



SIoux LOOKOUT

Meno Ya Win

HEALTH CENTRE

Meno Ya Win News

January 2014
Volume 12, Issue 1

Working Hand in Hand with our Communities to Build a Healthier Future.

There's no need to be perfect to inspire others.

Let people get inspired by how you deal with your imperfections.

~Robert Tew~

A NEW YEAR WITH NEW EMPLOYEES



L-R: Lorna Tuesday, Andrea Todd, Anastasia Tsukovits, Jennifer LaFrance, Kathleen Fleming, Sally Busch, Melissa Smith, Ashley Lang, Natasha Sakchekapo-Lalande, presenter Connie Pilgrim and Paul Sithole.

Have your say

Want to see something in the newsletter?

Have an idea for a story?

Send your ideas and submissions to:
Mary Spray at mspray@slmhc.on.ca

(put "newsletter" in the subject line of the email.)

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The first hospital-wide orientation of the new year took place January 20th and 21st.

The new staff were lively as they received helpful information sessions and took part in several online training modules. The participants learned about the importance of patient-centered, service-oriented, performance-focused care – values which are at the heart of

everything we do at SLMHC. As a centre of excellence in First Nations and rural health care, SLMHC depends on the valuable knowledge and experience of all its employees.

Please join us in welcoming our new staff to our team of dedicated professionals.

Laurence Hay
Staff Education Instructor/Trainer

EXTREME COUPONING SLMHC Health & Wellness Committee Style.

Ok, so we're not asking you to go to the *Extreme*, but if you would like to save a few bucks come check out the Health & Wellness Budgeting & Coupon Board located on the lower level

by the locker rooms. While you are there, check out the tips on couponing and budget planning, have a look through the coupons and take what you can use, and BTW...if you have some coupons at home you can spare, bring them in and drop them off with Andrea Stanley or Adrienne Crosby.

2013 YEAR IN REVIEW

January 2013

CANADIAN CANCER SOCIETY VOLUNTEERS MAKING A DIFFERENCE AT SLMHC



L-R: Cherry Lawrance, Chemotherapy Nurse; Shirley Acton, Volunteer; Muriel Anderson, Volunteer; and Kiri Butter, Community Programs Consultant for the Canadian Cancer Society.

The Canadian Cancer Society is pleased to announce the launch of a new volunteer program in the Sioux Lookout Meno Ya Win Health Centre.

February 2013

FIRST PROJECT EXCHANGE A SUCCESS



Carol Maxwell, ACT Program Coordinator talks about an image in the Photo Voice project, image held by Rob Cooper, Project Lead - Innovation .

The first Project Exchange on Jan 31st and four excellent presentations went off, almost without a hitch, before an audience of about 40 (standing room only!).

March 2013

SLMHC HOLDS ITS NINTH CELEBRATION OF PEOPLE EVENT



L-R: Krista Kowalow, Stephanie Hynds, Samantha Brooks, Emily Labelle, Carina Lopena, Melody Luteria and Bruce Siciliano.

The annual ceremony to honour and recognize to staff for their years of excellent service at the Sioux Lookout Meno Ya Win Health Centre was held on Friday evening, March 22nd, at the Legion Hall...

April 2013

DR. McLOUGHLIN TO RECEIVE HONORARY DEGREE



Dr. McLoughlin (L) accepting the Chris Cromarty Award from Douglas Semple (R) Special Advisor to the CEO, 2010.

We would like to congratulate Dr. Dermot McLoughlin, who will be receiving an Honorary Degree with Lakehead University. He will receive a Doctor of Science at the May 31st convocation ceremonies at the Thunder Bay Community Auditorium.

May 2013

BOOKS WITH NO BOUNDS



Sharon Yule, Volunteer Coordinator and Helen Cromarty, Special Advisor for First Nations Health, show some of the books that were given to SLMHC by the Mogus sisters.

