

COMMUNITY NEWSLETTER

www.northernhealthregion.com



LAND ACKNOWLEDGMENT

The Northern Regional Health Authority acknowledges that we are situated on Treaty 5, 6, and 10 Territory and that Manitoba is located on the traditional and ancestral lands of the Anishinaabeg, Anishinew, Denesuline, Nehethowuk, Ininiwak, Nêhiyawak Nations. We acknowledge that Manitoba is situated on the home land of the Red River Métis. We respect the waters, land, histories, language and cultures of First Nations, Métis and Inuit, whose presence enriches Canadian society.

We respect and acknowledge that we are all connected through the Spirit and Intent of Treaties and Treaty-Making and remain committed to working in collaboration and partnership that will encompass equity, justice, truth and reconciliation. The term "Indigenous" means First Nations, Métis, and Inuit inclusively. We acknowledge the unique status of Indigenous Peoples in Manitoba and Canada.



LEADERSHIP MESSAGE

We have heard your questions and feedback and are working in new innovative ways to answer them. Welcome to the first edition of the Northern Health Region Community Newsletter. This will be an avenue of providing all community members, stakeholders, and of course patients with up to date information and events. Please be sure to send any feedback to NHRCommunications@nrha.ca and let us know if there's certain topics you would like more information on.

Warmest Regards,
Raj Sewda
Chief Executive Officer

THIS EDITIONS TOPICS:

- **PROGRAM AND SERVICES**
- **BOARD & FOUNDATION**
- **NATIONAL DAY OF TRUTH AND RECONCILIATION**
- **LANGUAGE ACCESS**
- **FALL VACCINES**
- **CAREERS**

NORTHERN HEALTHCARE

The Northern Health Region (NHR) has facilities and healthcare services spread across the northern portion of Manitoba. The communities of Thompson, The Pas, and Flin Flon host the largest NHR hospitals and core medical services programs. The programs and services based out of these three communities are available for all northern communities to access, and the general travel routes and highways create the general catchment areas that each of the locations serve.

The NHR strives to adapt to the current needs and environment for delivery of services. Establishing programs and staff roles that are able to travel into communities and deliver health services is a prime example. Virtual healthcare channels are also being utilized whenever appropriate to bring care closer to home and reduce medical trips for patients.

PROGRAMS AND SERVICES

Currently offered in the Northern Health Region:

- Acute Care
- Ambulatory & Outpatient Care
- Surgery
- Psychiatry
- Obstetrics
- Medical Specialists
- Dialysis
- Rehabilitation and Allied Health
- Long Term Care
- Home Care
- Palliative Care
- Primary Care Clinics
- Public Health
- Mental Health & Substance Use Recovery



Partner Organizations deliver the following:

- Emergency Response Services (Shared Health and City of Thompson)
- Diagnostic and Lab Services (Shared Health)
- Community Cancer Care programs (Cancer Care Manitoba)
- Manitoba Renal Program (Shared Health)



Photo: Flin Flon General Hospital

FLIN FLON & AREA

The border town of Flin Flon has a unique task of delivering medical services to patients in both Manitoba as well as neighboring Saskatchewan communities.

PROGRAMS AND SERVICES IN FLIN FLON & AREA

Flin Flon has the following facilities and associated programs currently offered:

- **Flin Flon General Hospital**
 - Phone: 204-687-7591
 - Emergency department, Acute Care inpatient unit, Endoscopy program
 - Diagnostic Services, Shared Health
 - Lab, X-Ray, Ultrasound
- **Primary Health Care**
 - Phone: 204-687-1350
 - Public Health and community outreach programs
- **Flin Flon Clinic**
 - Phone: 204-687-6130
 - Primary Care Clinic with Family providers
- **Northern Lights Manor**
 - Phone: 204-687-7325
 - Personal Care Home
- **Flin Flon Personal Care Home**
 - Phone: 204-687-9630
 - Personal Care Home
- **Continuing Care (Home Care) Office**
 - Phone: 204-687-4870
 - Home Care program coordination, scheduling, and support
- **Mental Health & Substance Use Recovery Office**
 - Phone: 204-687-1665 or 204-687-1771
 - Formerly known as Addictions Foundation of Manitoba or AFM
- **Ambulance Station, Shared Health**
 - Emergency Medical Services 24/7
 - Partner Service delivery by Shared Health
 - Emergency Phone: 911 (within City limits)
 - If you are outside City of Flin Flon limits
Emergency Phone: 204-687-7171

FLIN FLON & AREA CONT.




