



# Annual Report **Heiltsuk Health Services 2024/2025**

## **Table of Contents**

	<b>Page(s):</b>
Cover Page	1
Table of Contents	2
Mission, Vision & Values	3
Organizational Chart	4
Staffing & Personnel	5
Board of Directors Report	6-8
Health Directors Report	9
Visiting Professionals at a glance	10
Administration Department	11
Accreditation	12
Patient Transportation	13-18
Community Wellness	19
Healthy Families	20-23
Home & Community Care Program	24-25
Dental Program	26
Child/Youth Program	27
Sasum House	28-32

**Hailika'as Heiltsuk Health Centre Society**  
**Box 819 - 212 Wabalisa Street**  
**Bella Bella, BC**  
**V0T 1Z0**  
**Phone # 250.957.2308**  
**Fax # 250.957.2311**  
**Web: [www.heiltsukhealth.com](http://www.heiltsukhealth.com)**

## Mission Statement

Hailika’as Heiltsuk Health Centre Society (HHHCS) provides programs and services to improve the health and wellness needs of our communities. HHHCS promotes healthy communities that embrace continual growth, healing and wellness through services that are rooted in Heiltsuk values.

## Vision Statement

Hailika’as Heiltsuk Health Centre Society provides services that respect equality, diversity and culturally safe environments that improve health and wellness outcomes.

## Values

Equality

**Μάνάξσγήηης**

**(we are all the same)**

mah-nah-hs-gum-ints

Respect

**Ήαίκίληήης (we take**

**care of one another)**

ay-key-lum-dints



ǵvίlās- “law”

**Haίτζαqv ǵvίlās (Heiltsuk Law)**

Hay-th-jack gwee-laas

Supporting our people

**Γvύάληήης (we help each other)**

goo-ah-tlum-dints

Collaboration

**Ήάπαǵuάληης (we work together)**

ba-ba-gwah-lints



Heiltsuk Community
Heiltsuk Tribal Council
Hailika'as Heiltsuk Health Centre Society
Health Director

Administration & Finance	Patient Transportation Program	Home & Community Care Program	Community Wellness Program	Healthy Families Program
<p><u>Administration:</u></p> <ul style="list-style-type: none"> <li>Office Manager/Accreditation Coordinator – 1 FTE (<b>TEAM LEADER</b>)</li> <li>Office Assistant/ Visiting Professional Liaison – 1 FTE</li> <li>Receptionist – 1 FTE</li> <li>IT/ Systems Administrator – 1 FTE</li> <li>Maintenance Worker – 1 FTE</li> <li>Janitor – 0.8 FTE</li> <li>Unit Clear – part-time</li> <li>Clinic Assistant-Specialist Clinic – 1 FTE (based at the Bella Bella Medical Clinic)</li> </ul> <p><u>Finance:</u></p> <ul style="list-style-type: none"> <li>Finance Manager (<b>TEAM LEADER</b>) – 1 FTE</li> <li>Finance Assistant – 1 FTE</li> <li>Finance Clerk – 1 FTE</li> </ul> <p><u>Human Resources:</u></p> <ul style="list-style-type: none"> <li>Human Resources Manager – 1 FTE</li> </ul>	<ul style="list-style-type: none"> <li>Program Manager (<b>TEAM LEADER</b>) – 1 FTE</li> <li>Patient Travel Clerk – 1 FTE</li> </ul>	<ul style="list-style-type: none"> <li>Program Manager (<b>TEAM LEADER</b>) – 1 FTE</li> <li>Home &amp; Community Care Nurse – 1 FTE</li> <li>Personal Care Attendants – 2 FTE</li> <li>Elders Advocate – 1 FTE</li> <li>Cook – 1 FTE</li> <li>Elders Van Driver – 1 FTE</li> <li>Maintenance Worker/ Equipment Manager – 1 FTE</li> <li>Janitor – 0.4 FTE</li> </ul>	<ul style="list-style-type: none"> <li>Counsellor (<b>TEAM LEADER</b>) – 1 FTE</li> <li>Counsellor – 1 FTE</li> </ul> <p style="text-align: center;"><b>Connecting Communities through Traditional Values (CCTV)</b></p> <ul style="list-style-type: none"> <li>Program Coordinator – 0.60 FTE</li> </ul> <p><b>Youth Services Program</b></p> <ul style="list-style-type: none"> <li>Child/ Youth Program Coordinator – 1 FTE</li> <li>Youth Leader – 1 FTE</li> <li>Youth Workers – 2 FTE</li> <li>Youth Centre Janitor – 0.40 FTE</li> </ul>	<p>Communicable Disease Control (CDC) Nursing Program:</p> <ul style="list-style-type: none"> <li>CDC Community Health Nurse (<b>TEAM LEADER</b>) – 1 FTE</li> </ul> <p>Chronic Disease:</p> <ul style="list-style-type: none"> <li>Registered Nurse – .25 FTE</li> </ul> <p>Fitness Program: (CLOSED UNTIL NEW BUILDING IS CONSTRUCTED)</p> <ul style="list-style-type: none"> <li>Fitness Centre Supervisor – 1 FTE</li> <li>Fitness Centre Worker – 1 FTE</li> </ul> <p>Maternal Child Health:</p> <ul style="list-style-type: none"> <li>Registered Nurse – 1 FTE</li> <li>Licensed Practical Nurse – 1 FTE</li> <li>Maternal Child Health Hnis'u – 2 FTE</li> </ul> <p>Dental:</p> <ul style="list-style-type: none"> <li>Dental Program Manager (<b>TEAM LEADER</b>) – 1 FTE</li> <li>Dental Assistant – 1 FTE</li> <li>Dental Receptionist – 1 FTE</li> <li>Dentist – 1 FTE</li> </ul> <p>Head Start / Sasum House:</p> <ul style="list-style-type: none"> <li>Head Start Program Coordinator (<b>TEAM LEADER</b>) – 1 FTE</li> <li>Early Childhood Education (ECE) Assistants – 3 FTE</li> <li>Sasum House Janitor – 0.4 FTE</li> </ul>