On may 15th, Ontario Regional Chief Stan Beardy along with two students from southern Ontario, sisters Emma and Julia Mogus, and their mother, Janet, toured the health centre during a brief stop over in Sioux Lookout. The two sisters were going home to Oakville, Ontario after a recent trip to Fort Severn. Last summer Emma and Julia formed "Books with No Bounds", a project that sends new or like-new books to remote northern communities in Ontario.



2013 YEAR IN REVIEW

June 2013

SLMHC SAYS GOODBYE TO TWO SEINOR MANAGEMENT STAFFER



On June 21st, a celebration was held in honour of the retirement of two of SLMHC's senior administration staff, Barb Linkewich, VP of Clinical Services and Research, and Helen Cromarty, Special Advisor for First Nations Health.

Summer 2013

THE PINK TOUR COMES TO SLMHC



The Pink Tour bus was at the Sioux Lookout Meno Ya Win Health Centre August 22nd to inform the public about breast health and breast cancer screening information.



September 2013

SLMHC LAUNCHES MORE OB PROGRAM



Back row L-R: Kadie Osler, Brad Lance, Dr. Lianne Gerber Finn, Jennifer Salomon, Dr. Joe Doolley. Front row L-R: Emily Monaco, Allison Wilson, Megan Bollinger, Heather Brazier, Pauline Linklater

On Sept 17, SLMHC held the official launch of its participation in a three year patient safety program designed specifically for labour and delivery units.

October 2013

SLMHC PARTICIPATES IN ACCREDITATION



Jenn Maki, VP Quality & Support Services (Left), and Tee Flemming, Admin Assistant (right), hand out treats to staff while promoting the start of Accreditation 2013.

From October 21st to the 24th, the Sioux Lookout Meno Ya Win Health Centre was host to three surveyors from Accreditation Canada.

November 2013

SLMHC HEALTH FAIR



One of the booths at the Health Fair was Registered Massage Therapist, Registered Kinesiologist and Certified Exercise Physiologist, Melissa Zarecki with Functionally Fit.

On November 13, 2013, the Sioux Lookout Meno Ya Win Health Centre hosted its 3rd health fair in the Josias Fiddler Conference Centre. This year there were 27 tables consisting of organizations from around the community and departments within SLMHC...

December 2013

FIRST NATIONS MATERNAL SUPPORT WORKER PROGRAM FIRST OF ITS KIND

Confederation College and Sioux Lookout hospital plan to launch a new program to help hundreds of First Nations women and their new babies every year...

Monthly Grand Rounds #2

Hep C: Where are we and where are we going?



Our second monthly grand rounds were held at the health centre on January 9th from 4-6pm. We were very pleased to see 22 doctors, residents and nurses in attendance. Dr. Kathy Pouteau, on behalf of the Regional Sexually Transmitted and Blood Borne Infections (STBBI) Working Group, led

a discussion on Hepatitis C in our region. A discussion amongst those in attendance about accessing treatment and follow-up followed.

This session was recorded. Anyone interested in obtaining a recording, along with the slide presentation may email Kristyn Kulchyski at: kkulchyski@slmhc.on.ca

A big THANK YOU goes out to Dave and Rob from our IT Department for setting us up with videoconferencing which allowed us to include physicians working out of town or unable to attend in person.

Our next monthly grand rounds will be March 13 in Boardroom A/B. An email with more details will be sent out closer to this date. All are welcome to attend.

Excellence Every Time



A True North expresses a need that must be achieved and exerts a magnetic pull. Think of it as our compass, everything we do should be done through the lens of the true north.

Our True North: ***Excellence every time.***

Excellence is when patients feel the service and quality they receive is extraordinary, employees feel valued and physicians feel their patients are getting great care. We believe that our true north will guide us on our journey to becoming a Centre of Excellence in First Nations health care.

Our staff live this commitment on a daily basis. The board that has been on display outside the cafeteria is one way of recognizing staff who are committed to Excellence Every Time. The staff recognized on this board were selected for demonstrating characteristics that align with our true north. The board will be updated and displayed numerous times throughout the year.



ATTENTION ALL PHOTOGRAPHERS!

