

BABINE LAKE HEALTH AND WELLNESS GROUP
Granisle Community Health Care Center
Box 219, Granisle, B.C., V0J 1W0
Minutes of Spril 26, 2016

Marie

Present: Ruth Lourens, Zarna Dilley, Pat Campbell, Marietta @ Sven Skold
Diane Stryd, Marie Hunter, Gail Warren, Ruth Crossley, Karen Barber,
Elizabeth Godor, Lin Newton, Eleanor Larson.

Diane Stryd called the meeting to order. Lin Newton moved to accept the minutes and Eleanor Larson seconded the motion. CARRIED

MARIE HUNTER, Health Services Administrator. Marie said it had been a good month. She talked about the hospital and the hospice room. Marie talked about how our group has changed over the year and has become more about sharing successes. Granisle has had healthy meals for the community, the clinic has exercise groups, and "Better at Home" is an added program in our community to help residents. Marie expressed her condolences for our community in this very sad time. Ruth Lourens and Jody Thompson have had courses to deal with grief counselling and when appropriate can forward someone to other recources for help.

RUTH LOURENS, Clinic Nurse. Ruth discussed the need for some residents to have proper meals and advised the group that someone is now preparing 3 meals a day for \$25.00: however, this is a private enterprise and Northern Health is not involved in this program. Ruth has taken a diabetic course and can advise clients about what they should be doing to take care of their health. This would be like certain tests that need to be done over a period of a year. Ruth does visit the school.

The group discussed how our culture is changing. People are really into reading labels before they buy food products.

A question about the fact that it now takes about two weeks to see a nurse practitioner in Granisle arose and Marie said that sometimes there can be alternative ways to deal with health issues. Sometimes Ruth can address a persons needs and sometimes the clinic can recommend an appointment at Tachet when there are openings.

The Mammogram Bus will be near the Village Office this year and there was some questions as to why the change? People should be proud when getting a mammogram and not feel the need to be overly shy about having it done. This is something that might save your life.

Granisles water quality was questioned and everyone seemed satisfied when they were told it is checked every day.

The next meeting will be May 31, 2016 at 9:30am

The meeting was adjourned