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**Welcome to CSFS Health e-News: January 2010
Alzheimer Awareness Month**

Staff Changes in Health:

- Shari Burrows will be returning from her medical leave on a graduated back to work program.
- Tanya Benedict, is currently the Acting Nursing Supervisor until the end of January 2010.
- Pt Liason- the new casual- Jayme Dye has been orientating at PGRH with June Moise for 2 weeks over the holidays

Job Opportunities with CSFS:

Please visit our website for up to date Job Opportunities www.csfs.org

UPDATES

ABORIGINAL PATIENT LIAISON/HOME CARE:

Beth Berlin is covering for Sarah Hein until January 4, 2010 if you have any concerns do not hesitate to contact the Vanderhoof Office 1-866-567-2333

Janet Hapsburg, our new casual RCA completes her orientation on January 3. Her probationary evaluation was completed on December 4- she is a valuable addition to the Home Care team.

The Saik'uz tub purchase has gone ahead with board approval- thanks to Mabel's motion. Lorna has arranged a down payment of ½ of the total amount. Installation should be completed by the end of January.

Changes in RCA service to the communities (all are increases or same amount of service):

Takla: Rick will accompany Dianne to Takla in January.

Saik'uz: has been increased to 4 days / week- Shirley's Fridays will be office days

Southside- Fridays have been assigned to Janet so that Marie can have Fridays to get caught up in the office

Stellat'en will continue to received 3 days/week of service but this will be provided by Janet and Shirley

A Happy New Year from the Home Care Team and best wishes for 2010

ADDICTIONS RECOVERY PROGRAM:

I would like to take this opportunity to wish everyone a Happy New Year. The Sexual Abuse Intensive is being held January 11-15, 2010 in Prince George; it is being facilitated by Jane Middleton-Moz and King Lions. We hope that everyone has their intake packages in. This training focuses on the trauma of sexual abuse. The week will be intense self work, with various exercises to help people "move" some of the feelings about what has happened to you or someone you love. It may involve a lot of crying as it is tough to look back at the things that have been kept hidden or secret for years. However one cannot change or heal what one does not acknowledge. It is our hope that by the end of the week people will feel empowered to continue with their healing journey, and to help stop the silent epidemic of sexual abuse. Please be reminded that the ARP does not have the staff to commit to the follow up for this session. It will be up to clients to seek the support that you need after this session is complete. If you are planning on attending this intensive, you need to keep in mind that it is your responsibility, as well as your referral worker to have an after care plan in place before you attend the training.

Carrier Sekani Family Services Mental Health Staff are in most communities and are available for appointments. ARP is available to do group work at community requests.

COMMUNITY HEALTH:

CHR training program - title has been changed to- "**Aboriginal Community Health Certificate**"

Confirmed dates for CCP testing

January 8th, 2010 @ the CNC campus Vanderhoof, BC

With Charlene Smilinski

January 12, 2010 @CNC campus Burns Lake, BC

With Ann Macdowall

NURSING:

Just another quick reminder that it is not too late to get a flu shot. Eating healthy foods and getting adequate rest help to keep your immune system strong. If you have the cold or flu stay home to ensure you are no sharing the germs with others. Extra cleaning of

commonly touched surfaces such as door knobs, light switches and taps will also prevent spreading those germs.

ECD PROGRAM:

The ASCD will be looking at starting a parenting program for Stellaten any one interested can sign up at the health unit or contact Dawne at CSFS. We are continuing to work with a number of children from the communities and we now have a support worker in Saikuz and in Nadleh. We are also still offering Infant massage for anyone who may be interested this can be done as a group or on an individual basis. The ECD program will be helping facilitate a Girls and Boys self-esteem group for some of the schools starting the third week of January, this is also a program that we may be looking at bringing to Yekooche.

Winter Blues Tips:

winter, with its seemingly endless days of dark, dreary weather. Fortunately, there *are* ways to boost your mood, many of which you may not have thought of. Here are a few suggestions to help you beat the winter blues:

- ❖ Aromatherapy
- ❖ Deep Breathing
- ❖ Changing your routines around, clean your closet, invite friends over, plan a dinner
- ❖ Exercise
- ❖ Relaxation, soaking your feet, a nice long bath

Please be advised

2010 winter Olympics in Vancouver, BC
Medical Transportation Interim Policy
Non Insured Health Benefits
February 1-28, 2010

All travel to Vancouver, including clients staying in private accommodation while on medical travel, must be submitted to the Regional Office, as an exception, for prior approval. Accommodations and other resources during the Olympics will be limited, therefore advance notice of travel must be received

Only travel for urgent medically required appointments and/or treatment will be approved during this time. This includes but is not limited to: radiation treatment, transplant patients, and high-risk pregnancies. Routine appointments, such as follow up, check ups, dentist, non-urgent surgery will have to be rescheduled.

Clients who travel to Vancouver, without prior approval from their Band office and/or the Regional Office will not be reimbursed their travel costs.

Accommodations are limited; clients must return back to their community once the appointment and/or treatment is completed. Extensions will only be approved if there is supporting medical documentation from a physician. As per the regional guidelines, NIHB medical transportation does not reimburse travel home if the client chooses to stay in Vancouver for an extended period beyond their appointment. Clients who decide to stay in Vancouver will be responsible for their own accommodations and their travel back to the community.

Clients who book other appointments while in Vancouver that are not of an urgent nature, such as dentist or eye examinations, will not be approved for an extension and will be responsible for ongoing accommodations costs and their return trip home.

Clients who have previously confirmed a non-essential appointment in Vancouver during this time must re-schedule with their health care provider. Exceptions may be reviewed, however, documentation from the physician as to the urgency of the appointment and why it cannot be rescheduled.

Escorts will only be approved when it is essential and documentation clearly demonstrates one or more of the escort. Any clients travelling via BC Ambulance during this time will not be approved for an escort, unless the client is a minor. If an escort still chooses to accompany the client to Vancouver while in the care of BC Ambulance, the Regional office cannot guarantee accommodations in Vancouver and the client may be responsible for their own accommodation costs which will not be reimbursed.

Dates to Remember:

- ✚ The sexual abuse intensive will be January 11 – 15th. Please call for an intake package. Carrier Sekani Family Services wishes you and your family all the best this holiday season.

- ✚ National Non-smoking week – January 17-23, 2010