

# MOA QUARTERLY NEWSLETTER



**Climate change**  
the biggest health  
threat facing humanity

*"The team provided us with unwavering assistance from Day 1. I will definitely*

*recommend getting your dream home with Warner."*

Climate change is the single biggest health threat facing humanity, and health professionals worldwide are already responding to the health harms caused by this unfolding crisis.

The Intergovernmental Panel on Climate Change (IPCC) has concluded that to avert catastrophic health impacts and prevent millions of climate change-related deaths, the world must limit temperature rise to 1.5°C.

Past emissions have already made a certain level of global temperature rise and other changes to the climate inevitable. Global heating of even 1.5°C is not considered safe, however; every additional tenth of a degree of warming will take a serious toll on people's lives and health

## What's Inside

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# Coach's Corner



SPECIALIST SERVICES COMMITTEE (SSC) improves patient care by engaging physicians to collaborate, lead quality improvement and deliver quality services with SSC supports and incentives. SSC is one of four joint collaborative committees of Doctors of BC and the BC government and includes regular representation from health authorities.

## What We Do for You

Develop Physician Capabilities

Engage Physicians & Health Partners

Transform Care Delivery

## New compensation to provide specialized services to ICBC patients

Doctors of BC and ICBC have co-developed a new **Specialized Physician Services** Report which compensates the time and work involved in providing specialized services to ICBC patients.

**READ MORE HERE!**

CL489S

If applicable, please select the Lock button before submitting the form.  
Please note: once the Lock button has been selected, the form will no longer be editable.

| INVOICE INFORMATION   |                              |   |            |            |
|---|------------------------------|---|------------|------------|
| Under this report acts as the invoice once received by ICBC. There is no need to submit a separate invoice. |                              |   |            |            |
| INVOICE NUMBER  | DATE OF CRASH (DD/MM/YYYY)   | DATE OF REPORT (DD/MM/YYYY)   |            |            |
| INVOICE/REFERENCE NUMBER  | PAVEE NAME                   |   |            |            |
| PAVEE ADDRESS   |                              |   |            |            |
| PAVEE ADDRESS   |                              |   |            |            |
| PATIENT INFORMATION   |                              |   |            |            |
|   |                              |   | LAST NAME  |            |
| DOB (DD/MM/YYYY)  | PERSONAL HEALTH NUMBER (PHN) | INTERPRETER REQUIRED?<br><input type="checkbox"/> Yes <input type="checkbox"/> No |            |            |
| ASSESSMENT INFORMATION  |                              |   |            |            |
|   |                              |   |            | LAST NAME  |
| Assessment (See drop down option for list of most commonly used codes)                                      |                              |   |            |            |
| PRIMARY DIAGNOSIS — IDENTIFY THE MOST SERIOUS OR SIGNIFICANT INJURY   |                              |   |            |            |
| NATURE OF INJURY  | BODY PART                    | ORIENTATION   | ICD 9 CODE | ADDITIONAL |

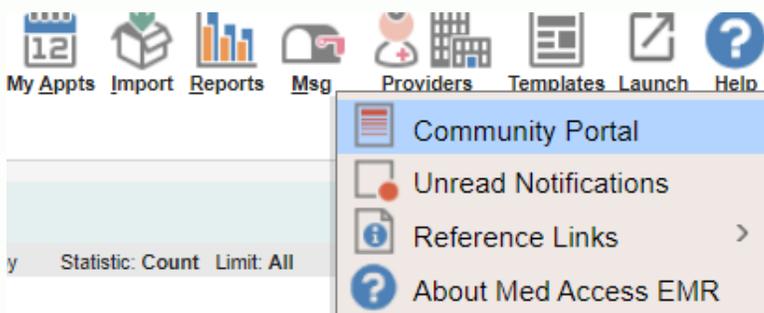


# MOA Lounge

## MedAccess Users

Did you know there is a Kamloops & Area MOA Community Portal?

This is a great space where you can connect with other MedAccess users across the Kamloops area. You can share ideas, ask questions, share & request specific templates easily! There is already many great resources uploaded for you to benefit from. You can also turn on notifications to receive updates when new posts are added. Click [THIS LINK](#) to find out more about the MedAccess Community Portal and add start connecting!



