WELCOME TO DELTA

A handbook for locums and new physician colleagues
Welcome to Delta

A HANDBOOK FOR LOCUMS AND NEW PHYSICIAN COLLEAGUES

A MESSAGE FROM THE DIVISION OF FAMILY PRACTICE

On behalf of the board of the Delta Division of Family Practice, I’d like to extend a warm welcome to you and an invitation to join us as a member. You have come to a wonderful community and a committed group of family doctors who practice in this area. There are many colleagues who will be willing to help you to settle-in and making yourself known to us is a first step.

We actively work to enhance our community of care. We meet over dinner and we come together for educational opportunities and to plan.

Join us!

Martin Ray
Chairperson – Delta Division of Family Practice

Become a member – membership is free. You can join on-line or download a membership application form at www.divisionsbc.ca/delta
Local Information

Delta offers extraordinary quality of life: breathtaking scenery, wide-open spaces, mild temperatures and wonderful recreational opportunities. The population of 100,000 residents is spread among three residential areas of North Delta, Ladner, and Tsawwassen. We share the Vancouver suburban area with Richmond to the northwest, Surrey and White Rock on the east and Tsawwassen First Nation on the west. Delta is just 40 minutes’ drive south of Vancouver and provides the main ferry connection to Vancouver Island. It is known for beautiful landscapes formed by the Fraser River and vistas of mountains and ocean in the Lower Mainland. Delta is set amongst farmland, wetland and historic homes.

Historic Ladner, is an active fishing village. The charming village core remains intact, complete with many restored heritage buildings. [www.ladnerbusiness.com/submenu_detail.php?menu_id=19&submenu_id=48]

North Delta is the most densely populated area but it is also home to the 10,000-acre Burn's Bog, one of the most important natural wonders in the province.

Tsawwassen, known for its abundant sunshine is the departure point for ferries bound for Vancouver Island and the Gulf Islands. [www.tsawwassen.org/]

The first inhabitants of this fertile area were the Coast Salish, plying the channels as they hunted the abundant waterfowl and harvested the sea and the land. European explorers were followed first by Hudson's Bay Company men, then by gold rush prospectors. Two prospectors, Thomas and William Ladner, attracted by the lush fertile plains, returned in 1868 to settle on 160 acres of fertile land. Thus began what was to become a thriving agricultural and fishing area on the south bank at the mouth of the Fraser River.

The farms and pastures of Delta are a visible legacy of the region's rich agricultural history. They provide a distinctive rural character to the community and produce some of British Columbia's best turf, vegetables and nursery plants. A long frost-free growing season and rich alluvial soils make the region one of the best agricultural areas in Canada, producing a wide range of vegetables, berries and dairy products. In season, you can buy fresh produce at the many road side farm stalls and garden centres.

In the summer, at the extremely popular Ladner Market, you will find local produce and artisan products among the many charming places to eat lunch and meet friends.

Delta is also home to thriving industries including: manufacturing, construction, transportation, deep sea and river shipping, communication and tourism.

The Fraser Delta that gives the area its name, has internationally significant wildlife habitat. Boundary Bay is a major stopover for birds migrating on the Pacific Flyway, with 1.5 million birds from 20 countries using this area annually.

The BC ferry-port in Tswawassen has a frequent daily service and provides ready access to Vancouver Island, the gulf islands and northern BC [www.bcferries.com/]. Delta lies roughly 30 minutes from the Vancouver International Airport (YVR) and the Boundary Bay airport for small planes is located in South Delta [www.czbb.com/].
Arts – Since 1968, the Delta Arts Council (DAC) has welcomed amateur, emergent and professional artists; individuals and groups interested in the Arts. It manages four public spaces each featuring a monthly exhibition. The DAC produces two monthly television shows on Delta Cable: "Spotlight" and "Arts 'Round Town". In addition, it hosts annual events: artSpacific, Gallery in the Garden, artShots, and Arts Alive. Through its work, the community enjoys concerts, readings, plays and variety shows and benefits from painting, pottery, and theatre classes for all ages. For more information visit the website [www.ladnerbusiness.com/content.php?id=5]

