

# First Nations Virtual Doctor of the Day Program

**The First Nations Health Authority (FNHA)** is continually working to make access to primary health care easier for First Nations people and their families. One way we do this is through eHealth. eHealth is the use of information and communication technologies to improve health and wellness. There are many eHealth tools that can support health services for First Nations communities.

The First Nations Virtual Doctor of the Day enables BC First Nations people and their families with limited or no access to their own doctors or nurse practitioners to make virtual appointments. The intent of the program is to enable more BC First Nations people and their families to access primary health care closer to home.

The FNHA eHealth team is a talented small group of passionate people who are dedicated in transforming the health and wellness of all First Nations to have access to health care wherever they may live in the province.

## The team includes:



**Megan Hunt,**  
*Director of Primary Care*



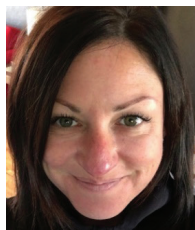
**Esther Chan,**  
*Senior Business Analyst, eHealth*



**Mike Guelpa,**  
*eHealth Network Lead*



**Jean Allbeury,**  
*e-Health Planner*



**Eyrin Tedesco,**  
*Clinical Project Director-Primary  
Care Development and eHealth*

## First Nations Virtual Doctor of the Day Program

### Physician Bios

#### NORTHERN REGION



**Name of Doctor:**  
**JOHN PAWLOVICH**  
**Region:**  
**Northern**

**Bio:** Dr. John Pawlovich, a family physician living in Abbotsford, BC, has a thriving practice in Takla Landing, a rural and remote Indigenous community located approximately 400 km north of Prince George. Like many physicians providing rural and remote healthcare, he flies or drives by 4X4 into Takla Landing once a month for a week to meet face-to-face with patients. Unlike many physicians, however, Pawlovich for some years now has regularly met with and examined these patients, and consults with Takla Landing clinic nursing staff on a daily basis from his home office via videoconference for the other three weeks of the month.

St. James. Dr. Aldred has a Bachelor of Health Science Degree and a Doctor of Medicine Degree from the University of Alberta. In 2013 she completed her residency in the UBC Indigenous Family Medicine Program in Victoria. At present, Dr. Aldred is the Site Director for the Indigenous Family Medicine Program, Family Physician for Carrier Sekani Family Services, Medical Director for the Prince George Foundry Clinic, the Indigenous Lead for the RCCBC, and was recently elected to the BCCFP Board. In 2018 she won the First Five Years in Practice Achievement award through the BCCFP. Professionally, she is passionate about Indigenous health, physician well-being, and medical education. Personally, she enjoys being in nature, yoga, reading, and writing. She lives in Lheidli T'enneh territory, otherwise known as Prince George, with her husband and two fur babies Indie and Tito. Sna Chaylia.

inclusion. Much of his time as a family physician has been spent working in partnership with First Nations communities and he provides care as a member of the health and wellness teams in Kwadacha and Tsay Keh Dene.



**Name of Doctor:**  
**LESTER 'TODD' ALEC**  
**Region:**  
**Northern**

**Bio:** Dr. Todd is member of the Nak'azdli Whut'en, and is with the Lhts'umusyoo (Beaver) Clan. Dr. Todd is the son of the late Lester Alec and Laura-Lee Dahaney. He is the grandson of June McMullen and Sam Moise and the Steven Prince and Emma Prince. Dr. Todd started his vision towards medicine in his high school years while living in Prince George. After graduation at UNBC, he went onto the Northern Medical Program. He enjoys working in a rural setting and wants to help people reduce their risks for disease and chronic illnesses, especially if these are due to a lack of access to health care! He is an advocate for change to reduce barriers to service. Dr. Todd travels to Yekooche and Takla and is available for Telehealth appointments.



**Name of Doctor:**  
**TERRI ALDRED**  
**Region:**  
**Northern**

**Bio:** Dr. Terri Aldred is Carrier from the Tl'Azt'En Nation located north of Fort



**Name of Doctor:**  
**JEFF BESELT**  
**Region:**  
**Northern**

**Bio:** Jeff is driven by his passion for cultural humility and belief in culture change through compassion and

## First Nations Virtual Doctor of the Day Program

### COASTAL REGION



**Name of Doctor:**  
**Brenda Woelders**  
**Region:**  
**Northern**

**Bio:** I have 20 plus years as a Medical Office Assistant in Northwestern BC, I have been a peer mentor for Doctors of BC to assist in training with an electronic medical records program and most recently I worked in a First Nations community called Metlakatla at the Health Centre where I enjoyed interacting with the community and assisting in bringing quality health care to the members of Metlakatla.



