

**FORWARD**

*The purpose of the Directory is to provide the residents of North Eastman with a directory of Health and Health Related Services that are available in our Region.*

*We trust that you will find the directory beneficial in making informed decisions about your health needs. Individual responsibility is an important step toward better health.*

*Inevitably some services will have been missed and information will need to be updated. If you are aware of anything that should be changed or included for future directories, please contact:*

*Gertie Oliveira – Executive Assistant  
North Eastman Health Association Inc.*

*W.B. Lewis Business Centre  
24 Aberdeen Avenue  
Box 339*

*Pinawa, MB R0E 1L0  
(204) 753-3102*

**Toll free 1-877-753-2012 ext. 222**














**Email: [goliveira@neha.mb.ca](mailto:goliveira@neha.mb.ca)**















**Website: [www.neha.mb.ca](http://www.neha.mb.ca)**

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# North Eastman Directory of Health Services

## Aboriginal Health

Diabetes Education, Treatment Centres, Prevention Programs, Prenatal Programs  
see also Community Health Offices, Nursing Stations

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Fort Alexander	<a href="#">Diabetes Education</a> Fort Alexander Health Unit	(204) 367-2208	call to inquire
Fort Alexander	<a href="#">Home Care Program</a> Fort Alexander Health Unit	(204) 367-9479	call to inquire
Fort Alexander	<a href="#">Prenatal Program</a> Fort Alexander Health Unit	(204) 367-2208	call to inquire
Fort Alexander	<a href="#">Public Health</a> Fort Alexander Health Unit	(204) 367-2208	call to inquire
Fort Alexander	<a href="#">Sagkeeng Wellness Counseling Group</a> Family Violence and Marital Counseling Drug and Alcohol Addictions Program Traditional Healer Mental Health	(204) 367-2755	Mon - Thur 9:00 am - 4:30 pm Fri 9:00 am - 3:00 pm
Seymourville	<a href="#">Canadian Prenatal Nutrition Program</a> (for pregnant women in Blue Water District) offers milk, juice, prenatal vitamins and education through home visits and series of pre and post natal drop ins.  Transportation offered  Moms and Tots	(204) 367-8855	First Monday (of every month (except holidays)



## Acute Care

Hospital care for patients that are acutely ill, have multisystem complications and/or failures, and require hospitalization.

(see Hospitals)

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	<a href="#">Acute Care - Region</a>	(204) 753-3115	Mon - Fri 8:30 am - 4:30 pm
	<a href="#">Acute Care Facilities</a>		
	<i>Beausejour Health Centre</i>	(204) 268-1076	(open 24 hours/day
	<i>Pinawa Hospital</i>	(204) 753-2334	7 days/week)
	<i>Pine Falls Health Complex</i>	(204) 367-5400	

## Addictions

Drug, Alcohol, Gambling: Prevention Programs; Treatment Centres

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Addictions Foundation of Manitoba</a> (Drug, Alcohol, Gambling)	(204) 268-6166	Mon - Fri 8:30 am - 4:30 pm
Fort Alexander	<a href="#">Sagkeeng Wellness Counseling Group</a> Family Violence and Marital Counseling Drug and Alcohol Addictions Program Traditional Healer Mental Health	(204) 367-2755	Mon – Thurs 9:00 am - 4:30 pm Fri 9:00 am - 3:00 pm

*Tobacco kills 1 person in the world every 8 seconds*

*Income and Social Status affect your health more than anything else does*





## Ambulance (E.M.S.)

Emergency Medical Services (E.M.S.) and Emergency Preparedness Procedures

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Beausejour &amp; District E.M.S.</a> <b>EMERGENCY - 9-1-1</b>	(204) 268-7461	(including Brokenhead area)
Bissett	<a href="#">Bissett E.M.S.</a> <b>EMERGENCY - 277-5555</b>	(204) 277-5217	
Hadashville	<a href="#">Reynolds E.M.S.</a> <b>EMERGENCY - 426-5512</b>	(204) 426-5328	
Lac du Bonnet	<a href="#">Lac du Bonnet E.M.S.</a> <b>EMERGENCY - 9-1-1</b>	(204) 345-1229	
Oakbank	<a href="#">Springfield E.M.S.</a> <b>EMERGENCY - 9-1-1</b>	(204) 444-5008	
Pinawa	<a href="#">Pinawa E.M.S.</a> <b>EMERGENCY - 9-1-1</b>	(204) 753-3149	
Pine Falls	<a href="#">Pine Falls E.M.S.</a> <b>EMERGENCY - 367-2333</b>	(204) 367-9112	
Victoria Beach	<a href="#">First Response - 9-1-1</a>		
Whitemouth	<a href="#">Whitemouth E.M.S.</a> <b>EMERGENCY - 348-7700</b>	(204) 348-7191 ext. 227	



## Audiology

Hearing tests, school services

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Audiologist - Regional</a>	(204) 268-7489	Concerns and Information For appts. see Hearing Centre
Beausejour	<a href="#">Hearing Centre</a>	(204) 268-7465	Twice a week Mon and Wed 9:30 am - 1:15 pm
Lac du Bonnet	<a href="#">Hastings Hearing Aid Centre</a>	(800) 782-0078	Once a month at District Health Centre First Thursday of month
Pine Falls	<a href="#">Hastings Hearing Aid Centre</a>	(800) 782-0078	Once a month in Pine Falls Last Thursday of month

## Canadian Red Cross

Canadian Red Cross Mission:

To help people deal with situations that threaten:

- their survival and safety
- their security and well-being
- the human dignity
- in Canada and around the world

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Canadian Red Cross Society of Eastman for information regarding - blood services - donations - disaster assistance	(204) 982-7330	General Inquiries

## Child & Family Services

Community agencies mandated under provincial legislation to support and strengthen families and work together with communities for the protection and care of children and the prevention of child abuse and neglect.

### Winnipeg Child & Family Services

404-1 Wesley Ave.

