

## VOLUNTEER SERVICES

Gas money may be required to P.A. Seasonal or home work may be for fee.

### Prescription Pick-up

Bree: 306.960.0176  
Estelle: 306.292.8571  
Lori: 306.953.3130  
Jeanine: 306.960.2265  
Glenis: 306.960.6125  
Etta: 306.960.5941  
MaryAnn 306.280.0649  
Dee: 306.940.9655

### Meal Delivery (from Restaurant)

Bree: 306.960.0176  
Estelle: 306.292.8571  
Etta: 306.960.5941  
Marilynn P.: 306.929.3258  
Rhonda: 306.873.1345

### Shopping

Estelle: 306.292.8571  
Marion: 306.940.8325  
Rhonda: 306.873.1345

If you would like to volunteer a service please contact a Health Committee member to be added to the list. Thank you.

To share ideas or join the  
Health Committee  
Call—Etta 306.960.5941

RCMP SMEATON 1.306.426.2630

HEALTHLINE - 811 or online  
@www.healthlineonline.ca

VICTORIA HOSPITAL  
306.765.6000

PRESCRIPTION DRUG  
1.800.667.7581

NORTH EAST REGIONAL VICTIM  
SERVICES P.A 306.878.3819

MINISTRY OF SOCIAL SERVICES  
1.800.487.8603

ABUSE HELP LINE  
306.764.1039

PROBLEM GAMBLING HELP LINE  
1.800.306.6789

PASTORAL CARE Rev Cust 306.862.7681  
or d.cust@sasktel.net

Al Anon 1.888.425.2666  
P.A Area - 306.930.0993

ALCOHOLICS ANONYMOUS  
306.764.9449

**SAFER COMMUNITIES**  
to report problem, illegal properties  
or residences call  
1.866.517.2337

# *Candle Lake*

## *HEALTH AND LIFESTYLE SERVICES*

*Working Together for the  
Betterment of  
Community Health!*



CANDLE LAKE HEALTH CENTER  
(Westside of Rec. Hall)

Clinic: 306.929.2414

Fax: 306.929.4704

website - [www.candlelakeresort.ca](http://www.candlelakeresort.ca)  
Services-Candle Lake Health Clinic

## EMERGENCY SERVICES

**CALL 911**

For Ambulance, First Responders,  
Fire Service, Search and Rescue  
or RCMP

## HEALTH CENTER SERVICES

### **What is a Nurse Practitioner?**

A NP is a registered nurse with advanced education and training to diagnose and manage day to day medical conditions. NP Health Care providers research and incorporate new knowledge into their practice, and can be consulted by other health care team members. NP's provide a wide range of direct care services to people of all stages of life. In addition to treating illnesses, they teach individuals and their families about healthy living, preventing disease and managing illness. NP's bring together medical knowledge with the values and skills of nursing to manage and assess.

### **Some examples include but not limited to:**

- Complete physical exams, including PAP tests
- SGI Medical
- Pre -Op & Post-Op
- Diagnose and treat illness
  - Episodic to Chronic conditions
    - ❖ Diabetes, asthma, high blood pressure, cough, fevers, flu & cold
    - ❖ STDs
    - ❖ Women's Health
    - ❖ Mental Health
- Order Investigations and interpret tests
  - ❖ X-ray, ECG
  - ❖ Ultrasound, CT Scan
- Take blood for any tests for diagnosing and monitoring conditions
- Prescribe medication and refills
- Perform medical procedures
  - ❖ Suturing, Excision of skin lesion
- Consult and referral to Specialists
- Gather medical history
- Teach individuals how to manage chronic illness

NP's work with, rather than replace other health care providers. They are part of a collaborative team that includes registered nurses, doctors, social workers, and specialists. While seeing a NP you can still see your family doctor or any other provider. **You can select a NP or Dr as your primary care provider for management of both episodic illness and chronic conditions.**

## Candle Lake Health Centre Schedule:

The Health Centre is staffed by a Nurse Practitioner and a Medical Office Assistant. Laboratory Services are available by appointment.

