

MOA NEWSLETTER

Mindfulness: Enhancing Well-Being Through Presence

Mindfulness, the practice of staying fully present and engaged in the moment, is increasingly recognized for its profound benefits on both mental and physical health. At its core, mindfulness helps manage stress by encouraging a non-judgmental awareness of our thoughts and emotions. This approach allows individuals to gain perspective on their stressors, reducing the impact of negative feelings. Regular mindfulness practice has been shown to lower cortisol levels, the stress hormone, which leads to improved emotional regulation and greater resilience in facing daily challenges. Beyond its impact on stress, mindfulness also enhances cognitive function and physical health. By training the mind to focus and resist distractions, mindfulness improves concentration and memory, which supports better decision-making. On the physical front, practices like meditation are associated with lower blood pressure, enhanced immune function, and alleviated chronic pain symptoms. Overall, mindfulness fosters a more balanced and healthier life, promoting both mental clarity and physical well-being.

[**READ MORE**](#)

INSIDE THIS ISSUE

- MOA Lounge
- **A Very Merry Engagement**
- Celebrating MOAs
- Coach's Corner
- Doc Toc
- Office Notes
- WCB/ICBC Billing Tips
- Billing Directory
- Core Connections
- Educational Opportunities
- Employment Opportunities
- Monthly Awareness
- Public Health
- News Clippings
- Classifieds
- Are you a lefty?
- Totally Unrelated

MOA LOUNGE



Thompson Region
Division of Family Practice

Primary Care Network
Thompson Region

doctors
of bc

Invite you to please join us for

A VERY *Merry* MOA ENGAGEMENT

November 26, 2024
The Kamloops Film Society
Paramount Theatre
503 Victoria Street
5:00 pm ~ 8:15 pm

- PRIMARY CARE NETWORK INTERACTIVE LEARNING PRESENTATION
- DINNER
- CONCESSION GOODIES
- PRIZES
- HOLIDAY MOVIE

SPACE IS LIMITED REGISTER EARLY
CLICK THE LINK

REGISTER

MOA NETWORK
THOMPSON REGION

The Thompson Region Division of Family Practice, PCN Network, Practice Support Program, and the Doctors of BC have arranged an MOA appreciation evening: Check out the poster register and let the games begin!

SIGN UP FOR THE MOA NEWSLETTER

Our newsletters are now bi-monthly - So you can get the news and updates when you need them - We'll send you regular news about events, educational sessions, the MOA newsletter, and other relevant content.

For all Past NewsLetters

visit the Division's WebPage

NEWSLETTERS OF INTEREST

- Kamloops General Surgery-Bi Annual
- Pathways Pearl NewsLetter
- College Connector
(College of physicians & Surgeons)
- Canada Health Watch

MOA ROUNDUP

We now have a list of available MOA's if you are in need of a casual, part time or full time colleague, or would like your name on the list : email me at:

almostanything.cw@gmail.com

CELEBRATING MOA'S



TARA

Dr. Paula Lott
202-595 Columbia St West
Kamloops, BC V2C 1K7
Ph: 250-434-4762
Fax: 250-434-4763

KIMBERLY

Dr Jennifer Kozic
201-595 Columbia St. West
Kamloops, BC V2C 1K7
Ph: 778-471-0611
Fax: 778-471-0613

Tara:

I've had a rewarding 30-year career as a Medical Office Assistant and I'm, currently in a great position with Dr Lott. I truly appreciate the fantastic team of ladies in our building – we share lots of laughs and genuinely enjoy our work. Outside of the office, I love spending time with my adorable Pugs, travelling and, of course, shopping.

Kimberly:

I've been a Medical Office Assistant for nearly 10 years and currently work with Dr. Kozic at the Columbia Medical Building. Working with Tara in the clinic is always a joy; we have so much fun together. Outside of work, I own a beautiful Spanish-bred mare and am dedicated to dressage and equestrian training. My husband and I have three children and we spend most of our time on our small farm just outside Kamloops.

