



A wide range of medical services are available at the Southeast Integrated Care Centre in Moosomin, provided by a number of health care professionals.

Doctors and other health care professionals

The Moosomin area has a large number of health care professionals who serve the health care needs of people across a large area of southeastern Saskatchewan and southwestern Manitoba.

The doctors of the Moosomin Family Practice Centre also provide medical services in Elkhorn, Rocanville, Maryfield, and Whitewood. The centre also allows people to call and make appointments the same day.

There are 10 permanent doctors who are part of the Family Practice Centre—Dr. Ettiene Crouse, Dr. Ross Kerckhoff, Dr. Schalk Van Der Merwe, Dr. Wessel Roets, Dr. Erika Roets, Dr. Alizera Karimi Pour, Dr. Javad Oveisi, Dr. Farnoosh Abedi-Ardakani, Dr. Jordan Velestuk, and Dr. Kristin Bonkowski.

The Regina Qu'Appelle Health Region employs a large number of health professionals to provide a wide range of services in the area:

Southeast Integrated Care Centre

The Southeast Integrated Care Centre opened in 2008, the realization of a dream for many people in the Moosomin area. It includes the following services.

Outpatient/Ambulatory Care Services

Outpatient/Ambulatory Care provides scheduled services or services ordered by your physician.

Laboratory and x-ray services are provided on weekdays during regular hours with an order from your physician.

The Community Oncology Program of Saskatchewan (COPS) supports an outreach clinic in Moosomin Hospital for delivery of chemotherapy and related services.

Visiting professional services are available at various times each month. Contact the hospital to find out what services are available and when you can receive them.

Equipment and medical supplies (such as splints, crutches, cervical collars, fiberglass casts) will be provided at cost or for a rental fee.

Minor Procedures are done by appointment only.

Appointments are booked through your physician's office. Minor elective procedures are done under general anesthesia by appointment only, booked through your physician's office.

Wellness Clinics, such as foot care and blood pressure clinics are scheduled on a regular basis.

Information and Education is provided on an individual or group basis.

Emergency Services

Immediate emergency care is provided at the Southeast

Integrated Care Centre Physician services and/or emergency consultations are provided twenty-four hours a day, seven days a week. Emergency laboratory and x-ray services are provided.

If you require more extensive emergency treatment, rapid transport to a specialized facility will be arranged.

Inpatient Services

Inpatient services provides medical care to adults, youth and children twenty-four hours a day.

Perinatal/Delivery Care is care of pregnant women

during or around the time of delivery. You will be transferred to a larger centre if you require care beyond what the Southeast Integrated Care Centre can provide (and if time permits).

Palliative Care services provide compassionate, supportive care to the terminally ill.

Observation Services are provided to assess your condition prior to your admission or discharge from hospital.

Emergency respite provides respite care resulting from an urgent and immediate need. Standard respite care fees apply to this service.

Long-term care

The Southeast Integrated Care Centre includes 58 longterm care beds divided into four "houses" to provide a home-like atmosphere and small group for residents to belong to.

Home Care

About Home Care

Home Care provides health and support services for people with health needs who wish to remain in their homes. It offers the care and support necessary for people to live as independently as they can.

Those who may be interested in receiving Home Care are:

- People who have just left hospital and need short-term help before they are fully recovered
- People with long-term limitations who can manage in their own home with help
- People who have terminal illnesses and who wish to remain at home for as long as possible
- People being cared for by families, requiring relief from time to time

Nursing Service

Nursing Services provides specialized care that assists clients in meeting their medical and personal needs.

Nurses may provide:

- medication administration
- dressing changes
- ongoing emotional support
- diabetic care

- IV therapy
- instructions on care to individuals and their families.

Palliative Care

Palliative care provides personal and compassionate supportive care to the terminally ill assisting them to remain in the comfort of their homes during illness.

Home Service

Home services provides personal care assistance and some general housekeeping.

Meal Service

Meals on Wheels is a full meal delivered by a volunteer. The number of meals per week is based on your need and the availability in your community.

You qualify for Home Care Service if:

- You and the Home Care service provider in your area agree that you need a health and/or support service that can be provided in your home
- The program has the resources to meet your needs
- Depending on your needs, people on Home Care may receive either health or support services or both. Sometimes Home Care cannot provide the kind of care that is needed. In these cases, the will recommend other options where you can get the care or service you really need

How can I be referred?

Anyone can make a referral to Home Care for services. Referrals should be directed to the service in your area:

- Moosomin - Rocanville: (306) 435-3888
- Broadview - Whitewood: (306) 696-2500

Population and Public Health Services

Population and Public Health Services focuses on health promotion, health protection and disease prevention.

Healthy choices are promoted in the areas of nutrition, tobacco, injury prevention, physical activity, sexual health and dental health. Specific programs including education and support are provided in the areas of prenatal, newborn, preschool, school age and seniors' health.