We are looking for great pictures of the Sioux Lookout area, nature shots, coworkers or whatever that would make a great calendar for 2015.

Please submit your digital pictures by email to Mary Spray before September 2014. Put "calendar" in the subject line of the email. *(high resolution only, please.)*



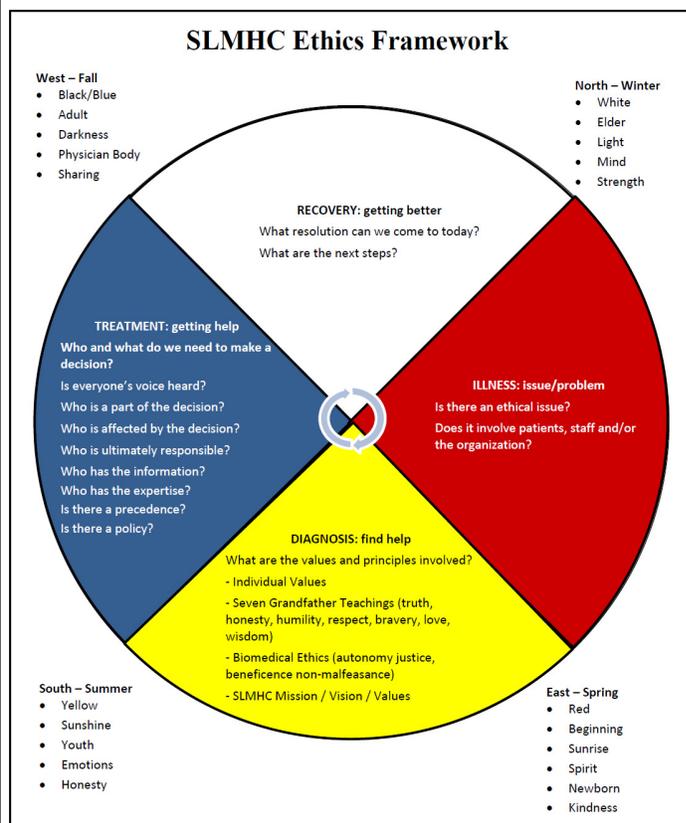
ETHICS CORNER

The Sioux Lookout Meno Ya Win Health Centre's Medicine Wheel Ethics Framework was originally envisioned and designed by Helen Cromarty and the SLMHC Ethics Working Group. This work began with the intention of providing health professionals and staff with resources and tools to help solve ethical dilemmas or questions. The traditional wisdom of the Medicine Wheel and Western ethical practice and viewpoints are not viewed as mutually exclusive and are integrated together in this Framework. This approach provides participants with multiple pathways to solve problems in a culturally responsive manner.

The origin of the Medicine Wheel is unknown, but it has been part of the Aboriginal people's philosophy that lived in the Great Plains area of North America, from Canada to Mexico. It has influenced many Aboriginal nations by providing a way to seek knowledge and draw power from the different aspects. The Medicine Wheel model is a flexible, analytical tool that reflects many Aboriginal worldviews and cultures. Its round shape promotes the principle that all things are interconnected in a "Circle of Life" and this philosophy lends itself to encourage the healing of interconnected systems (Nabigon & Mawhiney, 1996). The structure, with its four directions, colours, races, etc., is used as a tool for learning and teaching. In particular, it is important to understand that the directional aspects are a way of placing oneself in relationship to everything else. Entrance to the Medicine Wheel is from the Eastern quadrant with movement always in a clockwise direction because as this is the way the sun travels, rises and sets. In addition, the framework is a reflection of nature and life in terms of our development as human beings. Working through the circle and considering each aspect equally enables a balanced, holistic and interconnected perspective by providing insight into different viewpoints. Approaching all four aspects of the Medicine Wheel promote harmony, growth, and a good life (Hart, 2002).

Contemplating healthcare ethics involves a thorough exploration of behavior and decision-making processes further evoking questions about values, rights and responsibilities. This study of human morality provides rational criteria for people to decide or behave in some ways rather than others (WMA, 2005).