Child Care The Province of BC, Ministry of Children and Family Development offers a searchable website to locate licensed caregivers in B.C. [http://childcareinfo.gov.bc.ca/childcaresearch/search.aspx ]

Community Services –Delta has a healthy community-based voluntary service sector. For more information visit [www.corp.delta.bc.ca/EN/main/residents/36/community_services.html]

Housing –Within Delta's housing mix you will find assisted housing, affordable housing, and a range of market housing and rental accommodation. Rental accommodation is advertised on Craigslist and in the classifieds of the Metro-Vancouver newspapers: The Sun and The Province - visit [http://classifieds.canada.com/vancouver.html]

Hotels and places to stay – www.deltachamber.ca/doing-business-in-delta/about-delta/accommodations

Leisure – Delta residents have enviable access to leisure activities across B.C. including the charms of Vancouver Island, the skiing and outdoor paradise of Whistler and the abundant wine growing region of the Okanagan. Right on our door step is a rich leisure environment for families and residents of all ages.

Boundary Bay - There aren't many places in the world where you can swim between two countries with such ease. A metal-scaffolded tower marks the place where the 49th parallel slices across the sandy beach. In summer, when the bay is a bathtub of sun-warmed seawater, you can make like a dolphin as you skip back and forth between Canada and the United States. From the town of Point Roberts, Washington State's portion of the beach peters out to rock and cobblestone as it nears an escarpment.

Cycling - Delta's unique and varying terrain provides a challenging test for many of the world's best cyclists in the Tour de Delta. Since its first event in 2001, the Tour de Delta has grown to be Canada's largest cycling event, held annually in July as part of BC Superweek. [www.tourdedelta.com]

Fishing - Anglers can catch salmon, trout, and numerous other species from the shores of Deas Island Regional Park. The Riverside picnic area is one of the most popular areas from which to fish. A Tidal Waters Sports Fishing License is required by all anglers and available at most fishing shops.

Golf - Ladner offers the challenging 9-hole Covelinks Golf Course. Tsawwassen has 2 courses: Beach Grove Golf Club, a par 71 championship golf course, and Tsawwassen Golf & Country Club, a public 18-hole, par-65 golf course with practice areas that include a 22-stall covered driving range, putting green, chipping green, and a sand trap. The Sunshine Hills Golf Course is an 18-hole, par 54 (2,082 yards) public golf course on 64th Avenue.
Welcome to Delta

**Windsurfing** - on the south side of the BC Ferries causeway that carries travelers out to the ferry terminal, is a beach that attracts anglers and windsurfers. The best time to catch the breeze here is following a storm blowing from the south. Although this small bay empties at low tides, at other times you can rip out here. You’ll find portable toilets for changing and rough picnic spots where you can build a fire to dry out.

**Parks and Recreation** – Delta’s parks offer leisure trails, sports, skate parks and fantastic scenery. Neighbourhood parks serve families who live close by while community parks draw people for sports, picnics, water-parks and other attractions.

City Parks
www.corp.deltabc.ca/assets/Parks~Recreation~and~Culture/PDF/parks_grid.pdf
Burns Bog www.vancouvertrails.com/trails/burns-bog-delta-nature-reserve/

**Schools** - The Delta School District has 24 elementary schools, 7 secondary schools. In addition, the District also maintains the Delview Adult Centre and the Delta Resource Centre. [http://web.deltasd.bc.ca/schools]

**Traditional Schools** - Delta also offers three traditional schools (grades K-7), giving parents and families the option of a more formal learning environment in a public school setting. Our traditional schools uphold our commitment to strong, innovative teaching practices and individual student success, while incorporating uniforms, manners and structure. [http://web.deltasd.bc.ca/programs/international]

**French** - Delta School District partners with Canadian Parents for French. CPF assists with events in schools and promotes French in the Delta community. It also offers language camps and scholarships. Memberships to the CPF help this non-profit organization to provide opportunities for French Immersion, Francophone, and FSL students. CPF also provides a support network for French Immersion parents.