Toll-free 1-888-834-9767 Executive Office 944-4438

#### INQUIRIES

Intake Unit - 944-4200 After Hours - 944-4050  
 Foster Care - 944-4288 Adoption - 944-4360  
 Community Outreach & Volunteer - 944-4031

### North Rural Unit

serving the rural municipalities of St. Clements, Whitemouth, Lac du Bonnet, Brokenhead, Springfield and Tache and the communities of Garson, Tyndall and Powerview.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Little Black River	Little Black River Child & Family Services	(204) 367-4052	
Pauingassi	Pauingassi Child & Family Service	(204) 397-2134	
Pine Falls	Pine Falls Child & Family Services	(204) 367-6120	Mon - Fri 8:30 am - 4:30 pm
Region	Winnipeg Child & Family Services	(204) 268-6750	Mon - Fri

**Child & Family Services continued**

Beausejour	<a href="#">Brokenhead River Resource Centre</a> 31 First St., Beausejour	(204) 268-6750
Oakbank	<a href="#">Springfield Resource Centre</a> 530 Main St., Oakbank	(204) 444-6014
Fort Alexander	<a href="#">Sagkeeng Child &amp; Family Services</a>	(204) 367-2588

**Chiropractor Services**

## Chiropractors

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Chiropractor</a>	(204) 268-1876	Mon, Wed & Fri 1:30 - 5:30 pm
Beausejour	<a href="#">Chiropractor</a>	(204) 268-3533	Mon, Tues, Wed, Fri 8:00 am - 6:00 pm  Thurs, Sat 9 am - 2 pm
Lac du Bonnet	<a href="#">Chiropractor</a>	(204) 345-6195	call to book appointment
Oakbank	<a href="#">Oakbank Chiropractic Centre</a>	(204) 444-2111	Tues and Thurs 2:00 - 6:30 pm
Pinawa	<a href="#">Waverly Chiropractic Centre</a> (call to book appointments for Pinawa and Winnipeg)	(204) 487-1616	Mon - Fri
Powerview	<a href="#">Esser Chiropractic Health Centre</a>	(204) 367-4858	Mon and Wed 9:00 am - 7:00 pm  Tues and Thurs 9:00 am - 5:00 pm  Fri 9:00 am - 6:00 pm





## Community Health Offices

(see Public Health/Home Care/Mental Health)

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Bissett	<a href="#">Bissett Community Health Office</a>	(204) 277-5217	Itinerant office as required
Hadashville	<a href="#">Prawda Community Health Office</a>	(204) 426-2137	(includes Prawda, Hadashville, Rennie, Richer East)  Community Health Worker Mon - Fri 8:30 am - 4:30 pm
Manigotagan	<a href="#">Manigotagan Community Health Office</a>	(204) 363-7202	Itinerant office as required
Pinawa	<a href="#">Pinawa Community Health Office</a>	(204) 753-2334	Public Health Nurse One day a week (Tuesdays)
Pine Falls	<a href="#">Pine Falls Community Health Office</a>	(204) 367-5401	for Pine Falls, Victoria Beach, Traverse Bay, Belair, Lester Beach, Manigotagan, Seymourville and Bissett)
Seymourville	<a href="#">Seymourville Community Health Office</a> Itinerant office as required		(204) 363-7447
Whitemouth	<a href="#">Whitemouth Community Health Office</a>	(204) 348-4608	Mon - Fri 8:30 am - 4:30 pm

***Increased literacy skills are linked to better health, better jobs,  
and higher income***



## Crisis and Information Lines

### Emergency Crisis Lines

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	<a href="#">Crisis Line for Families</a> (toll-free number)	(800) 326-3431	24 HOUR CRISIS LINE
Region	<a href="#">Crisis Line for Battered Wives</a> (toll free number)	(800) 362-3344	24 HOUR CRISIS LINE
Region	<a href="#">Domestic Violence</a>	(877) 977-0007	24 HOUR CRISIS LINE
Region	<a href="#">Fetal Alcohol Syndrome</a> (Information line - toll free number)	(866) 877-0050	
Region	<a href="#">Kids Help Phone</a>	(800) 668-6868	
Region	<a href="#">Salvation Army Crisis Stabilization Unit</a>	(204) 482-5361	Available 24 Hours
Region	<a href="#">Salvation Army Mobile Crisis Unit</a>	(204) 482-5376	Mon - Fri 2:00 pm - 2:00 am  Weekends 8:00 am - 2:00 am
Region	<a href="#">Sexual Assault</a>  Deaf Access Line TTY Winnipeg 784-4097	(204) 786-8631	24 HOUR LINE
Region	<a href="#">Suicide and Crisis Line</a>  Deaf Access Line TTY Winnipeg 784-4097	(888) 322-3019	24 HOUR CRISIS LINE
Region	<a href="#">The Manitoba Farm &amp; Rural Stress Line</a>	(866) 367-3276	Mon - Sat 10 am - 9 pm

**all calls are Confidential**  
line provides support, counseling  
and information over the phone  
to anyone whose life is in any  
way affected by farming, agriculture  
or rural living.

## Dental Health

### Offices

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Beausejour Dental Centre	(204) 268-1782	Mon - Fri 8:00 am - 5:00 pm
Beausejour	Beausejour Dental Clinic	(204) 268-3488	Mon - Fri 8:30 am - 5:00 pm
Fort Alexander	Fort Alexander Dental Clinic (located in Fort Alex. Health Centre)	(204) 367-2208	for residents of the Beaches, Pine Falls, Powerview and surrounding areas  Tues - Fri Call for an appt.
Lac du Bonnet	Denturist Daïen Denture Clinic	(204) 345-8647	second and fourth Tuesday of each month 9:00 am - 4:00 pm
Oakbank	Springfield Dental Centre	(204) 444-4484	Mon, Tues, Fri 9:00 am - 5:00 pm Wed & Thurs 11:00 am - 8:00 pm Sat - 10:00 am - 4:00 pm
Oakbank	Oakbank Dental Group	(204) 444-2988	Thursdays 9:00 am - 5:00 pm
	After Hours (Wpg. Office)	(204) 339-2021	
Pinawa	Pinawa Dental Clinic (by appointment only)	(204) 753-2787	includes Hygienist services  Mon - Fri 8:30 am – 5:00 pm
Powerview	Main Dental Group	(204) 367-2815	Mon, Tues, Thurs: 9:30 am to 4:30 pm Every second Wed. 9:30 am - 7:00 pm

*A list of foods safe for your dental health*

**Fish**  
**Meat**

**Yogurt**  
**Vegetables**

**Cheese**  
**Fruits**

*Fresh milk*  
*Fresh fruit juices*

*Sugar substitutes*  
*Nuts*

*Sugar free gums*  
*Wheat bread*



## Diabetes Services

Identification/Outreach, Assessment, Education and Support, Evaluation and Consultation to individuals and groups. Liaison and continuing education of other health care professionals and communities in relation to diabetes.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Regional Diabetes Program</a>	(204) 268-7478	
	Beausejour Fort Alexander - Diabetic Clinic Lac du Bonnet		- every Wednesday - Tues 9:00 am - 3:00 pm - second & last Monday of month
	Manigotagan Oakbank Pine Falls		- one Monday a month - fourth Tuesday of month - Every Thursday 10 am - 3 pm
Whitemouth			- second Tuesday of month

