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Division *FOCUS*

October 2014

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As the leaves change colour and the weather gets colder the Division has been working to bring you the latest edition of the Division Focus newsletter, highlighting current initiatives and upcoming events that we hope you are interested in. This short newsletter is packed full of important information. Read on!

Save the Date for a Physician Engagement Event!

We need your help! The Division is hosting a Physician Engagement Event to Build Our Shared Innovation Agenda. Join us for dinner and conversation on **Tuesday, November 25, 2014**.

[Click here](#) for your invitation and registration form.



Physician Engagement Event

Building Our Shared Innovation Agenda

Tuesday, November 25th, 2014
5:30 – 8:30 PM

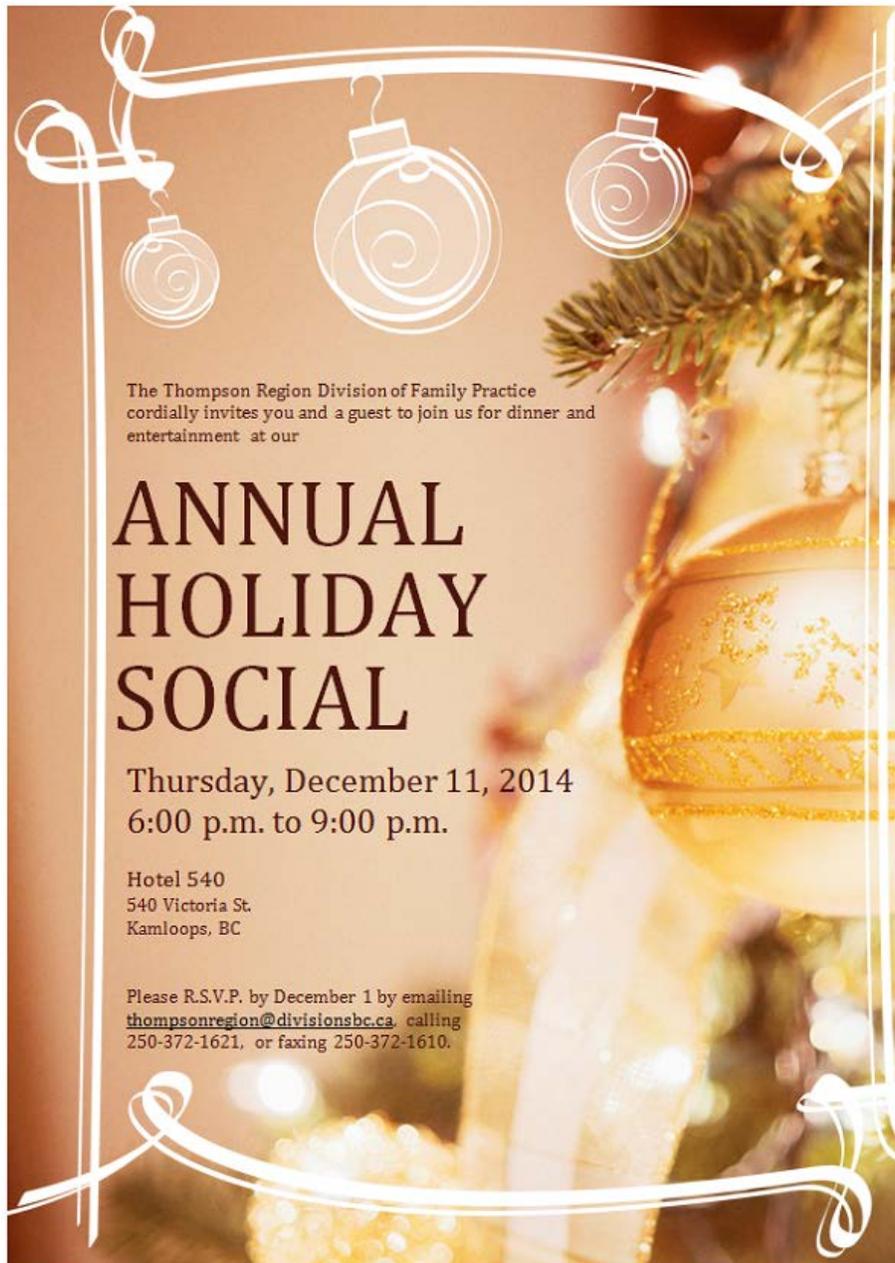
Hotel 540, 540 Victoria St.
Dinner available from 5:30-6:30 PM

JOIN the Thompson Region Division of Family Practice to
ENGAGE with your colleagues,
LEARN about recruitment, A GP For Me, and Shared Care initiatives, and
BUILD our shared care agenda.