Once the ethical dilemma or question has been determined and clearly defined it may be applied to the Medicine Wheel Framework. The intention of this application is to guide a reflective process which will enhance a broader view of the ethical situation and provide revelations contributing toward an ethical solution.



Bibliography

- Hart, Michael (2002). *Seeking Mino-Pimatisiwin: An Aboriginal Approach to Healing*. Winnipeg: Fernwood Publishing.
- Nabigon, Herb and Mawhiney, Anne Marie (1996). *Aboriginal Theory: A Cree Medicine Wheel Guide for Healing First Nations*. In Francis J. Turner (Ed.), *Social Work Treatment* (pp. 18-35). New York: The Free Press.
- The World Medical Association, Inc. (2005). *Medical Ethics Manual*. Ferney-Voltaire Cedex, France: World Medical Association.

~Submitted by Annette Schroeter,
Research Program Lead~



Back Space

by Adrienne Crosby, R.Kin, CSEP-CPT

Welcome back to Backspace and Welcome to 2014!

For the next four Backspace articles, I will be covering topics related to shift work, including Nutrition & Healthy Eating, Proper Rest & Staying Alert, Home & Work Life Balance and Maintaining an Exercise Program.

Shift Work & Nutrition

Over the last three months, I've been wandering around the hospital, checking in with staff who work shift work, discovering what the main concerns are with working different shifts, especially shifts that switch between day, evening and night, as well as the on-call shifts. The main concern that I have come across; especially with nurses who work night shift is Nutrition! Many nurses feel that cravings for salt, fat and sugar increase, especially during a night shift and it is challenging to eat healthy snacks and meals.

As night approaches, a number of changes within our bodies occur. Our breathing and heart rate slow down, blood pressure drops, digestion slows, urinary output decreases and body temperature decreases. This decline continues until it eventually reaches it's lowest at about 4am. These changes happen to that the body can focus on the other "nighttime" tasks such as repair work, maintenance and memory consolidation. During the night, the hormones that keep us awake during the day are suppressed, while melatonin (the hormone that helps to regulate sleep) is released into the bloodstream.

When you work shift work, you may have already experienced some of these common problems:

- A change in your appetite
- Trouble falling asleep or getting a restful sleep
- Weight loss or weight gain
- Constipation or diarrhea/gas
- Indigestion, heartburn or stomach ulcers
- High blood pressure

There is some good news, though! By eating well and keeping active, you can avoid some of these problems.

Here are some nutrition tips from Dietitians of Canada to stay healthy, alert and to feel your best at work and when you are at home.

- Eat your "main meal" before going to work. Try eating healthy snacks during your shift. Eating large meals during the night can cause heartburn, gas or constipation; it can also make you feel sleepy and sluggish. Be careful not to overeat on the job!
- Pack your own healthy snacks. It can be difficult to find healthy snacks during the afternoon and night shifts. Vending machines may only carry salty or high fat snacks. Plan ahead! Examples of good snacks are an apple with a small piece of low-fat cheese or a handful of nuts with yogurt. There are some more suggestions later in this article.
- Avoid fried, spicy or fatty foods. Foods such as hamburgers, fried chicken and spicy chili may lead to indigestion or heartburn
- Avoid sugary foods and drinks. You may feel a quick boost of energy after having a chocolate bar or soft drink. This feeling doesn't last long and you may experience low energy levels later on.
- Take time when you eat. Try not to rush! You deserve your break, so enjoy every single bite of your food!
- Stay well hydrated! Drink plenty of water to prevent dehydration. Being well hydrated can help you stay alert and not feel so tired during your shift!
- Watch your caffeine intake! Drinking coffee, tea or other caffeinated beverages can help you stay alert but the Dietitians of Canada recommend no more than 400mg of caffeine per day. This is about the amount of caffeine found in 4 small cups of regular coffee. Caffeine can stay in your system for up to 8 hours and this can affect your sleep! Switch to decaffeinated drinks, herbal tea or water at least 4 hours before going to bed. If you currently drink a lot of caffeine, try to cut down gradually. Decrease your caffeine intake by ½ to 1 cup every few days. Cutting down too quickly can make you feel irritable and cause headaches and nervousness.