## NEWSLETTERS

[Summer 2023](#)

[Spring 2023](#)

[Winter 2023](#)

[Fall 2022](#)

[Summer 2022](#)

[Spring 2022](#)

[Winter 2021/22](#)

[Fall 2021](#)

[Spring/Summer 2021](#)

## Videos for your

well being! [De-Stress](#)

[Top 10](#)

[Meditation](#)

[Office Exercises](#)

# Employment Opportunities

Division Of Family Practice

MOA Job Opportunities

MOA Jobs on Indeed

MOA Jobs on JOBLIST

MOA Jobs at Glassdoor

MOA Jobs on  
SimplyHired

# Continued Learning

Free Online  
Health Courses

**St John's Ambulance**  
**online Courses**  
**(fees from \$25.00)**

Red Cross  
Courses



# Doc Toc

## **Dr Trevor Champagne (Dermatologist)**

has revised his referral system.

The following link will take you to a short explanation  
and also to the teledermatologist referral req.

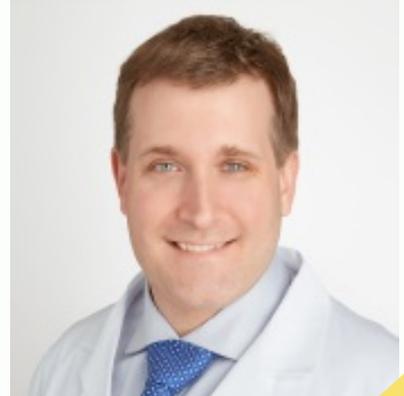
<https://drtrevorchampagne.com/kamloops-referrals/>

or go directly to the

**teledermatology e-consult :**

Phone: 236-218-2330

Fax: 250-434-1328



## **Dr Gurpreet S. Khakh (Neurologist)**

has moved his practice to  
Kelowna. He will continue  
to accept referrals from  
BC interior.

Phone (250)242-2214

Fax (250)377-4680

(remains the same)

Suite 205-401 Glenmore Rd  
Kelowna, BC V1V 1Z6

### **The Following Neurologists are available in Kamloops**

#### **Dr Jeffrey Oyler**

Headache, Epilepsy, Tremors,  
Botox for migraine management,  
Cervical Dystonia, Blepharospasm,  
as well as general neurology

Ph: (250)377-3133

Fax: (250) 372-1025

#### **Dr Jennifer Takahashi**

Currently accepting only second-opinion  
Movement Disorder Neuro referrals

Ph: (250) 314-9912

Fax: (250) 372-1381

#### **Dr Russel Mosewich**

Accepting referrals for EMG/nerve conduction studies,  
and follow up on previously seen patients

Ph: (250) 372-1731

Fax: (236) 425-4000

#### **Dr Todd Collier**

Accepting referrals for EMG/nerve conduction studies  
through Neurodiagnostic lab at RIH

PH: (250) 314-9902

Fax: (250) 372-1381

## **Kamloops Orthopedics welcomes a new Orthopedic surgeon to Kamloops, Dr Jeffrey Poon.**

Dr Poon specializes in Foot & Ankle Reconstruction, Hip & Knee replacements, and Trauma Surgery. Referrals can be faxed to the Kamloops Orthopedics Central Intake Fax number (listed below). Please ensure to use the referral form and provide recent x-rays (no older than 1 year old) If you are referring a patient to Dr Poon who has previously been referred to either the 1st available surgeon or directly to another surgeon (for the same reason), please ensure to make a note on the referral to Dr Poon to cancel the previous referral and redirect to Dr Poon. Patients are not permitted to be on 2 wait lists for the same reason at the same time; therefore, if this note is not on the referral to Dr Poon it will be declined. Our current wait time for consultation is 1-3 months.

201-300 Columbia Street  
Kamloops, BC V2C 6L1  
Phone: 250-851-8582  
Office Fax: 250-374-8900  
Central Referral Fax: 250-374-0357

MSP Billing # 33762



Website: [Kamloops Orthopedic Surgeons](#) - Please note that Dr Poon has not been added to this website as of yet. This is more for reference and for the referral form

Below link – scroll down and his picture and a small bio are located there.

