



THE WORLD-  
**Spectator**

*A Tribute*  
**TO LOCAL  
PROFESSIONALS**

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## Supporting healing and connection across Southeast Saskatchewan

At Envision Counselling & Support Centre Inc., our goal has always been to ensure individuals and families across Southeast Saskatchewan have access to compassionate, confidential, and accessible support close to home.

For over 30 years, Envision has provided counselling, advocacy, education, outreach, and wellness programming designed to support mental health, healthy relationships, and healing throughout the region. What began as a response to growing community need has evolved into a multi-service agency supporting individuals and families through some of life's most difficult moments.

Using a trauma-informed and person-centered approach, Envision recognizes that healing looks different for everyone. The agency strives to meet people where they are at—offering support that is respectful, welcoming, and tailored to individual needs and circumstances.

Services offered through Envision include individual counselling, support for victims and survivors of violence and abuse, crisis support, youth and family programming, prevention education, community outreach initiatives, and wellness-focused workshops and events. The agency works closely with schools, healthcare providers, first responders, local organizations, and community groups to strengthen connection, increase awareness, and improve access to supports throughout Southeast Saskatchewan.

Envision is also proud to partner with Family Service Saskatchewan to provide the Rapid Access Counselling Program, helping individuals connect with profession-



al counselling support in a timely and accessible way. Through [www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca) individuals can quickly book a free counselling session online, helping reduce barriers and wait times for those seeking support.

As the need for mental health and wellness services continues to grow in rural communities, Envision is proud to now be serving the Moosomin and Rocanville areas, helping expand access to supports across the Southeast. Rural communities often face unique challenges related to distance, transportation, isolation, and access to services, making local and community-based support more important than ever.

"Connection and community are at the heart of what we do," says Counsellor Camryn Brown. "We want people to know they don't have to navigate difficult experiences alone, and that support exists within their own communities. Whether someone is reaching out for counselling, attending a program, or simply looking for connection, we want our spaces and services to feel welcoming and safe."

In addition to counselling and outreach services, Envision remains committed to creating opportunities for education, prevention, and community engagement. Throughout the year, the agency hosts workshops, awareness campaigns, youth initiatives, and community events that encourage conversation, reduce stigma, and help strengthen overall community well-being.

To help continue building relationships within the region, Envision will be hosting a Community BBQ by donation at Borderland Co-Op in Moosomin from 11 am - 1 pm on August 13, welcoming residents to stop by, meet staff, and learn more about available programs and services. The agency looks forward to becoming more involved within the Moosomin and Rocanville communities and continuing to build meaningful local partnerships.

Envision Counselling & Support Centre is also currently welcoming individuals interested in giving back to their communities to consider joining its Board of Directors. Board members play an important role in helping guide the organization's vision, support strategic growth, and strengthen services available throughout Southeast Saskatchewan.

At its core, Envision believes strong communities are built when people feel heard, supported, connected, and empowered to heal.

To learn more about available programs and services, visit [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)



**Proudly Supporting Southeast Saskatchewan For Over 30 Years Offering Therapeutic Counselling and Support Services**

**Weyburn: 306-842-8821      Estevan and Oxbow: 306-637-4004**

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# Find Your Joy Counselling offers trauma-informed, holistic care in Moosomin



Joy Hamilton-Flaman

Find Your Joy Counselling, based in Moosomin, provides trauma-informed, holistic counselling services to a wide range of clients, including children, youth, adults, seniors, post-partum mothers and emergency services workers.

Owner and counsellor Joy Hamilton-Flaman is a registered therapeutic counsellor with the Association of Co-operative Counselling Therapists of Canada and a professional member of the Canadian Counselling and Psychotherapy Association. Her work focuses on trauma recovery, post-traumatic growth and emotional resilience.

Hamilton-Flaman is a descendant of residential school survivors and incorporates traditional Indigenous knowledge and healing practices into her work.

Her approach also draws on evidence-based therapeutic modalities to support clients in navigating challenges and building emotional strength.

She has experience working with individuals across various life stages and backgrounds, with an emphasis on providing compassionate, non-judgmental care.

Her practice supports clients dealing with trauma, including post-traumatic stress, and focuses on helping individuals reconnect with their inner strength.

In addition to her counselling work, Hamilton-Flaman is the founder of Find Your Joy Counselling and is involved in the local arts community, including serv-

ing on the founding board of the Moosomin Visual Arts Centre.

