



SIoux LOOKOUT

Meno Ya Win

HEALTH CENTRE

Meno Ya Win News

Volume 12, Issue 2

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

Fun Facts:

Nerve impulses to and from the brain travel as fast as 170 miles per hour.

Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.

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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SCHOOL IS IN SESSION AT SLMHC



(L-R) Danielle Gibson, grades K to 8 teacher, and Sharon Dumonski, Early Childhood Educator.



Angelynn Koss,
Secondary program teacher



The Keewatin Patricia District School Board in collaboration with the Sioux Lookout Meno Ya Win Health Centre and the Sioux Lookout First Nations Health Authority has started daily school programming for kindergarten to grade eight students, as well as daily high school programs for mothers, families and children that are staying at the Sioux Lookout Meno Ya Win Health Centre or the Jeremiah McKay Hostel.

The classroom is open Monday to Friday from 9:00am to 2:30pm and will be offering school programs from kindergarten up to high school diploma credits.

Classes are instructed by qualified teachers and an early childhood edu-

cator. Those that sign up for the high school program will receive a free netbook. There is no age limit for these programs.

The classroom is located on the lower level of the hospital in room ED-B1018 across from the cafeteria.

Enrollment in the Meno Ya Win classroom does not affect your enrollment in your home community school.

For more information or to sign up for the programs stop by the classroom or contact teachers, Danielle Gibson or Angelynn Koss at 737-3030 extension 4304.



News from the Board of Directors Meeting March 27, 2014

One of many items up for discussion and approval was the 2014/15 budget.

Our annual budget is currently approximately \$40 million. The majority of funding, approximately \$32 million, comes from the province, via the Northwestern Local Health Integration Network (NWLHIN). We also still receive some federal funding through Health Canada and Aboriginal and Northern Affairs, plus miscellaneous revenues.

Funding increases from the province have been approximately one percent for the past few years, while wages have increased an average of one and a half percent and the cost of medical supplies by an average of six percent.

When budget planning began this year, the deficit began at almost \$3 million. Gord Hill, Director of Finance, and Chris Jefferson, Financial Analyst, plus each manager went over every department's budget with a fine tooth comb to reduce expenses and increase revenues.

In the end, the board approved the submission of a deficit budget in the amount of \$963,000.00. The NWLHIN will request that we reduce this amount.

How to use VIPRE Email Security

The Allowed Folder

You can use the Allowed folder to create a list of email addresses from which you always want to receive messages. Messages from the senders of any message you put in the Allowed folder will not be quarantined. If you want an email to get through, but do not want to add it to your contact list (i.e. a list to which you subscribe), simply drop it into the Allowed folder & keep it there.

The Blocked Folder

You can use the Blocked folder to create a list of email addresses from which you do not want to re-

ceive messages. There is no need to maintain a large list in the Blocked folder since most unsolicited spam emails are caught before they reach your inbox. However, if you receive messages that still slip by, simply drop one of these messages into your Blocked folder and keep it there. Messages from that sender will not arrive in your inbox.

Current Contacts

To help make sure that you continue to receive the messages you want, any email from an address in your contact list will not be quarantined.

Dave Hildebrand

**Manager, Information Technology & Services
Meno Ya Win Health Centre**

Trauma Informed Care



On March 29 / 30, 32 clinical staff from Community Counselling & Addiction Services, Nodin Child & Family Intervention, and First Step Women's Shelter completed *Trauma Informed Care Training* – therapy techniques for working with persons struggling in their daily lives after having experienced different forms of trauma.

The training was provided by Ian Robertson, certified Traumatologist, and Nadine Wallace, both of Counselling Niagara. The session was two full days of intense intervention and therapeutic skill development, but well worth the sacrifice of a weekend!

Roof Retrofit



Has everyone noticed that we didn't have the spectacular ice show this winter? Looks like the roof is fixed.

SLMHC received \$4.4 million from the Ministry of Health and Long Term Care NWLHIN to add insulation to the roof. The funding is split 90/10 percent and SLMHC must provide approximately \$450,000.00 to the project.



As we can all see this winter, the fix reduced the loss of heat, stopping the melting and the icicle build up.

Other problems were found and were/will be fixed that will stop some of the leaks we have been having.

A big thanks to Doug Lawrance for leading this project.

The Education Station

The **SLMHC Education Department** coordinates and develops multidisciplinary educational opportunities for staff throughout the hospital.

The Education Department provides the following opportunities to staff new and old:

- Policy Tech Training
- Computer Training (Microsoft Office, Outlook, PowerPoint & Excel Tutorials)
- Non-Violent Crisis Intervention Training

We offer **General Hospital Wide Orientation** every

third Monday-Tuesday of each month.

Many of our education offerings can be accessed through the online HealthStream Learning Centre (available on the SLMHC intranet).

For more information, or If you would like to enroll in classes, please contact:

Sally Busch (Education Assistant), ext. 4379
 Laurence Hay (Non-Clinical Instructor/Trainer), ext. 4376

Please feel free to visit us in the Education Department (lower level SLMHC) to learn more!

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.

About RNAO

(Submitted by : The Sioux Lookout Chapter of the Registered Nurses of Ontario.)

The Registered Nurses' Association of Ontario (RNAO) is the professional association representing registered nurses in Ontario. As the collective voice of 36,000, RNAO speaks out for nursing and for health across the province.

We are the strong, credible voice leading the nursing profession to influence and promote healthy public policy.