**Name of Doctor:**  
**Jaya Bastedo**  
**Region:**  
**Northern**

**Bio:** Dr. Jaya Bastedo grew up in Yellowknife, Northwest Territories. She went to medical school in Thunder Bay, Ontario and did her family medicine training in Victoria. She now lives in Smithers with her husband where they spend all their free time outside, hiking, skiing, paddling and gardening. She works with Carrier Sekani Family Services providing primary care for communities in Lake Babine Nation and Carrier Territory.



**Name of Doctor:**  
**Mark Mackenzie**  
**Region:**  
**Coastal**

**Bio:** Dr. MacKenzie has been a practicing physician in Chilliwack for over 20 years, and is the UBC postgraduate Program Director since 2017. He was previously the Program Director for the UBC Integrated Community Clerkship and he has served as the Site Director, Chilliwack and the Lead Faculty Curriculum, in the Family Medicine Residency Program in Chilliwack. He has been a Family Medicine Preceptor in the department since 2006.



**Name of Doctor:**  
**Shannon Douglas**  
**Region:**  
**Northern**

**Bio:** Family physician from the Vanderhoof area. I have interests in primary care, cancer care and palliative care. I'm excited to be able to join the Doctor of the Day team. Interests outside of work include horseback riding, dog sledding and ski joring, running and cross country skiing.



**Name of Doctor:**  
**Emily Lyall**  
**Region:**  
**Northern**

**Bio:** Dr. Emily Lyall is a new family doctor from Victoria. She trained in Terrace, Prince George, Vanderhoof and Queen Charlotte. She is excited for the opportunity to support the First Nations Health Authority and will be serving northern BC communities.



**Name of Doctor:**  
**Alyson McCabe**  
**Region:**  
**Coastal**

**Bio:** Alyson McCabe is a family physician based in North Vancouver, BC. Born and raised in Calgary, she attended the University of Calgary for Medicine. She was then fortunate to move to Vancouver Island in 2014 for her family practice training with UBC. She has additional certification in Addiction Medicine (ISAM) and previously worked for 3

## First Nations Virtual Doctor of the Day Program

years at Cool Aid Community Health Centre in Victoria, BC as a family practitioner. She teaches medical trainees at UBC. She enjoys being outdoors (hiking, biking), being with family, and reading a good book.

### FRASER REGION



**Name of Doctor:**  
**Megan Mackenzie**  
**Region:**  
**Fraser**

**Bio:** Dr. Mackenzie grew up in Coquitlam, and graduated from UBC Medicine in 1994. She did her FP residency in Chilliwack, where she has lived with her husband, Mark, also a GP, and her 3 children, since then. She currently works in the Sto:lo Primary Care Clinic, Chilliwack Youth Health Centre, Chilliwack Gender Care Clinic, the New Hope Health Clinic for street entrenched community members, and as a hospitalist in Chilliwack General Hospital. Her additional training includes Trans Care BC Hormone and Surgical readiness assessment training in 2017, and the BC Centre for Excellence in HIV/AIDS Intensive Preceptorship in April 2019.



**Name of Doctor:**  
**Josh Greggain**  
**Region:**  
**Fraser**

**Bio:** Dr. Josh Greggain has been involved in leadership with the Division since 2012, and a member since 2009. Throughout that time, has have been the lead physician from Hope, representing the physicians and nurse practitioners through the GP4ME, as well as facilitating engagement sessions in our community. Dr. Greggain is currently the Site Medical Director for Fraser Canyon Hospital. Joshua has been a full-service family physician in Hope since 2007. He provides office-based family practice, including inpatient, hospice, and emergency care at Fraser Canyon Hospital. He also has been instrumental in facilitating the First Nations outreach clinic in Anderson Creek since 2010. He is excited to serve in the board, and believes that we have an opportunity to shape health care delivery in Chilliwack, Agassiz, Hope and the Fraser Canyon. To do that, we need strong voices with visionary ideas to be able to shape health care into a team-based, intra-disciplinary model of healthcare.



**Name of Doctor:**  
**Chris Gardner**  
**Region:**  
**Coastal**

**Bio:** Dr. Gardner is Chippewa Cree but grew up in Coast Salish Territory. He completed his undergraduate work in First Nations studies at Vancouver Island University prior to attending medical school at McMaster University. He was later accepted to Family Medicine residency with the Indigenous Site at UBC. His mother attended residential school and he is well acquainted with colonialism and its effect on health and wellbeing. He is proud to work within our indigenous communities and welcomes all medical challenges. He loves to spend his free time mountain biking or camping with his family.



