

MIHCA ARTICLE FOR FEBRUARY 2024 MAYNELINER EDITION

Enabling Aging in Place Grant We are very pleased to report that, in partnership with the Mayne Island Assisted Living Society, we have been awarded an "Enabling Aging in Place" grant from Healthcare Excellence Canada. MIALS and the Health Centre Association aim to use these funds to enhance mobility access to the Community Bus, provide assistance to navigate the various services available, promote Seniors' safety at home, and support the mental health of family members caring for aging Mayne Islanders. We are very pleased to work with MIALS on this project which nicely fits within both organizations' mandates.

Healthcare at the Springwater Photo winners: Two people correctly identified the photo included in our January MayneLiner article: Don Derousie and Joanna Weeks. They have both won First Aid kits, and we greatly appreciate their participation.

Don provided a wonderful explanation and short story about Dr. Roberts and his facility at the Springwater, which is shared here, verbatim, with Don's permission:

"Dr. Roberts in his infirmary which is the old building on the left as you go into the Springwater. He was a battleground surgeon in the First World War. When we were kids Barry Wilks and I were pushing over snags in the bush when I got struck on the head and suffered quite a gash so my old man took me to Dr. Roberts. He took an old safety razor off a shelf and shaved the hair off around my wound and the stitched it up without any anaesthetic and it hurt like bloody hell..!! I still have quite a divot on top of my head."

Dance Wellness Program in conjunction with the Campbell Bay Music Festival: Our inaugural event went very well, with lots of laughter, fun and yes – dancing! These get-togethers will continue twice a week: Sundays at 3:00 and Thursdays at 7:00 PM. Please come out and have some fun ...it is very good for you! And instruction is included – you don't need to know what you are doing! For more information, contact Brian Crumblehume - briary639@gmail.com

If you agree that MIHCA efforts are important, please consider becoming a member (\$10 individual or \$20 per family annually) and/or make a donation. We need your support. To become a member and/or make a donation, please visit <u>www.mayneislandhealth.ca</u> and click "Donations and Memberships" near the top right corner of the home page. Or, you can send a cheque to MIHCA at #100 – 526 Felix Jack Road, Mayne Island VON 2J2. Tax receipts are issued for all donations of \$20 or more.

We can't thank this past year's donors enough for their support. We'll do our best, though, by naming them in next month's update.

Wishing you good health,

Rob McFarlane on behalf of the Mayne Island Health Centre Association.