She is also the proprietor of The Family Stones artwork. Appointments can be booked by calling or texting 306-992-5767.



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Our professional administrative staff are often your first point of contact, and can assist you with a wide range of services when calling or stopping into our office!

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## What CPAs do



CPAs work across industry, public accounting, government, education, and the not-for-profit sector. They bring strong accounting, financial, and management skills to help organizations make informed decisions, manage risk, improve efficiency, and support long-term growth. CPAs are valued for their analytical thinking, sound judgment, communication skills, and commitment to protecting the public interest.

### Industry

CPAs help businesses identify opportunities, ensure accountability, manage risk, and maintain a competitive advantage. They often work in leadership and advisory roles such as CEO, CFO, controller, consultant, or systems developer.

### Public Practice

- CPAs provide services including:
- business planning and valuations
  - tax planning
  - audits and financial reporting

- management consulting
- financing strategies
- process improvement
- forensic accounting and litigation support
- insolvency and bankruptcy services

### Government

CPAs support financial planning, fiscal control, tax auditing, policy development, and financial analysis at all levels of government.

### Education

Many CPAs teach future business leaders and promote ethical business practices.

### Not-for-Profit

CPAs help not-for-profit organizations with strategy, financial stewardship, accountability, and transparent reporting for donors, governments, and the public.

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## Definition of the Practice of Law



### Definition of the Practice of Law

The Law Society regulates lawyers and the practice of law in the public interest. The Legal Profession Act, 1990 includes a definition of the practice of law which describes the application of legal principles and judgment by a person trained in the law as related to:

- giving legal advice
- drafting or completing legal documents
- representing a party
- negotiating legal rights or responsibilities

The Law Society has a flexible regulatory structure which allows lawyers and limited licensees practicing in regulated firms/entities to engage in the practice of law.

### Regulated Practice of Law and Delivery of Legal Services

Check first: Being an informed client is one of the best defences against receiving or purchasing services from an unregulated firm/entity or legal service provider.

- Check registration/licensing as a member of the Law Society of Saskatchewan
- Check disciplinary history
- Check the news and search the internet
- Check available tools and resources

*Law Society of Saskatchewan*

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# Guide to preparing a home for the market

Selling a home is a significant milestone for any client—both exciting and, at times, overwhelming. A skilled real estate professional plays a critical role not only in pricing and negotiation, but in guiding clients through the preparation process to ensure the property presents at its highest potential.

Effective preparation is a key driver of market success. Homes that are properly prepared tend to photograph better, attract more attention, and often result in stronger offers. A knowledgeable REALTOR® will begin with a thorough walkthrough of the property, identifying opportunities to enhance presentation and providing clear, practical recommendations.

### 1. Depersonalize and Declutter

A neutral, streamlined environment allows buyers to envision themselves in the home. Removing personal items, minimizing décor, clearing countertops, and organizing storage spaces creates a clean and inviting atmosphere that appeals to a broader audience.

### 2. Prioritize Cleanliness

Kitchens and bathrooms should be cleaned and attention should be given to walls, doors, baseboards, light switches, fixtures, and flooring. A well-maintained appearance reinforces value and leaves a positive impression.

### 3. Improve Curb Appeal

The exterior sets the tone for the entire showing experience. Maintaining the lawn, trimming landscaping, and removing clutter or seasonal items helps create an attractive first impression. On photography day, a clear driveway and tidy entry enhance visual appeal.

### 4. Prepare for Professional Photography

Online presentation is often the first point of contact for buyers. High-quality, professional photography with proper lighting and composition is essential. Ensuring the home is photo-ready can significantly impact buyer interest.

### 5. Utilize Advanced Marketing Tools

Modern marketing tools such as Matterport 3D tours, floor plans, and detailed measurements provide an immersive experience for buyers. These features allow prospective purchasers to explore the home remotely and gain a better understanding of the layout and space.

Preparing a home for the market is a strategic and collaborative process. A real estate professional who provides clear guidance, attention to detail, and effective marketing tools can significantly influence the outcome of a sale. When a home is thoughtfully prepared and professionally presented, it is better positioned to stand out, attract qualified buyers, and achieve optimal results in today's competitive market.



Leanne Sorenson with Red Roof Realty.