(Continued on page 7)

(Continued from page 6)

- Avoid drinking alcohol after work and when you get home. A drink may make you feel more relaxed but alcohol can disturb your sleep.
- Have a light snack before bedtime. It's hard to fall asleep when you're too hungry or too full. If you're still hungry after your shift, try a bowl of whole grain cereal with milk or a piece of whole grain toast with jam. If you feel too full at bedtime, try cutting out a snack during your shift.

Instead of this	Try this
Cakes and pastries	Fruit and yogurt Baked apple with cinnamon
Cookies and granola bars	Popcorn Homemade Granola Bars with healthy ingredients
Ice cream and other frozen desserts	Try freezing yogurt in a popsicle tray Fruit Smoothie
Doughnuts, muffins	Try making your own healthy muffins at home and bringing one with you!
Potato chips	Popcorn Homemade baked pita bread

When you are a shift worker, you may have already looked into suggestions or solutions to your concerns. Sometimes that information is overwhelming! If you find something that you think you can try, only

try one thing at a time! Try it for a couple of weeks on a regular basis, then if it doesn't work, change what you're doing and try something new! Make sure you don't stress yourself out trying to de-stress!

Here is an interactive link from Health Canada to assist you with making your own Food Guide based on your sex and your age. You can then pick foods you like from each food group with proper portion sizes of each food. This can help you plan healthy snacks and meals while working shift work.

<http://www.healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/index-eng.php>



On the next page is a Shift Work and Nutrition Checklist that you can print off and as you try each item, you can track whether it was a successful solution to your concern. Not every shift worker will have the same concerns, so use the tool on the next page to help you with your own concerns!

Thank you for reading Backspace and next month, we will continue the series on Shift Work.



The next Nonviolent Crisis Intervention Training Dates are February 6th, 12th & 27th
(This class is for SLMHC staff only)

Please register if you have never taken this course or haven't taken it in over a year

You must register online, using HealthStream. Please remember: NVCIT Training is **mandatory** for all SLMHC staff, and you must have your **supervisor's authorization** to attend.

Remember!!! courses runs from 9am—4pm. Please wear comfortable clothing and footwear as there is a mild physical component.

Shiftwork and Nutrition

Suggestion	Tried? (Y / N)	Worked? (Y / N)	What Was the Solution That Worked For You?
Packing Own Snacks and Meals at home			
Eat "Main Meal" before going to work			
Avoid Spicy, High Fat Food			
Avoid Sugary Snacks and Drinks			
Limit Caffeine			
Increase Water Intake			
Avoid Alcohol after shift			
Take Time When You Eat			
Monitoring Sleep Patterns?			
Other:			



Congratulations

Congratulations to Katie Beck who has recently earned the designation of Registered Kinesiologist.

Way to go Katie!



Welcome!

We would like to welcome Anastasia Tsukovits, an ultrasound student, to Diagnostic Imaging. She will be doing her clinical placement with us until December 2014

Anishinaabemodaa

Lesson: There are 2 kinds of vowels in the Ojibway language: long and short vowels. It's important to recognize the difference between these 2 sets of vowel sounds so that you can follow the set grammar rules.

Short vowels: i as in pit (**abin**—sit)

o as in book (**ozaam**—too much)

a as in cup (**animooosh**—dog)

Long vowels:

e as in bed (**miigwech**—thank you)

ii as in peek (**niin**—me)

oo as in between soup and soap (**boozhoo**)

aa as in doctor's "say ah" (**omaa**—here)

Reference: *Talking Gookom's Language*, by Patricia M. Ningewance

WORDS/PHRASES IN OJI-CREE ROMAN ORTHOGRAPHY

- I am a doctor. My name is.....Niin mashkikiwinini. _____nidishinikaaz.
- I am a nurse. (as in a Registered Nurse).....Niin mashkikiwikwe
- I am a physio therapist.....Niin omaamiinoniwe
- I am an x-ray technologist.....Niin omazinaatebijkewinini
- I am an x-ray technician.....Niin Kaamazinaatebijkech
- I take blood samples.....Niin misko kaamemejigaachikaadeg nidoodaapinaan
- Do you want an interpreter?.....Ginadawenimaa na odiniwetamaake?