Thank you to all the ladies who (and will) participate in our MOA feature

COACH'S CORNER

Doctors of BC and the Division of Family Practice

collaborate to enhance healthcare in British Columbia through several key areas:

- **Advocacy:** They jointly advocate for physician interests and address healthcare policy issues.
- **Quality Improvement:** They implement initiatives to improve patient care quality.
- **Government Collaboration:** Both organizations work with the BC government via Joint Collaborative Committees to tackle systemic healthcare challenges.
- **Professional Development:** They offer resources and training opportunities for continuous professional growth.
- **Support for Primary Care:** The Division addresses primary care providers' needs while Doctors of BC advocates for their role in the healthcare system.

Together, they aim to create a responsive healthcare system that benefits providers and patients alike.

MEET THE NEW FACES OF THE DIVISION

- **Marcy Matthew, Project Lead:** Marcy will oversee new Shared Care projects, support the MOA Network, and lead member integration initiatives, including opportunities for member engagement.
- **Makenzi Irwin, Attachment Coordinator:** Makenzi will act as a liaison between HealthLink BC's Health Connect Registry and primary care providers, facilitating patient attachment in the Thompson Region.
- **Kelli Thompson, Primary Care Networks Learning Lab and Change Lead:** Kelli will guide the implementation of the Primary Care Networks (PCN) in the Thompson Region, lead the development of the PCN Learning Lab, and support clinical resource integration and change management across clinics and communities.



DOCTOR

PATIENT CHART RETRIEVAL

- **DR BORIS GIMBARZEVSKY**
(RIH will have most - however MedRecords and Interior Vault may have those from the walkins he attended)
- **DR SIMON TREISSMAN**
(send request to the college addressed to:
Dr. Treissman % college of physicians & Surgeons-
Fax:604-733-3503)
- **DR. PICTON**
(send request to Dr. Burgmann's office
250-372-2703)
- **INTERIOR VAULT:** PH: 250-372-1897
FAX: 250-372-2019
- **MEDRECORDS :** medrecords.ca (pt is to go
directly to the webpage and request their own

FOR A MORE EXTENSIVE LIST VISIT THIS PREVIOUS
[NEWSLETTER](#)-PAGE 8

CONSENT: A GUIDE FOR CANADIAN PHYSICIANS

Consent is the patient's right to decide on medical treatment. Physicians must obtain valid consent before any procedure to avoid legal issues. This guide helps physicians understand their responsibilities.

[Complete Printable Handbook](#)

THE COLLEGE OF FAMILY PHYSICIAN'S OF CANADA **FEDERAL FORMS SURVEY:**

Federal medical forms are a significant burden for family physicians, especially younger ones, contributing to burnout and dissatisfaction. For Baby Boomer physicians, they account for 40% of retirement desires. Most doctors support reassessing these forms.

NOTICE

Dr Johan Van Heerden, Dr Kristine McDonald, Dr Samantha Keeling and Dr Noah Williamson now practice at:

Mountain View Family Medical

403-121 5Th Ave (The Hive Building)

Kamloops V2C 0M1

ph: 778-471-3575

Fax: 778-471-3576

Dr. Collier,

Neurology(EMG's)is now retired as of the end of October. If you have any referrals outstanding, feel free to call .250-314-9902 or fax 250-372-1381.

OFFICE NOTES

Office ergonomics:

Your how-to guide

Understanding office ergonomics and arranging your workspace accordingly can help you feel good throughout the workday.

If your work involves sitting at a desk, discomfort doesn't have to be part of the job. You may be able to avoid some of the health problems associated with seated work, such as neck and back pain and sore wrists and shoulders, by using proper office ergonomics. Chair height, equipment spacing and desk posture all make a difference. Use this guide to ease stress on your body, protect your joints and help you stay comfortable as you work.