"Thank you to all health care professionals for the contribution you make to the well being of our communities."

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DR. ROBERT KITCHEN MP
Souris-Moose Mountain

Thank you to our local health care professionals in the Moosomin area. Your services are invaluable!

Steven Bonk, MLA
Constituency of Moosomin

622 Main St Moosomin, SK
Office hours: 9 am to 12 noon
1 PM to 4PM
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A tribute to our local Professionals

Memo from the publisher Our local professionals

This supplement is a tribute to our local professionals.

Our local professionals are dependable and conscientious members of our community. We are proud to support them by publishing this special supplement. We encourage you to use their services. They know our region, its people and our needs. They are here to serve our community!

We are very fortunate in this area to have a comprehensive range of local professional services available locally, services otherwise available only in much larger centres.

Our local professionals play an important role



in our region's health—not only our physical and mental health, but our economic health as well. Enjoy!
Kevin Weedmark
Publisher,
The World-Spectator



A tribute to our local Agriculture Professionals

'Ag'vocates and the many faces of agriculture

WENDY SCHATZ LEEDS,
PAG, CCA
LEAD AGRONOMIST,
SHARPE'S SOIL SERVICES LTD

Agricultural professionals work in a wide variety of areas both within and outside the field of agriculture. You will find us in research and development, marketing and market development, primary production, consulting and business management, food processing, education, public relations and advertising, transportation, the financial industry, quality assurance, aquaculture, natural resource development, information technology, advocacy, and environmental management.

Agricultural professionals wear many hats in the field of agriculture, yet the one thing we all share is passion for the field of agriculture. There is a term for this, it's called being an "Agvocate." An Agvocate is someone that believes in the process and science of agriculture and is dedicated to promoting it in a positive manner while also correcting misguided perceptions about agriculture.

Agriculture is a modern and dynamic industry with value that needs to be better understood, recognized and advanced

among industry stakeholders and the general public. Locally you can find us assisting producers through all stages of the crop production year. Ag professionals provide recommendations for the efficient and sustainable use of resources and conservation practices to produce high yielding crops and livestock feed sources. We assist in marketing and farm management to help maximize the profitability of our producers' farms. We are individuals that understand the agriculture sector and promote sustainable production to help feed the world!

Every day you are impacted by agricultural professionals! Canada's agriculture and agri-food industry provides one in eight jobs to Canadians. From the bread you eat, to the milk you drink, from the ethanol-based gas in your car to the grains used to feed livestock, from the omega 3 supplements you take to the zero trans fat foods you eat. Many commercial goods are manufactured from ag byproducts and even the floors you walk on have been produced with the assistance of agricultural professionals. The opportunities within agriculture are endless and dynamic and I am proud to be an Agvocate!

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 Wendy Schatz Leeds BSA PAG CCA Lead Agronomist	 Claudine Oliver CPA CMA General Manager
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A tribute to our local Realtors

Eight questions to ask a real estate agent before you commit

Buying and selling homes is big business. It pays to do some "home work" to find a real estate agent who knows her stuff—literally, it pays. An experienced agent with a good track record will go a long way to get you top dollar on your property sale, and the best deal on your purchase.

As a client, ask questions, and don't settle until you're satisfied with the answers.

Here are a few to consider:

1. What is your area of focus? By "area" we mean city or neighbourhood, but also the type of property: condo or detached, recreational, luxury, investment, fixer-upper or brand new. Also, some agents specialize in sales while others focus on purchases or rentals. Just like in medicine, a general practitioner can probably handle a typical transaction, but there are specialists who may be better equipped to help you seal the deal.

2. Are you a full-time real estate agent? Someone dabbling in the business part-time to make some extra money might lack the knowledge and the time required to market and show your property, and to negotiate the best deal on your behalf. Also, it is important to work with an agent that has access to a team of professionals at their brokerage.

3. How many other clients are you currently working with? If it's a high number, question whether the agent will have the time to devote to you and your needs. On the flip-side, if the answer is zero, that could be a red flag that this particular agent may not have the experience or



level of success that you're looking for.

4. Do you have references? Ask for a few names and numbers of past clients, and call them to help determine if the agent is worth the commission they charge. This leads us to the next question...

5. How do you get paid? The seller pays the commis-

ion on the sale price of the property—once the sale is complete. The buyer does not pay commission, so why risk so much with a private sale when you could have an agent protecting your best interests? Commission rates vary from company to company. But remember, cheaper isn't necessarily better. A cut-rate agent may also fall short in the service department.

6. How will you market my home? That 'For Sale' sign on the front lawn is great and all, but it just scratches the surface when it comes to selling strategies. Will the home be listed on the Multiple Listings System? What about social media marketing, like Facebook? Online virtual tours? Print advertising, like newspaper ads or flyers? Open houses? The more eyes see your property for sale, the better.

