

Tsawout Health Department

March 2023



Greenhouse opening soon...

Health's Outreach worker, Wraven, has recently took on the greenhouse as one of their projects. They've been working endlessly to create a safe space for community members to garden traditional medicines, plants & food. The opening date is yet to be announced..



Bingo Fundraiser

Michelle Morris, along with numerous other staff & volunteers, have been hosting Bingos to fundraise for the Elders. Michelle's most recent draw included prizes such as a handmade carved canoe replica, a cord of wood, & beaded hat.

The next Bingo is March 21st!

Inside March's Issue:

- Programs + Events Calendar
- Event flyers/invitations
- Nurse Schedule
- Medical Transportation
- COHI
- Resources



Programs & Events

March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Footcare w/ Jacqui 9 AM - 4 PM Rugby Camp @ Tribal School	3 Grief & Loss Workshop @ Holy Trinity 12-3 PM Reflexology w/ Lynelle 1-5 PM
6 Craft Night 5-8 PM	7 Elder Swim Day *8:30 leave Tsawout Nurturing Relationships 5- 7:30 PM	8	9 Rugby Camp @ Tribal School	10 Grief & Loss Workshop @ Holy Trinity 12-3 PM
13 Craft Night 5-8 PM	14 Elders Lunch 11 AM - 1 PM	15	16 Footcare w/ Jacqui 9 AM - 4 PM Rugby Camp @ Tribal School	17 Grief & Loss Workshop @ Holy Trinity 12-3 PM Reflexology w/ Lynelle 1-5 PM
20	21 COHII 8:30 AM - 4:30 PM Bingo Night! 5 PM - 9 PM Nurturing Relationships 5- 7:30 PM	22	23 Acu + Footcare w/ Jacqui 9 AM - 4 PM Rugby Camp @ Tribal School	24 Grief & Loss Workshop @ Holy Trinity 12-3 PM
27 Craft Night 5-8 PM	28 Nurturing Relationships 5- 7:30 PM	29 Elders Outing 10 AM - 2 PM *See Michelle Morris for more info COHII 8:30 AM - 4:30 PM	30	31



Programs

Start the walk to Sobriety!

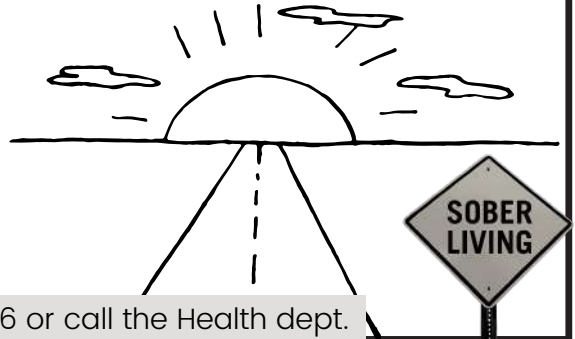
Thinking of quitting?

Want to slow down?

Sober & want support?

Come & Join us!

Every Thursday from 2-3 PM
in the multipurpose room



Contact Wraven at 250-893-7716 or call the Health dept.
at 250-652-1149



Acupuncture & Footcare

Thursdays from 9 AM - 4 PM with Jacqui Paul

Reflexology

Every 2nd Thursday from 1-5 PM with Lynelle



Call Mukaday-Ginew @ 250-652-1149
to schedule a appointment!

Physiotherapy

Welcoming our new Physiotherapists, Robert Busche & Emily Adams. They will be working out of the Tseycum office until a room becomes available in Tsawout.

Emily is available in office Thursdays & for home visits on Fridays.

Robert is available in office Friday & for home visits on Saturdays.



NEW!

Call Mukaday-Ginew @ 250-652-1149
to schedule a appointment!



TSAWOUT HEALTH DEPARTMENT

Grief & Loss Workshop

Support group for those who are
experiencing Grief & Loss

Fridays from 12 PM - 3 PM @ The Holy
Trinity Church
With Wraven





JOIN US FOR ELDERS AQUA-FIT



THE BENEFITS:

- EASY ON THE JOINTS
- REDUCES RISK OF INJURY
- BUILDS MUSCLE MASS + STRENGTH

CONTACT MICHELLE MORRIS!

250-652-1149 EXT 204



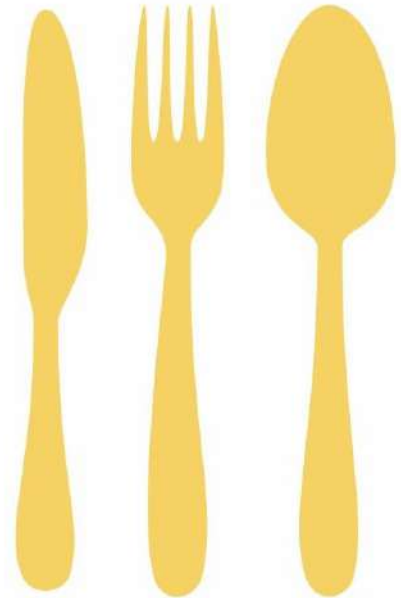
TSAWOUT FIRST NATION HEALTH DEPARTMENT

Upcoming Aqua fit: March 7th 2023





Tsawout First Nation
Health Department



JOIN US FOR LUNCH!