[Click here for more info about Dr Poon](#)

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## **Dr Doughty Joins Interior Ophthalmology**

Dr Natalie Doughty - Ophthalmology, Pediatric Ophthalmology, and Strabismus, will be practicing in Kamloops October 2023.

Pediatric Ophthalmology - patients with any ocular concerns or histories including, but no limited to amblyopia. Strabismus (lazy eye), retinopathy of prematurity, blocked tear ducts in addition to ocular examination/management in the setting of systemic diseases with ocular manifestations.

Adult Strabismus - double vision, exotropia and esotropia (lazy eye )

General Ophthalmology - including cataract, glaucoma, diabetic retinopathy screening, general concerns such as blurry vision, etc.

Ph: (778) 471-7997  
Fax: (778) 399-0950  
Now accepting referrals



# Balancing the Billings

## How to Handle MSP Over-Age Claims

When the claim is over 90 days old, you can still submit the claim as usual for the following reasons:

- The patient’s coverage has been reinstated (use Submission Code = C)
- The claim has been processed by MSP but you disagree with the adjudication of the claim (use Submission Code = X)
- The claim has either been refused or accepted by ICBC since it was originally submitted (use Submission Code = I)
- The claim has either been refused or accepted by WorkSafe BC (WSBC) since it was originally submitted (use Submission Code = W)

If the claim becomes over-aged due to a reason not outlined above, you must submit a written request with a detailed explanation for an over-aged submission.

**[Click here to learn how!](#)**

| SEPTEMBER          | OCTOBER                 | NOVEMBER                | DECEMBER              |
|--------------------|-------------------------|-------------------------|-----------------------|
| MON. 4 Labour Day  | MON. 9 Thanksgiving Day | THU. 2 Cut-off          | MON. 5 Cut-off        |
| TUE. 5 Cut-off     |                         | FRI. 10 Remittance      | TUE. 13 Remittance    |
| WED. 13 Remittance | WED. 11 Remittance      | SAT. 11 Remembrance Day | THU. 15 Cut-off       |
| FRI. 15 Payment    | FRI. 14 Payment         | WED. 15 Payment         | THU. 15 Payment       |
| MON. 19 Cut-off    | THU. 19 Cut-off         | MON. 20 Cut-off         | MON. 25 Christmas Day |
| WED. 27 Remittance | FRI. 27 Remittance      | TUE. 28 Remittance      | TUE. 27 Remittance    |
| FRI. 29 Payment    | TUE. 31 Payment         | THU. 30 Payment         | FRI. 29 Payment       |

■ Cut-off date   
 ■ Remittance date   
 ■ Payment date   
 ● Statutory Holiday

**New fee code, 14562 Office Vaginal Speculum Exam**  
**(EXTRA) .....\$15.00**

- Significant time is required to do trauma-informed vaginal speculum or pelvic examination, often beyond what has been scheduled for the patient encounter.
- Substantial and escalating costs for clinics that provide vaginal speculum and pelvic examinations, including the cost of speculums and in-office autoclaving (reprocessing and sterilization).
- The presenting reason for a visit may not be explicitly gynecological (e.g., lower abdominal pain) but may require a gynecologic exam as part of the diagnostic process.

# Billing News

- Billable with a mini tray fee 00044
- An appropriate office visit fee (e.g. in office 0100-series, counselling 0120-series, consultation 110-series, complete exam 101-series, 14090 prenatal complete exam, 14091 prenatal subsequent exam, 14094 postnatal) must be billed in addition to 14562.
- 14562 is delegable, but the associated office visit fee is not
- 14562 may be billable for various clinical scenarios that require the use of a speculum for a vaginal exam, including but not limited to: PAP's, IUD removals, vulvar complaints, vaginal discharge, pelvic pain, STI collection, abnormal bleeding, infertility, unexplained gastrointestinal symptoms etc.
- Use the most clinically appropriate dx code. This can be the same ICD-9 code as the office visit fee code

As a result of this new fee, the descriptions and notes of fee items 14541 and 14560 have been amended and are no longer billable by family physicians for dates of service on or after September 1, 2023:

**Billing Examples:**

- Visit – in office (50-59) 15300 @ \$35.13 + Office vaginal speculum exam fee (extra) 14562 (reason: PAP) @\$15 + mini tray fee 00044 @ 5.28= \$55.41
- Counselling – in office (2-49) 00120 @ 57.10 + Office vaginal speculum exam fee (extra) 14562 (reason: IUD Removal) @ \$15 + mini tray fee 00044 @ 5.28 = \$77.38
- FP Prenatal Visit 14091 @ \$37.20 + Office vaginal speculum exam fee (extra) 14562 (reason: vaginal discharge) @ \$15 + mini tray fee 00044 @ \$5.28 = \$57.48

LONGITUDINAL FAMILY  
PHYSICIAN  
PAYMENT SCHEDULE

Community Longitudinal  
Family Physician Payment  
Frequent Questions

Link to **Empanelment  
videos/guides and Panel  
Submission guides** on Doctors of  
BC – Doctors Technology Office  
site resources:

FPSC Billing Education  
Webinar Series

All family doctors are invited  
to learn more about billing  
FPSC fees through a five-part  
webinar series led by  
physician billing educators.

NEW: Up to 10 Mainpro+  
credits for family doctors and  
residents

# Billing Links

MSP Billing Schedule  
Business Cost Premium  
Maternity Risk Assessment Fees

## Additional Services

Services Covered by MSP

Services Not Covered by the  
Medical Services Plan (MSP).

SCHEDULE OF  
FEES  
For the  
**Laboratory  
Services**  
Outpatient

# Public Health

Public  
Health  
Family  
Links

## Immunizations Schedules



Access health-care information  
for parents & guardians

Infant, Child & Youth Health

Services to Schools

School Nursing Support

Child Care & Community Care  
Home Providers

## Vaccines by Disease

COVID

Chicken Pox

Diphtheria

Hib - Haemophilus Influenza Type B

Hep A

Hep B

HPV - Human papillomavirus

Influenza

Measles

Meningococcal

Mpox

Mumps

Pertussis

Pneumococcal

Polio

Rotavirus

Rubella

Shingles

Tetanus



**BlueWhite Health**  
ACUPUNCTURE & HERBAL MEDICINE

[info@bluewhitehealth.com](mailto:info@bluewhitehealth.com)  
**250 879 2279**

**Acupuncture  
Cupping  
Cosmetic Painless Needling  
and Chinese Herbal Medicine**



**Fusion Health Clinic**

[fusionhealthclinic@shaw.ca](mailto:fusionhealthclinic@shaw.ca)  
**778-470-0089**

**Deep tissue massage  
Swedish massage  
Trigger point release  
Myofascial release  
Neuromuscular technique  
Joint mobilization  
exercises and education on injury prevention.**



**WILDROOTS**  
CHINESE MEDICINE & ACUPUNCTURE CLINIC

[info@wildrootsclinic.com](mailto:info@wildrootsclinic.com)  
**250-682-7289**

**Acupuncture  
Chinese Medicine  
Cupping  
Moxibustion Gua Sha  
and more!**

# Alternative Clinics



**kamloops**  
INTEGRATED WELLNESS

[info@kamloopsintegratedwellness.ca](mailto:info@kamloopsintegratedwellness.ca)  
**236-425-2025**

**Massage therapy  
Chiropractic  
Naturopathic Medicine  
Rehabilitation  
Full circle healing arts.**



**HOPEWELL**

**Unexpected Pregnancy  
STI Testing Perinatal Education  
Blessings Boutique  
Doula Support  
Thriving Moms,  
Empowering Moms  
Perinatal Loss Support  
G.R.O. 1-to-1 Coaching**



**Acupuncture  
Registered Massage therapy  
Counselling  
Cupping Therapy  
Vedic Astrology  
Acupuncture for Pregnancy  
Affordable Acupuncture  
ICBC Claims**