DID YOU KNOW...?

You can purchase a SLMHC
Re-Loadable Cafeteria Swipe Card?



It's the **QUICK & EASY** way to pay at the till.
Just one swipe and you are done.
No counting change, no entering pins!

To set one up, simply come down to the cafeteria and ask the cashier for a Re-loadable Swipe Card.

You can load any amount onto the card at the time of purchase, and as the balance gets low, just let the cashier know you want to re-load more money on to it.

Help us serve you faster by purchasing your card today.

Please see our cafeteria staff for further details.



2013 Photo Gallery Year in Review



Janelle Minty and Dr. Terry O'Driscoll deliver baby bonnets for newborns at SLMHC (January 2013).



Amber Brohm & Rylee Blasky, Registered Dieticians, serve up a delicious lunch on Dieticians Day (March 20, 2013) under the watchful eye of Aramark employee **Julio Luteria**.



(L-R) **Rachel Tremblay, MLT**, **Garth Parker**, Technical Application Specialist for Siemens Canada and **Brad Caughell, MLT**, with the new Siemens Dimension EXL 200 chemistry analyzer



Birthday cake for **Peggy Sanders!** Knitted baby bonnets hung over the framed picture of Peggy & her baby photo albums were on display in the Gathering Area of the SLMHC, Thursday, September 26, 2013.



Jenn Maki, Manager, Quality & Risk, presents to the SLMHC Board, April 3, 2013.



Golfers brave the rain during the Bearskin Charity Classic on June 27, 2013. (L-R) **Laurence Durante**, **Ed Linkewich**, SLMHC Foundation board member, **Glen Smith**, Occupational Therapist and **Dave Kulchyski**, Materials Management



The Pink Tour staff, with SLMHC Technologist **Tracy Cryderman** (left), takes time out of their busy schedule to visit the SLMHC Mammography Unit (August 2013).



Nicole Wooden, Physiotherapist, and **Erica Mulville**, CSR Aide, try out some soup prepared by the Health & Wellness Committee.



Notice to patients:

Please do not wear any scented products including perfume, cologne, soaps, hand cream, hair products, deodorants, etc, to your appointment as Sioux Lookout Meno Ya Win Health Centre aims to be a **scent-free environment** for the safety of our staff and patients.

If your scented products cause an allergic reaction to our staff and/or patients, you may be sent home and have your test rescheduled.

NEW MULTI-CULTURAL ROOM LOCATION

Please be advised that the multicultural room has been relocated to the open space behind the main entrance.

This quiet room is open to all patients, visitors and staff.

Happy Valentine's Day

to all of our readers

from everyone at the

Sioux Lookout

Meno Ya Win Health Centre

Interpreter Services

are available 24 hours / 7 days per week at Sioux Lookout Meno Ya Win Health Centre.
Just ask! We are mino'ayawin.

HELP KEEP THE TRADITIONAL FOODS PROGRAM GOING!

Looking for a way to help us make a difference in patient satisfaction?

Please think about donating some traditional food items. We are looking for blueberries, wild rice, wild game and fish. These need to be locally harvested items. We use these items to serve patients at the hospital, William George Extended Care Facility, and the hostel. We give them the option of having a traditional meal for lunch every Thursday. We also keep frozen meals on hand for patients who are used to eating a more traditional diet.



The Sioux Lookout Meno Ya Win Health Centre has worked very hard to get the legislation passed so that we can be the only hospital in Ontario to serve uninspected meats to patients. We want to make sure we have a steady flow of donations to keep this program going. If you are interested in helping please contact Sue Ann Ferguson at extension 4161 or sferguson@slmhc.on.ca to fill out the required paperwork for donations.