## First Nations Virtual Doctor of the Day Program



**Name of Doctor:**  
**Robert Fox**  
**Region:**  
**Fraser**

**Bio:** Dr. Robert Fox is a family physician and addiction medicine specialist at Seabird Island Health Centre.

Dr. Fox obtained his Medical Degree from the University of Alberta and completed his Family Medicine residency at Queen's University. He completed the St. Paul's Addiction Medicine Fellowship and is certified in Addiction Medicine by the International Society of Addiction Medicine. He has also been designated a Fellow in the Canadian College of Family Physicians.

Dr. Fox is originally from the Blood Reserve in southern Alberta. While not practicing medicine, Dr. Fox enjoys long distance running.

### ISLAND REGION



**Name of Doctor:**  
**David Whittaker**  
**Region:**  
**Island**

**Bio:** Dave Whittaker is the Chair of the Rural and Remote Division of Family Practice, Member Telehealth Working Group and staff physician

in Port McNeil for the last 6 years. He has been involved with the Division since the beginning. His greatest professional accomplishment is collaborating with his fellow physicians to develop a team-based care approach to ensure that patients receive excellent primary care from as many individuals as possible. He emphasizes that both physicians and patients benefit. Dave's vision for rural medicine includes the growth of the Division as he sees it as an opportunity to bring rural physicians together. Dave notes that when we put likeminded people together we can achieve much more than when we are working individually. He explains that working rural can be isolating but being part of a team and a group brings the best in people. Dave is motivated to put his name forward as he has been a part of the division for a long time now and see this is an exciting time in our development. He's honoured to be a part of the Board and hopes we continue to evolve and serve physicians in their communities. In his spare time, Dave enjoys exploring the north island. In the summer that's fishing off the north coast of the Island and occasionally camping. According to Dave it's a special place that not many people know about - the most beautiful on earth.



**Name of Doctor:**  
**Kelsey Louie**  
**Region:**  
**Island**

**Bio:** Dr. Kelsey Louie is a member of and grew up in the territories of the Tla'Amin First Nation in Powell River BC. Dr. Louie completed his Medical Degree and Residency at the University of British Columbia's Indigenous Family Practice program. While living in Coast Salish territory in Victoria BC, Dr. Louie splits time working with FNHA as a Medical Officer and as a family physician/hospitalist in Victoria. He is passionate about supporting the FNHA's work to address and improve health and wellness outcomes in BC First Nations communities.



**Name of Doctor:**  
**Dana Hubler**  
**Region:**  
**Island**

**Bio:** While in medical school, Hubler knew she wanted to practice rural medicine. She grew up in smaller communities and understood both the blessings and the challenges of rural communities. She completed her residency at Dalhousie University in New Brunswick,

## First Nations Virtual Doctor of the Day Program

and then practiced in St. Andrews by the Sea until their second child came along. At that time, they moved back to BC to be so they could be in the same time zone as other family.



**Name of Doctor:**  
**CHRIS COLLINS**  
**Region:**  
**Island**

**Bio:** Nanaimo physician, Dr. Christopher Collins is one of the 2019 My Family Doctor Award winners! A founding board member of the Nanaimo Division of Family Practice, he has also served as a faculty member for the Nanaimo residency program. In addition to his family practice, he is the medical lead for Snuneymuxw physician services (an indigenous community based primary care group) and provides care for patients at Options for Sexual Health. Dr. Collins passion is “learning from my patients, understanding and advocating for their beliefs and wishes.”



**Name of Doctor:**  
**JIM MANDER**  
**Region:**  
**Island**

**Bio:** Dr. Jim Mander is of Sikh ancestry and was born and raised in Birmingham, U.K. having completed his medical degree at Sheffield University in 1999. During his time in the U.K. his Family Practice focused on providing care within a culturally diverse and vulnerable population of patients. Growing up in the U.K. during a period of great racialism, Jim faced many personal challenges that have shaped him as the practitioner he is. His motivation as a physician is borne from his desire to walk alongside his patients in their health journey and encompasses the need for culturally safe practices. Since moving to Canada in 2007, Jim’s practice has evolved naturally to become one of inclusivity and trust, built on the foundation of strong relationships with his patients and their families. His desire is to provide exceptional primary care to those who require it most regardless of location, socioeconomic status or culture.

Dr. Mander has had the honor of working with and being present in several First

Nations communities along the Northwest Coast of British Columbia and on Vancouver Island. He is the proud father of 4 daughters. Jim is proud to live, work and play in the unceded territory of the Snuneymuxw First Nation, Nanaimo, on Vancouver Island, British Columbia.