Updated: September 27, 2024

**Staffing & Personnel** (April 1, 2024 to March 31, 2025)

Allie Speck  
Andreanne Moody  
Anne Sinclair  
Barbara Larsen  
Barbara Thomspen  
Beatrice Adjoury  
Blake Carpenter  
Carla Brown  
Charmaine Lingard  
Cheryl Reid  
Claudette Antoine  
Daniel Green  
Dennis Humchitt  
Dora Hopkins  
Dr. Vincent Liu  
Edwin Paul  
Erica Villuria  
Fiona Blaney  
Gary Campbell  
Gloria Windsor  
Irene Tite  
Isaac Martin  
Jasmine White  
Jenny Belcarras  
Jesse Leafloor  
Keith Marshall  
Kevin Bolton Sr.  
Kevin Wilson  
Linda Humchitt  
Louise Dixon  
Mabel Carpenter  
Marlo John

Maxine Windsor  
Michelle Reid  
Michelle Trca  
Mitch Savage  
Norman Wilson  
Nykeisha Windsor  
Page Humchitt  
Paul McNaughton  
Philip Blaney  
Ramona Johnson  
Reg Humchitt  
Renee White  
Rhoda Bolton  
Roberta Reid  
Rosie Ross  
Shawn Gladstone  
Shelby Williams  
Shelley Johnson  
Sylvia Altwasser  
Tamara Clark  
Tamara Powell  
Tanya Bolton  
Trevor Good  
Vanessa Gladstone  
Yvonne Lawson

## **Heiltsuk Health Board of Directors - April 1<sup>st</sup>, 2024 to March 31<sup>st</sup>, 2025**

The HHHCS Board of Directors is made up of the following appointed and community elected members.

<p><b>Community Seats 4 elected positions</b></p> <p>One vacant          Carrie Easterbrook (term ending 2026)          Alley Elluk (youth seat)          Clark Wilson (Chair)</p>	<p><b>Appointed Seats</b></p> <p><b>Elders Representative- 1 appointed seat</b>          Earl Newman</p> <p><b>Heiltsuk Tribal Council- 2 appointed seats</b>          Maria Martin          William Gladstone</p>
--	--

### **Community Seats 4 elected members**

One vacant  
 Carrie Easterbrook (term ending 2026)  
 Alley Elluk (youth seat)  
 Clark Wilson (Chair)

### **Appointed Seats**

**Elders Representative- 1 appointed seat**  
 Earl Newman

**Heiltsuk Tribal Council- 2 appointed**  
 Maria Martin  
 William Gladstone

This Report is being written on behalf of the HHHCS Board of Directors. In Alignment with the HHHCS Strategic Plan, the Society Mission Statement, Vision and Values we the board of directors, Support the Organization thorough our Governance supporting the Health Director through engagement setting the Priorities and Goals through collaboration, Making recommendations and setting the table to keep the Society on track to providing Programs and services to our membership and community as one .

### **Goals as outlined in the Strategic Plan approved by the Board of Directors July 20, 2023**

- Mental Health, Substance Use and Wellness
- Capital and Infrastructure
- Culture Traditions and Language
- ʰíḡḡakvʌ (eh-kin-nequla) “to gradually become better”
- Program Development and Expansion

In Identifying our Goals for the Society. We can determine how we will support the Health Director and the whole of the organization. With many of the departments experiencing growth in each of the programs we give our guidance to ensure that the needs of our community are being met.

Clark Wilson was appointed a Co-Chair at the board meeting as of November 19<sup>th</sup>, 2024, because of a resolution passed at the Annual General Meeting for the fiscal year 23/24 outlining to go back to a model where there is a chair and a Co-Chair. Medric Reid Resigned from the Board of Directors effective August 8<sup>th</sup>, 2024, leaving the board with a vacant seat. The board agreed to leave the seat vacant until the next AGM.

The Board of Directors would like to recognize and thank Bo for your many years of service and dedication to the HHHCS Board of Directors, The Direction, guidance and support to the Board and the overall organization have not gone unnoticed.

## **Regional Healing Modalities/ Pathways to healing**

The Board of Directors continues to support the direction of this amazing opportunity for our community in alignment with one of our goals outlined in the strategic plan of Mental health, substance use and wellness. The land-based healing fund supports first nations led, land-based healing initiatives to reclaim traditional wellness practices. The land and water-based healing events will impact the community positively, as some of the planned programming will include traditional components which will strengthen our connections to our culture. The planning stages will involve the 4 nations of River's inlet Klemtu and Bella Coola the Board of Directors would like to thank and recognize Pamela Wilson for your initial work through community engagement in the 4 communities you have done with this project.

In Alignment with the Goal of Program Development and Expansion, the Board of Directors is in support of doing a overall evaluation of the programs and services offered by HHHCS to ensure that we are meeting the needs of the community and to ensure that we are in alignment with our funding agreements, also to support our team leads to identify if there are and Gaps that may need to be addressed and to ensure these programs are sustainable for many years to come.