7. What's your sold-to-list-price ratio? This number will tell you how close the agent has come to asking price. Aim high on this one, folks! A home is likely the most significant financial transaction you'll make in your lifetime.

8. Do I need to work with the agent whose sign is in the yard? No, you don't. If a property is listed on the MLS® system, any agent can show it. The best advice is to pick one agent you want to work with, and they can guide you with all of the properties you would like to view. Stick with one agent, who invests their time to get to know you and your needs.

Finding the right real estate agent will go a long way to making your transaction a smooth and successful one.



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A tribute to our local Accountants

Beyond numbers From traditional accountants to strategic business advisors

For 60 years, MNP has been the trusted partner to Canadian businesses.

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an important part of what we do. With a strong understanding of where your business is today and where you want to be tomorrow. As business advisors, we help clients with:

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HOW WE CAN HELP
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For a complete list of MNP's services and the industries they serve, visit www.mnp.ca.



We Make It Our Business To Make Yours Better.

In today's business environment, it's more important than ever to make informed business decisions. That's why you need an advisor who understands you and your business from a local perspective.

Deeply rooted in the Moosomin community, MNP's close community and business ties enable us to stay current on what is happening locally, so we can deliver industry-specific advice and personalized strategies that keep you competitive and profitable.

Contact Wendy Ireland, CPA, CGA, Mark O'Rourke, CPA, CA, or Corie Wudrick-Mohrbutter CPA, CA at 306.435.3347





Southeast College's professionals excel in assisting adult learners

Southeast College has a number of professional staff who are trained specifically to work with adult learners and assist them in their educational needs.

"All of our staff are trained to help our students," says Sheena Onrait with Southeast College. "We have a wide variety of staff members that assist our students on a regular basis—from our administrative support staff that help our students on day-to-day things, our campus managers who help with more detailed student support, and then of course our student advisors that really dive in to help our students with their academic success. They also assist students that need help with financial support, like whether or not they qualify for a student loan and in general a wide range of supports."

Onrait says the student advisors at Southeast College play a number of roles.

"When it comes to our current students they are there to offer general support to students throughout their entire experience with us," she says. "Whether it is help with academic support, like helping them find a tutor, or an ear to lend if they are having a tough day, or whether it is help with their student loan or help with their post secondary application, they offer those types of supports to our students on an ongoing basis."

"When it comes to a prospective student, if someone were to walk in and say 'you know I am really interested in a certain career and I don't know where to find information,' our student advisors really help those students. They can do a skills inventory with them. They can help guide them in the right direction if they are looking for a specific post-secondary program.



Above and below: Southeast College Student Services Advisor Margaret Fuchs presenting scholarships to students.



Student Services advisors really provide a wide variety of services."

Onrait says all of the professionals at the college interact with the students in different capacities.

"The instructors are an integral part of our organization, of course, because they are providing that level of education to our students. For the most part, they would have the most communication with students. Second would be the student advisors. Depending on the student, of course, some students would go the whole year and not see their student advisor where some students would see their student advisor quite often. It just depends on the student and what their level of need is."

These professionals are on hand at all of the Southeast College campus locations.

"At pretty much all of our locations we have instructors," says Onrait, "and our student advisors are throughout our region. We have three student advisors currently and they are all responsible for a certain area, section or program, so we have every single one of our programs covered by a student advisor."

One thing that distinguishes Southeast College's professionals, says Onrait, is that they are used to working specifically with adult learners.

"They are trained to work with adult learners. There is a difference between a high school learner and an adult learner," she says. "They are all well versed and educated and have a long standing history with adult learners."

"That is what sets our advisors apart—they recognize the challenges that adult learners face and they have the resources to help learners with those challenges."

2018-2019

FULL TIME PROGRAMS

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www.southeastcollege.org

PROGRAM	LOCATION(S)
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Continuing Care Assistant	Weyburn, Whitewood
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Heavy Equipment and Truck and Transport Technician	Estevan
Welding	Estevan
Industrial Mechanic	Estevan
Office Administration	Estevan
NEW Business Administration Certificate	Weyburn, Kahkewistahaw First Nation
Practical Nursing	Weyburn



A tribute to our local **Dentists**

A healthy smile speaks volumes For a gleaming smile visit an oral health specialist

Why is so much emphasis placed on tooth brushing? Because oral health is directly linked to our general health and well-being. It is also a well known fact that dental disease can take a heavy toll, both financially and socially; treatments can be very costly, bad breath can put off our friends, and toothaches can cause absenteeism from work or school.

Dental health involves all aspects of the health and functioning of the mouth. In addition to allowing us to talk and eat, our mouths must also fight against infections that cause tooth decay, inflammation of the gums, tooth loss, and bad breath.