Photo: Snow Lake Health Centre

PROGRAMS AND SERVICES IN SNOW LAKE

The town of Snow Lake has the following facilities and programs currently offered:

- **Snow Lake Health Centre**
 - Phone: 204-358-2300
 - Emergency Department 24/7
 - Primary Care Clinic
 - Diagnostic Services
 - Lab, X-ray, Ultrasound
- **Ambulance Station, Shared Health**
 - Emergency Medical Services 24/7
 - Emergency Phone: 911

**Manitoba Health Links:
1-888-315-9257**




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LANGUAGE ACCESS INTERPRETER SERVICES:

Language Access supports the delivery of safe, accessible, equitable health care in Manitoba. Health services providers in Manitoba have access to trained, professional interpreters 24 hours a day/7 days week/365 days a year.

You can ask your provider or any NHR staff member to request an interpreter.



*Photo: St. Anthony's General Hospital and St. Pauls Residence. Also known as The Pas Health Complex
Phone Credit: Andre Brandt, UCN*

THE PAS & AREA

The town of The Pas is part of a tri-community including Opaskwayak Cree Nation and the RM of Kelsey.

PROGRAMS AND SERVICES IN THE PAS & AREA

The Pas has the following facilities and associated programs currently offered:

- **St. Anthony's General Hospital**
 - Phone: 204-623-6431
 - Emergency, Acute Care, Surgery, Obstetrics, Psychiatry
 - Diagnostic Services, Shared Health
 - Lab, X-Ray, Ultrasound, CT Scanner
- **Primary Health Care Centre**
 - Phone: 204-623-9650
 - Public Health and community outreach programs
- **St. Paul's Residence**
 - Phone: 623-9226
 - Personal Care Home
- **The Pas Clinic**
 - Phone: 204-623-3334
 - Primary Care Clinic with Family providers
- **Fischer Clinic**
 - Phone: 204-627-6468
 - Primary Care Clinic with Family providers
- **Mental Health & Substance Use Recovery Office**
 - Phone: 204-627-8140
 - Formerly known as Addictions Foundation of Manitoba or AFM
- **Rosaire House**
 - Phone: 204-623-6425
 - Residential substance treatment centre
- **The Pas Ambulance Station, Shared Health**
 - Emergency Medical Services 24/7
 - Partner Service delivery by Shared Health
 - Emergency Phone: 911 or 204-623-4500

The first nation community of Opaskwayak has the following facility:

- **Beatrice Wilson Health Centre**
 - Phone: 204-627-7410
 - Primary Care Clinic and more



Photo: Thompson General Hospital

THOMPSON & AREA

The City of Thompson is the largest community in the North and many surrounding communities consider it a hub.

PROGRAMS AND SERVICES IN THOMPSON & AREA

The community of Thompson has the following healthcare facilities and associated programs currently offered:

- **Thompson General Hospital**
 - Phone: 204-677-2381
 - Emergency, Acute Care, Surgery, Obstetrics, Psychiatry
 - Diagnostic Services, Shared Health
 - Lab, X-Ray, Ultrasound, CT Scanner
- **Northern Consultation Clinic**
 - Phone: 204-677-5314
 - Specialists Clinic by referral
 - Orthopedics, Neurologist, Pain management
 - Pediatric Nephrologist, Cardiologist, Endocrinologist
- **Northern Spirit Manor**
 - Phone: 204-778-3805
 - Personal Care Home
- **Public Health Care**
 - Phone: 204-677-5350
 - Public Health and community outreach programs
- **Thompson Clinic**
 - Phone: 204-677-1777
 - Primary Care Clinic with Family providers
- **Hope North Recovery Centre for Youth**
 - Phone: 204-778-9977
 - Crisis and Youth Addiction Stabilization Units with Mobile Crisis Team
- **Eaglewood Treatment Centre**
 - Phone: 204-677-7300
 - Rapid Access to Addictions Medicine Clinic
- **Spruce Rehab**
 - Phone: 204-677-3280
 - Physiotherapy, Occupational Therapy, FASD Diagnostic Assessments, Speech Language Pathology for pediatrics
- **Ambulance Station, City of Thompson**
 - Emergency Phone Number* : 204-677-7911
 - Emergency Medical Services 24/7
 - Partner Service delivered by City of Thompson

*The City of Thompson does not use 911 service. If you have a Fire or Medical Emergency please dial 204-677-7911



Photo: Leaf Rapids Health Centre

**Every Vaccine Counts, Together
we can prevent Flu and COVID**

Visit northernhealthregion.com

Click on Vaccine and Health
Services to view scheduled
clinics

PROGRAMS AND SERVICES IN THOMPSON & AREA

NHR facilities in the following communities work closely with the services delivered out of Thompson:

- **Lynn Lake Hospital**
 - Phone: 204-356-2474
 - Emergency Department 24/7
 - Primary Care Clinic
 - Diagnostic Services, Shared Health
 - Lab, X-ray, Ultrasound
- **Lynn Lake Ambulance Station, Shared Health**
 - Emergency Medical Services 24/7
 - Emergency Phone: 911 or 204-356-2600
- **Leaf Rapids Health Centre**
 - Phone: 204-473-2441
 - Primary Care Clinic
 - Public Health and community outreach programs
- **Gillam Hospital**
 - Phone: 204-652-2600
 - Emergency Department 24/7
 - Primary Care Clinic
 - Diagnostic Services, Shared Health
 - Lab, X-ray, Ultrasound
- **Gillam Ambulance Station, Shared Health**
 - Emergency Medical Services 24/7
 - Emergency Phone: 204-652-2911



WAYS TO GET INVOLVED

BOARD OF DIRECTORS

Board meetings are open to the public. If you would like to attend please reach out to Nicole Daneliuk by email ndaneliuk@nrha.ca or phone 204-687-3010 for more details.

ANNUAL GENERAL MEETING

You're invited to join the upcoming AGM!

Date: Tuesday, October 29, 2024

Time: 12:00 – 1:00 pm

Location: Virtual via Microsoft Teams

Visit our website for more details
northernhealthregion.com



Photo from Left to Right: Linda Markus, Tara Munro-Manych, Angela Enright, Raj Sewda, Carrie Atkinson, Bruce Fidler, Dianne Russell, Kathy Valentino

THE FOUNDATION AND AUXILIARY

The Northern Health Foundation is a dedicated public foundation committed to raising funds for major capital projects, essential programs, and vital equipment within the Northern Health Region.

The Foundation Board is seeking new members. If you're interested please reach out to Krista Lemke either by email: klemcke@nrha.ca or phone: 204-681-3022

The local Health Auxiliary groups in Thompson, The Pas, Snow Lake and Flin Flon are all still active and work with the Foundation as well. These groups carry out fundraisers via local volunteers and together they contribute to the same cause as the Foundation - Raising funds to meet the healthcare needs of Northern Manitobans.

northernhealthfoundation.com



**NORTHERN HEALTH
FOUNDATION**

The NHR Staff 50/50 Winners are now taking home over \$3000!

This exciting draw is done every pay period (biweekly) and is an ongoing fundraiser by the Northern Health Foundation.

NATIONAL DAY FOR TRUTH & RECONCILIATION

By wearing an orange shirt on September 30th, you commit to the enduring truth that **EVERY CHILD MATTERS**, every day and everywhere.



ADDRESSING INDIGENOUS SPECIFIC RACISM

Did you know the Northern Health Region has an Addressing Indigenous Specific Racism Policy? This policy and process are an action item aligned with the Declaration to Eliminate All Forms of Indigenous Specific Racism as well as being one of the four strategic priorities of the NHR.

What actions can you take to work towards this goal?

All community members and patients are able to review the policy and processes to become familiar with them. By expanding awareness and knowledge on the subject of racism all members of the public can assist in recognizing, reporting, and responding.

Why?

The Northern Health Region acknowledges that Indigenous Specific Racism has existed and continues to be present within our system. Our Region services 74% Indigenous people. This policy was developed to address concerns and complaints of Indigenous Specific Racism within the Northern Health Region.

The goal is to improve health outcomes for Indigenous Peoples through increased health equity and access to health services.

Visit our website for the full policy and process northernhealthregion.com/about-us/policies/



JOIN OUR TEAM



Careers in:

- Nursing
- Health Care Aide
- Pharmacy
- Security
- Facility Maintenance
- Long Term Care
- Home Care
- Mental Wellness & Recovery
- Allied Health
- Support Services
- Administrative

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WE WANT TO HEAR FROM YOU

Let us know what you would like to see more information about

Email: NHRCommunications@nrha.ca

PATIENT EXPERIENCE

Telling us about your healthcare experience helps us to improve care.

Phone: 204-687-9320 or 1-888-340-6742

Email: patientexperience@nrha.ca

Vision

Accessible, respectful, inclusive and safe healthcare for everyone.

Mission

We provide healthcare in a way that grows trust, inclusion and an understanding of patient needs to provide the best patient experience. We do that through people centered care and supporting our staff in a respectful, culturally safe environment. We are committed to meaningful partnerships with Indigenous partners, government agencies and other healthcare organizations as we strive to bring timely, equitable access to healthcare for the North.

Values