~Submitted by: Miranda Bramer, Dietary Manager

The Meno Ya Win News

is prepared by the

Communications & Community Development Department, at SLMHC.

Send your stories/announcements to:

Mary at 737-6586 or email at:
mspray@slmhc.on.ca



SIoux LOOKOUT
MENO YA WIN HEALTH CENTRE

Foundation

Ways to Give

General Gift – support the Sioux Lookout Meno Ya Win Health Centre's vision with a one-time gift

Pledge – Make a pledge with payments over three to five years, and you will be recognized for the full amount in the year you make your pledge.

Tribute Donations – Celebrate a special occasion, or honour or remember a loved one with a donation in their name.

Planned Giving – What is your legacy? There are many ways to leave a gift to the Sioux Lookout Meno Ya Win Health Centre Foundation. Whether it is a gift in your will, a gift of life insurance, a gift from your retirement assets, or a gift of securities, you can rest assured knowing your gift today will continue to give long into the future.

Monthly Giving – Help us secure a stable source of funding by providing a gift each month.

Annual Giving - Support our Annual Tree of Hearts Campaign and help us light the lights in honour or in memory of someone special to you.

Third Party Fundraising - Donate the proceeds from your event to one of our funds.

Volunteer - Join in our efforts to enhance healthcare in the north.

Donate in person at the Foundation Office or send donation to:
SLMHC Foundation Box 909 Sioux Lookout, ON P8T 1B4

Donate on line at www.slmhc.on.ca/foundation

A Tradition of Caring...A Tradition of Sharing

We give for many reasons but one thing remains the same, the money we give does make a difference.

The Sioux Lookout Meno Ya Win Health Centre Foundation is dedicated to raising funds for the Sioux Lookout Meno Ya Win Health Centre and the William A. "Bill" George Extended Care Facility in order to enhance health care in our communities.

A contribution to the Sioux Lookout Meno Ya Win Health Centre Foundation is an investment in a healthy future for you, your family, and our communities. Invest in the Sioux Lookout Meno Ya Win Health Centre and help us make a difference – **Now, and for the Future.**

Where you can direct your funds

Diagnostic Imaging (DI) Fund – Help to fund diagnostic imaging needs at SLMHC. We are currently raising funds for the purchase of an additional ultrasound machine estimated at \$300,000 to support current services and to allow SLMHC to enhance its cardiac imaging.

Women's Health Fund – Donations to the Women's Health Fund help to support SLMHC's mammography unit and raise funds in support of programs, services and equipment needs to enhance healthcare for women in our region.

Chemotherapy Services – Your donations help to support cancer care at SLMHC.

Palliative Care Fund – Help to enhance end of life care with a contribution to the Palliative Care Fund.

Extended Care Fund – Your gift helps to fund program and equipment needs at the William A. Bill George Extended Care Facility.

General Equipment Fund – Assist with ongoing equipment needs at the Sioux Lookout Meno Ya Win Health Centre.

Community Counseling and Addiction Services (CCAS)

Youth Programs Fund – Invest in our youth to ensure a healthier future for our communities.

Janelle Wesley Fund – Your contributions help to fund programming and equipment needs for the Janelle Wesley Room, a gathering place for children and families, named in memory of Janelle Miranda Wesley who lost her battle to cancer at the age of seven.

DONATION FORM: Yes I would like to make a donation in the amount of \$_____.

Name: _____ Address: _____
City: _____ Prov: _____ Postal Code: _____ Phone: _____

Payment method:

Cheque payable to SLMHC Foundation

MasterCard or Visa Card # _____ Exp Date: _____ Signature: _____

I would like to direct my donation to: CCAS Youth Programs Fund General Equipment Fund Chemotherapy Services
 Diagnostic Imaging Fund Women's Health Fund Extended Care Fund Palliative Care Janelle Wesley Fund

Is this an "In Memory" or "In Honour" of a special occasion donation? If yes please provide the following information:

In Memory of : _____ or In Honour of : _____

Name and address of person to be notified:

Name: _____ Address: _____

City: _____ Prov: _____ Postal Code: _____