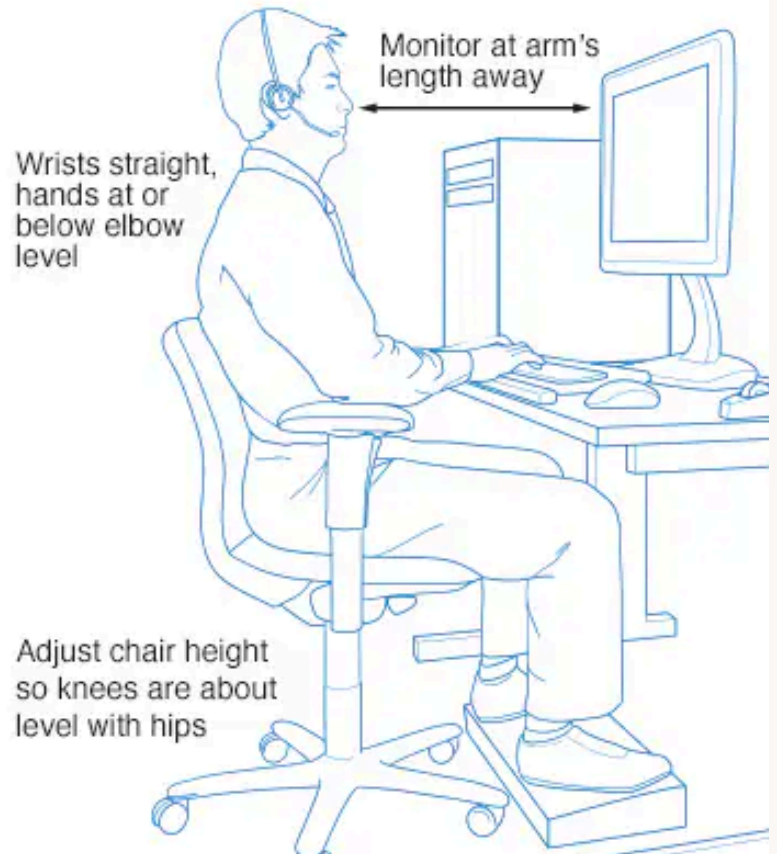
- CCHOS - [FACT SHEET](#)
- MAYO CLINIC [FULL ARTICLE](#)

TIPS TO IMPROVE YOUR HEALTH AT WORK

Avoid those snacks, take a walk during lunch, and clean that keyboard, and you're on your way to a healthier workday.

No matter where you work, making some minor changes can have a major impact on your health. Here are 12 tips to help you improve your health at work

- Stay Hydrated
- Take a Break
- Limit Caffeine
- Bring your own food
- look away from the screen



HELPFUL HEALTHY LINKS

- [MENTAL HEALTH - VIDEO](#)
- [Occupational Health](#)
- [Kamloops Health and wellness programs](#)
- [Healthy Office Snacks](#)
- [Healthy Lunch in 10 min](#)

WCB/ICBC BILLING TIPS

WORKSAFE BC

WCB can be a sticky situation:
Here is a reminder

Form 11 will only be supplied for a change of medical condition or as an accompaniment to fee codes 19509, 19510, 19511 (spinal Cord Injuries) and 19950 (Return to work). A Form 11 where there is no change in the Injured Worker's medical condition, treatment plan, or return to work status is not payable unless an interval of at least **four weeks has passed** since the Physician last billed a Form 11.

an office visit is billable with a Form 8 and/or 11

Click to Download:

- [Physician/WCB the agreement](#)
- [Worksafe Unique Fee Schedule](#)

1/2 VISITS

(when the patient is also seen for an additional reason during the visit)

WCB: 13070

ICBC: 13075

[MSP BILLING DESCRIPTION](#) - PAGE 5

ICBC

ICBC does not remunerate for missed or cancelled appointments or pre-pay for reports.

□ The FP Standard, Extended, and Reassessment Medical Report fees **include both the office visit and the report fee (and the report itself acts as the invoice)**.

□ Patient follow-up visits with no medical reports should be billed through Teleplan using standard MSP visit codes with ICBC selected as the insurer.

[Billing and invoicing](#) - Quick guide

Specialized [Services](#) Report

MSP: [Explanation codes](#) (includes WCB & ICBC)

Yes: the LFP payment model allows for a second visit as well

Bill the usual WCB visit and form fee (if required) and a second (non related) interactive visit (98031)

BILLING DIRECTORY

MEDICAL SERVICES PLAN

PO BOX 9480 STN PROV GOVT
VICTORIA, B.C. V8W 9E7
ELSEWHERE IN B.C.:
1-866-456-6950

DIAGNOSTIC CODE DESCRIPTIONS (ICD9)

MSP requires a diagnostic code (ICD-9) on all claim submissions. View the complete list of acceptable diagnostic codes.