The HHHCS Board of Directors would like to send out a special recognition to the Health Director, Acting Health Directors, Team Leads and all our front-line staff, your Dedication and care to each of your departments are what make our organization successful. The relationships we build with our external partners and our clients we would not be in service if it was not for you.

The HHHCS Board of Directors is committed to continuing to provide the governance and support to the organization. As our Vision statement states the Hailika’as Heiltsuk Health center provides services that respect equality, diversity, and culturally safe environments that improve the health and wellness outcomes. We all serve with this vision and have the best outlook and intention for our community

On Behalf of the Board of Directors

Clark J Wilson , Chair  
HHHCS, Board of Directors



## **Director's Message: 2024-2025**

No Report Available

## **2024-2025 Visiting Professional Site Visits at a glance**

### April 2024

Rik Rafuse  
Andrew Kerr  
Jenny de Vries  
Ruby Khan  
Julian Smith

### May 2024

Angie Olson  
Ebby Boaz  
Rik Rafuse  
Andrew Kerr  
Ambryn Ethier Verbeek  
Monica Carpendale  
Ruby Khan  
Rhianna Bella  
Anne Sinclair  
Jeremy Duprat

### June 2024

Rosemarie Sanche  
Julian Smith  
Ambryn Ethier Verbeek  
Jenny de Vries  
Anne Sinclair  
Rik Rafuse  
Andrew Kerr  
Chris Snavely  
Cris Rowan  
Trevor Good

### July 2024

Ambryn Ethie Verbeek  
Ebby Boaz  
Anne Sinclair  
Rik Rafuse  
Andrew Kerr  
Cris Rowan

### August 2024

Julian Smith  
Cindy Neilson

### September 2024

Rosie Ross  
Anne Sinclair  
Rik Rafuse  
Andrew Kerr  
Beatrice Adjoury  
Ambryn Ethier Verbeek  
Ruby Khan  
Rhianna Bella  
Trevor Good  
Angie Olson  
Cris Rowan

### October 2024

Rosie Ross  
Anne Sinclair  
Beatrice Adjoury  
Trevor Good  
Cindy Neilson  
Rik Rafuse  
Andrew Kerr

### November 2024

Anne Sinclair  
Ruby Khan  
Rhianna Bella  
Cris Rowan  
Rosie Ross  
Jeremy Duprat  
Beatrice Adjoury  
Ambryn Ethier Verbeek  
Rosemarie Sanche  
Cindy Neilson

### December 2024

Beatrice Adjoury  
Anne Sinclair  
Julian Smith  
Cris Rowan

### January 2025

Trevor Good  
Cindy Neilson  
Beatrice Adjoury  
Rik Rafuse  
Andrew  
Ruby Khan  
Rhianna Bella  
Cris Rowan

### February 2025

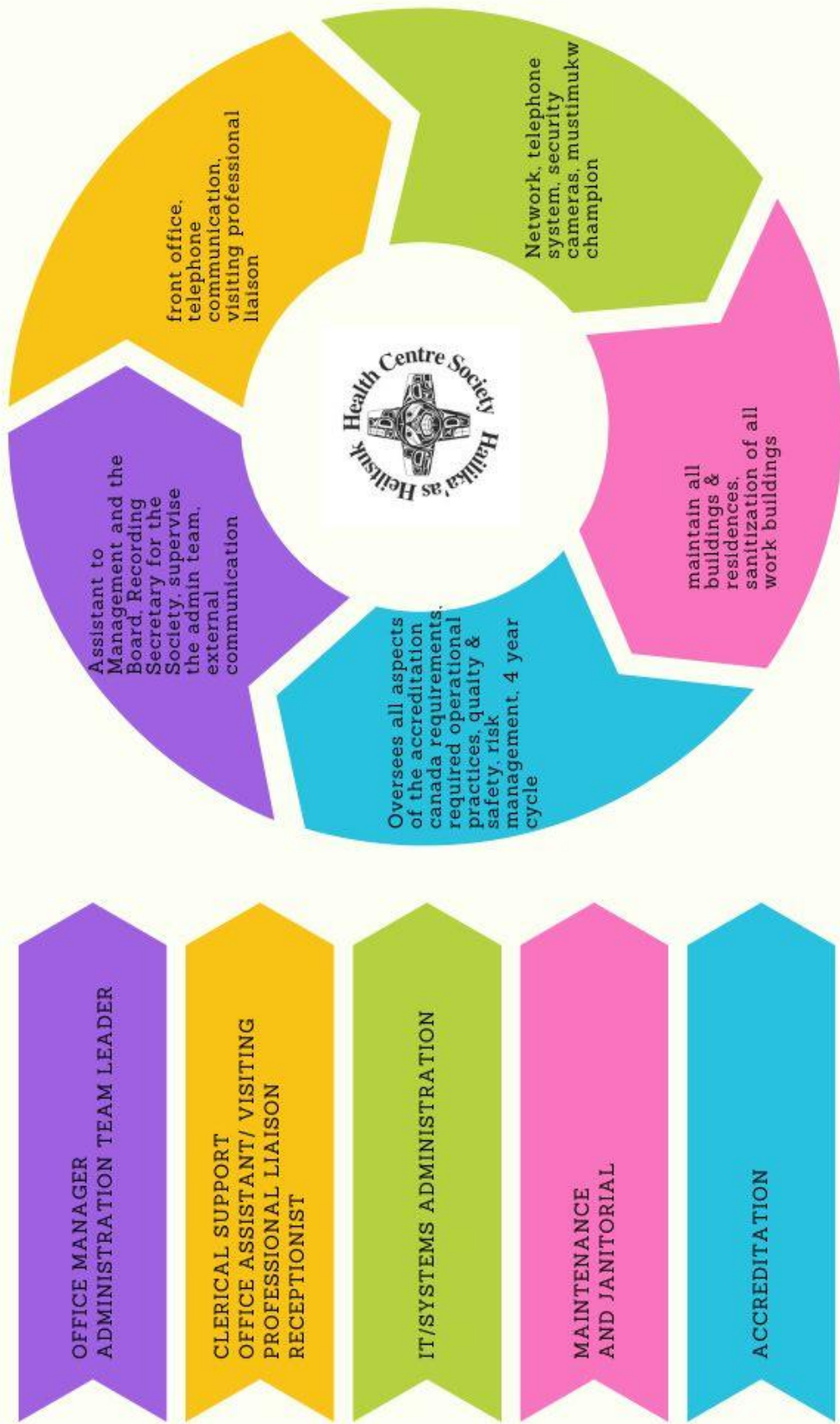
Cindy Neilson  
Ambryn Ethier Verbeek  
Rosemarie Sanche  
Julian Smith  
Jeremy Duprat  
Cris Rowan  
Cultural Support Workers x  
3  
Ambryn Ethier Verbeek  
Rik Rafuse  
Andrew Kerr  
Anne Sinclair

