



## SABA CARES NEWSLETTER | SPRING EDITION – 2022

### Intro

Saba Cares is one of the healthcare providers on Saba. We feel responsible for the health of the Saban community. For that reason, we aim to provide healthcare of the best quality. For us, honest communication and information go hand in hand with good services. With this newsletter, we want to inform you about our services, activities and new projects. We intend to send out a newsletter three times a year. To always stay updated follow us on Facebook @SabaHealthCare or visit our website [www.sabacares.org](http://www.sabacares.org)

Judith Meijer, Board of Directors

### Our Services

Saba Cares provides 24/7 healthcare with a dynamic team of three island doctors and around forty nurses. We are supported by laboratory technicians, activity officers, ambulance drivers, administrative workers and a facility team of housekeeping, kitchen, and maintenance staff. Everyone shares the same goal of providing high-quality service to you.

We provide:

- **Clinic Care**  
The clinic is open Monday - Friday from 8 am till 4 pm. You can call the clinic to get information or make an appointment with one of our island doctors.
- **Emergency Care**  
For medical emergencies call +599 4163288 option 1 or alternatively, call 911 direct.
- **Admission**  
Patients can be admitted by one of our doctors into our ward if they need 24/7 medical care.
- **Laboratory**  
A variety of testing is locally available in our in-house laboratory. The tests we cannot provide are sent to St Maarten Laboratory Services.
- **Home Health Care**  
A team of nurses take care of Sabans who require care in their own home. We also provide extra services that can support you to stay at home as long as possible, such as a personal alarm.
- **Nursing Care**  
Our H.C. Every building can facilitate 20 residents who receive 24/7 nursing care.
- **LIFE Center**  
Daycare for disabled and/or elderly Sabans.
- **Physical Therapy**  
Our facility accommodates a full-time physiotherapist via partner organization Bon Bida. The physiotherapist works based on a doctor's referral.

Visiting specialists regularly visit Saba for a day to see patients at the clinic. For instance, the cardiologist, the dermatologist and the gynaecologist. Specialized nurses visit us or do online consultations, such as the dietician, the diabetic nurse, or the medical pedicure. The dentist is here every 2 weeks.

If the necessary treatment exceeds our capacity, patients are referred to other islands to receive specialized medical care. This concerns emergencies, more specialized diagnostics, operations, etcetera.

## Additional Services



Next to our core activities we also provide a range of additional services, such as:

- **Support for managing your lifestyle**, which includes our quit smoking program, helping with losing weight, advice from a dietitian about nutrition, and soon we will even have our own lifestyle coaches.
- **Vaccinations**, for instance, the flu vaccination and together with Public Health, the COVID-19 vaccination.
- **Support group** for breast cancer survivors.
- **Cancer screenings**  
Recently we reintroduced cervical cancer screening, in a more systematic way to women on Saba. Later this year we expect to get the screening for breast cancer and colon cancer to Saba.

To provide these services for our community in a safe manner and to meet the general quality standards we are partners with organizations on Saba, in the region and in the Netherlands.



We love hearing what you think about our services, what you enjoy and what we can improve. Should something go wrong while we care for your needs you can send us a complaint or a suggestion via our website. We also conduct an annual patient satisfaction survey should you want to share more ideas with us.

If you have a specific question you can always call us or send an email to [info@sabacares.org](mailto:info@sabacares.org)

## *Your Opinion Matters*

 Website:  
[www.sabacares.org](http://www.sabacares.org)

 Contact:  
+599 416-3288

 Email:  
[info@sabacares.org](mailto:info@sabacares.org)