[DIAGNOSTIC CODE DESCRIPTIONS](#)

(ICD-9)

MSP PAYMENT SCHEDULE

- [FEE FOR SERVICE](#)
- [LFP PAYMENT MODEL](#)

[EXPLANATORY CODES](#) AND DESCRIPTIONS (PDF)

PROVINCIAL [ATTACHMENT SYSTEM](#)

- [Goals of Provincial Attachment System](#)
- [Connecting patients and providers](#)
- [Read more about B.C.'s Provincial Attachment System](#)
- [Provincial Attachment System Resources and Support for Providers](#)

[CLAIM PROCESSING SYSTEM](#)

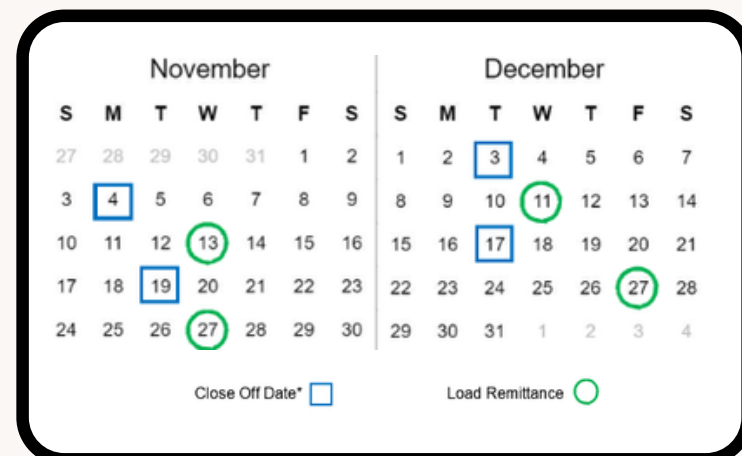
- PRE EDIT
- ELIGABILITY
- ADJUDICATION
- PAYMENT AND REMITTANCE
- ZAPPING CLAIMS SUBMITTED IN ERROR

[FORMS](#)

FOR MEDICAL & HEALTH CARE PRACTITIONERS

INCLUDING:

- [Enrolment Forms](#)
- [Assignment of Payment Forms](#)
- [Claim Forms](#)
- [Teleplan Forms](#)
- [MSP Facility Forms](#)
- [Business Cost Premium Forms](#)
- [PharmaCare / PharmaNet](#)
- [Authorization Forms](#)
- [Rural Programs Forms](#) (goes to another webpage)
- [Miscellaneous Forms](#)



CORE CONNECTIONS

EMERGENCY CONTACTS

- POISON CONTROL-1-800-567-8911
[WEBPAGE](#)
- CRISIS INTERVENTION & SUICIDE PREVENTION 1-800-SUICIDE: 1-800-784-2433 ([BC CRISIS LINES](#))
- [KIDS HELP](#) PHONE 1-800-668-6868
- [211](#) - EVERYTHING YOU NEED IN ONE NUMBER

**MAKE THE RIGHT CALL:
PRINTABLE - [WALLET CARD](#)**

NON EMERGENCY CONTACTS

- RCMP -DOWNTOWN-- 250-852-3000
- RCMP-NORTH SHORE- 250-376-5099
- RCMP-TK'EMLÚPS RURAL- 250-314-1800
- FIRE RESCUE-250-372-5131
- CORONER'S OFFICE-604-660-7745([WEB](#))

MINISTRY OF HEALTH LINKS

- [HEALTH AND DRUG](#) COVERAGE
- [HEALTH CONNECTION](#) REGISTRY
- BC HEALTH [GUIDLINES](#)
- BC [HEALTH LINK](#)
- [MINISTRY OF HEALTH](#) CONTACTS
- [MENTAL HEALTH & ADDICTIONS](#)
- [CHILDREN AND FAMILY](#) DEVELOPMENT
- [CITIZEN'S](#) SERVICES
- [FOOD SAFETY](#)

TRANSPORTATION INFORMATION

- [Kami-Cab](#) : 250-374-9999
- [Yellow-Cab](#) - 250-374-3333
- [Kamloops City Transit](#) - 250-376-1216
- [E-BUS](#) : 877-769-3287
([Schedule](#))
- [Medical Bus](#): 866-647-4997
([schedule/fares](#))
- Transport [between facilities](#) 1-800-461-9911
([billing facts](#))
- [SN Transport](#)-800-768-0044 - for persons w/special needs
([Q&A](#))
- [HandyDart](#):(250) 376-7525
- [Health Connections](#) : 250-376-1216