### March 2025

Jenny de Vries  
Cindy Neilson  
Trevor Good  
Michelle Trca  
Cris Rowan  
Ambryn Ethier Verbeek  
Cultural Support Workers x  
3  
Kymberley Kempe

# Administration Team

Program Mandate: To be efficient and effective in providing the best possible support services to the Health Centre



## Heiltsuk Health Accreditation update (2024-2025)

hígñakvłá is the Hailzaqvla word that means 'to gradually become better'. hígñakvłá directs the work that we do at the Hailika'as Heiltsuk Health Centre Society (HHHCS). Every day we deliver safe, quality health service and strive to become even better.

As an accredited organization we continuously work to meet the national standards of accreditation as set out by Accreditation Canada. In November 2023, HHHCS successful demonstrated that we met the national standards through an on-site visit by an external survey team. We were granted accreditation with exemplary status. This the highest designation with Accreditation Canada. We are extremely proud of the accreditation work we've completed to date. Our next site review is scheduled for the spring of 2028. Our HHHCS teams will continue to be busy with continuous improvement projects and risk management activities. We've been on this accreditation journey since 2009. It's been a huge learning curve for our agency. We are a member of the QIS (quality improvement services) network through FNHA (First nations health authority). This allows for continuous networking, sharing best practices, concerns and ideas as to how to advance forward in a positive meaningful way.

We have achieved 100% compliance with the required operational practices with Accreditation Canada (these are mandatory requirements for all health centres/hospitals/treatments centre that are associated with Accreditation Canada. We aim to have 100% compliance during the next onsite survey.

Accreditation Canada has moved to a new electronic platform (called Onboard QI). They have rolled out new standards for aboriginal/indigenous organization. These new changes will be more inline with the work aboriginal/indigenous organizations conduct in their communities. Our staff are proactively learning about these new features to ensure that we are keeping pace with the accrediting body – and its requirements. Accreditation is an ongoing journey. We continue to move forward.

Respectfully submitted,  
Kevin Wilson  
Office Manager/Accreditation Coordinator  
Administration Team Leader



# Heiltsuk Patient Transportation Program



## Introduction

The First Nations Medical Transportation Program supports Heiltsuk members in accessing medically necessary care that is not available locally.

This report provides an overview of patient travel activity for Fiscal Year 2024–2025, including:

- Total travel volume
- Patient demographics
- Escort requirements
- Specialist referral trends

Understanding these patterns helps inform planning, resource allocation, and opportunities to improve access to care for Heiltsuk members



# Access to Care Challenges

Many specialist services required by Heiltsuk members are not available locally in Bella Bella.

As a result patients must travel to larger centres such as Vancouver, Nanaimo, or Victoria to receive care.

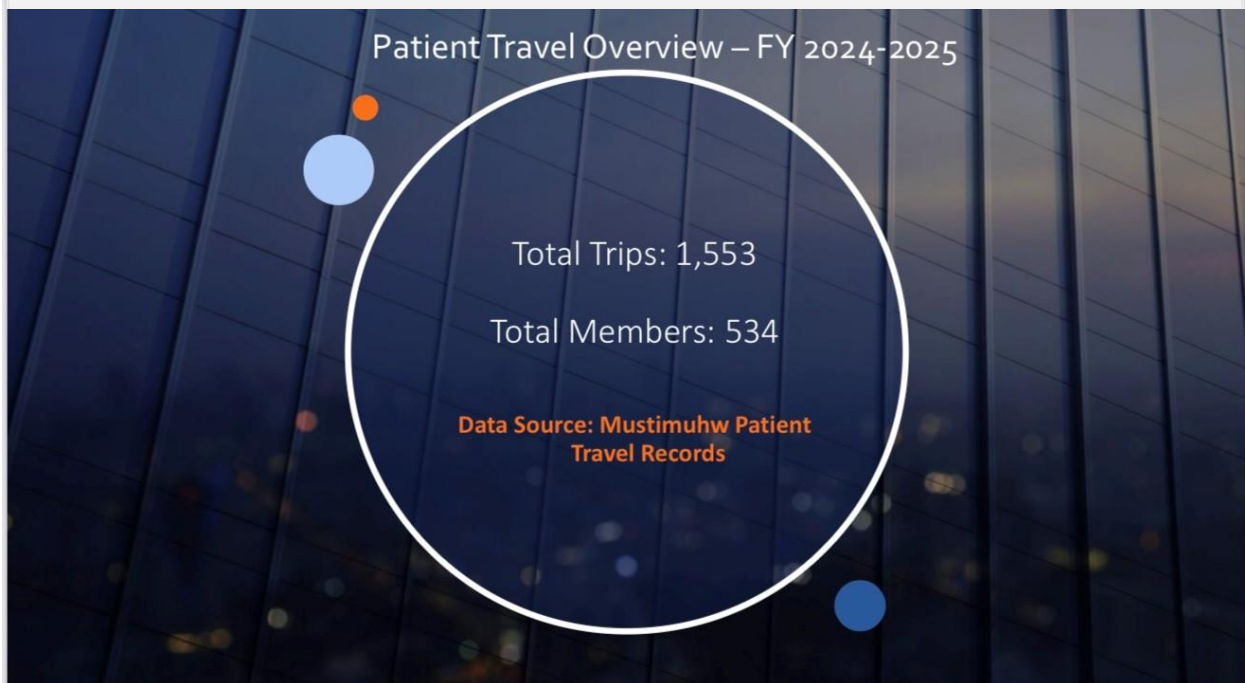
Key services requiring travel includes:

- Diagnostic imaging (CT/MRI)
- Cardiology services
- Specialized dental care
- Dermatology and gastroenterology

Medical Transportation ensures Heiltsuk members can access timely necessary healthcare services

3/25/2026 Annual Review

3



# Where Heiltsuk Travel for Care

When specialized care is not available locally, Heiltsuk members travel to other communities to access services.

Common destinations include:

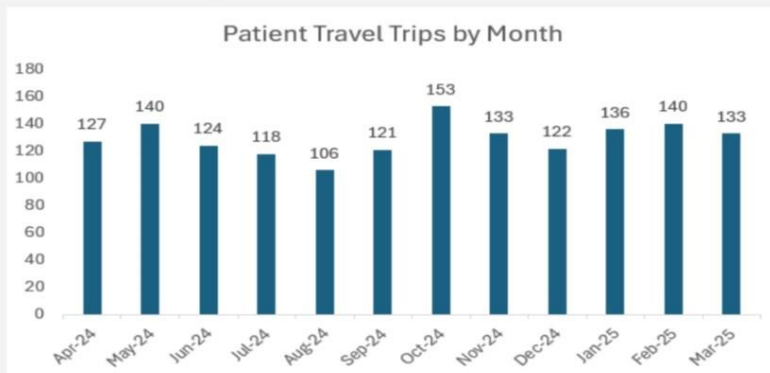
- Vancouver
- Nanaimo
- Victoria
- Campbell River
- Prince Rupert

These locations provide specialist services, diagnostic imaging, and hospital care that are not currently available in Bella Bella

3/25/2026 Annual Review

5

## Monthly Patient Travel Trends

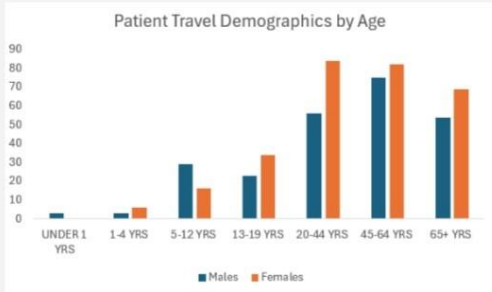


- Travel Volume peaked in October
- Lower travel volumes occurred in August
- Travel demand remains consistent throughout the year due to ongoing medical needs

3/25/2026 Annual Review

6

# Patient Travel by Age & Gender



- Female patients represent the majority of patient travel requests across several age groups
- The highest travel volume occurs in the 45 – 64 category
- Understanding age and gender patterns help identify which groups rely most on travel supports

3/25/2026 Annual Review

7

# Monthly Patient Travel Costs

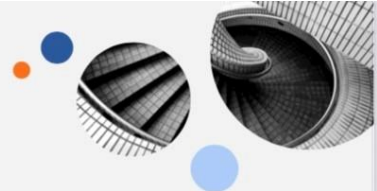


- Travel costs vary across the year depending on patient demand
- Higher costs correspond with months that have more medical travel
- The Highest travel costs occurred in May
- The lowest travel costs occurred in August
- Total Patient Travel Cost: \$3,365,677

3/25/2026 Annual Review

8

# Reasons Escorts Are Required for Patient Travel



- Escort support is most commonly required for minors (326 trips)
- Many patients also require escorts due to mobility or independence limitations (177 trips)
- Elder support (173 trips) is also significant driver of escort travel
- Other escort reasons such as childbirth, pregnancy risk, and consent support occur less frequently but still require travel coordination

3/25/2026 Annual Review

# Medical Transportation Trends: Top Specialist Referrals



Rank	Specialist / Reason for Travel	Number of Trips
1	CT Scanning / Radiology	87
2	Dentist / Oral Surgery	74
3	Cardiology	63
4	Dermatologist	54
5	Gastroenterologist	43
6	Ear, Nose & Throat (ENT)	37
7	Clinic / Facility (specialty programs)	32
8	Audiology	18
9	Allergist	17
10	General Surgery	16

3/25/2026 Annual Review

10

## Key Takeaways

Patient travel supports many Heiltsuk members each year.

In 2024–2025:

- **1,553 trips** were arranged
- **534 members** accessed care outside the community

Many trips are for **diagnostic imaging, dental services, and heart care.**

Escort support is often needed for:

- Children
- Elders
- Members who require assistance traveling.

The Patient Travel program helps ensure Heiltsuk members can access the healthcare they need.