**Strong Start Programs** - are free drop-in early learning programs that promote growth and development in all areas for preschool-aged children. Parents/caregivers attend these programs with their children and are linked to community agencies and services if needed.

**International Baccalaureate Program** - Seaquam Secondary offers the International Baccalaureate (IB) diploma program as an alternative to Advanced Placement courses in grades 11 and 12. The IB Diploma is a prestigious international pre-university qualification and is recognized by universities and governments throughout the world. [https://sites.google.com/site/seaquamib/]

**Post Secondary** - Delta lies close to the University of British Columbia and is a short ferry-ride to the University of Victoria. Access is convenient to Kwantlen University College campus and the BC institute of Technology.

**Sports** - Delta has many minor sports teams in hockey, baseball, and lacrosse. Notable professional sports players from Delta are Jeff Francis (MLB), Justin Morneau (MLB), Brent Seabrook (NHL), Troy Brouwer (NHL) and Mitch Berger (NFL). The Delta Triathlon is a very popular event, selling out each year in April. The event takes place in Ladner and typically over 500 participants take part, including many from the local South Delta Triathlon Club.
DIVISION OF FAMILY PRACTICE

There are approximately 100 physicians practicing family and emergency medicine in Delta. Formed in 2011 the Division is a non-profit organization that gives physicians a collective voice to influence health care delivery and policy with the aim of improving patient access to local primary care, and to work on member-driven projects that enhance both patient care and physician support.

Family doctors arriving in Delta will find a group diverse in age, gender and ethnic background who take practical steps to help each other, and who are highly committed to the quality of patient-care.

Priorities for 2012
The membership has identified four focus areas

- **Recruiting family doctors** – Many doctors would like to plan for their retirement; and it is essential to provide coverage so that family doctors can have vacations and other breaks that allow them to sustain their practice and maintain or improve their skill levels. Delta is joining the many Divisions are taking an organized approach to physician recruitment and locum engagement.

- **Community Health Issues** – Family practice is a critical component within the total picture of primary health care. To optimize patient care and to ensure that patients are adequately supported, family doctors must have a voice in the planning and implementation of health services.

- **Mental health, drug and alcohol services** – All communities face challenges in the care and support of people with mental health and addiction issues. Local doctors want to be advocates in the provision of services that have a critical impact on the quality of life in the community of Delta. They also want to be a knowledgeable resource for the families they support.

- **Local orthopaedic care** – Doctors want to contribute to building solutions that ensure patients in Delta have access to the appropriate level of orthopaedic care.

Action

- Working groups will meet to plan the way forward.
- As a starting point the Division will be gathering much needed local information so that we plan from a position of strength that can only be provided by current and reliable data.
- Website upgrades will be focused on showing Delta as a highly desirable area in which to practice.
- A Collaborative Services Committee (CSC) has been formed to bring Delta doctors and senior-level staff from Fraser Health to a table where co-planning and cooperative initiatives can be tackled.
- We are applying for funding support to enable us to tackle our focus areas with adequate resources.
- We will continue to meet regularly as a community of practice to ensure that the members of the Division are guiding and driving the processes.

Joining the Division and actively taking part with your colleagues will give you a voice as we move forward.

**Become a member** – membership is free. You can join on-line or download a membership application form at [www.divisionsbc.ca/delta](http://www.divisionsbc.ca/delta)

**email** the Division at delta@divisionsbc.ca
CONTINUING MEDICAL EDUCATION
The Division hosts local CME events so that doctors can learn and network with colleagues. In addition, local doctors have easy access to events provided by the Minoru Medical Education Society – a non-profit organization that organizes events for doctors from all over the lower mainland of BC. [www.minorumedical.com/]