20 years of Experience in SE Saskatchewan

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# A Tribute TO LOCAL PROFESSIONALS

THE WORLD-Spectator



## Stop guessing: Your practical guide to soil sampling

By Dimitris Tellidis, MSc, P.Ag, CCA,  
Partner, MNP Agronomy Services

Soil sampling is a simple, cost-effective way to understand your field's nutrient levels post-harvest, helping you build better fertilizer plans.

Whether you're new to soil testing or want to refine your approach, keep reading for a practical guide to healthier, stronger crops.

As a farmer, fertilizer is one of the biggest inputs you'll buy. But how do you know if your soil even needs it? Or if you're using too much?

Enter: soil sampling. It gives you the data you need to understand what nutrients are left in your fields after harvest. And with that information, you can plan for the season ahead with certainty instead of guesswork.

But what exactly does it mean to sample soil? And why is it important for Canadian crop farmers?

### What is soil sampling?

Soil sampling, or soil analysis, involves the collection of soil and sending it to a lab to measure nutrient levels. Often, these samples are taken from two or three different depths in the soil. If taking two, typically you'd collect a sample within zero to six inches of soil, then again from within six to 24 inches. If taking three samples, you may collect soil from within zero to six inches, six to 12 inches, and from 12 to 24 inches.

Why so many samples? Because different nutrients behave differently in soil. Nitrogen, for example, is highly mobile. If most of it has moved deep into your soil, your crop may suffer stress early in the season because there's less nitrogen near the surface. Knowing where nutrients sit in your soil profile can help you determine whether you need a top up of fertilizer for early-growth stages.

The fall season, after harvest, is the best time to collect your samples. This gives you plenty of time to analyze your results and build a fertilizer plan over the winter. And, if necessary, you can even put your plans in action before spring to spread out the work and cost of applying fertilizer.

Without a test, you're left guessing. And often, that means applying too much or too little fertilizer. Over-applying wastes money and risks leaching into the water supply. On the other hand, under-applying leaves yield potential in the field.

### The importance of zones

As a farmer, you know that not all acres are alike. One area of a field may exceed your yield expectations, while another area of the same field struggles year after year. Treating them all the same with a blanket fertilizer rate doesn't make much sense.

This is where zone sampling comes in. By dividing a field into productivity zones and sampling each separately, you can determine realistic yield targets and develop fertilizer plans that match what each acre can deliver.

Additionally, zone sampling directs dollars to where they are most effective, reduces waste, protects water, and makes sure nutrients go where they'll be taken up by the crop.

### Can I take my own samples?

Yes, you can take your own samples. However, experience in this area does matter.



Selecting the right spots to sample is important. You'll want to avoid rocky areas, places overrun with weeds, or saline patches. The goal is to sample from the most representative areas of your field.

Proper handling is just as important as choosing the right locations. Samples should be kept cool and sent to the laboratory for analysis right away. If they sit a few days in your shop, the nutrients can shift inside their container and skew results.

In short, you can do it yourself. But working with an agronomist makes sure you're sampling the right spots, avoiding the wrong ones, and keeping your results accurate.

### What does the lab measure?

A soil test report will list the specific nutrient levels found in your field, giving you a snapshot of your soil health. An agronomist will often start by analyzing indicators like:

**pH levels:** These impact nutrient availability.

**Organic matter:** This is key for fertility and holding water.

**Salinity:** This helps the crop establish.

**Cation exchange capacity:** This indicates how well your soil holds nutrients.

The analysis will also cover the major nutrients — like nitrogen, phosphorus, potassium, and sulfur — along with micronutrients.

An agronomist will consider all of these data points, even comparing them against results from previous years to spot trends and to help you develop a fertilizer strategy that's tailored to the needs of your field.

### What should I look for in a third-party advisor?

Some farmers are hesitant to test their soil because they're unsure of how to read the report, or they're not sure which lab to trust. This is where an external agronomist can really make a difference.

With experience spanning multiple

farms and many growing seasons, an unbiased third-party partner will know how to get reliable results and how to interpret them within the context of your farm. They can also track your results over time, which is an important step in identifying whether nutrient levels are trending up or down, or whether one year's unexpected numbers were an anomaly.

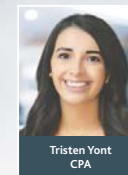
An external advisor also means you get access to unbiased recommendations. In one real-life example, a farmer's tests revealed enough nitrogen in the soil to skip applying any for the next season's corn and canola crops. At first, not applying nitrogen was a nerve-racking decision for the farmer. But the crops were healthy, strong, and the farmer had significant cost savings by not applying what wasn't needed.