**Name of Doctor:**  
**Morgan Lindsay**  
**Region:**  
**Island**

**Bio:** Dr. Lindsay is Métis-Cree from Saskatchewan and was raised on Lekwungen territory in Victoria, BC. She now lives and works in Quw’utsun territory, in the beautiful Cowichan Valley. She is a family doctor with experience in rural and emergency medicine, and has a special interest in mental health and wellness, team-based primary care, and the care of people with chronic liver disease. Outside of work, she is a mom and also enjoys running, reading and gardening.



**Name of Doctor:**  
**Rebecca Howse**  
**Region:**  
**Island**

**Bio:** Rebecca Howse is Cree-Metis and grew up in

## First Nations Virtual Doctor of the Day Program

Stony Plain, Alberta. She has roots going back to Victoria Settlement on her father's side and is of mixed European descent on her mother's side. She completed medical school at the University of Alberta in 2013 and went on to complete her family medicine training at UBC through the Indigenous Family Medicine Residency training site in 2015. She has been practicing Family Medicine in BC, with a focus on mental health and addictions and doing outreach to First Nations communities ever since. When she's not at work, she can be found at home in Victoria, BC with her partner and their 3 chihuahuas. She spends as much time as possible practicing aerial arts and is a certified aerial yoga instructor.



**Name of Doctor:**  
**Jessica Tamura-Wells**  
**Region:**  
**Island**

**Bio:** Hello! My name is Jessica Tamura-Wells. I am of mixed Japanese/European ancestry and was born and raised in Victoria, on the territory of the Lekwungen-speaking peoples of the Songhees and Esquimalt Nations. Since graduating from the UBC Indigenous Family Medicine training program in 2019, I have been working as a

family doctor in a number of different communities on Vancouver Island. I feel so lucky to be living in this beautiful territory and try to get out hiking and kayaking as often as I can.



**Name of Doctor:**  
**Laura MacKinnon**  
**Region:**  
**Island**

**Bio:** Dr. Laura MacKinnon is a non-Indigenous settler of mixed Scottish and French heritage, from Yellowknife, Northwest Territories. She completed her medical school and residency training in family medicine in BC, and currently lives in the Cowichan Valley. She has been involved in several Indigenous health initiatives throughout her training and has experience working with Indigenous communities in Northern BC and Vancouver's Downtown Eastside. She is very grateful and excited about the opportunity to join the FNHA's Doctor of the Day program and she looks forward to meeting and working people in rural and remote communities. In her spare time, she loves to hike, take photos, hang out with my two cats and two dogs, and craft.

### INTERIOR REGION



**Name of Doctor:**  
**Wendy Ross**  
**Region:**  
**Interior**

**Bio:** Born and raised in South Africa, I went to Medical School in Australia and later came to Canada for a new adventure. I practice part time as a GP in Oncology but love providing locums to remote communities and have worked in the Nass Valley, Bella Bella and Bella Coola, Haida Gwaii and Fort Smith. I love learning different languages and recently started freediving which reignited my love of the ocean. I am looking forward to being part of this great program and learning from every one else in the team.



**Name of Doctor:**  
**Karin Kilpatrick**  
**Region:**  
**Interior &**

### Island

**Bio:** Karin Kilpatrick lives in Osoyoos in the Okanagan, in a small house located in a food forest (a planted garden that tries to emulate a natural forest). During fire season she goes to her cabin in Ucluelet where she indulges her other passion which is writing. Presently she's working on a book on food

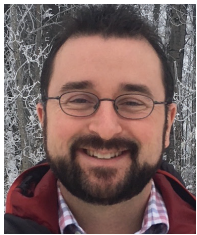


## First Nations Virtual Doctor of the Day Program

sustainability and is dedicating it to her two daughters, Lara and Montana. She loves her work as a family physician in remote, underserved communities both in Northern BC as well as off the coast of Vancouver Island. Although she was born and educated in South Africa, Canada has been her home for the past 35 years.

Carrier Sekani people. Dr. Tim is excited to be a part of this new experience with the First Nations Rural Virtual Doctor of the Day program and hopes to learn more about Indigenous communities and their health issues within the Interior Health region.