*Eat right. Be active. Have fun. You can prevent diabetes.*



## Diagnostic Services

Diagnostic services are offered to the residents to assist in the diagnosis, treatment and prevention of diseases. Qualified Medical Technologists and support staff provides the services in consultation with Physicians.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Diagnostic Services Beausejour</a>	(204) 268-6033	Mon - Fri 8:30 am - 5:00 pm
Lac du Bonnet	<a href="#">Diagnostic Services Lac du Bonnet</a>	(204) 345-1226	Mon - Fri 8:30 am - 5:00 pm
Pinawa	<a href="#">Diagnostic Services Pinawa</a>	(204) 753-2731	Mon - Fri 8:30 am - 5:00 pm
Pine Falls	<a href="#">Diagnostic Services Pine Falls</a>	(204) 367-4451	Mon - Fri 8:30 am - 5:00 pm
Oakbank	<a href="#">Diagnostic Services Oakbank</a>	(204) 444-6120	Mon - Fri 8:30 am - 5:00 pm
Whitemouth	<a href="#">Diagnostic Services Whitemouth</a>	(204) 348-4607	Mon - Fri 8:30 am - 5:00 pm no service Wed pm



## Dietitian Services

The clinical/community dietitians provide services to clients in the community, hospitals and personal care homes. Primary responsibilities include assessment, planning and implementation of nutritional care for clients, education and support for both individuals and groups, and for promoting healthy lifestyles through liaison with other health care professionals and the community.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	Regional Diabetes Dietitian	(204) 268-7477	Mon – Fri
Beausejour	Dietitian Services – Beausejour and Oakbank areas	(204) 268-7479	Mon - Fri 8:30 am - 4:30 pm
		(204) 444-2227	in Oakbank first, second & fourth Tues and third Thurs of month
Lac du Bonnet	Dietitian Services - Pinawa, Lac du Bonnet & Whitemouth areas	(204) 345-1230	Mon - Fri 8:30 am - 4:30 pm
Pine Falls	Dietitian Services - Pine Falls area	(204) 367-5408	Mon - Fri 8:30 am - 4:30 pm

*Did you know that you can work off the calories from 125 ml (1/2 cup) of fruit salad in the same time it takes you to eat it.*

## Family Resource Services

Community-based programs focused on development of healthy children, parents and families.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Anola	Moms R' Us	(204) 755-2888	Alternate Ph. 866-2363 meet weekly
Lac du Bonnet	Winnipeg River Resource Centre (Mrs. Lucci's) Main focus: to provide unemployed youth in the community with a place to develop employability skills, life skills, self-esteem and education upgrading.  Various programs (call to inquire)  Youth Skills Program, High School Student Involvement Interagency Meetings, High School Girls & Boys Clubs, Parent Room, Parents & Tots and Information/Advocacy.	(204) 345-9909	Mon - Fri 10:00 am – 5:00 pm

Lac du Bonnet	<a href="#">Young Parents Support Group</a> @Lac du Bonnet Day Care <a href="#">Family Resource Services continued</a>	(204) 345-1219 5:00 - 8:00 pm	third Thursday of month program runs Sept. to June
Oakbank	<a href="#">Mom and Infant Group</a>	(204) 444-2227	2nd and 4th Wednesdays 10:00 am - 12:00 noon
Oakbank	<a href="#">Y' Neighbours</a>	(204) 444-2555	meet weekly
Pine Falls	<a href="#">Wings of Power</a> Family Resource Centre (covering Blue Water district) stories & crafts, lending library, parenting classes, second hand store, community Internet access & training and various workshops	(204) 367-9641	Mon - Fri 9:00 am - 5:00 pm
Springfield	<a href="#">Springfield Teen Health Clinic</a> <b>(Private and Confidential)</b> at Kin Place Primary Health Care Centre	(204) 444-2227	Drop-In Thursday 3:00 pm - 4:30 pm  or call for appt. Mon-Fri 9:00 am - 5:00 pm

## Foot Care

Foot care services (regional)

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Foot Clinic</a>	(204) 268-1381	First Friday of each month
Belair	<a href="#">Foot Ease</a>	(204) 754-3007	
Lac du Bonnet	<a href="#">Happy Feet Foot Care Service</a>	(204) 345-8015	Arranged by appointment
Pinawa	<a href="#">Happy Feet Foot Care Service</a>	(204) 753-2407	Arranged by appointment
Pine Falls	<a href="#">Feet First</a>	(204) 367-8391	
Whitemouth	<a href="#">Happy Feet Foot Care Service</a>	(204) 753-2407	Arranged by appointment



## HandiVan Services

Transportation services for Adult Day Program. Handivans are also available on off days and weekends but must be booked 24 hours in advance.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Beausejour Handivan</a> or Answering Machine	(204) 268-4123	Mon - Fri 9:00 am - 2:30 pm
Lac du Bonnet	<a href="#">Winnipeg River Handivan Service</a> (Lac du Bonnet/Pinawa)	(204) 345-8647	8:30 am - 5:30 pm Service available 7 days/wk but must be prebooked and is subject to driver availability
Oakbank	<a href="#">Handivan Service</a> (Springfield District)	(204) 268-5250	Mon - Fri 8:30 am - 4:30 pm Also available weekends but must be prebooked and is subject to driver availability
Pine Falls	<a href="#">Pine Falls Handivan</a> (Pine Falls/Powerview/St. Georges)	(204) 367-9128	Mon - Fri 9:00 am - 3:00 pm
Whitemouth	<a href="#">Whitemouth Handivan</a>	(204) 348-3931	Tues. and Thurs. 8:00 am - 5:00 pm Also available on off days and weekends but it must be booked 24 hours in advance.

