

# Central Interior Rural Primary Care Network

*"Optimizing accessible primary care service delivery with coordinated, team-based, culturally safe approaches."*

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*Dahooja / Dzin Guzun / Weyt-kp  
/ Good Day!*

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*Happy New Year!*

## Welcome the Winter Solstice - a Time for Renewal

The winter solstice falls on December 21 or 22 each year and marks the shortest day and longest night of the year in the northern hemisphere.

Long before European settlers brought Christmas and New Year's traditions to North America, First Nations people celebrated the winter solstice that promises longer, warmer days and the return of spring. The changing of the seasons is a revered event in indigenous cultures, demonstrating the interconnectedness of the natural world and people. While some Nations hold special ceremonies and gatherings, others may have simpler ways of observing the darkest day of the year.

According to Trish Porter, Cultural program Coordinator, with Secwepemc Health, in our region, winter is known as the time of rest so a lot of storytelling was done as well as beading and basket making and harvesting certain things.

Here are some ways, you too can celebrate the winter solstice:

1. Slow down and rest
2. Share a healthy meal with loved ones
3. Reflect on the past year
4. Give thanks for your blessings
5. Clean & honour your living space by decluttering
6. Show the people you care for that you appreciate them
7. Channel your creative energy
8. Practice special self-care rituals
9. Pay attention to the movement of the sun
10. Light a fire
11. Make offerings

*\*Derived from NDN Collective. For a full list and details of celebrations see [ndncollective.org](http://ndncollective.org)*

*The Central Interior Rural (CIR) Primary Care Network (PCN) is situated on the ancestral, traditional and unceded territories of the Secwepemc, Tsilhqot'in and Dakelh Dene (Ulkatcho) Nations.*

# CIRD - Recruitment & Retention

The Central Interior Rural Division of Family Practice's Recruitment and Retention (R&R) team works with Health Match BC and Interior Health to fill physician vacancies and to support doctors in the region. Their work has a direct impact on recruiting and supporting Primary Care Network resources.

**Recruitment** efforts target students, residents and new grad locums who may be interested in relocating and setting up practice in the region, and include:

- Student Shadowing - a partner project with Northern Division that provides students, residents and grad locums with an opportunity to experience rural family medicine by shadowing a physician at the hospital ER and Primary Care.
- New Grad Locums - special R&R efforts are also provided to new grad locums including:
  - Community tours of neighbourhoods, local restaurants, recreation sites, schools, daycares, clinics, hospitals, etc.
  - Welcoming dinners with peers.
  - One-on-one peer connections such as GP buddies which provide locums one, consistent contact and resource for the 2 to 6 weeks they are here.
  - Attraction - we show potential doctors the great things about living in the Cariboo Chilcotin!

*\*(Some peer support initiatives have been suspended during the pandemic, but welcoming dinners & one-on-one connections are ongoing)*

- Accommodation – assist with securing short-term accommodation in both Williams Lake and 100 Mile House for student physicians.
- Return of Service: the R&R team supports the 2 ROS programs by working with physicians entering the program prior to their start date and assisting with clinic integration. They also assist their families with integration into the community.

**Retention** - The Primary Care Network's focus is on making life easier for doctors ensuring they do not burn out and stay in practice longer. This includes but is not limited to:

- Provides supports for physicians and improves practice efficiency
- Provides a better work-life balance
- Eases the burden for physicians of “doing it alone”
- Team members help physicians with preventive care, planning, counselling, and follow-up services resulting in improved health and wellness for patients with chronic conditions
- Attracts and retains physicians to the community

## Meet the Team



*Tanya Kielpinski - Recruitment & Retention Lead*



*Sarah Batke - Recruitment & Retention Coordinator*

## Highlights from the Student Shadowing Program



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## PCN Update

### Yorston Clinic Welcomes New Nurse Practitioner



Nik Kondratyev, Nurse Practitioner

On December 16, 2021, the Yorston Clinic in Williams Lake, welcomed PCN Nurse Practitioner, Nik Kondratyev to the team.

Nik provides comprehensive primary care services in the Yorston Clinic including working towards attaching patients without a primary care provider. Unattached patients on the wait list/Health Connect Registry will be notified by the attachment coordinator regarding their opportunity for attachment; there is no need to contact the clinic.

Nik moved from the Lower Mainland with the goal of becoming a part of the community here in Williams Lake. He was impressed by the friendly spirit of this city and the dedicated healthcare teams working here. His primary goal as a Nurse Practitioner was to find a community to serve. He feels very fortunate to join a primary care practice where every day he works to improve the well-being of his patients.

Prior to becoming a Nurse Practitioner, Nik worked as an ER registered nurse as well as in a post-anesthesia care unit. In addition, he worked in smaller and remote communities. More recently, Nik worked as a member of the faculty at BCIT. He completed his nurse practitioner training at UNBC with a focus on rural practice, family medicine and chronic pain management.

Nik looks forward to being able to do the things that are a fantasy on the Coast. Like “having a dog, not spending time in traffic, and saying hello to my neighbors”. He and his partner like to play board games, weightlift, and play badminton (badly). They are both avid readers and can burn through a book in a day. They love all types of food. In the future they hope to have many puppies and pick up some new hobbies like snowshoeing or cross-country skiing.