### The bottom line

Your soil is the literal foundation of your livelihood. And testing it can help you make more informed decisions, grow stronger crops, and develop a healthier soil profile for years to come. At the end of the day, soil sampling is an easy step that ensures the bigger investments you make in your fields are well-placed and worthwhile.

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## Your local pharmacists are here to help!

Located on Birtle Street in Moosomin, IDA RX Drug Mart is an independently operated pharmacy that has served the community for decades, with roots in local service dating back to 1932. The store operates with a small team and functions as both a pharmacy and general health retail space, carrying medications, health products, and some everyday essentials.



Its central location places it alongside other core services in town, making it a regular stop for residents managing prescriptions or seeking basic health advice.

Pharmacists at this location handle prescription dispensing, medication checks, and patient counselling. They review prescriptions for accuracy, monitor for drug interactions, and explain proper use. The pharmacy also provides guidance on over-the-counter medications and common conditions such as cold and flu symptoms.

As a walk-in health access point, the pharmacy provides day-to-day support

without appointments. Patients can ask questions, get clarification on treatments, or address minor health concerns directly with staff. This is particularly relevant in a small-town setting where access to other medical services may involve wait times or travel.

The Moosomin location also offers practical services tied to daily use, including medication reviews, retail health supplies, and support for ongoing treatment plans. Services such as delivery and additional in-store health supports are part of its role as a local provider.

## What to know about age-related hearing loss

Hearing problems can affect people of all ages. However, age-related hearing loss, or presbycusis, affects nearly half of all people who are 75 and older. Here's what you need to know about hearing loss as you get older.

### CELL DEGENERATION

As you age, the tiny hair cells inside your ear can be come damaged or die. Unfortunately, this causes progressive hearing loss.

However, hearing issues can also develop if the nerve pathways that carry information to your brain become less efficient. This can occur as a result of hereditary factors as well as various health conditions and taking certain medications.

In addition, diabetes, high blood pressure and heart disease can accelerate hearing loss.

### HIGH-PITCHED SOUNDS

Cell degeneration mainly affects the part of your ear responsible for hearing high pitched sounds. Consequently, if you have presbycusis, you may be able to hear low pitched noises but not register high pitched ones. Your brain will therefore need to work extra hard to fill in the information gaps, which can make communication difficult.

Regrettably, age-related hearing loss is permanent. However, solutions like wearing hearing aids can improve your

quality of life.

### SIGNS YOU MIGHT NEED A HEARING AID

Hearing impairments are common among older adults. While a variety of solutions exist, it's important to recognize the signs of hearing loss so you can promptly seek treatment and restore your auditory acuity. Here are eight signs you might need a hearing aid.

1. You think your loved ones mumble more than they used to
  2. You confuse similar-sounding words and have trouble distinguishing consonants
  3. You often need to ask people to repeat themselves
  4. You struggle to follow conversations in noisy environments such as restaurants
  5. You have a hard time understanding people over the phone
  6. You find it particularly difficult to hear the voices of women and children
  7. You often increase the volume of the TV or radio
  8. You no longer notice everyday sounds like birds chirping or your phone ringing
- If you notice these or other signs that your hearing is declining, consult an audiologist. This health-care professional can propose solutions that suit your needs and lifestyle.

To have your hearing tested, consult an audiologist.

Celebrating our local pharmacies for the care, guidance and support they provide.

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Hearing & Wellness by Porch Light is bringing hearing awareness to Moosomin and surrounding communities. We provide top quality service with the best technology and practices to assist those who have been affected by hearing loss and to help prevent hearing loss from happening. Bonnie Riffel has been providing hearing services to South East Saskatchewan since 2005. She is excited to return to her hometown and provide these services in a safe and welcoming environment.

When in need of assistance, look for the Porch Light to guide you!

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# Rural funeral directors assisting you in your toughest times

In a small town, the local funeral director may be one of the few figures in the community whose light is always on. Far from being just a business manager, the rural funeral director operates as a 24/7/365 community-minded servant, deeply woven into the fabric of the towns, villages, and rural areas they serve.

