

NOMINEES

2015 healthier you AWARDS



HEALTH & WELLNESS PROVIDER

TAMMY RIZMAYER

Northern Health

Tammy Rizmayer has been the Renal Social Worker for Northern Health's regional renal program since 2009, and is based at the University Hospital of Northern BC in Prince George. She is passionate about helping northerners with chronic kidney disease, and has led a variety of initiatives to improve quality of care.

Tammy had an important role in the establishment of a bursary fund to help patients overcome cost barriers when having to travel to Prince George for specialist support, and she has played a very key part in implementing an Advanced Care planning initiative across the North.

She goes out of her way to help connect people with appropriate community resources. When those resources are not readily available, she also coordinates donations of food, clothing and equipment (from both patients and staff) for needy patients and their families. Tammy is dedicated to providing quality of care and respects the individuality of each person in the renal program.



HEALTH & WELLNESS PROVIDER

JAYLENE PFEIFER

Chinook Yoga

Jaylene Pfeifer of Chinook Yoiga provides ongoing support and dedication to those with illness, injury, pain in their bodies to find ease and wellness through yoga therapy

Jaylene has come to yoga with a 18 year background as a Kinesiologist. She has completed 500 hour level yoga teacher training programs, through both the South Okanagan Yoga Academy and Moksha Teacher Training Program. Jaylene did a year long yoga therapy training with Susi Hately of Functional Synergy to improve her skills

in providing tools to students of Chinook Yoga who move through the Yoga Therapy Program.

A yoga therapy experience at Chinook Yoga gives more insight into how your body is built to move and give you strategies to nourish relaxation in your body and mind as well as gain ease, strength and overall improved function.

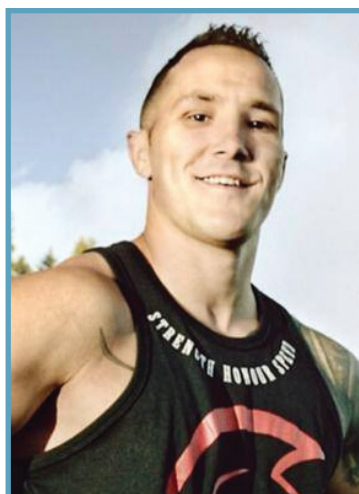


HEALTH & WELLNESS PROVIDER

MS. SUZANNE MINCK

YMCA of Northern BC

Suzanne has volunteered at the YMCA for 29 years. She is an instructor and currently teaches four days a week; three circuit classes and a spin class. She is always positive, friendly and helpful. She is a great advocate for living a healthy lifestyle including exercise, laughter with friends and healthy eating. It's a credit to her as a volunteer for 29 years at the YMCA.



HEALTH & WELLNESS PROVIDER

JASON KELLER

Fit as a Fighter

5 years ago, Jason Keller was a personal fitness trainer and MMA Fighter. After an accident left him with a fractured skull, broken nose, broken jaw, broken ribs, collapsed lung, and broken orbital, he spent a month in coma. After awakening from the coma, he spent nine months in the hospital, Keller had to relearn the basics.

MMA isn't an outlet for Keller anymore – he's been warned by his doctors that he if steps into the ring again, it would be for the last time.

But his desire to help people reach their physical and mental goals never wavered and he founded Fit as a Fighter Fitness Training because his fitness level and fighting mentality played a big part in keeping him alive. His daily commitment to fitness and positive change has included outreach programs for all ages and outreach programs with children.



HEALTH & WELLNESS PROVIDER

DR. IAN SCHOKKING

Dr. Schokking put his heart and soul into the health of our community and the education of our future health care providers. Behind the scenes, Dr. Schokking is the committed lead on the Continuing Education for Medical Education for our physicians in this region; Dr. Schokking leads the Northern Doctors Day event for all Northern physicians to come together in the spirit of education and learning. Dr. Schokking also runs the Residency Program for our physicians in training and ensures that their time in Prince George is full of meaningful educational opportunities, but also an experience of what Prince George can offer. Dr. Schokking will often be seen going above and beyond to show our residents what Northern living can be like, from inviting

them to events like Doctors Day, to having them over for BBQs at his home. He truly is a champion for our region. Dr. Schokking can be found as part of various initiatives; including a founding member of the PG Division of Family Practice. Most recently, Dr. Schokking was the Northern champion for the provincial initiatives' to advocate for less antipsychotics in residential care



HEALTH & WELLNESS PROVIDER

NORTHERN SPORT CENTRE

The Northern Sport Centre continues to provide world-class health, fitness, sport and recreational opportunities for thousands of Prince George and Northern BC residents on an annual basis!