So how can you ensure good oral health for you and your family? The first step is to make sure that very young children do not get into the habit of having a bottle of milk, fruit juice, or a sweet drink before going to bed. These sugary drinks stay coated on the teeth for long periods of time and can lead to tooth decay.

Brush your teeth at least twice a day with fluoride toothpaste. You should also visit your dentist about every six months for a check-up.

Oral health professionals have an important part to play in maintaining dental health as well as treating and preventing associated problems.

So, take care of your teeth and dazzle the world with your beautiful smile!



Maintaining healthy teeth and gums means working closely with your dentist. Regular dental check-ups allow this specialist to detect any problems and take the necessary preventive measures to keep them under control.

During a check-up, let your dentist know

about any change in the general state of your health. For example, your dental health might be affected if you're pregnant, if you've started taking medications since your last visit, or if you suffer from allergies. Your dentist watches out for signs and symptoms of gum disease, cavities, infec-

tions, the wearing down of tooth enamel due to teeth grinding, and any other problem that could be harmful to your health.

A thorough cleaning takes up a major part of a visit to the dentist, but it's worth every second of your time. Indeed, professional cleaning is vital in the prevention of gum disease, one of the most common problems in adults. Some stains can also be removed during this procedure and the appearance of your teeth improved. During the examination it's possible that fluoride in the form of a gel or foam will be applied to your teeth in order to help prevent tooth decay.

Many modern dental clinics are equipped for tooth restoration and replacement. If you're missing one or several teeth, your dentist will offer advice on the best way for you to prevent long term jawbone deterioration and the shifting of teeth. He or she might suggest a bridge, prosthesis, implants, or some other long-term plan for care.

Your dentist knows all the different treatments that are available to you and can help you make the right dental care choices. He or she could refer you to a dentist if you need a dental prosthesis, to an orthodontist if you have an anomaly in the positioning or alignment of your teeth or jaw, or to a periodontist if you have a periodontal disease.



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A tribute to our local **Lawyers**

Three documents everyone should consider having

Ensuring that your wishes are known and respected, both during your lifetime and following your death, is an important aspect of any plan for the future. While you are alive and well, communicating your wishes and controlling decisions that affect you is fairly straightforward. In the event that you lose your ability to communicate or your capacity to make decisions, things can get more complicated unless you have planned for such an event. And if you should die without properly setting out your wishes for your estate, you will lose all control over how it is handled.

There are three different legal documents that can help ensure that your wishes are known and honoured. It is important for individuals to understand what each document can and can't accomplish.

HEALTH CARE DIRECTIVE

A health care directive lets others know your wishes concerning your health care treatment in the event that you lose your capacity to make or communicate such decisions. Generally speaking, a health care directive provides your doctor or other health care professional with directions about the types of medical treatment or measures that are acceptable to you. A health care directive can cover decisions regarding matters like diagnostic testing, blood transfusions, resuscitation, life support, feeding tubes, antibiotics, surgical procedures and palliative or comfort measures. Health care directives can be completely personalized and need not be limited to the examples listed above. They can also name a proxy that is authorized to make decisions on your behalf and in line with your known wishes. A health care directive cannot authorize euthanasia or assisted suicide.

ENDURING POWER OF ATTORNEY

An enduring power of attorney authorizes another person to act on your behalf and will continue in effect even if you later lose your legal capacity. It can be set up to deal with both your property matters—such as banking, investments, leases or sales—as well as personal affairs, such as where you will live and how your personal care needs will be met. It can also be designed to deal with only property matters or only personal matters.

It is important to note, however, that an enduring personal power of attorney, either on its own or in combination with a property power of attorney, cannot authorize decisions concerning medical treatment—these decisions must be dealt with under a health care directive. An enduring power of attorney only applies dur-

ing your lifetime and ceases to be effective upon your death.

WILL

A will covers the distribution of your property or estate after you die. Properly drafted and executed, a will can help ensure that your property is divided the way you intended and benefits the people you intended. It can be drafted very broadly (three equal shares to my three children) or contain very specific bequests (to my only brother, David, I leave my entire art collection). A will only comes into effect upon your death and may be changed during your lifetime to reflect changes in your personal life, provided that you continue to be of sound mind.



A will can also be used as part of an overall estate plan to address matters concerning capital gains taxes, transferring farm property or business shares, roll-overs and life interests. It also allows you to name your Executor, the person that will be responsible for seeing your wishes through, and provides an opportunity to record and discuss your wishes about matters such as guardianship of your minor children or funeral arrangements.

As you can see, these three documents deal with three very distinct areas of planning for the future and cannot simply be used interchangeably. Together they can provide a good measure of security that your affairs are in order, regardless of what the future holds. As these documents are legal documents, it is important to understand what is required in order for them to be effective.

For more general information about these matters, visit plea.org.



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