication styles and how we like to be communicated with, developing practical strategies for promoting a positive workplace environment, and gaining a comprehensive understanding of the significance of giving and receiving feedback. More Information.

Date: Tuesday, October 28, 2025

Time: 5:30 - 7:30 PM (Dinner from 5:30 - 6:00 | Training from 6:00 - 7:30)

Location: The Nanaimo Golf Club (2800 Highland Blvd)

\*This session is open to Nanaimo & Central Island Division Members MOAs and Clinic Managers
\*Dinner will be provided & attendance will be compensated at the appropriate Divisions approved
sessional rate.

**RSVP Now!** 

#### Interested in First Aid Training? Let Us Know!

We're planning to offer a First Aid course between November and April and want to hear from you!



Whether you prefer to:

- Join a **group session** with others
- Sign up individually and choose your own date

Please fill out this quick form to indicate your interest and availability. Your feedback will help us plan the course at the most convenient time for everyone.

### First Aid Training Interest Form

The interest form closes on the 30 October 2025, so let us know your interest soon!

## Tip of the Season

As we head into shorter days, remember to prioritize your wellness:

- Take regular breaks during clinic hours
- Stretch or walk between appointments
- Keep hydrated and pack healthy snacks





#### Share Your Ideas!

We want this newsletter to be for you. Got suggestions for topics, tips, or recognition ideas? Email us at asalvage@cidivision.ca — your input shapes our network.

## Stay Connected

WhatsApp, Central Island Divsion Website

Thank you for your ongoing commitment and energy. Here's to a productive and positive fall season!

— The MOA Network Team



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