## Health Auxiliaries (Regional Health Auxiliaries)

Advocates of community partnerships in the support of health care in the North Eastman region through education, fund-raising opportunities and the promotion of volunteer services to people.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Manitoba Health Auxiliaries Assoc.</a> Regional Rep. Virginia Kubish	(204) 268-2765	
Beausejour	<a href="#">Beausejour Health Auxiliary</a> President: Joan Soluk	(204) 268-2176	
Lac du Bonnet	<a href="#">Lac du Bonnet Health Auxiliary</a> President: Cora Ott	(204) 345-8647	
Pinawa	<a href="#">Pinawa Health Auxiliary</a> President: Pat Lucas	(204) 753-8323	
Pine Falls	<a href="#">Pine Falls Health Auxiliary</a> Contact: Anita Borlase	(204) 367-2394	
Whitemouth	<a href="#">Whitemouth Health Auxiliary</a> President: Rose Gesell	(204) 348-7191	



## Health Centres (see also Primary Health Care Centres)

Alternative to Medical Clinics/Hospitals

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Little Black River	<a href="#">Little Black River Health Office</a> Public Health Nurse Community Health Representative Native Drugs & Alcohol Program Health Promotion Mental Health Services Dental Services Community Therapist	(204) 367-8089	Mon - Fri 8:30 am - 4:30 pm  After Hours 367-2535 or cell phone 367-3330
Wanipigow	<a href="#">Hollow Water First Nation Medical Facility</a>  Community Health Nurse Community Health Representative Native Drug & Alcohol Program	(204) 363-7364	Mon - Fri 8:30 am - 4:30 pm

## Health Inspectors

Responsible for the enforcement of regulations pertaining to food handling, swimming pools, dwellings and buildings, atmospheric pollution, care facilities, protection of water supplies, waste disposal and grounds, gasoline products, private sewage disposal, litter, livestock and dangerous goods.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	<a href="#">Public Health Inspector Regional Supervisor</a>	(204) 346-6061 Ph: 346-6060 Fax: 326-2472	Office Administrator:
Lac du Bonnet	<a href="#">Public Health Inspector/ Environment Officer</a>	(204) 345-1447 Director: 346-6063	Head Office: Steinbach



## Home Care

Assessment, Home Oxygen, Nursing, Palliative Care,  
Respite Care, Self-managed/Family-managed Care, Supportive Housing

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Region	Home Care Manager	(204) 367-5405	Mon - Fri 8:30 am - 4:30 pm
Fort Alexander	Home Care Program Fort Alexander Health Unit	(204) 367-9479	call to inquire
Beausejour	Home Care Case Coordinator	(204) 268-7474	or call 268-7471 Mon - Fri 8:30 am - 4:30 pm
Beausejour	Home Care Resource Coordinator	(204) 268-7473	Mon - Fri 8:30 am - 4:30 pm
Beausejour	Home Care Resource Coordinator	(204) 268-6141	Mon - Fri 8:30 am - 4:30 pm
Lac du Bonnet	Home Care Case Coordinator	(204) 345-1217	Mon - Fri 8:00 am - 4:30 pm
Lac du Bonnet	Home Care Resource Coordinator (for Lac du Bonnet and Pinawa)	(204) 345-1215	Mon - Fri 8:00 am - 4:30 pm
Oakbank	Home Care Case Coordinator for RM of Springfield (includes RMs of Molson and St.Rita)	(204) 444-6119	Mon - Fri 8:30 am - 4:30 pm
Oakbank	Home Care Resource Coordinator (covers RM of Springfield) includes RMs of Molson and St. Rita)	(204) 444-6112	Mon - Fri 8:30 am - 4:30 pm
Pinawa	Home Care Case Coordinator	(204) 345-1217	Mon - Fri 8:00 am - 4:30 pm
Pine Falls	Home Care Case Coordinator for Pine Falls, Victoria Beach, Traverse Bay, Belair, Lester Beach and Bissett)	(204) 367-5403	Mon - Fri 8:30 am - 4:30 pm
Pine Falls	Home Care Resource Coordinator for Pine Falls, Victoria Beach, Traverse Bay, Belair, Lester Beach and Bissett)	(204) 367-2224	Mon - Fri 8:30 am - 4:30 pm

## Home Care continued

Whitemouth	<a href="#">Home Care Case Coordinator</a> (includes Prawda, Hadashville, Rennie, Richer East)	(204) 348-4609	Mon - Thurs (4 days/wk) 8:30 am - 4:30 pm
Whitemouth	<a href="#">Home Care Resource Coordinator</a>	(204) 348-4608	Mon - Fri 8:30 am - 4:30 pm



## Hospitals

Acute Care, Diagnostic Services, Pharmaceutical Services (where indicated)

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Beausejour District Hospital</a> (30 beds)  - 24 hour Emergency Services - Elective Surgical Program - Physiotherapy Services - Diagnostic Services	(204) 268-1076	24 hours/day 7 days/wk
Pinawa	<a href="#">Pinawa Hospital</a> (17 beds)  - 24 hour Emergency Services - Limited Physiotherapy Services - Retail Pharmacy on-site - Diagnostic Services	(204) 753-2334	24 hours/day 7 days/wk
Pine Falls	<a href="#">Pine Falls Health Complex</a> (27 beds and 6 station dialysis unit)  - 24 hour Emergency Services - Diagnostic Services - Limited Physiotherapy Services - Obstetrical Care for low risk patients	(204) 367-5400	24 hours/day 7 days/week

## Interpreter Services

Ojibway, Salteaux

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Pine Falls	<a href="#">Interpreter - Ojibway, Saulteaux</a>	(204) 367-5400	Bella Malo Mon - Fri 8:00 am - 4:00 pm



## Long Term Care

The Long Term Care Program includes all facility based resident / client care. This continuum of services includes the following programs: Elderly Persons Housing, Supportive Housing, Personal Care Homes, Respite and facility based Adult Day Programs and Community Bathing Program.

The assessment and application to all the above stated programs except the Elderly Persons Housing is through the Home Care Program.

see also Adult Day Programs, Personal Care Homes and Supportive Housing

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	Director of Long Term Care	(204) 268-7400	Mon - Fri 8:30 am - 4:30 pm
	<b>Long Term Care Facilities</b>		
	<i>East-Gate Lodge PCH, Beausejour</i>	(204) 268-1029	
	<i>Lac du Bonnet PCH</i>	(204) 345-8675	
	<i>Kin Place PCH, Oakbank</i>	(204) 444-2004	
	<i>Sunnywood Manor PCH</i>	(204) 367-8201	
	<i>Whitemouth PCH</i>	(204) 348-7191	

### GET STRESS FIT

*For a healthier, more enjoyable life*

Here are 12 easy-to-remember tips on how you can bring stress fitness into your life. Keep them handy and review them often.

Give yourself a break and go for a walk.

Eat a healthy diet.

Talk it out.

Spend time with family and friends.

Take a course - for fun or self improvement

Relax..with a good book, movie or music.

Exercise; walk, swim, dance or go to the gym.

Set Priorities.

Schedule your time.

Find alternative sources of satisfaction.

Increase your awareness of what causes stress.

Take action on situations that cause you stress.