HOSPITAL DIRECTORY

- ASHCROFT ; 250-453-2211
- CHASE: 250-679-3312
- CLEARWATER: 250-674-2244
- KAMLOOPS RIH : 250-314-2100
- KELOWNA KGH: 250-862-4000
- LILLOOET: 250-256-4233
- SALMON ARM: 250-833-3600
- VERNON: 250-545-2211

**View/Print a complete list
of BC Hospitals with
address' and phone
numbers: [HERE](#)**

EDUCATIONAL OPPORTUNITIES

**HARVARD ONLINE FREE
[HEALTH/MEDICAL
COURSES](#)**

**ALISON
FREE ONLINE [HEALTHCARE
COURSES](#)**

**UNIVERSITY OF ALBERTA
[EDUCATIONAL MATERIAL
AND
FREE COURSES](#)**

**CHA LEARNING
[ACCELERATED HEALTHCARE](#)**



**UBC
FREE ONLINE
COURSES**

- **MSP BILLING [BASICS](#) FOR FAMILY MEDICINE**
- **MSP [ADVANCED](#) BILLING FOR FAMILY MEDICINE**
- **MSP BILLING BASICS [FOR BC SPECIALTY MEDICINE](#)**
- **[COMMUNICATION](#) COURSE**

SEARCH COURSES [HERE](#)

**[EMR SKILL BUILDING SESSIONS
TO SIGN UP FOR THE MAILING LIST.](#)**

EMPLOYMENT OPPORTUNITIES

**MOA POSITION
[SUN PEAKS
PART-TIME](#)**

**PAY: \$22.00-\$23.00 PER HOUR
EXPECTED HOURS:
8 - 24 PER WEEK
WORK LOCATION: IN PERSON**

**INTERIOR HEALTH
[PATIENT REGISTRATION](#)
HEALTH RECORDS CLERK
CHASE
CASUAL
\$24.80 AN HOUR**

**MOA POSITION
[DR. BOURGET MURRAY,](#)
ORTHOPAEDIC SURGEON
210 MCGILL ROAD, KAMLOOPS, BC
V2C 1L7
\$22-\$30 AN HOUR - TEMPORARY,
FULL-TIME, FIXED TERM CONTRACT**

LINKS

- [GLASS DOOR](#)
- [INDEED](#)
- [WORKOPOLIS](#)
- [MOA CORNER](#)
- [MOA BULLETIN BOARD](#)
- [MOA DISCUSSION BOARD](#)
- [WORKBC](#)

MONTHLY AWARENESS

HIV/AIDS

HIV (human immunodeficiency virus) attacks the immune system, making individuals more vulnerable to infections and diseases. It is primarily transmitted through unprotected sex and sharing injection drug equipment. If untreated, HIV can progress to AIDS (acquired immunodeficiency syndrome), which occurs when the immune system is severely damaged. While there is no cure for HIV, effective treatment known as antiretroviral therapy (ART) can reduce the viral load to undetectable levels, allowing individuals to live long, healthy lives without transmitting the virus. Preventive measures like pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) also help reduce the risk of contracting HI

QUICK LINKS

[DIAGNOSIS AND TREATMENT](#)

[THE INNOVATIVE RESEARCH BEHIND HIV/AIDS TREATMENT](#)

[CANADA'S PROGRESS TOWARDS ENDING THE HIV EPIDEMIC](#)

Radon

Radon is a radioactive gas that has no smell, colour or taste. Radon is produced from the natural radioactive decay of uranium, which is found in all rocks and soils. Radon can also be found in water. Radon escapes from the ground into the air, where it decays and produces further radioactive particles. As we breathe, these particles are deposited on the cells lining the airways, where they can damage DNA and potentially cause lung cancer.

QUICK LINKS

[WORLD HEALTH ORGANIZATION](#)

[RADON CANADIAN CANCER SOCIETY](#)

[INTERACTIVE MAP BC CENTRE FOR DISEASE CONTROL](#)

PUBLIC HEALTH

Respiratory Syncytial Virus

Is a common respiratory virus that usually causes mild, cold-like symptoms. However, in some cases, RSV can cause more severe infections such as bronchiolitis (an inflammation of the small airways in the lungs) and pneumonia (an infection of the lungs). Some groups, including infants and older adults, are more likely to develop severe RSV and need hospitalization.

