



Lac La Ronge Indian Band

HEALTH SERVICES

Monday - Friday 8:00 am to 4:30 pm

Main switchboard (306) 425-3600 or 1-877-425-3443

Lac La Ronge Indian Band Health Services Inc. promotes healthy communities for the well-being of all community members in the communities of La Ronge, Sucker River, Hall Lake, Grandmother's Bay and Little Red Reserve.

CLINICS	LOCAL NUMBER	TOLL-FREE NUMBER	LOCATION
Jeannie Bird Clinic	(306) 425-3600	1-877-768-3888	Wilson Charles Street, New Fairchild
Sucker River Clinic	(306) 425-5591	1-888-425-5590	Sucker River
Little Red River Clinic	(306) 982-4294	1-866-982-4292	Little Red Health Clinic
Hall Lake Clinic	(306) 425-8075	1-866-973-8075	Hall Lake Clinic
GMB Clinic	(306) 635-4440	1-877-635-4440	Kokum's Clinic
STM Clinic	(306) 635-2090	1-877-505-2090	Stanley Mission Health Services

MEDICAL TRANSPORTATION

Transportation is provided for medical appointments in and out of town, meals and accommodation. All requests are subject to Health Canada approval. 24 hour notice is required for in-town appointments. 48 hours notice required for out of town appointments. Medical Transportation is open Mon-Fri 8:00 am - 4:30.

Requests for Medical Transportation after hours or during weekends can be made by calling 1-866-885-3933.

MED TRANS OFFICE	LOCAL NUMBER	TOLL-FREE NUMBER	LOCATION
La Ronge Med Trans	(306) 425-4939	1-877-768-3888	Main Band Office (<u>not</u> Jeannie Bird Clinic)
Sucker River	(306) 425-5591	1-888-425-5590	Sucker River Clinic
Little Red River	(306) 982-4294	1-866-982-4292	Little Red River Clinic
Hall Lake	(306) 425-8075	1-866-973-8075	Hall Lake Clinic
GMB	(306) 635-4440	1-877-635-4440	Kokum's Clinic
STM	(306) 635-2090	1-877-505-2090	Stanley Mission Health Services

PREVENTION AND RECOVERY SERVICES

Professional and confidential counselling services including: individual, family or group counseling for emotional and behavioral issues, youth suicide prevention, substance abuse assessments and treatment referrals, FASD support and referrals, Indian Residential School (IRS) supports, tobacco cessation education, community cultural support program. Call (306) 425-6421 or visit office at Morin's Hill, behind Kitsaki Hall. Call (306) 425-3600 for appointments or 1-800-425-3450.

DENTAL SERVICES

Dental therapists provide examinations, x-rays, cleaning, fillings, and treatment for all LLRIB Band Members. School age children are seen at schools during school dental clinics. Call (306) 425-3600 for appointments or 1-877-425-3443.

COMMUNITY HEALTH

Immunization services are provided for infants, children, adults and the elderly to offer protection from serious illness and fatal diseases. School age children receive immunizations at school. The recommended immunization schedule for babies is 2 months, 4 months, 6 months, 12 months, 18 months and 4 years old. TB skin tests are done in kindergarten. We immunize children in grade 6 and grade 8. Adults are eligible for immunization routinely. Influenza immunization is offered annually. Community health nurses provide follow-up for communicable diseases such as whooping cough, MRSA, influenza, dog bites and STI's. Community health nurses provide screening, education and management of TB. Infants and adults may receive immunizations from clinics. Please call (306) 425-3600 or your local clinic to book immunizations.



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MATERNAL CHILD HEALTH AND PARENT SUPPORT PROGRAM

The prenatal worker and community health nurses provide prenatal and postnatal education and follow-ups, healthier eating and breastfeeding support. Parent Support Workers improve health outcomes for pregnant women and families with infants or children 0-6 years old. Activities such as nutrition counselling, cooking classes, food vouchers for prenatal mothers, and traditional/cultural teachings support parents. Call (306) 425-3600.

HOME CARE

Services includes health, teaching and medication monitoring, wound management, injections, catheter changes, oxygen monitoring, palliative care, communicating with and referring to physicians and other health care providers, ordering supplies and equipment, planning and organizing Foot Care Clinics and Elder social outings. Home health care aides provide personal care, home management, laundry, shopping, meal preparation, respite support, reassurance visits, simple dressing changes, escorting and translating for clients at appointments. Clients are referred to home care either by health professionals, self, family or community members. A registered nurse contacts clients within 48 hours to assess the need for home care. Foot Care clinic information is posted in communities and referrals are made from Home Care clients. For more information, please call (306) 425-3600 and ask for Home Care.

DIABETES EDUCATION

Services are delivered by a Licenced Practical Nurse (LPN) on healthy meal preparation and benefits of exercise on their diabetes. This program provides education, Community Kitchens and cooking classes. Education helps to maintain a client's optimum target blood sugar range. Foot Care Clinics also monitor a diabetes patient's condition. Call (306) 425-3600 or 1-877-425-3443.

ABORIGINAL HEAD START

The Aboriginal Head Start Program is designed for children ages 3-5 years of age who are not in pre-school or kindergarten. Aboriginal Head Start operates within La Ronge, Hall Lake, Sucker River, Grandmother's Bay and Little Red River communities. Head Start includes programs for children and parents. It focuses on six components for healthy development: Culture and Language, Education, Health Promotion, Nutrition, Social Support and Parent and Family Involvement. Parents can obtain applications from Head Start programs in each community or by calling Aboriginal Head Start at (306) 425-3600. Head Start numbers are below.

La Ronge Head Start	(306) 425-5015
Sucker River Head Start	(306) 425-2004
Grandmother's Bay Head Start	(306) 635-2185
Little Red River Head Start	(306) 982-2669
Hall Lake Head Start	(306) 425-5565

WAWUHTEWIKUMIHK GROUP HOME

Wawuhtewikumihk Group Home is a home for mentally and physically challenged adults that operates 24 hours, 365 days a year. We provide a home environment to 8 clients.

Call (306) 425-3336 or visit across from SMVS school in Far Reserve.

CATHERINE CHARLES LONG TERM CARE

Residents of long term care are provided services with day to day living including home management, personal care and daily programing. Long term care home operates 24 hours, 365 days a year. Long Term care home has 10 beds, 5 for males and 5 for females. Elders are from surrounding northern communities. Call (306) 425-5255 or visit at 517 Elders Road in Bell's Point.