*(brought to you by your local Wellness Facilitators)*



## Mental Health Services

Provides and coordinates services for people with mental health problems

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<b>CMHW - Adult</b> (covering Beausejour, RM of Brokenhead, Lac du Bonnet, RM of Lac du Bonnet, RM of Reynolds, RM of Whitemouth)	(204) 268-6146	Mon - Fri 8:30 am - 4:30 pm
Beausejour	<b>CMHW - Child &amp; Adolescent</b> (covering all of North Eastman excluding RM of Springfield)	(204) 268-7483	Mon - Fri 8:30 am - 4:30 pm
Beausejour	<b>CMHW - Elderly</b> (covering North Eastman region) (East-Gate Lodge) Alt. Ph. 268-7480	(204) 268-7481	Mon - Fri 8:30 am - 4:30 pm
Oakbank	<b>CMHW - Adult</b> Kin Place Health Complex (covering Beausejour, Garson, Tyndall and RM of Springfield)	(204) 444-6117	Mon - Fri 8:30 am - 4:30 pm
Oakbank	<b>CMHW - Child &amp; Adolescent</b> (RM of Springfield)	(204) 444-6118	Mon - Fri 8:30 am - 4:30 pm
Pine Falls	<b>CMHW - Adult</b> (covering RM of Alexander, Bissett, Manigotagan, Pinawa, Pine Falls, Powerview, Seymourville, RM of Victoria Beach)	(204) 367-5407	Mon - Fri 8:30 am - 4:30 pm
Region	<b>CMHW - Intensive Case Management - Region</b>	(204) 268-7484	Mon - Fri 8:30 am - 4:30 pm

*A supportive environment for maintaining and improving mental health is one that shows respect for personal dignity and fosters the sense of having control over one's life.*

## Optometrist Services

Eye testing, Prescriptions

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Optometrist	(204) 268-2388	Mon, Tues, Thurs, Fri 9:00 am - 5:00 pm  Wed 9:00 am - 12 noon
Pine Falls	Optometrist	(204) 367-2390	Mon - Fri 9:00 am - 5:00 pm open noon hours Tues, Wed, Fri (examinations Thurs only)



## Palliative Care

Provision of skilled, compassionate interdisciplinary professional and volunteer care for people whose disease does not respond to curative treatment.

Palliative care is delivered throughout North Eastman in the hospitals, personal care homes, and in homes by a variety of caregivers including: nurses, physicians, pharmacists, home care workers, pastoral care, families friends and many others.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Pinawa	Palliative Care Coordinator Regional contact	(204) 753-3147	Mon - Fri 8:30 am - 4:30 pm
	<b>Emergency Pager</b>	<b>204-933-3045</b>	
Region	Volunteer Coordinator Community Palliative Care	(204) 753-3148	Mon - Fri 8:30 am - 4:30 pm

*Helping to provide Comfort and Quality Living  
in the Final Stages of Life*



## Personal Care Homes

Admission to personal care homes is accessed through the Long Term Care provincial program admissions procedure via the Home Care Program.

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Beausejour	<a href="#">East-Gate Lodge Personal Care Home</a> 80 beds (20 bed special needs unit)  Adult Day Program Community Bathing Program Special Needs Unit	(204) 268-1029	Respite available 24 hours/day Mon - Fri 8:00 am - 5:00 pm
Lac du Bonnet	<a href="#">Lac du Bonnet Personal Care Home</a> (30 beds)  Adult Day Program Community Bathing Program	(204) 345-8675	Respite available 24 hours/day Mon - Fri 8:30 am - 4:30 pm
Pine Falls	<a href="#">Sunnywood Manor Personal Care Home</a> (20 beds)  Community Bathing Program	(204) 367-8201	Respite available 24 hours/day Mon - Fri 8:00 am - 4:00 pm
Oakbank	<a href="#">Kin Place Personal Care Home</a> (40 beds)  Adult Day Program (3 days/week) Community Bathing Program	(204) 444-2004	Respite available 24 hours a day Mon - Fri 8:30 am to 4:30 pm
Whitemouth	<a href="#">Whitemouth District Health Centre (PCH)</a> (20 beds) and 6 interim placement beds  Community Bathing Program	(204) 348-7191	Respite available 24 hours/day Mon - Fri 8:00 am - 4:30 pm

*An open and honest discussion can help secure the right kind of care at the right time*

## Pharmacy Services

Drugstores, Hospital

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Beausejour Pharmasave</a>	(204) 268-1434	Mon - Sat 9:00 am - 6:00 pm
Beausejour	<a href="#">Beausejour Price Watcher's Drugs</a>	(204) 268-2323	Mon - Sat 9:00 am - 6:00 pm
Fort Alexander	<a href="#">Sagkeeng Pharmacy</a>	(204) 367-8888	Mon - Fri 9:30 am - 5:30 pm
Lac du Bonnet	<a href="#">Ingham Pharmacy</a>	(204) 345-2232	Mon - Sat 9:30 am - 6:00 pm
Oakbank	<a href="#">Medi-Mart Drugs</a>	(204) 444-3030	Mon - Fri 10:00 am - 6:00 pm Sat - 9:00 am - 12 noon
Pinawa	<a href="#">Pinawa Pharmacy</a>	(204) 753-2324	Mon - Fri 9:00 am - 1:00 pm 2:00 pm - 5:00 pm
Pine Falls	<a href="#">Pine Pharmacy</a>	(204) 367-2611	Mon - Sat 9:30 am - 5:30 pm
	<a href="#">Dispensary</a>	(204) 367-2517	
Whitemouth	<a href="#">Whitemouth Pharmacy</a>	(204) 348-3334	Mon - Fri 9:30 am to 6:00 pm

