

## 9 Health, Wellness & Social Services

### 9.1 Health District

The City of Humboldt is located within the Saskatoon Health Region. The Saskatoon Health Region (SHR) is one of the most integrated and complex health delivery agencies in Canada. The services range from hospital and long term care to public health and home care services. The SHR is the largest health region in Saskatchewan serving almost 300,000 residents in more than 100 cities, towns and rural municipalities with a geographic area approximately half the size of the province of New Brunswick.

**VISION of SHR:** Working in harmony for healthy people and healthy communities.

**MISSION of SHR:** We work in partnership to improve health and well-being through excellence in consumer-centred service, education and research.

**VALUES of SHR:**

- Compassionate care
- Respect for the individual and for diversity
- Shared responsibility for improving health
- Innovation and learning
- Quality and integrity of stewardship

**GOALS of SHR:**

- Healthy communities supported by health promotion and disease prevention
- Healthy workplaces supported by measures including recruitment and retention of health providers
- Innovation and integration of service, education, and research
- Healthy operations, working within the limits of available resources and improving efficiency and accountability for the use of those resources
- Improving access to quality services

Source: Saskatoon Health Region Website ([www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca))

### 9.2 Hospital

The City of Humboldt is home to St. Elizabeth Hospital which serves Humboldt and District. The hospital which has 45 beds, is served by nine (9) doctors. The doctors on staff provide general medicine and surgery services. Other services provided at the hospital include laboratory, radiology, physiotherapy, palliative care, dietary counseling, cardiology, obstetrics, urology, gynecology, internal medicine, neurology, roomotology, ears/nose/throat specialists and geriatric services.

St. Elizabeth Hospital  
1210 – 9<sup>th</sup> Street North  
Humboldt, SK S0K 2A0  
Phone: 306-682-2603  
Fax: 306-682-4046  
Website: [www.stelizabethshospital.ca](http://www.stelizabethshospital.ca)

**St. Elizabeth Hospital Phone Numbers:**

Main Switchboard:	306-682-2603	CEO/Administrator:	306-682-8113
Chaplain:	306-682-8126	Dietician:	306-682-8142
Director of Nursing:	306-682-8132	Executive Secretary:	306-682-8131
Hospital Foundation Office:	306-682-4450	Medical:	306-682-8140
Physio/Occupational Therapy:	306-682-8105	Surgical:	306-682-8111

## **9.3 Health Care Clinics & Professionals**

### **9.3.1 Chiropractors**

Chiropractic Associates  
Dr. Dave or Karen Martinuk  
716 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-2440

Circle Centre Chiropractic Clinic  
Various Doctors  
612 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-1634

### **9.3.2 Dentists/Denturists**

Humboldt Dental Associates  
Dr. Brian Skulski & Dr. Parm Lalli  
312 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-5071

Humboldt Dental Clinic  
Dr. Bill & Fred Prokopishin  
617 – 7<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-2313

Humboldt Denture Clinic  
Ewald Redemann, Denturist  
323 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-3988

### **9.3.3 Massage Therapists**

Alvin's Massage Clinic  
819 – 9<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-3929

Derek Kozar, R.M.T.  
Humboldt Therapy Centre – 521 – 7<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-6610

Jaime Abel, R.M.T.  
1034 – 9<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-2235

Joy Berschiminsky  
Curves for Women – Geschaft Centre -- #5, 1709 – 8<sup>th</sup> Avenue  
Humboldt, SK S0K 2A0  
Phone: 306-682-5562

Lancia Kazakoff, R.M.T.  
Circle Centre Chiropractic Clinic  
612 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-1634

Massage Therapy by Andrea  
628 – 7<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-5115

Sarah Nelson, R.M.T.  
Elite Innovations – 228 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-4894

Sr. Delphine Masseur  
1212 – 12<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-1905

#### **9.3.4 Medical Clinics**

Humboldt Clinic  
637 – 9<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-2618

#### **9.3.5 Optometrists/Dispensers**

Dr. Alaina Elias  
517 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-1590

Humboldt Vision Centre  
Dr. David Guilbault & Dr. Curtis Knight  
316 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-2335

Humboldt Eyewear  
815 – 6<sup>th</sup> Avenue  
Humboldt, SK S0K 2A0  
Phone: 306-682-6163

#### **9.3.6 Physiotherapists**

Humboldt Therapy Centre  
521 – 7<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-6610

St. Elizabeth Hospital  
1210 – 9<sup>th</sup> Street N  
Humboldt, SK S0K 2A0  
Phone: 306-682-8105

#### 9.4 Health/Wellness Organizations & Support Groups

Al-Anon	306-682-2304 -- Margaret 306-682-2234 -- Peggy
Alcoholics Anonymous	306-231-5498
Big Brothers/Big Sisters of Humboldt	306-682-2829
<b>Counselors:</b>	
Cathy Nickel, B.A. (Adv.) Psy.	306-682-5938
Connections Counseling & Consulting Services	306-682-6760 -- Rita Crone
George Bailey Counseling Centre Inc.	306-682-3249
Partners For Rural Family Support	306-682-4135
Crystal Meth Hotline/Healthline	1-877-800-0002
Pregnancy Helpline	1-800-665-0570
Smoker's Helpline	1-877-513-5333

#### 9.5 Senior Housing

St. Mary's Villa 306-682-2628  
The nursing home located in Humboldt is a 101-bed facility and provides Level III and Level IV care for senior citizens. There are 13 enriched housing units at St. Mary's Villa as well.

Humboldt Housing Authority 306-682-2705  
Humboldt Housing Authority is responsible for some seniors housing in Humboldt. Rent for all units is based on monthly gross income (approx. 25 – 29%).

Senior's Complexes East Side Village  
Sunset Manor  
Harry Ford Centre  
Senior Semi-Detached Units

#### 9.6 Facilities/Services for Physically & Mentally Disabled

Futuristic Industries  
629 – 2<sup>nd</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-4744

Humboldt & Area Supported Employment Program Inc.  
623 – 7<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-1455

Humboldt Society Group Home  
Group Home 1 306-682-2772  
Group Home 2 306-682-2904  
Group Home 3 306-682-3421  
Program Coordinator 306-682-6117

Humboldt Special Olympics  
Phone: Ken Ruthven – 306-682-3015  
Pauline Fahl – 306-682-5104

## 9.7 Funeral Services/Cemeteries

### Funeral Services:

Malinoski & Danyluik Funeral Home  
10221 – 8<sup>th</sup> Avenue --- Hw. #5 East  
Humboldt, SK S0K 2A0  
Phone: 306-682-1622  
E-Mail: [m.d.funeralhome@sasktel.net](mailto:m.d.funeralhome@sasktel.net)  
Website: [www.md-funeralhome.ca](http://www.md-funeralhome.ca)

Schuler & Lefebvre Funeral Chapel  
627 – 7<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-4114  
Fax: 306-682-4004

### Cemeteries:

The cemetery plots may be purchased at the administration office in City Hall.

City of Humboldt  
715 Main Street  
Humboldt, SK S0K 2A0  
Phone: 306-682-2525  
E-Mail: [cityofhumboldt@sasktel.net](mailto:cityofhumboldt@sasktel.net)  
Website: [www.cityofhumboldt.ca](http://www.cityofhumboldt.ca)

Catholic Cemetery Hwy. #5 East  
Public Cemetery Hwy. #20 North, Main Street