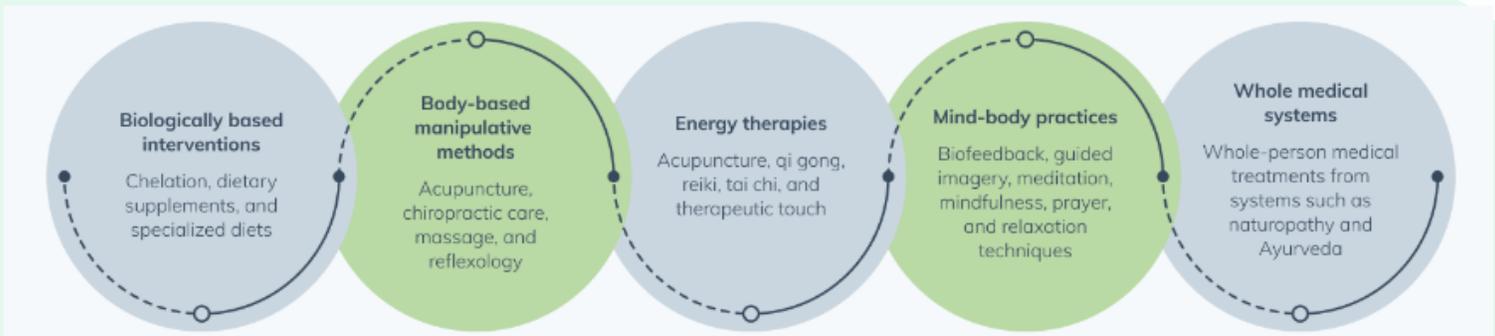
**For More  
Naturopathic Doctors  
in Kamloops  
Click the Image Below**



**Kalala Healing Centre**  
**A Holistic Way To Improving  
Your Health**

[janicej@pwsales.net](mailto:janicej@pwsales.net)

**Craniosacral  
Massage  
Pyramid Healing  
Solar Energy Healing  
Fractal Mandala Sessions  
Bio Energy  
Reiki and more**



# DID YOU KNOW??

The Red Cross Basic  
Health Equipment  
Short Term Program  
is now located at

Unit C, 1365 Dalhousie  
Drive  
Kamloops, BC  
V2C 5P6

Tel: (250) 372-2334

Fax: (250) 372-0869

Hours of Operation

Monday - Friday: 9:30 am -  
4:00 pm

Closed Stat Holidays

North Shore Diagnostic  
Centre  
is moving!  
Same Great Service!  
Different Location:  
The back side of North Hills  
Shopping Mall  
Possibly the end of Sept!

**The Ottawa Charter for Health Promotion states that**, in order to be healthy, “an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment”. In this way, health is seen as a resource or an asset that helps us lead our everyday lives

**The WHO constitution states:** "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

High blood sugar may raise heart disease risk even if you don't have diabetes.

Medical News Today



# Health News

Health Canada assessing popular diabetes, weight-loss drugs like Ozempic for suicide risk.

CBC News

Health Canada approves 1st RSV vaccine for people 60 and older.

CBC News





Researchers find link between sleep duration and development of type 2 diabetes, despite other lifestyle factors.

Medical Press

Researchers discover common origin behind major childhood allergies

Several major childhood allergies may all stem from the community of bacteria living in our gut.

Medical Press



Life in 2050: A Glimpse at Medicine in the Future

By 2050, the ways in which we watch our health, seek medical advice, get treatment, and what we're treated for will change dramatically.

Interesting  
Engineering



# Fall Health Awareness is Childhood Diseases

## Night terrors (night-time wakings)

Night terrors are very dramatic awakenings that happen during the first few hours of sleep at night. Also known as Sleep terrors, are episodes of screaming, intense fear and flailing while still asleep.

Symptoms & Causes

Diagnosis & Treatment



## ClubFoot

Clubfoot describes a range of foot abnormalities usually present at birth (congenital) in which your baby's foot is twisted out of shape or position. In clubfoot, the tissues connecting the muscles to the bone (tendons) are shorter than usual. Clubfoot is a fairly common birth defect and is usually an isolated problem for an otherwise healthy newborn.