The role of a rural funeral director extends far beyond the coordination of burial or cremation rituals. In these tight-knit environments, many rural directors go well beyond their paid services, working alongside local churches and community organizations to bring relief and raise funds for local projects. They prioritize buying locally to ensure the survival of other small town businesses. They maintain meticulous records that help future generations trace their family genealogy through obituaries and cemetery maps.

The job is as rewarding as it is taxing. While it is an honour to walk with people through times of loss, for a rural funeral director, the concept of office hours is non-existent. They live their profession, frequently sacrificing personal and family time to remain



available. Whether it is a 3:00 a.m. call to a family home or an unannounced walk-in during the middle of a weekend, they must be ready to transition instantly from deep sleep to a pillar of empathy and reassurance.

They walk an emotional tightrope, remaining calm and professional while witnessing the raw grief of people they may know by name, or are about to know.

Yet, despite the challenges, the rural funeral director remains a vital coordinator, comforter, officiant, and helper, ensuring that even in the smallest of communities, no one will face loss alone or with unanswered questions.

At Peter Carscadden Funeral Service, it is our privilege to assist the families in the community and surrounding areas. Randy Klassen, one of the full-time licensed funeral directors, says that the skills that were necessary in his previous work leading a non-profit agency in Ontario transfer nicely into his current role. Randy and the friendly staff at the Esterhazy location are pleased to meet with families to prearrange their funeral services, design a lasting memorial headstone, and serve them compassionately at their time of need.



*We print funeral programs*

**THE WORLD-Spectator**

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# Health care services in Moosomin

## Doctors and other health care professionals

The Moosomin area has a number of health care professionals who serve the health care needs of people across a large area of southeastern Saskatchewan and southwestern Manitoba. The doctors of the Moosomin Family Practice Centre also provide medical services in Elkhorn, Rocanville, Maryfield, Whitewood, Wawota, Kahkewistahaw, Ochapowace, and at the Nutrien mine.

There are 18 physicians, including three resident physicians, and one nurse practitioner who are part of the Family Practice Centre, as well as two nurses, a dietician, ultra sound technicians, physiotherapy, and, coming soon, a social worker.

The doctors of the family practice centre consist of (Dr. Amir (first year resident), Dr. Burnett, Dr. Crouse, Dr. Es-hawesh (locum), Dr. Gill, Dr. Gunarajah, Dr. Jayeoba (locum), Dr. Kerckhoff, Dr. Kirubakaran (second-year resident), Dr. McIntyre, Dr. Ossai (first-year resident), Dr. Erika Roets, Dr. Wessel Roets, Dr. Sasithary, Dr. Selestin, Dr. Van der Merwe, Dr. Woodside, and Dr. Fallis. Kristin Canart is the nurse practitioner, and two more students will be coming soon, with another resident arriving in July.

## Southeast Integrated Care Centre

The Southeast Integrated Care Centre opened in 2008, the

realization of a dream for many people in the Moosomin area.

It includes the following services:

### OUTPATIENT/AMBULATORY CARE SERVICES

Outpatient/Ambulatory Care provides scheduled services or services ordered by your physician.

Laboratory and x-ray services are provided on weekdays during regular hours with an order from your physician.

The Community Oncology Program of Saskatchewan (COPS) supports an outreach clinic in Moosomin Hospital for delivery of chemotherapy and related services.

Visiting professional services are available at various times each month. Talk to your doctor to find out what services are available and when you can receive them.

Equipment and medical supplies (such as splints, crutches, cervical collars, fiberglass casts) will be provided at cost or for a rental fee.

Minor procedures are done by appointment only.

Appointments are booked through your physician's office. Minor elective procedures are done under general anesthetic by appointment only, booked through your physician's office.

Foot care clinics through Home Care and Advanced Foot Care Services are scheduled on a regular basis.

Information and Education is provided on an individual or group basis.

### EMERGENCY SERVICES

Immediate emergency care is provided at the Southeast Integrated Care Centre Physician services and/or emergency consultations are provided 24 hours a day, seven days a week. Emergency laboratory and x-ray services are provided.

### INPATIENT SERVICES

Inpatient services provides medical care to adults, youth and children 24 hours a day.

Perinatal/Delivery Care is care of pregnant women during or around the time of delivery.

Palliative Care services provide compassionate, supportive care to the terminally ill.

Observation Services are provided to assess your condition prior to your admission or discharge from hospital.

