



Cortes Community Health Association, Beasley Road, Manson's Landing, BC V0P 1K0
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CCHA AGM:

The AGM will be on May 7, 2023 at 1pm at Mason's Hall

Meet Our Doctors:

This year we have a strong team of doctors at the clinic, all of them bringing a wealth of experience and dedication to the island. Their names are: Ian Law, Katie McIntyre, Sameen Ahmed, and Neil Webb. If our regular doctors are not working the clinic is always staffed by locums. As a side note; in consideration of health needs of our staff, we are continuing our mask policy and request that you continue to wear a mask in shared spaces in our Health Centre.

To find out more about Dr. McIntyre you can google search Group Physicians Practice at the Cortes Health Centre or type in this link <https://corteshealth.com/physicians.htm>

Dr. Ahmed will be sending us hers at a later date, so stay tuned!

Introducing Dr. Neil Webb

Hello! My name is Neil Webb with pronouns he/him. I am a settler of mixed European descent born on Temiscaming territory in Northern Quebec. After living in Montreal for the majority of my life, I moved to BC in 2014 to start my education in medicine. Before medicine, I worked in various capacities doing cell biology and genetics research. I completed my training with UBC's Indigenous Family Medicine residency program in 2021, and have been working as a family doctor in various spaces in Victoria since then, including New Roads Therapeutic Recovery Centre, and the Victoria Youth Clinic/Foundry doing addiction, mental health, and gender affirming care. And of course beautiful Cortes Island! I feel grateful to the wonderful people of Cortes, and wish to raise my hands in particular to the Klahoose First Nation on whose traditional territory I provide care. When I'm not working, I'm usually taking some kind of dance class in ballet, jazz, or contemporary dance.

Introducing Dr. Iain Law

Iain has been a regular physician at the Cortes Health Centre for the past few years. He graduated from medical school at Flinders University in Adelaide, Australia in 2013 and completed his residency in Family Medicine through the Cummings School of Medicine at the University of Calgary in 2017. He has worked as a locum family physician in various urban and rural locations on Vancouver Island and the Vancouver coastal region as well as providing palliative and hospice care



in the Sea to Sky Corridor. His main areas of interest are general family medicine and palliative care. Outside of work he enjoys rock climbing, sailing and playing music.

The Augmented Home Support Program (AHSP):

The CCHA has operated the AHSP since 2014. The goal of the program is to support Cortes residents to be able to stay in their homes while they age or recover from hospitalizations, illness, surgeries, and at the end-of-life. Clients are Cortes residents of any age with chronic health challenges, and those experiencing disability after illness, injury, surgery, or hospitalization. We do not provide hands-on personal care or therapy, just support in your activities of daily living.

AHSP provides up to 6 hours per week for household tasks including:

- Support with light housekeeping, laundry, and bed linen changes etc.
- On island transport to the Health Centre. Pharmacy, grocery or post office pickup
- Firewood and water can be moved to an accessible spot
- A hospital bed can be set up and dismantled
- The workers provide safety checks and socialization while they work

If you, or someone you know, could benefit from our help please call Bernice at 250-935-64-05 or email admin@corteshealth.com for **more** information. If you have a planned surgery coming up and you need our help when returning home, please contact us ahead of time so we can arrange the schedule to accommodate your needs.

CCHA Youth Programs for Spring

The CCHA Youth Programs continue to be successful at supporting our island youth by providing free, afterschool activity programming for ages 5-17. Our dedicated team of facilitators offer five engaging programs on a weekly basis throughout the school year. Programs are mainly outdoor based and have been mostly located on and around the Cortes School this winter, but spring will bring field trips and location changes. Healthy snacks and good times are always provided!

Please visit our website www.cortesfamily.ca for more details, or contact our Youth Programs Manager, Serene, at ccha.programs@gmail.com

Program	Grades	Staff	Time	Location
Creative Critters	grades K & 1	Catriona and Claudia	Wednesdays from 2:45-4:30	playground of the Cortes School
Kids in Action	grades 2-4	Lydia and Steph	Wednesdays from 2:45-4:30	field of the Cortes School
Adventures in Leadership	grades 5-7	Kelly and Alyssa	Wednesday s from 2:45-4:30	front of the Cortes School
Teen Szene	grades 8-12	Lydia	Tuesdays from 3:30-5:30	Gorge Hall
Cougar Sports & Action Games	grades 2-10	Claudia and Kelly	Mondays from 2:45-4:30	Cortes School gym



We are grateful for the financial support from: Life on this Planet Fund of the Vancouver Foundation, The Campbell River Community Foundation, SRD Grant-in-Aid, the Province of British Columbia, and donations from our community

A New Diagnostic Tool: Introducing the Istat

The CCHA is now in the process of purchasing an Istat machine. The Istat will make it possible to have some blood tests done on island in emergency situations. This will guide the physicians in treatment and transport options. This purchase is thanks to very generous donations. Thanks to Island Health who has approved our purchase of this device and staff will be trained in its use.

Compassionate Community Project

The CCHA is partnering with the Island DeathCare Society (formerly Death Caring Collective) on a grant from the BC Centre for Palliative Care to develop a local program using volunteers to provide psychosocial support to those in the community who are isolated, frail, ill, bereaved, care-giving, or dealing with end-of-life. The program will be similar to a community hospice program but will also serve those with chronic illness, dementia, and caregivers. Volunteers will be matched to clients to provide social support and will also be knowledgeable about other useful community supports. Volunteer training is in progress and implementation of the program will roll out over the next year

Cortes Community Health Association
Annual Membership Dues 2023

Name(s) _____ (renewal / new)

Mailing Address _____

Phone _____ E-mail address _____

Annual Membership is \$5.00 for **each person** named above. Please make cheque payable to CCHA.
Mail to: **CCHA Membership, Box 59, Manson's Landing, BC. V0P 1K0**