

January 2025

Newsletter

What is VCHW Foundation?

Programs/Events

- Wellness Wednesdays
- Resiliency Group
- First Responders Workshop
- "Love Letter to Men"

The Vulcan County Health & Wellness Foundation is:

- an Alberta Health Services approved health organization
- A CRA approved charitable organization
- An ACLC approved charitable organization

Our mission is to enhance rural health services & wellness programming in our community through collaboration, mobilizing volunteers, and through the generosity of donors. We believe access to the highest quality health services and exceptional wellness programming is the **right** of every resident of Vulcan County.

The VCHW Foundation was formed in 2011 and with a committed group of trustees and volunteers we have been able to complete the expansion to the Vulcan Community Health Centre along with implementing

several wellness programs. Our work will never be done as time changes so do our community needs and we endeavor to help facilitate those needs.

We at the foundation are actively engaging with AHS to start Phase II, renovations to the Vulcan Community Health Centre. These renovations will increase the capacity of the laboratory services department.

Proceeds from our fundraising projects have benefitted the Vulcan Community Health Centre, Public Health Services, & local Fire Stations by purchasing vital equipment:

- Vital signs monitoring equipment
- Digital stretcher for ER
- Sure Temp Infant thermometers
- Resusci Annie ALS Simulator Mannequins



- AutoPulse Resuscitation System

We in collaboration with Wellspring Cancer Support Alberta and the University of Alberta faculty of rehabilitation medicine plan to offer more programs for County Residents to participate in. Our hope is that these programs will offer an alternative to travelling to the big city for some medical appointments or procedures.

We would like to thank our many donors for their generosity. Without you and our



Come Learn More About Health

Kick off the New Year with knowledge and empowerment at our exclusive series of health seminars during January, February, and March, hosted by Stefano, the pharmacist at Market Street Pharmacy, and the Vulcan County Health and

Wellness Foundation.

Sessions will be held at the Vulcan Hospital Wellness room.

For more information call 403-485-2919

January Seminar Topics

Healthy Weight Management
Wednesday, January 8th, 2025
6:45—7:45 pm

Physical Activity & Nutrition
Wednesday, January 15th, 2025
6:45—7:45 pm

IV Hand Simulator

Thank you to the County Central High School Safe Grad Committee! This fantastic



group of our county's youth donated dollars to purchase specific simulation equipment this fall.

The IV Hand Simulator will enhance the intravenous access training for nursing, lab, and students improving competency and safety.

This is an excellent addition to improving IV skills and blood draw for nursing and lab staff. The staff has used the same IV hand at the "Let's go Rural" high school event. The hand was provided by RHPAP and used at the lab skill station with positive feed back from the lab and students. The staff also hosted the U of C medical student event but

could not borrow the hand from RHPAP as it was unavailable.

This equipment is an excellent addition to the training equipment at the Vulcan Community Health Centre, and we are deeply grateful to the County Central High School Safe Grad Committee for their invaluable support!



Resiliency Circle Supporting Mental Health

"Take the first step towards understanding and support!"

Are you or someone you care about navigating mental health challenges? You don't have to face this journey alone! We invite you to join our educational and support group, where you can find assistance, share experiences, and connect with others who understand.

What we offer:

- Connections with others who understand

- Share techniques for managing stress
- Access guidance & support tailored to your needs

Why Join Us:

- A welcoming community for sharing experiences
- Insights into mental health conditions

- Practical coping strategies for life's changes
- A supportive, stigma-free atmosphere

Join Us:

Wednesday Evenings
5:00-6:30 Pm

Located at ADP Space in Vulcan Community Health Centre



Help Us Improve Tele-Health Services in Vulcan Community

We hope this message finds you well.

At the Rehabilitation Robotics Lab (RRL), University of Alberta, in partnership with Vulcan County Health and Wellness, we are committed to improving our tele-rehab services to better serve the Vulcan community. To do this, we need your valuable feedback.

Please take a few moments to fill out our Community Healthcare Needs survey. Your feedback will provide us with crucial insights into the community's healthcare needs and challenges. This information is essential to tailoring our services and ensuring they effectively address these needs.

Survey Link: <https://forms.gle/TD7LuKHNZTg5FS9TA>

Thank you so much for your time and support. If you have any questions, please feel free to contact us at rehabrobotics@ualberta.ca.

Link Support Worker

My name is Amanda Rodgers and I am the Community Link Worker for the Vulcan County Social Prescribing Program.

Social Prescribing is a holistic, person-centered approach to healthcare. Instead of asking a client, “What’s the matter with you?”, Social Prescribing asks, “What matters to you?”. This approach bridges the gap between medical and social care services. Access to adequate food, housing, transportation, social connectedness and mental health supports, allows people to maintain their health in the long term.

The Vulcan Social Prescribing Program: Live Long and Live

Well, focuses on older adults, 50+, who are living in Vulcan County. Once a non-medical need is identified between a client and their healthcare provider, a social prescription can be made – a referral to myself, the Link Worker. Once I’ve received the referral, the client and I partner to develop a care plan - key health and social goals that can be supported by community resources. I provide regular check-ins with clients as well as updates to the client’s healthcare professional.

Through Social Prescribing I am able to build relationships with clients under my care.

Together we look at current challenges and needs, but beyond that, discover their unique goals, passions and gifts.

If you are interested in learning more about Social Prescribing in Vulcan County, please visit the Vulcan County Health & Wellness Foundation website at <https://www.vchwfoundation.com/act-4-health/>. You can also contact me directly at 403.485.1889 or link@act4health.ca.



“Love Letter to Men”

The Vulcan County Health & Wellness Foundation, in partnership with the Kinsmen Club of Vulcan and FCSS, is proud to bring ‘Love Letter to Men (And to Those Who Love Them): A Celebration of Men and Mental Health —A Virtual Conference’ to the residents of Vulcan County.

This conference is a virtual opportunity for you to participate in watch parties for men, engaging and educating them on men’s health issues. Having open and honest conversations about mental wellness is vital for community well-being. No one should have to suffer in silence, but it can be difficult to ask for help. We hope you will consider joining us.

Cost: Free

The dates for this conference are:

- Tuesday, February 18, 2025, 6-9 pm MST
- Wednesday, February 19, 2025, 6-9 pm MST
- Thursday, February 20, 2025, 6-9 pm MST

Contact: Glenn Hutton—Trustee, VCHW Foundation 403-485-1353 or huttga@gmail.com

“When you think of mental health, think of resilience, confidence, and connection. Not surviving but thriving. That’s what mental health is all about.” — Canadian Mental Health Association.

THANK YOU

The Vulcan County Health and Wellness Foundation would like to thank everyone for their generous donations this last year.

Your donations support wellness programs in Vulcan County, bursaries, equipment for First Responders, equipment for the Vulcan Health Care Facility, and future projects of the Vulcan Care Facility.

If you would like to donate or are interested in what the Vulcan County Wellness Foundation is all about please check out our website: www.vchwfoundation.com/.

If you are interested in becoming a member of our organization please contact Gail Wark 403-485-4001 or email vchw.foundation@gmail.com

