

WHAT MAKES AND KEEPS US HEALTHY?

Health is much more than feeling ill or well. Health is a resource for everyday living.

The daily choices you make all impact your health.

Your health is influenced by many factors called determinants of health.

Determinants of Health



Diagram courtesy Five Hills Health Region

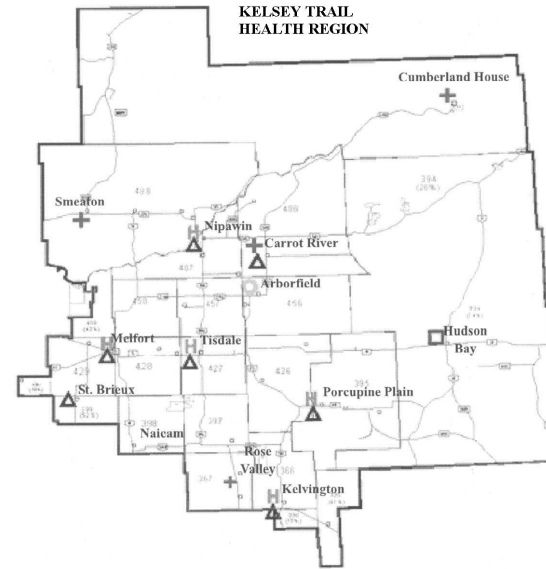
Primary Health Care includes:

- ◆ Providing services to individuals, families and communities through a team approach;
- ◆ a proactive approach to preventing health problems before they occur;
- ◆ Agencies working together to improve community wellbeing;
- ◆ the right provider at the right time; and
- ◆ improved follow-up once a condition has been identified.

The Kelvington Health Action Team is a group of health care providers and community members working together to address identified wellness needs within the community.



Brought to you by the Kelvington Health Action Team, in partnership with Kelsey Trail Health Region.



Primary Health Care is a service of the KELSEY TRAIL HEALTH REGION

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at (306) 873-6600 or visit our website www.kelseytrailhealth.ca

Provincial Health Line—24 hour health advice www.healthlineonline.ca



Kelvington Community Service Directory



Bringing Our Community Together

“Healthy People in Healthy Communities”

ALTERNATIVE THERAPY

Reflexology	306-327-4391
Massage	306-327-4926

COMMUNITY SERVICES

Providing the community with affordable public services and access.

Kelvington Ambulance Care	306-327-4233
Fire/Ambulance	911
Community Futures Newsask	1-888-586-9855
Transit Bus	306-327-5260
RCMP (Office)	306-327- 1200
Tourist Information	306-327-4482
Welcome Committee	306-327-4482
Kelvington Library	306-327-4322
Kelvington Food Bank	306-327-4351
Kelvindell Lodge Auxiliary	306-327-4278
Kelvington Hospital Auxiliary	306-327-4429
Kelvington Legion	306-327-4853
Kelvington Lionelles	306-327-4462
	306-325-2020

Funeral Homes

Blair's Funeral Home	306-327-4999
Tompkins Funeral Home	306-338-3638
Narfason's Funeral Chapel	306-327-4477

EDUCATION & LEARNING

Programs committed to establishing a foundation of life-long learning.

Horizon School Division	1-866-966-2558
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Schools

Robert Melrose Elementary School	306-327- 4951
Kelvington High School	306-327- 4432
Pre-Kindergarten Program	306-202-9058
Promoting Power In Play	306-202-9058

HEALTH & WELL-BEING

Emphasizing early intervention, health promotion, treatment and follow-up care.

Kelvington Primary Health Care Clinic	306-327-5525
Kelvington Hospital	306-327-5500
Kelvindell Lodge	306-327-5530
Kelvington PharmaChoice	306-327-4662
Rainbow Dental	306-327-9022
East Central SARBI Inc	306- 327-4595

Community Services/Primary Health Care

(can access without referral)

Dietitian	306-873-3760 or 306-873-6523
Diabetes Educator	306-873-3760
	306- 873-6522
Mental Health & Addiction Services	306- 873-3760
Medical Social Worker	306-873-3760
Physical/Occupational Therapy	306-873-8282
Speech Language Therapy	306- 752-6318
Early Childhood Psychologist	306- 752-6311
Primary Health Care Counselor	306-327-5525
Community Wellness Coordinator	306-327-4510
Home Care	306-327-5520
KTHR Quality of Care Coordinator	1-877-573-6601
Telehealth Coordinator	306-862-7256
Social Services	306-786-1300
Social Services Call Centre	1-866-221-5200

Public Health Services

Public Health Nurses	306-327-5515
Public Health Inspector	306-752-6310
Dental Health Educator	306-752-6310

Help Lines

Cancer Information Service	1-888-939-3333
Drug Information Service for Consumers	1-800-665-3784
Farm Stress	1-800-667-4442
Kids Help Phone	1-800-668-6868
Northeast Outreach & Support Services - 24 hr	1-800-611-6349
Problem Gambling Helpline	1-800-306-6789
Parents Helpline - 24 hr.	1-888-603-9100
Smokers' Helpline	1-877-513-5333

North East Early Childhood Intervention Program (NEECIP)	306-873-3411
Métis Nation Eastern Region II	1-877-264-9428
Kelvington AA(Wednesday's 8pm at the Cawkwell Elevator)	

Fitness

School of Dance	306-327-4408
Gymnastics	306-338-8892
Karate	306-338-3685
Walkers Club	306-327-4367
Forever In Motion	306-327-5721
Fitness Classes	306-325-4435

Music

Piano Lessons	306-338-2340
	306-325-4435
String /Guitar	306-327-4753
Vocal Lessons	306-327-7776
Junior Choir	306-327-7776
Men's Choir	306-327-5165
Community Choir	306-327-5165
Music Pups	306-795-7285
Kyra & Company	306-325-4435

ADMINISTRATION

Town of Kelvington	306-327-4482
RM of Kelvington No 366	306-327-4222
RM of Sasman No 336	306-338-2263

SPORTS, CULTURE & RECREATION

Various sports, cultural & recreational opportunities for all.

Kelvington Golf Club	306- 327-4213
Kelvington Swimming Pool	306- 327-4482
Kelvington Skating Rink	306- 327-4683
Kelvington Curling Rink	306-327-4433
Kelvington 5pin Bowling Corp	306-327-4646
Agriculture Society	306-327-4313
Bridge Club	
(meets Wednesdays 1pm at Senior's Center)	
Ladies Bridge	306-327-4787
Men's Bridge	306-327-5174
Cadets	306-338-8255
Friendship Club	306-327-5777
Heritage Club	306-327-4289
Travel Club	306-338-2827
Trailblazers Snowmobile Club	306-327-4381
Men's Club	306-327-5225
Senior Citizen Club Room	306-327-4660
Red Hat Society	306-327-4877
Quilter's Club	306-327-4812
4-H Beef Club	306-327-5139
4-H Horse Club	306-325-4313
4-H Grain Club	306-327-4290
Kidsport	306-327-4510