[Learn more about the respiratory syncytial virus.](#)

RSV vaccines are available at all pharmacies, but prices and prescription requirements may vary. Individuals should check with their local pharmacy for specific details on availability and costs, as these vaccines are not free (ranging from \$250.00 - \$300.00), with most third-party insurance plans typically not covering them. Additionally, influenza and pneumonia vaccines can also be obtained at pharmacies, subject to certain conditions.

Use the [Clinic Locator on the BC Pharmacy Association website](#)

**FOR MORE INFORMATION
AND OTHER SERVICES**
VISIT KAMLOOPS PUBLIC HEALTH
[WEB PAGE](#)

OR

PHONE: 250-851-7300

FAX: 250-851-7301

519 COLUMBIA ST

LINKS

- [WHERE TO GET IMMUNIZED](#)
- [IMMUNIZATION SCHEDULES](#)
- [IMMUNIZATION CLINICAL RESOURCES](#)

IMMUNIZATION CLINICS

New this year, people who are registered with the provincial government's Get Vaccinated system will automatically receive an invite to book their influenza vaccine. If you have not yet registered, you can do so by visiting the [Get Vaccinated](#)

2024/25 Seasonal Influenza
[Vaccine Eligibility](#)

ORDERING PUBLICALLY FUNDED VACCINES

- [order form](#) (fax 250-314-2410 or email: KamloopsVaccineDepot@interiorhealth.ca)
- **PHONE** : 250-819-7134
- **Schedule**: Monday - Friday 8:00 am - 4pm
- **Address: PUBLIC HEALTH**
519 Columbia St (behind the court house) Kamloops

YES they HAVE moved BACK to PUBLIC HEALTH!!!!

COLD CHAIN

vaccine storage & handling.

NEWS CLIPPINGS

NEW LONG TERM CARE HOME FOR KAMLOOPS NOW OPEN!



AGECARE SUN RIVERS

This long-term care community features 100 Publicly funded bright, private suites (there are no private beds at this time)

Located at 580 Shuswap Rd. East overlooking the beautiful South Thompson River

[Take a virtual tour](#)
[READ more - Gov't Web Page](#)

MAKING HEALTH CARE WORK BETTER FOR YOU & YOUR FAMILY

The NDP has a platform for Health Care in our Province

[Read About it and YOU decide!](#)

(I have an email out to The NDP party for clarification on their plans going forward - TBA)

FIRST REPORTED CASE OF AVIAN FLU IN CANADIAN TEEN

A teenager in British Columbia has been identified as the first reported case of avian flu in Canada, specifically the H5 strain. The individual is receiving treatment at a pediatric hospital, while health officials investigate the source of the infection, which is believed to have originated from contact with an animal or bird. Provincial health officer Dr. Bonnie Henry characterized this case as rare and highlighted the importance of a thorough investigation to identify how the teenager was exposed to the virus.



[READ THE REPORT](#)

NEWS LINKS

- Canadian [Health Watch](#)
- [HealthLine](#)
- Science [Daily](#)
- [MedicalNewsToday](#)
- [Mayo Clinic News Network](#)

CLASSIFIEDS

PRESTIGE STETHOSCOPE

\$50.00



NON -BREATHER OXYGEN \$40.00 Mask w/ reservoir

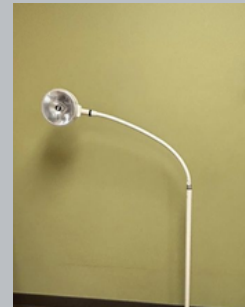
(complete set)
*includes CPR Shield
w/ 1 way valve barrier
filter *CPR mask x 2 (1
for a helper [if
applicable]).



for contact
information - email
almostanything.cw@gmail.com

EXAM LIGHT

\$25.00



SCALE

\$25.00

FOR
MORE
INFO



EMAIL:
MOA.PEDIATRICALS546@GMAIL.COM

WALL MOUNT DIAGNOSTIC STATION



EXAM BED



ARE YOU A LEFTY?