### Nurse Practitioner: 9:30 – 12:00 & 1:00 – 3:30

Dates and hours of operations are posted on the door and on line at:

[www.candlelakeresort.ca/pages/candle\\_lake\\_health\\_clinic](http://www.candlelakeresort.ca/pages/candle_lake_health_clinic)

### **Please contact**

**306-929-2414 for all appointments.**  
Leave a message and it will be returned on the next clinic date.

### AED: (Automatic External Defibrillator)

Located at:

- All Seasons Service
- Park Administration Office
- Sandy Bay Campground
- Minowukaw Campground
- Parks Maintenance Shop
- Seniors Centre
- Candle Lake Health Centre
- Curling Rink
- REC Hall
- 1<sup>st</sup> Responder Truck -Fire Hall
- Golf Course

HOME CARE SERVICES – Services for residents who require assistance with daily living including assessment, home nursing, physiotherapy, equipment for daily living, meals on wheels and personal care.

CONTACT: 306.765.2450 in Prince Albert.

### RESTAURANTS – MEALS TO GO (volunteer will deliver for shut-ins)

- Hurricane Kelly's Pizzeria 306.929.3666
- Water's Edge, 306.929.2211
- Candle Castle, 306.929.4552
- Minowukaw Lodge, 306.929.4619
- Ponderosa Lodge 306.929.2488
- Candle Café Junction 306.929.3133
- Fisher Creek Trading Post: 1.403.548.0102

### GROCERIES –

Candle Lake Fine Foods: 306.929.2262.  
Fisher Creek Trading Post: 1.403.548.0102  
All Seasons Service: 306.929.2500

Volunteers will deliver shut-in phone orders.

## SERVICES available for hire

**Home Security Check,** Wayne: 306.929.2419  
**Cleaning Driveways,** Bruce: 306.961.3197  
**Tree removal, landscaping,** Bruce: 306.961.3197  
**Water Hauling,** Ed: 306.960.9050  
Don: 306.980.7574  
Brian: 306.960.5766  
**Holistic Services,** Deborah: 306.929.2906  
**Hairstylist (shut-in),** Wendy: 306.929.2366  
**Reiki,** Robyne: 306.929.3055

LIBRARY – Tues, Wed, & Thurs 1 – 4 pm @ Candle Lake Seniors (2<sup>nd</sup> floor of the hall)

## CLUBS/GROUPS

**Candle Lake Seniors** Lucille: 306.929.4959  
**Curling Club,** Colleen: 961-7001  
**Candle Lake Quilters,** Jackie: 306.929.3266  
**Parks and Recreation,** Peggy: 306.929.2236  
(Walking, Yoga, Badminton, Children's Programs, Exercises)  
**After School Kids Club,** Marg: 306.929.3115  
**Communities in Bloom,** Gail: 306.929.3149  
**Candle Lake Sno Drifters,** Carla: 306.960.5597  
**Candle Lake Ski Trails,** Ed: 306.929.4512  
**Candle Lake Sailing Club,** Ernie: 1.306.461.3772  
**Candle Lake Hiking Club,** Monica: 306.929.4533  
**Art Club,** Jean: 306.929.3006  
**Sportsman's League,** Dennis: 306.929.4670  
**TOPS,** Dot: 306.929.2045  
**Activities and Info Center &**  
**Candle Lake Resort Village Office**  
(306)929-2236

Regional Kids First, Sharon 306.922.3247  
Little Library located at: Memorial Park, Candle Castle Golf Course Club House, Lorne Kolisnek Memorial Park (near Village Office)

## CHURCH CONTACTS

### Roman Catholic Church

Lucille Lang: 306.929.4959  
Cathy: 306.929.4504

### Community Church

Glenda: 306.961.4589