*Take your medications wisely*



## Physicians

Family/General Practitioners and General Surgeons  
Doctor's offices

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Beausejour	<a href="#">Beausejour Clinic</a>	(204) 268-2288	Mon - Fri 9:00 am - 4:30 pm
Beausejour	<a href="#">First Street Medical Clinic</a>	(204) 268-3363	Mon - Fri 8:30 am - 5:00 pm
Beausejour	<a href="#">Beausejour Primary Health Care Centre</a>	(204) 268-4966	Mon - Fri 8:30 am - 4:30 pm
Fort Alexander	<a href="#">Fort Alexander Health Unit</a>	(204) 367-2208	Mon. - Thurs 9:00 am - 4:30 pm Fri. 9:00 am - 3:00 pm
Lac du Bonnet	<a href="#">Lac du Bonnet District Health Centre</a>	(204) 345-8173	Mon - Fri 8:00 am - 4:30 pm
	Emergency - call 753-2334		
Oakbank	<a href="#">Kin Place Primary Health Care Centre</a>	(204) 444-2227	Mon - Fri 8:30 am - 4:30 pm  Wed until 7:00 pm  2nd and 4th Sat 9:00 am - 12:00 noon
Oakbank	<a href="#">Oakbank Medical Clinic</a>	(204) 444-2934	Mon - Fri 9:00 am - 5:00 pm
Pinawa	<a href="#">Pinawa Medical Clinic</a>	(204) 753-2351	Mon - Fri 9:00 am - 5:00 pm
Pine Falls	<a href="#">Blue Water Medical Clinic</a>	(204) 367-2278	Mon - Thur 9:00 to 11:30 am 1:30 to 4:30 pm  Fri 10:00 to 11:30 am 1:30 to 4:30 pm
Victoria Beach	<a href="#">General Practitioner (summer)</a>	(204) 756-2247	
Whitemouth	<a href="#">Whitemouth District Health Centre</a>	(204) 348-2291	Mon - Fri 9 am - 12 noon

1:00 - 5:00 pm



## Primary Health Care Centres

The spectrum of services provided include: health promotion, illness prevention, treatment, rehabilitation and supportive services.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Beausejour Primary Health Care Centre	(204) 268-4966	Mon – Fri 8:30 am - 4:30 pm
Lac du Bonnet	Lac du Bonnet District Health Centre	(204) 345-8647	Mon – Fri 8:00 am - 4:30 pm
Lac du Bonnet	Wellness Facilitator (Brokenhead/Winnipeg River Districts)	(204) 345-1214	Mon - Fri 8:30 am - 4:30 pm
Oakbank	Kin Place Primary Health Care Centre	(204) 444-2227	Mon - Fri 8:30 am - 4:30 pm  Wed until 7:00 pm  2nd and 4th Sat 9:00 am - 12:00 noon
Oakbank	Wellness Facilitator (Springfield District)	(204) 444-2227	Mon - Fri 8:30 am - 4:30 pm
Pine Falls	Pine Falls Health Complex	(204) 367-5401	Mon – Fri 8:30 am - 4:30 pm
Pine Falls	Wellness Facilitator (Blue Water District)	(204) 367-5410	Mon - Fri 8:30 am - 4:30 pm
Whitemouth	Whitemouth District Health Centre	(204) 348-7191	Mon - Fri 8:30 am - 4:30 pm
Prawda	Wellness Facilitator (Iron Rose District)	(204) 426-2137	Mon - Fri 8:30 am - 4:30 pm

*The first wealth is health – Ralph Waldo Emerson*



## Public Health

- 1) Health Protection: Immunization, Communicable Disease Prevention and Control
- 2) Prevention and Community Health Services: Reproductive Health, Prenatal Classes, Child Health Clinics, Parenting Classes, Family Health, School Health, BabyFirst and Women and Infant Nutrition Program
- 3) Health Promotion/Education:  
Activities that Support Health Lifestyle Choices through Workshops, Wellness Sessions, Community Development and Mobilization.

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Beausejour/ Oakbank	Immunization Coordinator	(204) 268-7466 (204) 444-6115	alternate days
Beausejour	Primary Care Nurse Practitioner Beausejour Primary Health Care Centre	(204) 268-7462	Mon - Fri 8:30 am - 4:30 pm
Beausejour	Public Health Nurse - Beausejour	(204) 268-7468	Mon - Fri 8:30 am - 4:30 pm
Lac du Bonnet	Public Health Nurse - Lac du Bonnet/Pinawa	(204) 345-1219	Mon - Fri 8:00 am - 4:30 pm
Lac du Bonnet	Primary Health Care Nurse	(204) 345-1218	Mon - Fri 8:00 am - 4:30 pm
Oakbank	Primary Care Nurse Practitioner Kin Place Primary Health Care Centre	(204) 444-6110	Mon - Fri 8:30 am - 4:30 pm
Oakbank	Public Health Nurse - Springfield	(204) 444-6116 or 444-6115	Mon - Fri 8:30 am - 4:30 pm
Little Grand Rapids	Little Grand Rapids Nursing Stn.	(204) 397-2115	
Pauingassi	Pauingassi Nursing Station	(204) 397-2395	Mon - Fri 9:00 am - 5:00 pm
Pine Falls	Public Health Nurse - Pine Falls	(204) 367-5406	Mon - Fri 8:30 am - 4:30 pm
Region	Regional Prenatal Classes	(204) 268-7465	to register
Whitemouth	Public Health Nurse - Whitemouth	(204) 348-4613	alternate days

***For each \$1.00 spent on child and youth prevention support, we save \$7.00 on intervention services – Healthy Child Manitoba***

***A properly fitting and correctly worn bike helmet will reduce the risk of***

*head or brain injury by up to 88% for all ages of bicyclists*

## Self-Help Groups

### Support Groups, Programs

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Oakbank	<a href="#">Manitoba Schizophrenia Society</a> Support Groups: Eastman Outreach Worker Family Support Group - Kin Place, Oakbank	(204) 444-2793	meets from Sept. to May second Tues of month (7:00 - 9:00 pm)
	Consumer Support Group - Beausejour (East-Gate Lodge - small boardroom)		Sept. to May last Tues of month (2:30 – 4:30 pm)
Region	<a href="#">Alcoholics Anonymous</a> <b>AA Groups in</b> Beausejour, Bissett, Lac du Bonnet, Pine Falls/ Powerview, Tyndall, Victoria Beach, Wanipigow and Whitemouth	(204) 942-0126	
Region	<a href="#">Al-anon</a>	(204) 943-6051	Meetings in Beausejour and Lac du Bonnet
Region	<a href="#">Alateen</a>	(204) 942-4077	Meetings in Lac du Bonnet
Region	<a href="#">Anxiety Disorders of Manitoba</a> Eastman Outreach Worker	(204) 444-2660	
Region	<a href="#">Canadian Mental Health Association</a> Education Support Worker	(204) 878-2055	
Region	<a href="#">Eastman Mental Self-Help Service</a> (serving the Eastman Region)  <i>a shared initiative of...</i> Anxiety Disorders of Manitoba Canadian Mental Health Assoc. Manitoba Schizophrenia Society Society for Depression and Manic Depression	(204) 444-2732	
Region	<a href="#">Mood Disorders Association of Manitoba</a>	(204) 444-2757	
Region	<a href="#">Society for Depression &amp; Manic Depression</a>	(204) 444-2757	