Symptoms & Causes

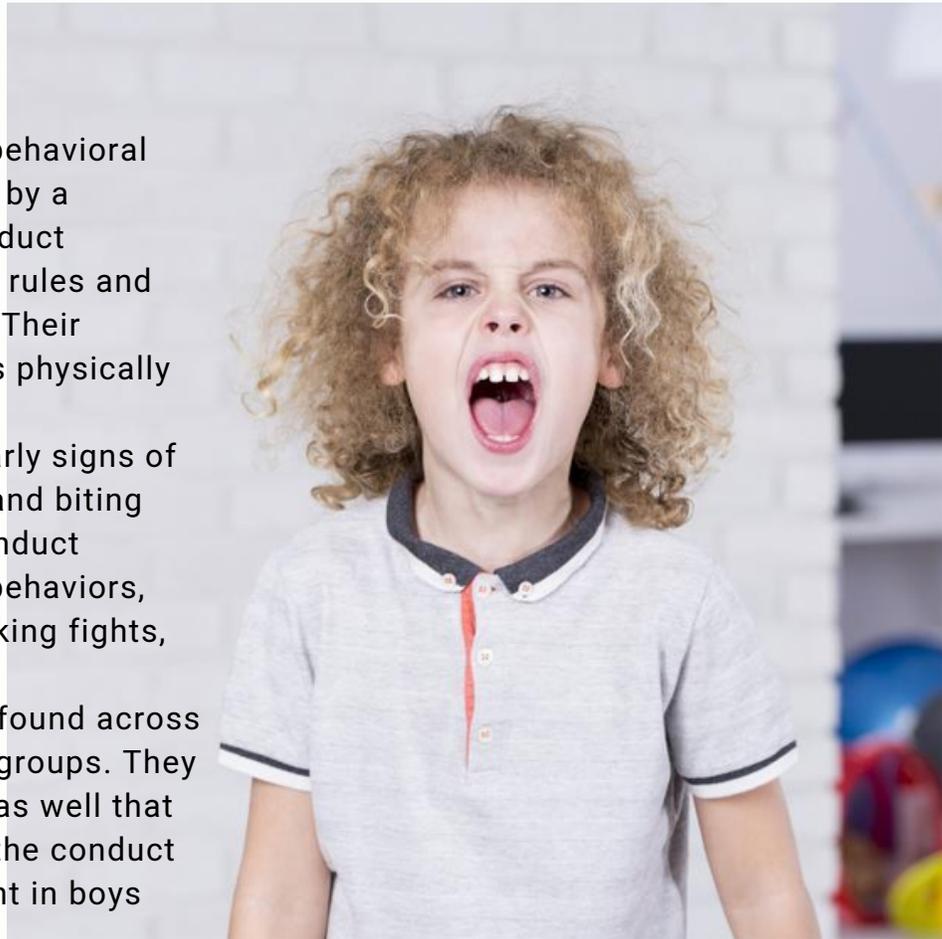
Diagnosis & Treatment

# Conduct Disorder

Conduct disorder refers to a group of behavioral and emotional problems characterized by a disregard for others. Children with conduct disorder have a difficult time following rules and behaving in a socially acceptable way. Their behavior can be hostile and sometimes physically violent.

In their earlier years, they may show early signs of aggression, including pushing, hitting and biting others. Adolescents and teens with conduct disorder may move into more serious behaviors, including bullying, hurting animals, picking fights, theft, vandalism and arson.

Children with conduct disorder can be found across all races, cultures and socioeconomic groups. They often have other mental health issues as well that may contribute to the development of the conduct disorder. The disorder is more prevalent in boys than girls.



Symptoms & Causes

Diagnosis & Treatment

# Tourette Syndrome

Tourette (too-RET) syndrome is a disorder that involves repetitive movements or unwanted sounds (tics) that can't be easily controlled. For instance, you might repeatedly blink your eyes, shrug your shoulders or blurt out unusual sounds or offensive words.

Tics typically show up between ages 2 and 15, with the average being around 6 years of age. Males are about three to four times more likely than females to develop Tourette syndrome.

Although there's no cure for Tourette syndrome, treatments are available. Many people with Tourette syndrome don't need treatment when symptoms aren't troublesome. Tics often lessen or become controlled after the teen years.



