Line 19 Health Care Committee

(In partnership with SHA)

Introduction of the Line 19 Health Care committee and our purpose:

Hello to all residents (permanent and seasonal) of the line 19 area. Did you know that there is now a committee based out of Elbow that is working on addressing the health care needs of Strongfield, Loreburn, Elbow, Mistusinne and RM 254? The committee members include mayor or council members from each area and community members (some with a healthcare background). Below is a list of short and long term goals we are working on for our community:

- Collaboration with SHA established
- Communicating and distributing SHA information on available health services and how to access them
- Surveys and data collection for evidence of need for increased health services to our area
- Planning in person information sessions with different SHA programs
- Scheduled information memos re: health services, sent out electronically and posted in person on a routine basis
- Working towards a proposal for a Primary Health Care Centre located in Elbow, SK

Memos for June 2025:

- **Both Davidson and Outlook health centers will be in service disruption or using virtual physician (physician on a phone call) often this summer. Look out for notices of disruptions shared by your community and this committee. Also, if possible, please call either center prior to visiting so the nurses can inform you if virtual physician is being used before you make the trip.**
- **See attached/below: SHA Elbow and surrounding area Community Engagement Summary form. This form shares some health services currently available and how to access them.**

EXPECT TO HEAR FROM YOUR COMMITTEE AGAIN SOON!

Contact the Line 19 Health Care Committee with any questions or comments:
Line19hcc@gmail.com

Elbow

Community Engagement Summary

Self referrals are accepted by all of our Primary Health Care programs.

This means you do not need a doctor referral to be eligible for services.

We encourage you to contact our teams for more information or to book an appointment

Program	Description	Contact
Mental Health Services	*Mental Health and Addiction Services* (MHAS) represent a continuum of care ranging from prevention/early intervention through to very specialized treatment, are provided free of charge to adult and youth and child residents of Saskatchewan. A Saskatchewan resident may refer themselves by phoning the general access number or be referred by a family physician. To determine which services are most appropriate, a standardized assessment including a triage is completed. Services offered may include referrals to programming from other community agencies.	**Mental Health & Addictions Intake:** 1-877-329-0005 **Suicide Hotline:** 988 **Healthline:** 811 **Red Cross Friendly Calls:** 1-833-979-9779
Home Care	Davidson/Craik *Home Care* provides home care support to the community of Elbow. At this time, we are servicing Elbow residents 2-3 days per week. Our goal is to provide service (to Elbow) seven days per week, and we have secured the funding for and are currently working on recruiting for additional Continuing Care Assistants so that we will be able to provide 7-days/week home services. Home Care offers both **nursing services**, as well as **home services**. • Nursing services require a physician's order to initiate, but home services can be self-initiated. • Home services include things such as personal care assistance (bathing/showering), medication assistance, housekeeping, and laundry. Please contact the *Client Care Coordinator* in Davidson (Katelyn Vicente or Kateryna Zarubiak) to inquire further about setting up home care services for yourself or your family members at the phone number shown, or we may also be reached by email at katelyn.vicente@saskhealthauthority.ca (or) kateryna.zarubiak@saskhealthauthority.ca	**Client Care Coordinator** (Kaitlyn or Kateryna) 306-567-2302
Proactive Pathways for Older Adults	This program is designed to promote independence and build resilience through the natural aging process by connecting older adults with local health care and community resources, and by providing education and ongoing support. Accessing this program BEFORE you need specific services allows you to be proactive and plan preventative measures for your future healthcare needs.	Taylor McGregor 306-831-4034
Primary Health Care RN	Clients experience value through **seamless coordinated care:** • Supporting clients with chronic disease diagnosis through system navigation and education. • Provide cardiac follow up calls to clients who have been in Saskatoon or Regina hospitals for any tests, procedures and surgeries involving their heart. • This program also includes Collaborative Health Management Teams. These teams are an interdisciplinary group of health providers delivering team based care to improve outcomes for and provide support to clients with chronic disease and/or complex needs focusing upon wellness and prevention.	Christina McCormick 306-867-5050 Jennifer Frerichs 306-882-2672 *ext.* 2208
Exercise Therapy	The Exercise Therapist provides guidance for individuals to safely increase their physical activity levels through aerobic, strength and flexibility exercises. No matter their fitness levels. The Exercise therapist provides free, 1-on1 Consults, with the focus on helping clients manage their chronic conditions or reduce the risk of clients developing chronic conditions.	Ashley Davis 306-860-7334
Dietitian	Providing nutrition education and support for any nutrition related concern – most commonly due to a condition or disease such as diabetes, cardiovascular (heart) disease, bowel disorders and allergies/intolerances, but can also be for general healthy eating.	Laura Williams 306-860-7707
Speech Language Pathology	Assisting individuals to improve their communication and swallowing skills and overcome speech, language and swallowing challenges. Therapists assess, diagnose and provide personalized treatment plans to enhance communication and swallowing abilities.	Karlee Jones 306-860-8800
Therapies	*Occupational Therapists* will work with you to find practical solutions that can help you maintain, regain, or improve your independence and participation in meaningful activities. *Physical Therapy* services help individuals improve their physical abilities, recover from injuries, and manage pain through specialized exercises and treatments. Therapists use their extensive understanding of the human body to **treat and restore function**. Based out of Outlook and Davidson, reaching out to surrounding communities.	**Outlook Therapies Team** (Teryn, Janay, Kirsti) 306-867-5043 **Davidson Therapies Team** (Jacquie, Kirsti) 306-567-2304
Autism Services	Team of professionals that provide support to families affected by autism, offering individualized care, community involvement and school transitions. This program is a key resource for children and families, promoting growth, inclusion, and empowerment, improving outcomes for children and their families.	Karlee Jones 306-860-8800

Public Health	Davidson and Area Public Health Office 306-567-2305 Moose Jaw Public Health Office 306-691-2300

Saskatchewan Health Authority

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

saskhealthauthority.ca