## SENIORS RESOURCES

### Seniors Citizens' Organizations

50+ Clubs and Organizations

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	<a href="#">Beau Head Senior Citizens</a>	(204) 268-2444	Meetings: Tuesday Annual: February
Beausejour	<a href="#">Club 50 - Royal Canadian Legion</a>	(204) 268-2783	Meetings: Private
Bissett	<a href="#">Bissett New Horizons Club</a>	(204) 277-5226	Meetings: As required Annual: December
Dugald	<a href="#">Pleasantview Senior Citizens Club</a>	(204) 444-3335	Meetings: Wednesday Annual: February
Garson	<a href="#">Garson Golden Age Club</a>	(204) 268-1163	Meetings: Wednesday Annual: January
Hadashville	<a href="#">Reynolds Senior Citizens Club</a>	(204) 426-5535	Meetings: Wednesday Annual: December
Lac du Bonnet	<a href="#">Pioneer Club of Lac du Bonnet</a>	(204) 345-8333	Meetings: Monday Annual: February
Oakbank	<a href="#">Kin Place Silver Threads</a>	(204) 444-3132	Meetings: Thursday
Pinawa	<a href="#">Pinawa 50+ Club</a>	(204) 753-8495	Meetings: 2nd Tuesday Annual: September
Pine Falls	<a href="#">Golden Leisure Club</a>	(204) 367-8042	Meetings: Wednesday Annual: January
Powerview	<a href="#">Powerview Silver Haven Club</a>	(204) 367-8447	Meetings: Thursday Annual: October
Seven Sisters Falls	<a href="#">Seven Sisters 50 Plus Sunshine Social Club</a>	(204) 348-2688	Meetings: Wednesday Annual: November
St. Georges	<a href="#">Club Rendons Nous</a>	(204) 367-8844	Meetings: Tuesday Annual: January
Stead	<a href="#">Stead New Horizons Club</a>	(204) 635-2462	Meetings: Wednesday Annual: January
West Hawk Lake	<a href="#">Winfal Seniors</a>	(204) 349-8586	Meetings: Thursdays Annual: June
Whitemouth	<a href="#">Whitemouth Happy Hours</a>	(204) 348-2501	Meetings: Tuesday Annual: January
Victoria Beach	<a href="#">Senior's Scene Inc.</a>	(204) 756-6468	Meetings: 2 <sup>nd</sup> Tuesday Annual: September



## Services to Seniors

Resource Councils, Meal Programs

Provides ongoing support to seniors to help them stay independent in their homes longer, with an improved quality of life. Services are provided through two main avenues - Resource Councils and Congregate Meal Programs.

Congregate meal programs provide seniors with full course, nutritious meals in a social atmosphere, while Resource Councils provide numerous services to seniors, some of which are volunteer and some that are on a fee-for-service basis.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
East Beaches	<a href="#">H.E.L.P. Centre</a> c/o Senior Scene Inc. (servicing Victoria, Albert, Hillside and Lester Beaches, Traverse Bay, Jackfish Lake Bear Paw and area)	(204) 756-6471	Coordinator Wed and Fri
	After hours: Answering machine		
Lac du Bonnet	<a href="#">Services to Seniors (LDB)</a> Resource Coordinator	(204) 345-1227	
Lac du Bonnet	<a href="#">Two Rivers Senior Resource Council</a> Lac du Bonnet Health Centre (servicing Town/RM of Lac du Bonnet, to Bird River, Pinawa and Seddon's Corner)	(204) 345-1227	Coordinator Mon - Fri 8:00 am - 4:00 pm
Oakbank	<a href="#">Seniors Resource Council</a>	(204) 444-6128	Coordinator Mon - Fri 8:30 - 4:30
	After Hours: Answering machine		
Oakbank	<a href="#">Springfield Meal Programs</a>	(204) 444-6128	Coordinator (24 hour notice required)
	<a href="#">Anola:</a>	866-3622	Mon - Fri 12 noon
	<a href="#">Cooks Creek:</a>	444-6000	Mon. Wed. Fri. at noon
	<a href="#">Dugald:</a>	853-7499	Mon. Wed. Fri at 5 pm
	<a href="#">Oakbank:</a>	444-3132	Mon. Tues. Wed. Fri. at 5 pm Thurs. at 12:00 noon

## Services to Seniors continued

Pine Falls	<a href="#">Winnipeg River Senior Service Inc.</a> Pine Falls Health Complex (servicing Pine Falls, Powerview, Silver Falls, Broadlands/Cheverfils, Whitemud/Leisure Falls, St. Georges, Great Falls and Stead)	(204) 367-9218	Coordinator Mon - Fri 8:00 am - 2:00 pm
Powerview	<a href="#">Silver Haven Meal Program</a> (55+)	(204) 367-4620	(24 hours notice required) Mon, Wed, Fri - 12 noon
St. Georges	<a href="#">St. Georges' Congregate Meal Program</a>	(204) 367-8808	Mon. Wed. Fri. (noon meal) 24 hours notice required.
Whitemouth	<a href="#">Services to Seniors</a>	(204) 348-4610	Resource Coordinator
Whitemouth	<a href="#">Two Rivers Senior Resource Council</a> Whitemouth District Health Centre (servicing Whitemouth Hadashville, Prawda, River Hills, East Braintree, Seven Sisters, Ste. Rita, Rennie and Whiteshell Park)	(204) 348-4610	Coordinator Mon - Fri 8:00 am - 4:00 pm
	After Hours: Answering machine		

***Keeping yourself informed to make healthy food and lifestyle choices  
are an important way to improve your overall health and sense of well being.***



## Speech and Language Services

### PRE-SCHOOL SPEECH AND LANGUAGE

The 1st P.L.A.C.E (Pre-school Community and Enrichment Program) provides consultative and collaborative speech and language services to pre-school children within North Eastman. Referrals are accepted from physicians, other health service providers and families.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	Speech and Language Pathologists Alternate Phone	(204) 268-6526 268-6518	



## Spiritual Care

Spiritual Care is offered in each Long Term Care and Acute Care facility throughout the Region. There is a Regional Spiritual Care Advisory Committee which is comprised of program staff and clergy from throughout the region who meet on a quarterly basis focusing on the priorities such as: supporting NEHA on spiritual care and ethical issues, assessing spiritual needs along the health care continuum and advocating for the essential status of spiritual care in health care, and education possibilities in a multi-faith approach.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Region	Spiritual Care NEHA Contact (East-Gate Lodge)	(204) 268-7400	
	Spiritual Care Advisory Contact: Rev. Rob Murray <a href="mailto:pcf@granite.mb.ca">pcf@granite.mb.ca</a>	(204) 753-8439	



## Supportive Housing Program

Focusing on the client the supportive housing program provides personal support services and essential homemaking in a permanent, grouped, community residential setting, when the client's needs for service justifies the availability of 24-hour on-site personal care assistance. This program is designed for the frail elderly and/or cognitively impaired elderly persons; or for person with physical disability.