3/25/2026 Annual Review

11

## Closing

The First Nations Medical Transportation Program plays a critical role in ensuring Heiltsuk members can access necessary medical services.

Continued monitoring of travel trends will help support:

- Improved access to care
- Effective resource planning
- Advocacy for services closer to home



3/25/2026 Annual Review

12

## **Community Wellness Program Annual Report 2024-2025**

### Counselling Team Contributions Fiscal Year: April 2024 – March 2025

- One-to-One Counselling (Anne & Trevor): Anne and Trevor provided dedicated individual counselling services. They utilized a hybrid model, spending one week on-site in Bella Bella followed by virtual sessions to ensure continuity of care and private support for community members.
- Monthly Group Work (Dan Kim): Dan Kim facilitated regular monthly group sessions at the Health Centre, providing a safe space for collective healing, peer support, and engagement.
- Virtual Art Therapy (Amelie): Amelie led trauma-informed virtual art therapy sessions.



## **Healthy Family Program (HFP)**

The Healthy Family Program Maintains the following teams under the supervision of the Community Health Nurse, Mitch Savage:

- Maternal Child Health (MCH): Tamara Powell, Shelby Williams, Charmain Lingard (contract)
- Chronic Disease Management & Aboriginal Diabetes Initiative (ADI): Rosalyn Ross (part time)
- Communicable Disease and Immunization Programs (CDC): Mitch Savage
- Fitness Team: Gary Campbell, Shawn Gladstone (currently closed)

Plus manages the following visitors:

- Acupuncturist: Andrew Kerr
- Chiropractor: Julian Smith
- Massage therapist: Carmen Humchitt & Leah Moody
- Nutritionists: Angie Olsen
- Occupational Therapy – Adult – Cris Rowan
- Occupational Therapy – Pediatric – Jennifer DeVries
- Pediatric assessments (FIVE) – Ruby Khan
- Pelvic Health: Rosemarie Sanche
- Physiotherapy – Rik Rafuse
- Speech Language pathologist – Rhianna Bella

## **Maternal Child Health Program**

Current Staff includes:

- Vanessa Gladstone: Part time
- Tamara Powell: Hnis'u
- Shelby Williams
- Charmaine Lingard: Maternal Child Health Nurse: short term contract

A Big Thank you to Selah Reed and Leah Dixon for helping with our programs and her incredible artwork in the MCH offices and hallways.

### **Maternal Child Health – current focus:**

**Prenatal & Postnatal:** Dinners, 1-on-1 Home visits (in office/ in homes), well baby-checks, infant baby massage, immunization support with CHN, Mitch Savage. Prenatal/Postnatal Nutrition Voucher Program.

**Family Support dinners:** Meet the family and child's needs through our MCH Visiting Professionals, with all MCH Staff.

**Doctor's Day:** Rotating doctors from the łúxválu'su'ailas Heiltsuk Hospital utilize the health center, and its equipment, to provide services for the Maternal Child Health clientele. The most recent clinic was October 30<sup>th</sup>/2024

**Sasum House:** Anatomy teaching, Summer Boat trip, and Dental Hygiene.

**Bring your Sasum to the Dentist Day:** 1<sup>st</sup> one happened Octoer. 11<sup>th</sup>/2024. Last one happened pre-COVID, October 8<sup>th</sup>, 2019, in collaboration with Rhoda, from our Dental Department.

**Annual MCH Events:** Christmas Dinner, Mother's Day dinner, Women's Health Initiative's in collaboration with łúxválu'su'ailas Heiltsuk Hospital, along with Midwives and Doula's from the Vancouver Region and Vancouver Island Region.

**Crash N Bump:**

On hold at present. Will restart once infrastructure returns.

**Parents & Tots:**

With Current Early Educator Position posted MCH is looking to fill the gap that is currently missing with our future Sasum.

The MCH team continues to attend training, both in and out of town, and liase with other MCH resources in Vancouver and on Vancouver Island, to ensure the clients receive the best continuity of care during all stages of their journey.

**Maternal Child Health Visiting Professionals:**

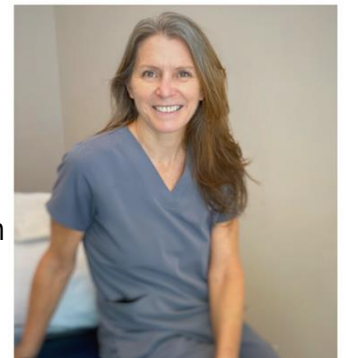


**Pediatric Occupational Therapist – Jenny DeVries**

- Specializes in children's Fine and Gross Motor Developments,
- Body mobility
- sensory needs
- autism
- self-regulation for children and routines

**Pelvic Floor Physiotherapist – Rosemarie Sanche**

Maternal Child Health welcomed Rosemarie, the Pelvic Floor Physiotherapist through our Woman's Health Initiative. We invited a group of moms to a meet and greet, Q &A's Dinner. We also had clients come in for individual sessions.





### **FIVE Behaviour Analyst & Education Services – Ruby Khan**

- Child/Adult Mental Health Developments
- Behavior Treatment, for everyday challenging behaviors, physical and verbal aggression
- Social & Communication skills and independent living skills/ Personal goals for children, parents, and families
- Autism Spectrum Disorder (ASD)
- Attention Deficit Disorder (ADHD)

### **Nutritionist – Angie Olson**

- 1-to-1 Nutrition Coaching
- Youth Programs Designed to teach life skills and mindset training
- Nutrition on Diabetes



### **Speech Pathologist - Rhianna Bella**

We provide speech & language services – direct on-going intervention and consultative supports.

