

COVID-19 testing site in new location



photos by Chantell Senchuk/Banner

Chantell Senchuk

Russell Banner

Russell's Respiratory Clinic and COVID-19 testing site started at the George P. Buleziuk Centre effective December 10, 2020 but the location has now been changed.

As of January 5, 2021 the new location for both sites is 447 Main Street North, Russell next to Canada Post and The Russell Banner.

"The former site, The George P. Buleziuk Centre, was instituted as a temporary space until Prairie Mountain Health was able to move to its present location at 477 Main Street North" stated Prairie Mountain Health's Communications Coordinator Blaine Kraushaar.

The COVID-19 testing hours are the same, Monday to Friday 12:30pm - 3:00 pm, and an appointment is required in order to attend the site.

The Respiratory Clinic hours also remain the same, Mondays and Thursdays 3:00 pm - 5:00 pm. As this clinic is not a

walk in clinic, an appointment is needed but a referral is not required. A COVID-19 test will be a part of the assessment and the clinic will not provide prescription refills or the flu shot.

A mask is mandatory as well as the Manitoba Health Card for registration.

"The clinic, staffed by a physician and additional support, is for patients who have experienced respiratory symptoms, lasting two weeks or less, such as sore throat, runny nose, earache, cough and congestion, who feel they need to be seen by a physician, but do not require emergency care" he explained.

In addition to the Russell site, Prairie Mountain Health also has Respiratory Clinics in Swan River, Dauphin, Neepawa and Brandon.

The appointment line is available Monday to Friday from 10:00 am - 5:00 pm at 1-204-638-2191. For more information regard COVID testing sites and Respiratory Clinics within PMH, visit www.prairiemountainhealth.ca.

Agriculture and Mental Health brought together by local



submitted photos



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The Do More Agriculture Foundation (DMAF) is a website for farmers and others in the Ag industry to discuss topics on Mental Health.

Talk. Ask. Listen. is an Agricultural Mental Health seminar facilitated by DMAF which Lewellyn Melnyk of Angusville is passionate about.

"I was doing some research online, I'm writing a book about mental health right now, so I wanted to involve people on social media and I came across this woman who is a farmer in Saskatchewan and she always posts stuff about mental health. She posted a link about this program looking for people to host in their community so I applied" Melnyk explained.

With the program looking for hosts, Melnyk thought it had great information and knew she wanted to bring this to the community.

"I am an advocate for mental health so I filled out the form and heard not long after that I had been chosen to host" she said.

She came from a farming background and is currently involved in farming. With no educational experience, she has the ability to share personal experiences as she has struggled with depression and anxiety her whole life.

"I have found things that work for me and so if someone approaches me, I am always open to talk about it and I have written some stuff in the past about what has helped me. I think my own experiences is what has given me tools in my toolbox on how to deal with mental health so a course will be really good for other people who maybe haven't done the research or put the time in to see what works" she expressed.

Melnyk opened up how January is tough for farmers because there is not a lot

of social interaction and things that we normally see at this time of the year such as Ag Days or curling bonspiels.

"This year we won't be seeing any of those things, so I think it is a really great time for people to take advantage of this program because it shows how you can reach out to somebody who would need your help; a neighbor, a friend or a loved one. It's not necessarily for yourself but for helping other people. I think everyone can benefit."

The DMAF's website states "Farmers are more likely to participate in support programs offered by providers familiar with agriculture and that cater to the unique needs of farmers" and is proud to provide the half-day seminar solely dedicated to those who are involved in agriculture.

"I think especially for the older generation, it's hard to talk about mental health and for our generation it's a little bit easier because it's become more normal for us to talk about. But I think that if somebody sees this course and it makes them a little uncomfortable even just thinking about it, I think they would benefit the most from it. The reward from talking about these things and learning about it can help everyone" she voiced.

Speakers have been arranged by partnered businesses such as FCC and Bridges Health in order to utilize their existing mental health content and specialize it to agriculture. The workshop will provide information on topics such as the signs and symptoms of mental illness, anxiety, depression, stress and substance use including the unique statistics and factors the ag industry experiences. It will teach how to prepare and have conversations with someone who you identify may be experiencing a mental health challenge and how to support others and yourself and how to access resources.

The seminar will be held over Zoom, is free to everyone and requires registration. It will be held on Thursday, January 21, 2021 from 9:00am - 3:00pm, deadline to register being January 20, 2021. For registration information, contact Lewellyn Melnyk at 204-773-6492 or by email at lewellyn21@yahoo.ca.

"I'm hoping that this course will be more to help people who don't have those tools and what that looks like for them"

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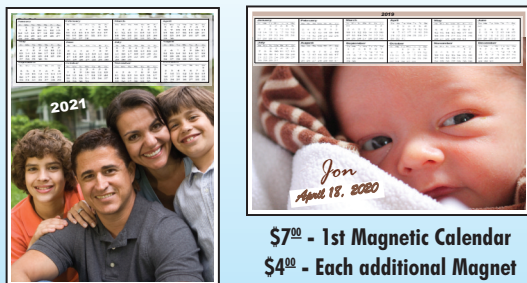
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