

Summer 2023

Primary Health Care
North East 6

What determines our health? When discussed, people generally think about hospitals, laboratories, physicians, nurses and diseases. Traditionally health is considered services such as diagnosis and treatment provided by physicians and nurses in hospitals, health clinics, etc. Quality and quantity of these services are seen as the chief factors in determining the health of the population. But what actually is health?

"Health is a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity." - World Health Organization

"A dynamic state of well-being characterized by a physical and mental potential, which satisfies the demands of life commensurate with age, culture and personal responsibility." - Bircher J. Towards

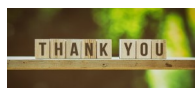
"Health does not mean just the physical well-being of the individual but refers to the social, emotional, spiritual and cultural well-being of the whole community. This is a whole of life view and includes the cyclical concept of life-death-life." - Australian Aboriginal People

Ottawa Charter's Prerequisites of health are: peace, shelter, education, food, income, stable eco-system, sustainable resources, social justice and equity.

What we see as health conditions, rather un-healthy conditions, such as heart disease, lung disease, chronic health conditions and different types of cancers are merely effects or outcomes. They do have some causes and these causes are called **Determinants of Health**. Examples of determinants of health are: income and social status, social support networks, education, employment/working conditions, physical environment, personal health practices, coping skills, healthy child development, biology and genetic endowment, health services, social environment, gender and culture.

All of these factors have a direct or indirect effect on the health of individuals and society as a whole.

— Dr. Mohammad Khan, Medical Health Officer



Congratulations to

Julie Bartsch on her retirement! Julie

has worked in healthcare in the community of Wakaw for the past 37 years and has gained the respect, confidence and friendship of all our patients. We will miss you Julie and wish you all the best in your future endeavors!

The Wakaw Home Care Meals on Wheels program is in need of volunteers. If you are interested in helping serve nutritious meals to members of the community, contact Corinne Loch at 306-765-6119 or 306-940-7490 email: volunteers@paphr.sk.ca

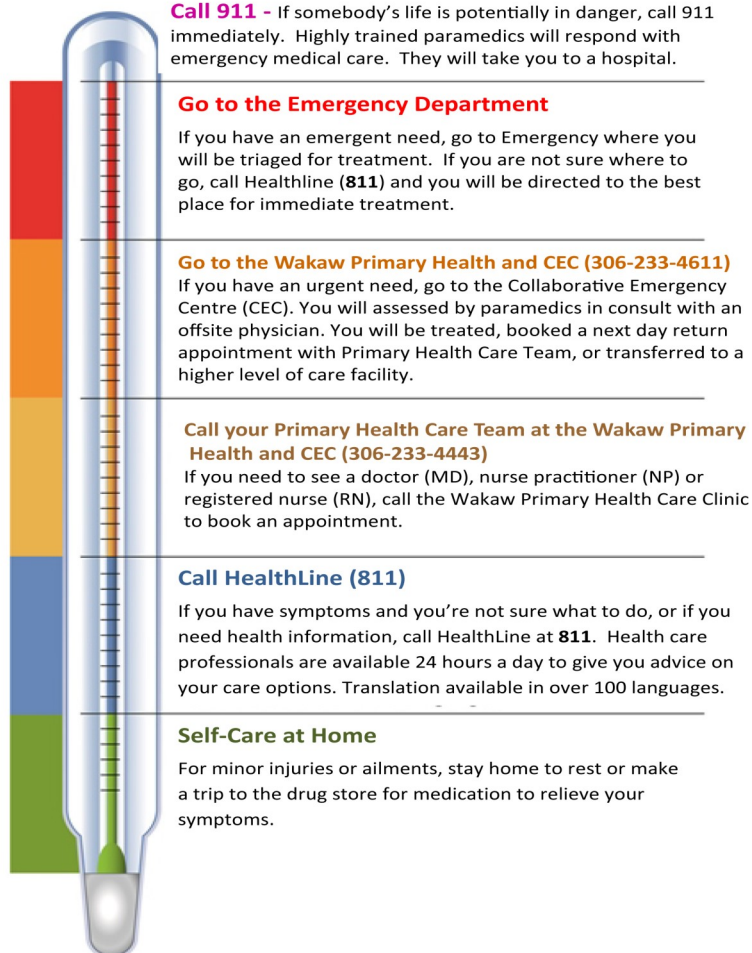


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Who Do I Contact When?



Wakaw Primary Health and CEC



Daytime Clinic Booked Appointments with: Physician, Nurse Practitioner or RN 306-233-4443

Monday	8:00 am - 4:00 pm
Tuesday	8:00 am - 4:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:00 am - 4:00 pm
Friday	8:00 am - 4:00 pm
Saturday	8:00 am - Noon

Lab & X-Ray Monday - Friday 8:00 am - 4:00 pm



Evening Urgent & Walk-in Care 306-233-4611

Monday	4:00 pm - Midnight
Tuesday	4:00 pm - Midnight
Wednesday	8:00 pm - Midnight
Thursday	4:00 pm - Midnight
Friday	4:00 pm - Midnight
Saturday	Noon - Midnight
Sunday	8:00 am - Midnight
STAT Holidays	8:00 am - Midnight



August 30, 2023 - National Grief Awareness Day

This day is dedicated to raising awareness of the countless ways in which individuals cope with loss. It offers resources to those going through personal loss and reminds us to support people we know who are grieving. This day was founded in hope of encouraging open communication on loss and bereavement and to better inform the public on the facts of grief. For support, contact 1-833-274-4060.