### **Vancouver Inter-Agency Connections**

MCH staff travelled to Vancouver where they met with several First Nation’s Health and Vancouver Coastal Health professionals to keep the solid link between Vancouver based professionals and staff in Bella Bella. MCH will continue to contact these professionals and include them in our care team as they are available for regular phone consultations.

These Vancouver professionals will support current front-line workers when visiting professionals are not in the community.



### **Nutrition Voucher Program**

Maternal Child Health Program gifts our local new and expectant mothers with a \$100.00 gift voucher for our local grocery store. This monthly nutrition voucher is provided to help offset increased costs on the family grocery bill and to help aid the pregnancy and postnatal nutritional values. This is a popular program and most moms who access it also attend our weekly programs where we offer a space for them to bring their child/ren to play and engage with other children. Parents are also offered a space to weigh their baby and to see the MCH Nurse.

## Fitness Team

The fitness program is on hold until the new facility can be completed.



## Chronic Disease & Aboriginal Diabetes Initiative



### **Program Development**

1. Blood Glucose monitoring with the Dexcom 6 Continuous monitoring Sensors. The sensors can be supplied to community members who are not covered by medical.  
Clients who require insulin may receive a prescription from their doctor for the sensor.  
The client wears a sensor on the upper arm which transmits the blood glucose level directly to their smart phone or monitor. The sensor is changed every 10 days and means finger pokes are eliminated.
2. Nursing Support with the Endocrinologist Dr. Bondy.
3. Client support provided individually both in the clinic and by home visit.
4. Continued Complex foot and wound care by Rosalyn Ross on a part time basis.

## Communicable Disease Program (CDC)

### Immunizations

- 137 COVID19 & 224 flu shots vaccines given this season thus far.
- GeneXpert testing continues when needed. Can test for COVID19, Flu A and B, plus RSV.
- Continue with Hgb A1C and HIV point of care testing.
- TB skin testing continues from the health center and community locations as permitted.
- Immunization program continues to be well attended by all groups at the health center and in the community.
- Pneumonia vaccine given with the Flu shot as appropriate.
- Shingrix, the vaccine for shingles, was given as requested in homes and at the health center.
- Mustimuhw Data Base, Provincial Panorama Data Base, and the COVID19 provincial data base continue to have all contacts entered so data is available to outside communities that are linked to Panorama.
- Naloxone available free from the health center and Pharmacy.
- Teaching completed in the school for senior grades
- Harm reduction vending machine awarded to Bella Bella, should arrive by the end of the year.

## Home & Community Care Program

Program mandate: Services will promote independence & respect by providing a safe and wellness environment, which reflects the Heiltsuk Culture to maintain holistic health and well-being for all.



*Elders Van Services*



*Fitness Program  
Every Thursday*



*Equipment loan cupboard*



*Elders Advocate*

- Yearly Taxes
- Pensions
- Gov't Forms
- Wills – on Reserve
- Other various gov't forms



*Clinical Services*

- Wound care
- Home visits
- Homemaking
- Personal care
- Medication assistance
- Bathing program
- Vitals check
- Hand wax therapy



*Food Services*

- Breakfast Program
- Meals on Wheels
- Friday Luncheons
- Drop – Ins on Tuesdays @ 1

**New Program:** Elders Retreat day or Elders Spa Day (haircuts, footcare, vital checks, messages, small crafts & healthy snacks)



*Friday Luncheon*



*Foot Care Program*



*Ladies Group  
Every Wednesday*



*Dennis our Janitor  
Who keeps the Elders  
Building looking beautiful*



*Home & Community Care Team*



*Rex  
Has been working with our team for a  
few years, maintaining our Elders'  
yards*

The home and community Care Management and staff extend our appreciation to those who have utilized the programs and services, we wish everyone continued health and wellness. Our team remains committed to maintaining an open- door approach that supports and serves our community. Despite our financial restraints beyond our control our programs will continue to provide our regular programs and services while responding to the immediate needs of the people we serve. We look forward to continuing this work in the year ahead. Should you require further information about our services, please do not hesitate to contact any member of our team. We are always available to assist and support our Elders/ Community members.

With Respect,  
The Home and community Care Team

## **DENTAL DEPARTMENT ANNUAL REPORT FOR 2024/25 YEAR**



As you can see, we were quite busy, with having a full-time dentist on staff. It was sad for us to see Dr. Vincent Liu leave us in February. Dr. Liu introduced us to digital client charting and online billing. We found this more efficient for our dental department. Many changes happened as Dr. Lui brought us up to speed in our dental department. We have a way to go and will continue to learn and grow, as we seek the services of a full-time dentist, to grow with us, to provide for the wellbeing our clients oral health. Two of our staff applied to take the Certified Dental Assisting Program by distance learning and will complete the program by 2026. We have hopes that we can make this Central Coast Dental Clinic a successful business.

