



Smile, Sparkle, Shine

December 2021



NEWSFLASH

December Medical Staff Member of the Month

We are pleased to announce **Dr. Johann Schreve** as the December 2021 VJH Physician of the Month.

Presenter: Dr. Schreve joined the Department of Hospitalist Medicine in July 2020.

[Read his story here.](#)



NEWSFLASH

Upcoming VJH Virtual Grand Rounds

"Pediatric Behavioural, Mental and Developmental Health Navigation Model of Care in the North Okanagan"

Presenter: Dr. Derek Rajakumar, FRCPC, DTM&H, Pediatrician

Thursday, December 2 8:00 - 9:00 am

[More info and Zoom link here.](#)



NEWSFLASH

Upcoming VJH Virtual Grand Rounds

Kick-off the New Year in the right state of mind!

Tami Muhlert, Wellness Education Coordinator with Canadian Mental Health Association (CMHA) in Vernon, will be presenting simple strategies and self-care for maintaining your own mental health as well as community resources available to patients. Tami, who has been working in mental health for over 10 years, has experience with the Crisis Line, Bounce Back, as well as CMHA's residential and educational programs.

**Minding Your Mental Health: January 6, 2022
8:00 - 9:00 am**

[More info and Zoom link here.](#)



NEWSFLASH

A Passion For Action

In 2020, Dr. Andrew Sellars became our Senior Medical Director for the North Okanagan region and has since worked tirelessly to support individual sites as well as link regional activities in the area.

This fall, Dr. Sellars accepted an invitation to join the **SSC Facility Engagement Provincial Working Group as the new interior physician representative**. Dr. Sellars is passionate about encouraging physician engagement and leadership and has participated in a number of initiatives, including NAVIG8 and PQI.

His passions outside of medicine revolve around adventures in the mountains with his wife and daughter, on bikes and running in the trails. And he enjoys just about every kind of self-propelled method of careening across the snow. So, if you are interested in meeting him through the winter months, he is likely to jump at any opportunity for a ski and chat.



NEWSFLASH:

24/7 Helpline for You

A reminder during these stressful times, that the **Physician Health Program** is available for

practicing and retired physicians, residents, medical students and family members. You can call PHP's 24/7 helpline for confidential, personalized assistance with issues such as mental health, relationship stress, career and life transitions, substance use and concern for colleagues. The PHP also offers education programs and peer support.

Call the 24-Hour Help Line: 1-800-663-6729.

[Check out our Physician Society's Wellness Resources page for more help.](#)



**NEWSFLASH:
Smile and Say Cheese!**

VJH Departments can spend up to a maximum of \$300 on a departmental photo for display in the physician lounge (Polson Tower, level 3).

Claims can be submitted through FEMS against the Department Photos sub-activity found under the 2021/22 Physician Wellness Co-sponsored Division of FP Events activity.

[Need to submit a claim now? Click here...](#)



**NEWSFLASH:
Virtual Exams - What Needs to be Considered?**

“BC Virtual Health Grand Rounds: Virtual exam perspectives from CPSBC and rheumatology.”

Webinar - Friday, December 3, 8:00 - 9:00 am

UBC CPD's next BC Virtual Health Grand Rounds will feature Dr Heidi Oetter sharing the College of Physicians and Surgeons of BC's (CPSBC) perspective on virtual health in BC, as well as Dr Brent Ohata exploring possibilities and considerations for virtual exams.

[Click here for session details and registration \(no cost\).](#)



Your efforts are making a difference in improving our medical staff's well-being

and patient care.

*Thank you for your hard work on our
Facility Engagement initiatives.*

*Have a safe and happy holiday
season.*



"Tell me, and I forget. Teach me, and I remember. Involve me, and I learn"
~ Benjamin Franklin

SEE IT. THINK IT. DO IT.

More news and stories on our website...click here!

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