Symptoms &  
Causes

Diagnosis &  
Treatment

# Sample Directory

| MEDICATION     | CONTACT           |                | PHARMACEUTICAL COMPANY |
|----------------|-------------------|----------------|------------------------|
| Actikeral      | Satpreet          | 1-905-602-5840 | Epuis                  |
| Advair         | Ed Williamson     | 1-250-488-9228 | Syneos                 |
| Alese          | Girish Nagaonkar  | 1-778-535-4067 | Pfizer                 |
| Anoro          | Michael Yaokovich | 1-647-224-8608 | GSK                    |
| Avamys         | Michael Yaokovich | 1-647-224-8608 | GSK                    |
| Avamys         | Ed Williamson     | 1-250-488-9228 | Syneos                 |
| Baqsimi        | Brian Newall      | 1-250-864-7594 | Lilly                  |
| Beteflam       | Satpreet          | 1-905-602-5840 | Epuis                  |
| Blexten        | Jess Verghese     | 1-236-983-6547 | Miravo                 |
| Breo           | Michael Yaokovich | 1-647-224-8608 | GSK                    |
| Breo           | Ed Williamson     | 1-250-488-9228 | Syneos                 |
| Cambia         | Jess Verghese     | 1-236-983-6547 | Miravo                 |
| Cialis         | Jeff Krauss       | 1-250-317-3203 | Lilly                  |
| Combient       | Cory Davies       | 1-250-212-4256 | Boehringer Ingelheim   |
| Crestor        | Dabby Gilliland   | 1-778-834-8802 | Astrozemeca            |
|                |                   |                |                        |
| DayVigo        | Salin Nazarali    | 1-604-889-1919 | Aspen                  |
| DEXCOM         | Luke Hart         | 1-250-864-4886 | DXCM                   |
| Dexilant       | Natalie Dean      | 1-250-859-2235 | Tekeda                 |
| Duavive        | Girish Nagaonkar  | 1-778-535-4067 | Pfizer                 |
| Eliquis        | Michelle Jewell   | 1-250-863-9668 | Bistol-Myers Squibb    |
| Emla           | Sandra Lawrence   | 1-236-333-3356 | Aspen                  |
| Enstilar       | Colleen Hagerty   | 1-604-754-8846 | Leo-Pharma             |
| Ensure         | Order Online      |                | Abbott                 |
| Foquest        | Dannica Stevens   | 1-250-309-0010 | Elvium life Sciences   |
| Forxiga        | Shaen Banser      | 1-250-801-7666 | Astrozemeca            |
| Glucerna       | Order Online      |                | Abbott                 |
| IBS drugs      | Christy Jeffries  | 1-778-227 7364 | PediaPharm             |
| Incruse        | Michael Yaokovich | 1-647-224-8608 | GSK                    |
| Inspolito      | Cory Davies       | 1-250-212-4256 | Boehringer Ingelheim   |
| Kyleena        | Monica Jones      | 1-250-300-1896 | BAYER                  |
| Libre Free 2   | Daisuik Desai     | 1-250-572-0968 | Abbott                 |
| Linessa        | Sandra Lawrence   | 1-236-333-3356 | Aspen                  |
| Linessa        | Salin Nazarali    | 1-604-889-1918 | Aspen                  |
| Lumesta        | Christy Jeffries  | 1-778-227 7364 | PediaPharm             |
| Marina         | Monica Jones      | 1-250-300-1895 | BAYER                  |
| Nexium         | Dabby Gilliland   | 1-778-834-8802 | Astrozemeca            |
| Nimenrix       | Colin Heisler     | 1-604-358-9881 | Pfizer                 |
| Ozanex cream   | Ahmed Raza        | 1-778-874-0318 | Cipher                 |
| Ozempic        | Dayna Saari       | 1-250-717-7417 | Nova Nordisk           |
| Pedialyte      | Order Online      |                | Abbott                 |
| Pediasure      | Order Online      |                | Abbott                 |
| Premerin Cream | Girish Nagaonkar  | 1-778-535-4067 | Pfizer                 |
| Pristique      | Girish Nagaonkar  | 1-778-535-4067 | Pfizer                 |
| Prevnar        | Colin Heisler     | 1-604-358-9881 | Pfizer                 |
| Respimat       | Cory Davies       | 1-250-212-4256 | Boehringer Ingelheim   |
| Rexult         | Cheryl            | 1-250-935-2437 | lumbeck                |
|                |                   |                |                        |
| Sariduabc      | Jeff Krauss       | 1-250-317-3202 | Lilly                  |
| Shingrix       | Nita Kaila        | 1-604-729-0000 | GSK                    |
| Similac        | Order Online      |                | Abbott                 |
| Spiriva        | Cory Davies       | 1-250-212-4256 | Boehringer Ingelheim   |
| Suvox          | Jess Verghese     | 1-236-983-6547 | Miravo                 |
| Symbicort      | Debra Stewart     | 1-250-300-1417 | Astrozeneca            |
| Symbicort      | Shaen Banser      | 1-250-801-7666 | Astrozeneca            |
| Trelegy        | Ivan Bodestab     | 1-250-862-6218 | GSK                    |
| Trelegy        | Michael Yaokovich | 1-647-224-8608 | GSK                    |
| Trintillex     | Cheryl            | 1-250-935-2437 | lumbeck                |
| Trulicity      | Jeff Krauss       | 1-250-317-3202 | Lilly                  |
| Tumenba        | Colin Heisler     | 1-604-358-9881 | Pfizer                 |
| Vanique        | Satpreet          | 1-905-602-5840 | Epuis                  |
| Vyvanse        | Natalie Dean      | 1-250-859-2235 | Tekeda                 |