### **Dr. Vincent Liu, Dentist**

**April 2-30, May 1-31, June 6-28, July 2-31, August 1-30, September 4-26,  
October 1-30, November 1-29, December 2-19, January 6-31**

### **Ambryn, Dental Hygienist**

**June 10-14, July 15-19, September 16-20, October 7-11, November 18-22,  
January 13-17, February 10-14, February 24-28, March 17-21**

### **Jeremy, Denturist**

**August 21-23, November 13-15, February 19-21**

### **Dr. Ebby Boaz, Dentist**

**July 15-19, October 28-November 1**

**A strong reminder: Your Oral Health plays a major part in you overall health. Please remember that one full check up a year will help you to keep healthy!**

Rhoda Bolton, Dental Program Manager



## Child/Youth Program Report (2024-2025)



Hailika'as Heiltsuk Health **Centre** Society



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Programs</b> 12:00 – 1:00	Staff Lunch. Weekly Planning	Lunch 2, 3 & 4s	<b>Lunch</b> <b>5, 6, 7 &amp; up.</b>	Lunch Grades 2 & up	2, 3 & 4s Lunch.
After School Programs 3:15 – 4:30	<b>Board Games</b> Grades 2+	Baking Grades 5, 6 & 7s.	Baking Program! Grades 2,3 & 4s	<b>Crafts</b> @ the Youth <b>Centre</b>	Nights Alive Prep.
<b>Dinner Programs</b> 4:30 – 7:30	CRAFT NIGHT.	<b>Teens Dinner Night</b> *	Dinner Grades 5, 6 & 7s	0-7 Family Dinner Collaboration*	Nights Alive
Evenings	Potlatch prep nights!	<b>Teens Dinner Night</b> *	Youth Ball. Grades 8 & up.	<b>0-7 Family Dinner Collaboration*</b>	Nights Alive.

### Youth Centre 2025 School Year Programs 😊

#### Nights Alive Reminder

The youth centre's most popular Program, Nights Alive, runs on Friday Nights from 6:00pm until 9:00pm, when the Community Hall Space is available. It is a family friendly, inclusive program where all youth are welcome to attend. The Youth Program provides equipment, staff, snacks and water. Our Nights Alive staff is made up of our fabulous High School Student team, supported by the regular program staff. We can have over 60 youth come out and play games on a rainy Friday night.

To make an event this big successful we need community support. Please remember that any children under the age of 7 must be accompanied by an adult( 18+) who is responsible for them during the entire evening. Little ones can get knocked around during the fast games and we ask that caregivers use their discretion and make safe choices for their families.

Our youth centre staff work hard and do their very best for the community. We ask that all families and youth treat all youth centre staff with respect and kindness during these events. Violent or abusive language or behavior will not be tolerated per Hailika'as Heiltsuk Health Centre Society policy.

## **AHSOR Sasum House**

The Aboriginal Head Start On Reserve (AHSOR) Program continues to provide culturally grounded early childhood education for Indigenous children and families in our community. Our program supports children’s physical, emotional, intellectual, and spiritual development while strengthening cultural identity and encouraging family involvement.

During the 2024–2025 year, our team remained committed to creating a safe, welcoming, and inclusive environment where children learn through play, culture, language, and meaningful connections to community.

We currently operate three programs:

1. Before School Sasum House Program (7:50 AM – 8:30 AM), supporting families who require care before school
2. K4 Sasum House Program (11:30 AM – 2:30 PM), where our Sasum share lunch together and engage in early learning activities
3. After-School Sasum House Program (3:00 PM – 4:30 PM), serving our K5 and Grade One Sasum

### **Enrollment and Attendance**

- Over the past year, our program served approximately 17 children and families. Attendance remained steady, with families showing strong engagement in both daily programming and special events.
- 5 children in the Before-School program
- 4 children in the K4 program
- 13 children in the After-School program

*Our centre is closed on the last day of each month for administrative and planning purposes.*

### **Cultural and Language Activities**

Cultural teachings are at the heart of everything we do. Throughout the year, children participated in:

- Traditional storytelling and teachings
- Language exposure and learning
- Drumming, singing, and dancing
- Land-based learning activities
- Seasonal ceremonies and celebrations

## **Health and Nutrition**

Our program promotes healthy lifestyles by providing:

- Nutritious daily meals and snacks
- Education on healthy eating habits
- Physical activity and outdoor play
- Health and wellness resources for families

We continue to work with local health providers to support the well-being of children and families.

## **Family and Community Engagement**

Family involvement remains a key strength of our program. This year, we hosted:

- Family gatherings and feasts
- Cultural celebrations and community events
- Holiday activities

These events strengthen relationships and create a strong sense of community.

## **Staff and Professional Development**

Our dedicated staff continues to provide high-quality care and education. Over the past year, staff participated in training related to:

- Early childhood Assistant application preparation
- 25<sup>th</sup> Annual First Nation Health Authority Conference
- Health and safety
- Trauma-informed practice

We thank our team for their commitment and passion.

## **Challenges and Looking Ahead**

This year presented challenges, including staffing shortages, increased family needs, and funding limitations. Despite this, our program remained resilient and responsive.

Moving forward, we will focus on:

- Expanding cultural and language programming
- Strengthening family engagement
- Supporting staff wellness and retention
- Enhancing partnerships and services

## **Acknowledgements**

We would like to acknowledge and thank:

- Our children and families
- Elders and Knowledge Keepers
- Program staff

Your continued support ensures the success of the Aboriginal Head Start On Reserve Program in our community.

This year, we were pleased to offer two educational field trips, including visits to the local fire station and the dentist office, providing children with valuable real-world learning experiences



Our program provides children with a safe, engaging, and inclusive environment where they can explore, play, and build meaningful connections. With a strong focus on outdoor activities, we encourage physical well-being, creativity, and social development through a balance of structured programming and child-led play. Our program supports the growth of independence, teamwork, and respect, while fostering a positive and welcoming environment for all our Sasum – we have a Dramatic Centre, Art Centre, Writing Centre and Block Centre.





We celebrate each and every Sasum with either cupcakes or cookies for their special day and sing happy birthday to them.

We make a meaningful effort to celebrate each holiday together, both within the program and in connection with our families



From your AHS Sasum House Staff: Allie, Nykeisha, Ramona and Tamara