Perched atop Cranbrook Hill among the tall timbers on University of Northern B.C. Campus, the Charles Jago Northern Sport Centre is for the use and enjoyment of everyone. From memberships to rental space, to training opportunities for high-performance athletes, the Northern Sport Centre brings community together.

Open in September 2007 in an effort to realize the full potential of Northern B.C. arising from the 2010 Olympic and Paralympic Winter Games, community leaders from the City of Prince George, the University of Northern British Columbia, the Spirit of BC Prince George Community Committee and PacificSport came together to develop a plan to create a regional centre of excellence in sport. The resulting concept, the Charles Jago Northern Sport Centre, is a facility that brings athletes, coaches

and communities together to foster a distinctive culture of excellence by integrating sport and education. The Northern Sport Centre is the result of a unique partnership between the City of Prince George and the University of Northern British Columbia, which recognizes the importance of linking sport, education and the community.

At 145,150 square feet, this high-performance sport facility is the largest of its kind in British Columbia and home to one of the province's longest indoor track. The Northern Sport Centre is home to UNBC's basketball and soccer teams, members of the Canada West Universities Athletic Association and PacificSport North providing services such as training and development for athletes and coaches.



HEALTH & WELLNESS PROVIDER

X-CONDITIONING

Xconditioning is a locally owned and operated fitness facility led by Jay Cook and Mike Webber. Their roots began in the athletic community, working with talented athletes such as the NHL's Brett Connolly, Brandon Manning, and Nick Drazenovic, as well as the Prince George Spruce Kings, Prince George Cougars, and the Cariboo (major midget) Cougars. Over the years, their focus has broadened to include the every day gym-goer, the first timer, and everything in between. Their work with athletes is just about every sport imaginable, including hockey, football, baseball, soccer, speed skating, figure skating,

triathlon, cycling, golf, lacrosse, motocross, BMX, among others. Boasting a unique membership program with tailored workouts, this workout experience is something different and beneficial to Northern BC.



HEALTH & WELLNESS PROVIDER

ALISON HAGREEN

Alison Hagreen is the Executive Director of the Prince George Brain Injured Group. For over 25 years serving the community with brain injury awareness through education programs, education for those injured and their families and brain injury support on a local level as well as in the north.

Prince George Brain Injured Group is one of the largest and most comprehensive brain injury programs in western Canada, actively serving more than 320 survivors of brain injury annually. For more than 10 years the NBIA has approached our MLA's to encourage them to provide direct

funding for acquired brain injury, something that is the norm in other parts of the country. In early 2014 we expanded our efforts and were joined by the brain injury societies in Kamloops and the Fraser Valley. This team has created countless groups and raised endless funds through grants benefiting the Bain injured and their families.

TECHNOLOGY & Healthcare NOMINEES

Awarded to a company/individual/organization that has developed, introduced or improved a technology product or has improved the interface or service between technology and health care which enhances health and wellness within Northern British Columbia.

AWARD SPONSORED BY:



TECHNOLOGY

NORTHERN HEALTH KIDNEY TEAM

The Northern Health Kidney Care Team dedication to expand outreach specialist and team-based care to people in Northern BC through telehealth, innovation, and collaboration across health care delivery organizations, and knowing that this will have a big impact for patients.

The Northern Health (NH) Kidney Care Team is pioneering a patient centered model of care by providing opportunity to patients closer to home in northern communities. The team was recently successful and was awarded a grant by Specialist

Services Committee (SSC) to build Tele-health services across the kidney program in the north. This quality improvement project is unique in the fact that it is modelled after face-to-face care, provides patient education and involves virtual access to the whole multidisciplinary team during consultation.