Emergency respite provides respite care resulting from an urgent and immediate need. Standard respite care fees apply to this service.

### LONG-TERM CARE

The Southeast Integrated Care Center, Long Term Care has 58 beds in total, 55 for permanent residents, and three for those requiring a temporary stay. The home is divided into four houses, each with its own dining room and kitchen area to provide the residents with choice, freedom, and the chance to connect within their small groups. Therapeutic recreation services are provided to the residents five days a week, and hairdressing services are available as well.

# Health care services in Esterhazy

Public health care facilities in Esterhazy include St. Anthony's Hospital, which is a 21-bed hospital, a public health office, mental health services, a home care program, physiotherapy, and a care home.

At present, four doctors and two nurse practitioners practice from the Esterhazy District Medical Clinic, located in the Mosaic District Medical Building, at 300 Gonczy Avenue on the corner of Schafer Street and Gonczy Avenue—Dr. Nel, Dr. Pasha Azad, Dr. Nemat, and Dr. Vahabi Anaraki, and Nurse Practitioners Wanda Buchberger and Kelsey Finch.

St. Anthony's Hospital is located at 216 Ancona Street, at the corner of Ancona Street and Gonczy Avenue.

Esterhazy's Centennial Special Care Home is also located on the south end of town, at 300 James Street.

Esterhazy District Medical Clinic in the Mosaic District Medical Building, is located at 300 Gonczy Avenue, corner of Schafer Street and Gonczy Avenue.

## St. Anthony's Hospital

St. Anthony's Hospital has 14 acute care beds and offers the following services:

- 24 Hour Emergency
- Visiting dietician
- Laboratory

- Medicine
- Outpatient Services
- Pastoral Care
- Visiting Healthcare Professional Services
- X-ray

## Centennial Special Care Home

The Centennial Special Care Home offers:

- 52 long term care beds
- 1 respite bed
- Adult Day Wellness Program
- Purposeful Interaction

# Health care services in Redvers, Wawota, Kipling, Maryfield, Carlyle, and Arcola

## Redvers

The Redvers Health Centre is an integrated facility, which consists of acute care (offering services of a well-equipped laboratory), ambulance, long term care, home care (meals on wheels), community health, physiotherapy, palliative care, addictions, and nutrition services.

Acute care services have been offered since 1948, with a new acute care portion of the integrated facility opened on October 1998. The long term care portion of the facility was built in 2012, and has 23 long term care beds and one respite bed. There are two houses with 12 rooms in each. Ambulance services are provided on a 24-hour basis (911).

Services include: Dietitian, Foot Care, Hairstylist, Laboratory/X-ray, Occupational Therapy, Palliative Care, Recreational Therapy, Resident and Family Council, Respite Care, Speech Language Pathology, and Telehealth.

The health centre is supported by the Redvers & District Community Health Care Foundation, local businesses, organizations, and citizens of the of the district through donations and bequests for capital equipment purchases.

## Wawota

Physicians from the Moosomin Family Practice attend the Wawota Health Centre and Deer View Lodge three days a week. Deer View Lodge and the Health Centre are located on Wilfred Street. This beautiful facility has 32 long-term care beds. Deer View Lodge offers numerous services and programs including: Day Program, Foot Care, Hairstylist, Home Care, Laundry, Occupational Therapy, Recreational Activities, Spiritual Care, and Tele-

health.

## Kipling

The Kipling Integrated Health Centre opened its doors in 2015. The facility replaced the aging Willowdale Lodge long-term care facility and the Kipling Memorial Health Centre.

Kipling Integrated Health Centre has 12 inpatient beds, an operating Emergency Room and full laboratory services. Kipling Integrated Health Centre offers 32 long-term care beds and one temporary care bed.

Services include: Day Program, Hairstylist, Laundry, Occupational Therapy, Physiotherapy, Recreational Activities, Respite Care, Spiritual Care, Telehealth, Volunteer Program.

## Maryfield

The Maryfield Primary Health Centre has two doctors and a nurse practitioner who are on site three to four times a week.

There is a Primary Health Nurse at the centre on Mondays and Wednesdays, and public health, mental health and a diabetic specialist and dietician all provide services once a month at the centre.