You're Invited to Our 3rd Annual Holiday Social

The Thompson Region Division of Family Practice is pleased to invite all members, colleagues, specialists, and their spouses to join us at Hotel 540 on Thursday, December 11th at 6 PM for an evening of fun leading into the holiday season. Dinner (yes, dinner!) and entertainment will be provided. Be prepared for a night of laughs and joy to get you in the holiday spirit. We hope to see you all there!

[Click here](#) for your invitation and registration form.



Shapedown BC Needs Your Support

Kamloops Healthy Weights for Children: Shapedown BC is now accepting physician referrals for children aged 6-12 for our next group session which will run from January 7 – March 11, 2015. Shapedown BC is a family based weight management program for children ages 6-17 with a BMI 97% and above or other co-morbidities. Their team consists of a pediatrician, mental health worker, registered dietitian, and exercise specialist. They will collaboratively work with the family to target changes in nutrition and activity. It focuses on the underlying factors that contribute to the unhealthy lifestyle of the child/teen and their family and work to resolve these issues in a sensitive way using family therapy along with exercise, nutrition and behavioral techniques. If you have any questions regarding the program, please contact the Shapedown BC team at 250-851-7373.

[Click here](#) to access the referral form.

The Seniors' Quick Guide: An Amazing Resource

Under the leadership of the City of Kamloops' Seniors Advisory Council, the United Way, Chartwell Retirement Residences, ONCORE, Thompson Region Division of Family Practice, Shared Care, and Interior Health came together to create a seminar and quick guide of services to support seniors and those with aging loved ones in our community. The Kamloops and Area Seniors' Quick Guide is a comprehensive collection of local, regional, and federal programs and services focusing on the safety, health, well-being, dietary needs, housing, transportation, financial, and legal support for seniors.

As a deliverable of our Shared Care project, Transitions in Care: Communication and Information Exchange for the Frail Elderly, the Thompson Division of Family Practice will be circulating office copies of the guide to physician offices over the coming months. This tool will hopefully provide our local physician community access to up-to-date information to better support their patients and the families of seniors.

For more information, please contact Nicole Beauregard, Seniors Advisory Committee Liaison – City of Kamloops by phone at 250-828-3653 or email nbeauregard@kamloops.ca.

[Click here](#) to access the Seniors' Quick Guide.

Access to Psychiatry

In the new year the Thompson Region Division of Family Practice, with help from Shared Care, will host an event to help clarify issues of access to psychiatry with general practitioners. More information will be forthcoming. In the meantime please see the attached links for reference.

[Click here](#) for the list of psychiatrists in Kamloops.

[Click here](#) to read the letter to all general physicians and specialists in the Thompson Cariboo Region.

Save the Date for a Fun Event on November 20!

Come join other physicians for an evening event on November 20, 2014 at Chapter's Viewpoint restaurant. Partners are welcome at this event, which includes dinner, a presentation, and entertainment. Dr. Andrew Clarke, Executive Director of PHP of BC, will be presenting on the topic "Promoting Well-Being at Work and at Home: An Evidence-Informed Strategy." This informative presentation will be followed by "Hilarious and Jaw-Dropping Magic" performed by Clinton W. Gray.



[Click here](#) for your invitation and for more information.

This event is sponsored by the RIH CME Committee, IHA Physician Wellness Committee, the Physician Health Program of BC, and the Thompson Region Division of Family Practice.

Work Opportunity

WorkSafeBC is seeking a Medical Advisor for Kamloops. You can view the job posting under career opportunities on their [website](#).

Extra Reading and Resources

[Click here](#) to read the latest edition of the Divisions Dispatch newsletter.

[Click here](#) to read the latest edition of the GPSC newsletter.

[Click here](#) to access information about UpToDate.

[Click here](#) to read the latest edition of Interior Health's newsletter.

Upcoming Meetings and Events

Division Board of Directors: Your Division Directors meet monthly to review progress and develop strategies to address emerging opportunities.

Upcoming Board Meetings: December 8, 2014, January 12, 2015.

Thompson Collaborative Services Committee: Upcoming CSC Meetings: November 19, 2014.

If you have items to bring forward to the Board and/or CSC please contact thompsonregion@divisionsbc.ca

November 20th Fun Evening Event for Physicians

6:30 PM at Chapter's Viewpoint.

November 25th Physician Engagement Event

Help us build our shared innovation agenda at 5:30 PM at Hotel 540.

December 11th Holiday Social

Join us at 6:00 PM at Hotel 540 to celebrate!

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If you have something to share for the September newsletter, please provide it to thompsonregion@divisionsbc.ca by December 1, 2016.

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