Application is made through the Home Care Program Beausejour

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Stony Plains Terrace (Supportive Housing) (arranged through Home Care)	(204) 268-1029 c/o East-Gate Lodge	24 hours/day
	Handivan service		Office hours: Mon - Fri 8:00 am - 5:00 pm



## Telehealth Services

MB Telehealth is a network for Manitoba residents and surrounding areas to receive comprehensive, health care services that overcome barriers of distance and time. For example, people will be able to connect with their specialist in Winnipeg by videoconferencing, they will be able to see, hear and talk to each other in the offices at Pine Falls Health Complex. It can also be used for educational sessions for health staff, family visitations, as well as for administrative meetings.

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Pine Falls	Telehealth Office	(204) 367-5421	2-3 days a week 8:00 am - 4:00 pm

## THERAPY SERVICES

### Massage Therapy

Massage therapy improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems and may improve the rate at which the body recovers from injury and illness. Massage involves holding, causing movement of soft tissue, and/or applying pressure to the body. Massage comes in many forms, including:

- Swedish a gentle, relaxing massage;
- Pressure point therapy for certain conditions or injuries; and
- Sports massage that focuses on muscle groups relevant to a particular sport.

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Beausejour	Massage Therapist (Beausejour)	(204) 268-4643	Mon – Fri (by appt. only)
Oakbank	Earth & Sole (Massage & Reflexology)	(204) 444-2387	Mon - Sat by appointment only
Oakbank	Oakbank Massage Therapy	(204) 444-2198	
Powerview	Phillips' CranioSacral & Massage Therapy	(204) 367-8369	Mon – Fri and Sat
	Toll-free number	(866) 367-8369	9:00 am - 1:00 pm

## OTHER THERAPY SERVICES continued

### Physiotherapy Services

Treatment by physical methods including manipulation, massage, infrared heat treatment, remedial exercise etc. rather than by drugs or surgery.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Community Therapy Services	(204) 268-1076	Tues, Wed 8:30 am - 4:30 pm
Oakbank	Oakbank Physiotherapy	(204) 444-2198	Mon - Fri 7:00 am - 6:30 pm  Mon and Thurs open until 9 pm
Pinawa	Oakbank Physiotherapy - Pinawa	(204) 753-2060	Tues & Thurs 7:00 am - 4:00 pm
Pinawa	Whiteshell Physiotherapy	(204) 753-2256	Home Physiotherapy Visits Call for Appt.
Pine Falls	Pine Falls Physiotherapy	(204) 367-4811	Mon - Fri 9:00 am - 5:00 pm

*Physical Activity is nature's anti-depressant*



## Volunteer Services

The board of directors and management of NEHA acknowledge and support the vital role of volunteers in achieving the organization's mission. Volunteers are an important human resource to the organization. As an organization we will involve volunteers in a variety of meaningful roles designed to meet their needs/interests and abilities. All volunteer contributions will assist NEHA as we strive toward our purpose, mission and goal of creating healthy and sustainable communities.

<u>Community</u>	<u>Service Name</u>	<u>Business</u>	<u>Business Hours</u>
Beausejour	Volunteer Coordinator/ Care Team Manager	(204) 268-7433	Mon - Fri 8:30 am - 4:30 pm
Beausejour	Volunteer Coordinator/Social Worker East-Gate Lodge PCH	(204) 268-7407	Mon - Fri 8:30 am - 4:30 pm
Lac du Bonnet	Volunteer Coordinator/Recreation	(204) 345-1210	Mon - Fri 8:30 am - 4:30 pm
Oakbank	Volunteer Coordinator/ Care Team Manager	(204) 444-6122	Mon - Fri 8:30 am - 4:30 pm
Pinawa	Volunteer Coordinator/ Care Team Manager	(204) 753-3146	Mon - Fri 8:30 am - 4:30 pm
Pine Falls	Volunteer Coordinator/ Care Team Manager	(204) 367-5417	Mon - Fri 8:30 am - 4:30 pm
Region	Volunteer Services	(877) 753-2012	Mon - Fri 8:30 am - 4:30 pm
Whitemouth	Volunteer Coordinator/Recreation	(204) 348-4603	Mon - Fri 8:30 am - 4:30 pm

*“Volunteers Soar to Great Heights”*



## Women's Health

Women's health issues are different. In addition to obvious issues related to reproductive health, women also face an increased rate of chronic illnesses as they age, as well as higher rates of mental illness such as depression. Women experience diseases and illnesses, such as heart disease and stroke, differently from men.

The Women's Health Strategy recognizes the distinct health needs of women in the planning, implementation and delivery of health care services, and seeks to ensure awareness and responsiveness to gender differences in all aspects of health care delivery in North Eastman.

<b>Community</b>	<b>Service Name</b>	<b>Business</b>	<b>Business Hours</b>
Beausejour	<a href="#">Primary Care Nurse Practitioner</a> Beausejour Primary Health Care Centre	(204) 268-7462	Mon - Fri 8:30 am - 4:30 pm
Lac du Bonnet	<a href="#">Primary Care Nurse</a>	(204) 345-1218	Mon - Fri 8:00 am - 4:30 pm
Oakbank	<a href="#">Primary Care Nurse Practitioner</a> Kin Place Primary Health Care Centre	(204) 444-6110	Mon - Fri 8:30 am - 4:30 pm
Region	<a href="#">Lactation Consultant</a>	(204) 444-6116	Mon - Fri 8:30 am - 4:30 pm
Region	<a href="#">Manitoba Breast Screening Program</a> (Mobile Unit - Regional contact)	(800) 903-9290	For an appt. or more information
Region	<a href="#">Manitoba Women's Health Strategy</a> <a href="#">Women's Health Unit</a> Winnipeg MB	(204) 788-6661	Health Programs -
Region	<a href="#">Menopause Instructors</a>	(204) 268-7468	Mon - Fri 8:30 am - 4:30 pm
	Alternate Phone	(204) 345-1218	
Seymourville	<a href="#">Canadian Prenatal Nutrition Program</a> (for pregnant women in Blue Water District) offers milk, juice, prenatal vitamins and education through home visits and series of pre and postnatal drop ins.	(204) 367-8855	First Monday of every month (except holidays)
	Transportation offered		
	Moms and Tots		