## SAMPLE CUPBOARD

sign up online for numerous various samples and brochures, ect

[Make your move here](#)

## PHARMALINC

More Samples

[Sign up Here](#)

## CARING SOLUTIONS

Click [here](#) to sign up

for even MORE

## NEILMED

Nasal Rinses

be [Nosey Here](#)

# Podcasts

Medical Receptionist Network Podcasts

The Wellness Breakdown

Sleep Walker

The Shift (life after 40)

# Odds & Ends

## YouTube Videos

### Take some time to laugh

The Rude Receptionist

You know you're a Medical Assistant when...

A receptionist at every Doctor's office

Being a Medical Receptionist

**[Looking For  
Physician Information?](#)**

***(Click on physician's  
name for complete  
physician info)***

## ODDS & ENDS

bag and baggage,  
bits and pieces,  
leaps and bounds,  
odds and ends, over  
and done with, safe  
and sound and the  
dim and distant past.

## Useful Websites

- Kamloops MOA Discussion Board - Facebook
- Thompson Region | Divisions of Family Practice
- Doctors of BC
- Pathways
- ICBC
- WorkSafeBC
- Public Health
- City of Kamloops Resource List
- HealthLink BC
- Emergency Info BC
- Seniors Programs and Services
- Parent Resources (bccf.ca)
- Family Resources
- Health Canada - Canada.ca

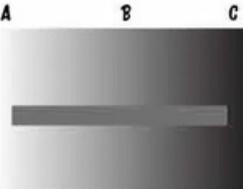
# They said it would be fun

## Brain Teaser ( solution bottom right)

① Change these 3 squares into one by removing 1 match and moving 2 others



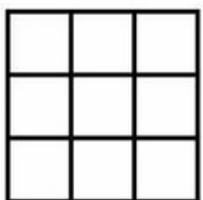
②



Where is the inside rectangle darkest, A, B, or C?

③

15 Place the numbers 1 to 9 in the boxes so that each row of 3 adds to fifteen



④



What word can you see?

⑤

What is the 9 letter word?



⑥

Riddle -  
What has 1 thumb and four fingers but is not alive?



Did you know that the children of identical twins are genetically siblings rather than cousins? This is because they share 25% of their DNA. Full siblings share 50% of their DNA, half-siblings share 25%, and cousins share 12.5%. Thus, they are the genetic equivalent of half-siblings.

-  Eating Breakfast helps to burn 5 to 20 percent of calories throughout the day.
-  The surface of human tongue is covered with 100 of tiny structures called papillae.
-  On an average, a person's left hand does 56% of typing.
-  A person can live without food for about a month, but only a week without water.
-  Threshold pain of women is 9 times stronger than men.



1 - Make the shape of the word ONE.  
2 - All points A, B, and C are the same shade of grey. It is an optical illusion.  
3 - Place the numbers as such -  
2 - 7 - 6  
9 - 5 - 1  
4 - 3 - 8  
4 - Cut the word in half horizontally, then flip it upside down. You will see the month July.  
5 - The 9 letter word is abilities.  
6 - The answer is a glove.