### MOA Bios

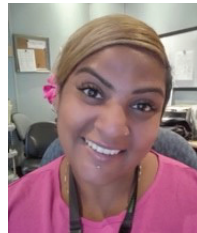


**Name of Doctor:**

**Tim Bowen - Roberts**

**Region: Interior**

**Bio:** Dr. Tim was born and raised on Vancouver Island. He graduated from the University of British Columbia Northern Medical Program and completed his Family Medicine training in Nanaimo. He is currently living and practicing in Penticton BC with his wife who is also a graduate of the Northern Medical Program and is a member of the Haida Nation. He has a keen interest in rural family medicine and Indigenous health. He spent the past 4 years working in Fraser Lake in the Community Health Clinic as a family physician. Dr. Tim also worked with the Stelat'en First Nation in their community health clinic. He particularly enjoyed working with the Stelat'en First Nation and learning about their traditions and those of the



**Sarah Dawood.**

Born and raised in beautiful British Columbia, she knew from a young age she wanted to serve and make a positive impact on her community. Originally from the Interior, Sara has worked with First Nation's communities and remote registrations for medical care access for many years. While working with the Interior Indian Friendship Society, she was able to be a positive role model and counsellor to the aboriginal youth in her community. In a world of worries, she strives to be a warrior. She believes in making the impossible possible because there's no fun in giving up. In a world where you can have everything. Be a giver first. She looks forward to serving the Four Corners of our province with kindness and understanding.



**Alisha Tedesco**

Alisha Tedesco is the proud mom of 4 wonderful grown sons.

Born and raised in Port Alberni, Alisha and her husband now live and play in the traditional territory of the We Wai Kai Nation, calling Campbell River their home. Alisha graduated in 2003 from the Office Assistant Program at the North Island College. Her professional focus has always been to help others through their wellness journey in her best way possible. She has gained invaluable experience over the years working in a variety of health and wellness settings. Alisha takes pride in building lasting relationships with clients and colleagues that are built on trust, mutual respect and cultural inclusion. She is very excited to be embarking on this adventure, taking her experience and applying it to the newly created First Nations Doctor of the Day program in partnership with FNHA and RCCbc, with hopes of creating increased access to care for First Nations people on Vancouver Island. Alisha looks forward to connecting with you and your family members on the phone and hopes to make your day a little easier and brighter when seeking care.



## First Nations Virtual Doctor of the Day Program



### **Meghan Faulks**

Hi there, my name is Meghan Faulks and I live in Abbotsford, British

Columbia; the unceded territory of the Stó:lō people. I love to explore the beautiful trails and mountains in my free time. I have always been extremely grateful to be living in a province with such natural beauty and diversity! I went to the University of Fraser Valley, and I had the privilege of taking a course on Stó:lō Nation Development. I believe that as a Canadian citizen, it is imperative to be educated about First Nations communities, and as I move forward, I plan on continuing to educate myself. I am very thankful to be a small part of First Nations Virtual Doctor of the Day!

Girl Guides. Those friendships and memories will always be an important part of whom I am today. I look forward to contributing and learning more on this new adventure.



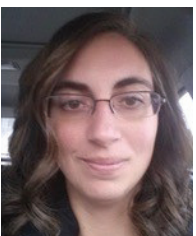
### **Ali Langford**

Hello! My name is Ali Langford and I live in Fort Langley, British Columbia. I have

been married for 3 years and have a one - year old puppy.

While I have had limited opportunities to interact with First Nations communities, I distinctly recall a childhood friend who was part of the First Nations community. Through our friendship and that of her family, I was introduced to their community. I look back fondly on our years of friendship as a vital introduction to First Nations Communities and their significant role both in history and society. I look forward to being increasingly involved with the First Nations community moving forward.

of Blueberry River, West Moberly and Salteau. In 2019, I joined the Norther Interior Rural Divisions of Family Practice as the Primary Care Network (PCN) Project Lead. While preparing our Wave 2 PCN application, I worked collaboratively with FNHA Primary Care Leadership, Carrier Sekani Family Services and Health Directors from various First Nations communities in our Division. In my home community of Fort St James, I have participated in two community-driven Cultural Wellness events (Binche Whut'en and Nak'azdli), in support of cultural safety and humility training and building relationships with local patients, families, and partners within our circle of care. During the Nak'azdli event, I has the privilege to build a special relationship with Elders speakers in the community. In 2019, in collaboration with the Fort St. James Primary Care Society, Medical Staff Association, Nak'azdli Health Centre, Binche Health Centre and Tache Health Centre, , I also supported the drafting of a proposal to improve access and the delivery of a comprehensive, community and land-based addictions and substance use program to Fort St James, Nak'azdli Whut'en Tl'azt'en communities.



### **Tricia Saxby**

Hi! My name is Tricia and I live in beautiful Kamloops, BC with my

husband, two sons and my lucky black cat, Oreo. I've worked in the medical sector for 19 years and I'm excited to start a new chapter with First Nations communities. Growing up, I was blessed to have good friends from the First Nations community as school mates and as fellow



### **Anel Meintjes**

While starting my career in Northern BC as a dietitian and diabetes

educator, I participated in outreach work to the First Nations communities