An estimate of 10% of BC's population is left handed

Fascinating Facts About Left-Handed People

1. **Brain Structure and Function:** Left-handed people often have more symmetrical brains, with more balanced hemispheric dominance. This can sometimes lead to enhanced creativity, spatial reasoning, and multi-tasking abilities.
2. **Ambidexterity:** Left-handed people are more likely to develop ambidexterity—the ability to use both hands with equal skill. This is sometimes a result of adapting to a world designed for right-handers.
3. **Historical Figures:** Many famous and influential individuals were left-handed, including Leonardo da Vinci, Albert Einstein, and Marie Curie. This has contributed to a perception of left-handedness being associated with genius and creativity.
4. **Sports:** Left-handed athletes often have an advantage in sports like tennis, boxing, and baseball because their movements and angles are less familiar to right-handed opponents, making their actions harder to predict.
5. **Survival Hypothesis:** There's a theory that left-handedness has persisted throughout evolution because it provides a strategic advantage in combat situations, where being unexpected could be life-saving.

Difficulties Faced by Left-Handed People

1. **Tools and Everyday Items:** Many tools, appliances, and gadgets are designed with right-handed users in mind. Scissors, can openers, measuring tapes, and even computer mice can be awkward or uncomfortable for left-handed people to use.
2. **Writing Challenges:** Writing in languages that flow from left to right (like English) can be difficult for left-handers. They often have to curl their hand around to avoid smudging ink, which can be uncomfortable and lead to slower writing speeds or less legible handwriting.
3. **Desks and Seating:** School desks, lecture halls, and other public seating arrangements are often designed for right-handed individuals. This can cause discomfort and inconvenience for left-handed students and professionals.
4. **Stigma and Superstition:** Historically, left-handedness was often viewed negatively, associated with bad luck, sin, or even witchcraft. While these views have diminished in most parts of the world, left-handers may still encounter subtle biases or pressure to conform to right-handed norms.
5. **Health Risks:** Some studies suggest that left-handed people may be more prone to certain health issues, such as migraines, dyslexia, or ADHD. However, this research is still debated and not conclusive.
6. **Driving:** Some left-handed people find that the layout of controls in vehicles (designed for right-handed drivers) can be less intuitive, leading to potential discomfort or challenges in certain driving situations.

TOTALLY UNRELATED

10 FACTS EVERYONE SHOULD KNOW

1. GRAPES CAN LIGHT ON FIRE IN THE MICROWAVE.
2. THERE ARE ALMOST 8 MILLION POSSIBLE SEVEN-DIGIT PHONE NUMBERS PER AREA CODE.
3. THE SINGULAR FORMS OF SPAGHETTI, CONFETTI, AND GRAFFITI ARE SPAGHETTO, CONFETTO, AND GRAFFITO.
4. MCDONALD'S ONCE CREATED BUBBLEGUM-FLAVORED BROCCOLI.
5. THE AVERAGE MAMMAL TAKES 21 SECONDS TO EMPTY ITS BLADDER.
6. CHEWING GUM IS BANNED IN SINGAPORE.
7. 10% OF THE WORLD POPULATION IS LEFT-HANDED.
8. THE AVERAGE BEAR HAS 42 TEETH.
9. DEAD SKIN CELLS ARE A MAIN INGREDIENT IN HOUSEHOLD DUST
10. DOGS SNIFF GOOD SMELLS WITH THEIR LEFT NOSTRIL

A baby's laughter is one of the most beautiful sound you will ever hear



Unless it's 3 AM and you are home alone and you don't have a baby

GO FIGURE!

PEOPLE ON A TRAIN 🚂

THE QUESTION:

THERE WERE SOME PEOPLE ON A TRAIN.

- 19 PEOPLE GET OFF THE TRAIN AT THE FIRST STOP.
- 17 PEOPLE GET ON THE TRAIN.

NOW THERE ARE 63 PEOPLE ON THE TRAIN. HOW MANY PEOPLE WERE ON THE TRAIN TO BEGIN WITH?

RIDDLE: YOU LIVE IN A ONE STORY HOUSE MADE ENTIRELY OF REDWOOD. WHAT COLOR WOULD THE STAIRS BE?

**BOTH ANSWERS
HERE**

*Created By Connie Walker in collaboration with the Division of Family Practice
Suggestions can be emailed to almostanything.cw@gmail.com*