## Carlyle

The Carlyle Primary Health Care Centre has two physicians: Dr. Behzad Khorvash and Dr. Mahdi Sotoudeh, as well as one casual nurse practitioner, Nicki Ford. There is also a chiropractor, Dr. Derek Tracey, who comes on Thursdays from Weyburn, Amplifon Hearing from Regina is there once a month, and the Arcola lab does


a clinic there on Thursday mornings. A mental health nurse is there once a week to see patients, as well as an addictions counsellor once a week.

## Arcola

The Arcola Health Centre has an Emergency Department that is open 24 hours daily and has 12 acute care beds. The Centre serves Arcola and surrounding area, including Moose Mountain Provincial Park, White Bear First Nation, Pheasant Rump Nakota First Nation.

**Grateful for Your Care**

To our health care professionals, thank you for your continued commitment and compassion. Your hard work helps keep our communities strong and healthy.



**Kevin Weedmark, MLA for Moosomin-Montmartre**  
(306) 435-4005 | office@kevinweedmark.ca

**THANK YOU**

to the health care professionals who serve our area. Your hard work is invaluable and deeply appreciated.




**Daryl Harrison, MLA for Cannington**  
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220 Centre St. / P.O. Box 130, Alida, SK S0C 0B0

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to our hard-working health care professionals



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**Thank you**

to the local health care professionals who serve the Esterhazy area! Your contributions are invaluable to the health and well-being of the entire region!



**Warren Kaeding MLA**  
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## Glasser's TV Service Ltd. your local electronics store

Technology plays a major role in everyday life, from communication and entertainment to business and education. In Moosomin and the surrounding area, Glasser's TV Service Ltd provides services that support those needs.

Glasser's TV Service Ltd is a locally owned business that offers a range of technology-related services. These include computer sales and repairs, television and home entertainment systems, security systems, and networking support. They also provide installation and troubleshooting services for both residential and commercial customers.

The business is an authorized SaskTel dealer, giving customers access to services such as high-speed internet, television, and wireless plans. These services are widely used for work, school, and personal use, particularly in rural areas where reliable access is important.

Glasser's TV Service Ltd continues to provide these services in Moosomin and area, supporting both residential and commercial customers with their technology needs.



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## What's an Agrologist?

Agrologists are science-based professionals in agriculture, bioresources, food, or the environment, who responsibly teach, transfer knowledge, or conduct research. Agrologists are:

- Regulated by legislation
- Bound by a Code of Ethics
- Mandated to protect the public
- Committed to continuing professional development
- Practising agrology.

These professionals are guardians of the food system, innovators in the economy, and stewards of the environment.



### Guardians of the Food System

Canadians continue to enjoy the safest and most nutritious food supply in the world, thanks in large part to the diligence of registered agrologists in regulating and safeguarding food production and processing.

### Stewards of the Environment

Agrologists provide leadership in environmental sustainability through their efforts in conservation, wetland protection, land management techniques, and renewable resource management.

### Innovators in the Economy

Agrologists provide valuable business information and services through their in-depth knowledge about financial systems, marketing trends, economic analysis, policies, and business management in order to grow Canadian markets and

boost the economy.

### Agrologists are committed to:

- Being guided by sound moral principles and personal independence in their conduct and associations
- Carrying on their professional work in a devoted and courteous manner
- Providing competent and responsible service on behalf of employers, clients, and the public
- Practising only those fields of agrology in which they are qualified
- Being co-operative and supportive in relations with other agrologists
- Developing and continually upgrading their professional competence
- Supporting activities for advancing the profession of agrology.

*Saskatchewan Institute of Agrologists*

## Optometrists, Ophthalmologists, Opticians. Who should I see?



### Optometrists

The optometrist is the primary care provider for the eye. An optometrist has completed a Bachelor of Science degree or higher, followed by a four-year Doctor of Optometry degree from an accredited university's school of optometry. An optometrist is educated, clinically trained and licensed to deliver the best standard of comprehensive primary eye care.

### Ophthalmologists

Ophthalmologists are surgeons and specialists in eye disease. They are secondary- and tertiary-level healthcare providers. Patients normally require a referral

from their optometrist to be seen by an ophthalmologist.

### Opticians

Opticians are trained through a college program to fabricate and fit vision aids, such as glasses, based on the prescription from an optometrist or an ophthalmologist. Opticians are licensed to dispense spectacles, contact lenses and other optical aids. They do not assess, diagnose, or treat eye conditions, nor can they check or write prescriptions for eyeglasses or contact lenses.

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