Inviting Elders to join us for lunch on
March 14th 2023

In the Tsawout Gym from 11 AM to 1 PM

Contact Michelle Morris for more information!
250-652-1149



A neon sign with the word "BINGO" in large, outlined letters and "Night" in a cursive script below it. The sign is framed by a double-line border in cyan and magenta. There are several white star outlines scattered around the sign.

BINGO *Night*

Join us for a night of fun and games at
the Annual Bingo Night!

\$10 for 6-up - 10 page book
\$5 for 3-up - 10 page (extras)
\$2 for 4-up (specials)
\$2 for individual 6-up sheets

March 21st, 2023 | Start At: 5 PM

Tsawout First Nation - Gym

Contact Michelle Morris for more info!





Nurse Practitioner Schedule - March



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Nurse Devon is 5 days a week, 8:30-4:30 PM **Unless otherwise indicated</p>		<p>1 *NP Kelly away</p>	<p>2 NP Kelly Sharp 9:30-4:30</p>	<p>3 NP Kelly Sharp 10-6 PM Walk in clinic 1:30 -5 PM</p>
<p>6 NP Kelly Sharp 9:30-4:30</p>	<p>7 TeleHealth Virtual visit - NP Kelly Dr. Ryan 9:30 AM-12 PM</p>	<p>8 Admin Day - NP Kelly</p>	<p>9 NP Kelly Sharp 9:30-4:30</p>	<p>10 NP Kelly Sharp 10-6 PM Walk in clinic 1:30 -5 PM</p>
<p>13 NP Kelly Sharp 9:30-4:30</p>	<p>14 TeleHealth Virtual visit - NP Kelly Dr. Ryan 9:30 AM-12 PM</p>	<p>15 Admin Day - NP Kelly</p>	<p>16 NP Kelly Sharp 9:30-4:30</p>	<p>17 NP Kelly Sharp 10-6 PM Walk in clinic 1:30-5 PM</p>
<p>20 NP Kelly Sharp 9:30-4:30</p>	<p>21 TeleHealth Virtual visit- NP Kelly Dr. Ryan 9:30 AM-12 PM</p>	<p>22 Admin Day - NP Kelly</p>	<p>23 NP Kelly Sharp 9:30-4:30</p>	<p>24 NP Kelly Sharp 10-6 PM Walk in clinic 1:30-5 PM</p>
<p>27 NP Kelly Sharp 9:30-4:30</p>	<p>28 TeleHealth Virtual visit- NP Kelly Dr. Ryan 9:30 AM-12 PM</p>	<p>29 Admin Day - NP Kelly</p>	<p>30 NP Kelly Sharp 9:30-4:30</p>	<p>31 NP Kelly Sharp 10-6 PM Walk in clinic 1:30-5 PM</p>



Medical Transportation

The Tsawout Health Department provides medical transportation services to its clients and community members who require transportation to **medical appointments**. This service is provided to clients in a private and confidential manner, while keeping with the terms and conditions of the *Health Transfer Contribution Agreement.

*This agreement can be found at www.tsawout.ca/health-department/medical-transportation/

How to make arrangements:

For local appointments, please call/text Michelle at 250-532-3473 or call the office at 250-652-1149 ext #204.

Local includes: Brentwood Bay, Victoria, Langford, Sidney, & Saanichton.

If funding is needed for long-distance medical appointments outside the local area, please call Stella at the health department, ext #202.

*If our drivers aren't available, the next transportation option would be a cab scheduled and covered by the Health department.

We would appreciate 24-hours in advance to ensure transportation is available, however we understand if community members need a ride under short notice.



Resources

Mental Health & Addiction:

Naamat Dickie - Mental Health & Addictions Counsellor

Contact: call/text 778-533-9553, OR call the health dept. EXT.201
Available 5 days/week.

Betsie Bennett - Support + Personal Development

Contact: call the office @ 250-652-1149
Available 5 days/week.

Michelle McDormand - Community Wellness Worker

Contact: call/text 250-885-7095 OR call the health dept. EXT 206
Available 5 days/week.

Wraven Papik- Community Outreach Worker

Contact: call/text 250-893-7716 OR call the office @ 250-652-1149
Available 5 days/week.

If you are in crisis & seeking immediate support:

Call 911,
Kuu-us crisis line at 1-800-588-8717
Or
Vancouver Island Crisis Line at 1-888-494-3888

WSÁNEĆ Primary Care Clinic:

The WSÁNEĆ Primary Care Clinic will be offering many different diagnostic services, treatments, and procedures for community members including:, cancer screenings, cardiovascular health screenings, diabetes screenings, medication prescriptions, minor surgical procedures like suturing wounds, birth control services, wound care, health counseling, sexual health including paps.

This new clinic is the result of collaborative efforts between the Ministry of Health, the South Island Division of Family Practice, WSÁNEĆ First Nation communities of Tseycum, Tsawout, Tsartlip, and Pauquachin, patient partners, First Nations Health Authority, Island Health, and municipalities.

The clinic's location will be Tseycum First Nation 1210 Totem Lane, North Saanich, and can be reached at 250-656-0277. The hours of operation will be 8:30-4:30, Monday-Friday.

Community members are asked to please call 250-652-1149 to arrange transportation to the clinic if necessary.

*continued





HÍSWKE

-The Tsawout Health Team