Please join us in welcoming Nik!



The Yorston Clinic in Williams Lake is located at 143 4 Ave S.



# Cultural Safety Corner - Watch, Read, Listen, Follow



## MOVIES



**Beans** - directed by Tracey Deer. Twelve-year-old Beans is on the edge, torn between innocent childhood and delinquent adolescence. She is forced to grow up fast and become the Mohawk warrior she needs to be during the Indigenous uprising known as The Oka

Crisis, which tore Quebec and Canada apart for 78 tense days in the summer of 1990. [View a trailer here.](#) Available to rent or buy on [Amazon Prime](#)



## FOLLOW

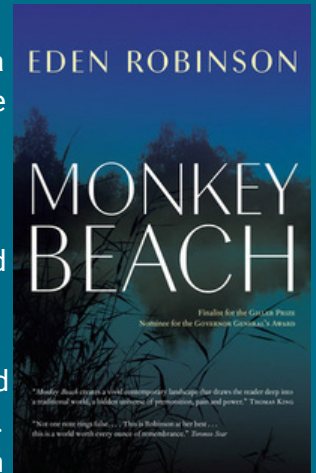


@[notoriouscree](#) is James Jones from the Anishinaabe Tallcree First Nation in Alberta, Canada. His performances, which he showcases on Instagram and TikTok, fuse traditional hoop dancing with modern breakdancing. The hoop dance is a storytelling dance, which historically has been used to provide Indigenous communities with emotional support. Speaking to American VOGUE, Jones summed up his mission, 'We dance for those who can't dance, and we dance to heal. I always hope to educate and bring awareness in a good way.'

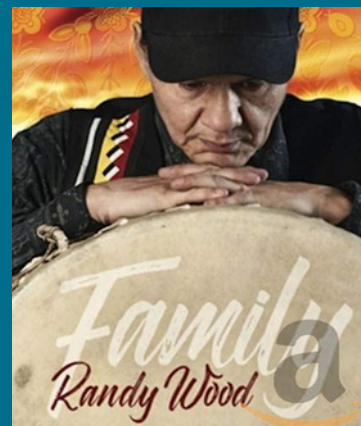


## BOOKS

**Monkey Beach** by Eden Robinson. Tragedy strikes a Native community when the Hill family's handsome seventeen-year-old son, Jimmy, mysteriously vanishes at sea. Left behind to cope during the search-and-rescue effort is his sister, Lisamarie, a wayward teenager with a dark secret. She sets off alone in search of Jimmy through the Douglas Channel and heads for Monkey Beach—a shore famed for its sasquatch sightings. Infused by turns with darkness and humour, *Monkey Beach* is a spellbinding voyage into the long, cool shadows of B.C.'s Coast Mountains, blending teen culture, Haisla lore, nature spirits and human tenderness into a multi-layered story of loss and redemption.

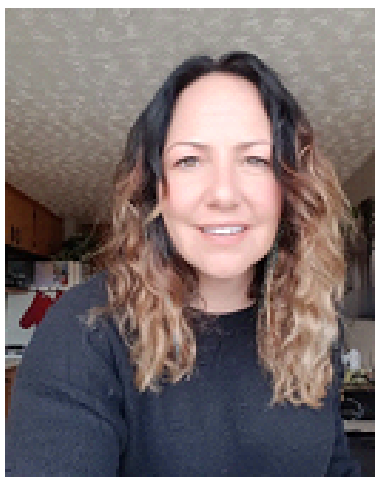


## MUSIC



Randy Wood, a founding member of the highly-respected Northern Cree Singers, is known throughout North America for his singing and snowmaking skills. Randy's intimate vocals, pulsating drumming and creative songs move the spirit and invite the listener to discover Plains Cree traditional music. Streaming available on Spotify, Apple Music & YouTube Music. Song Recommendation: [Look How the Stars Shine for YOU](#)

## New PCN Social Worker in 100 Mile House



Julie Heide started her new role as the PCN Social Worker on December 16 in 100 Mile House where she will support Physicians and their patients, for wraparound care when social and emotional needs are identified.

Julie is committed to supporting individuals to identify and reach their goals and is excited to help clients work through any barriers or challenges that may interfere with them achieving their most optimal health and well-being.

As a registered Social Worker since 2006, Julie has recently relocated from rural Alberta, where she worked in Child Protection and Family Intervention for the past 12 years. She also worked in preventative programming and groups focused on early childhood development, family support, disabilities, and

domestic violence. When she isn't working, Julie enjoys spending time with her 12-year-old son and flower gardening. She snowboards and plans to try riding at Mount Timothy. She's looking forward to exploring the lakes/beaches and new places to camp, kayak, hike, and swim. You may see her walking her dog around town or on the nearby forest trails, as Charlie (the dog) is more adventurous than her son.

Julie can be reached at 250-395-7645 or [julie.heide@interiorhealth.ca](mailto:julie.heide@interiorhealth.ca)

## The Role of Social Workers in Primary Care

*Social workers help individuals and families to develop skills and connect with resources to enhance social functioning. They provide counselling, therapy and referrals to other supportive social services. In addition, social workers respond to other social needs and issues, such as unemployment and poverty.*