Our mission is to foster knowledge-based nursing practice, promote quality work environments, deliver excellence in professional development, and advance healthy public policy to improve health.

We promote the full participation of present and future registered nurses in improving health, and shaping and delivering health-care services.

Values

- We believe health is a resource for everyday living and health care is a universal human right.
- We respect human dignity and are committed to diversity, inclusivity, equity, social justice, democracy and voluntarism.
- We value leadership in all nursing roles across all sectors, in order to advance individual and collective health.

Through collective leadership, we collaborate with nurses, government, organizations and the public to advance healthy public policy.

Your local Sioux Lookout Chapter of RNAO is working to create a stronger nursing voice in Sioux Lookout. Please consider joining us as we advocate for nursing and for health.

For more information about joining RNAO please contact the Sioux Lookout Chapter of the RNAO: Communications Officer, Cynthia Dwyer Email: cdwyer@slmhc.on.ca

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.



ATTENTION ALL PHOTOGRAPHERS!

We are looking for great pictures of the Sioux Lookout area, nature shots, co-workers 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.)





Jenn Maki, VP of Quality & Support Services

- | | |
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| <p>1. Where were you born?
St. Lucia</p> <p>2. If not Sioux Lookout, why did you move here?
My dad got a job at Keewatin Aski.</p> <p>3. What would you want to do if you weren't doing this job?
I'd like to be doing similar work. I enjoy this job.</p> <p>4. What's your favourite hobby?
Being active. Running, cross country skiing and biking.</p> <p>5. What's your favourite food?
Scallops wrapped in bacon.</p> <p>6. What is your greatest achievement?
Personally - Being a mom / professionally – making a significant career change.</p> <p>7. What is your favourite place?
Sitting in my living room with a good book with lots of family activity happening around me.</p> | <p>8. What makes you laugh?
Life.</p> <p>9. What makes you cry?
Life.</p> <p>10. What is your greatest extravagance?
Getting up extra early every morning to have time to myself when the house is quiet. I get caught up on the news and get some exercise.</p> <p>11. What is your idea of perfect happiness?
At the dinner table when the whole family is there.</p> <p>12. What is your greatest fear?
Something happening to my kids.</p> <p>13. Which living person do you most admire?
My Dad.</p> <p>14. Which talent would you most like to have?
Something musical.</p> <p>15. Which words or phrases do you most overuse?
Absolutely.</p> <p>16. What is your most treasured possession?
My health. Because then I get to do all of the things I like to do.</p> |
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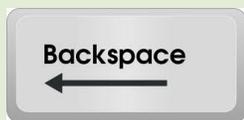


Sally Busch, Education Assistant

- | | |
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| <p>1. Where were you born?
Ottawa</p> <p>2. If not Sioux Lookout, why did you move here?
My husband got a job with Ornge.</p> <p>3. What would you want to do if you weren't doing this job?
I would probably go back to school and get my PhD.</p> <p>4. What's your favourite hobby?
Singing. I am a classically trained singer.</p> <p>5. What's your favourite food?
Beef Stew.</p> <p>6. What is your greatest achievement?
Completing my masters thesis.</p> <p>7. What is your favourite place?
Algonquin Park.</p> <p>8. What makes you laugh?
Bad jokes and puns.</p> | <p>9. What makes you cry?
Disney Movies.</p> <p>10. What is your greatest extravagance?
Musical instruments.</p> <p>11. What is your idea of perfect happiness?
A beautiful afternoon in nature with a good book.</p> <p>12. What is your greatest fear?
Losing a loved one.</p> <p>13. Which living person do you most admire?
Hillary Clinton.</p> <p>14. Which talent would you most like to have?
Dancing.</p> <p>15. Which words or phrases do you most overuse?
Interesting.</p> <p>16. What is your most treasured possession?
My dining table. It's an heirloom and 150 years old.</p> |
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Based on Proust questionnaire

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Back Space

by Adrienne Crosby, R.Kin, CSEP-CPT

SHIFT WORK, PROPER REST & STAYING ALERT

Shift work is a reality for about 25 percent of the North American working population. Interest in the effects of shift work on people has developed because many experts have blamed rotating shifts for the "human error" connected with nuclear power plant incidents, air crashes, and other catastrophic accidents.

The overall prevalence of shift work is similar for women and men. However, there are gender differences in shift work by type of employment. Many more women than men work in the health care sector, while many more men than women work in manufacturing.

The most common complaint of shift workers is lack of sleep and shift workers are more likely to be daily smokers than daytime workers (Statistics Canada, 2002).

WHY DOES SHIFT WORK AFFECT US?

Each of our bodies has a biological clock, which helps to maintain our internal functions on a 24-hour day. A number of physiological functions show distinct rhythmic changes called Circadian Rhythms in the course of a 24-hour period. For example, your heart rate and body temperature changes throughout a 24-hour period and are typically lower around 4am and peak in the mid-afternoon. Take a look at the chart below for a 24-hour time period and the related body temperatures.



(Transport Canada website, accessed from the internet, November 5, 2013)

The human body is meant to be active during day-time hours, while during nighttime hours it is meant to sleep; this allows it to recover and replace energy. Working at night and sleeping during the day is opposite to the body's biological clocks and what the body naturally wants to do. This may make sleeping difficult; it may also mean that the body cannot recover as quickly from physical and mental exertions/demands.

HOW DO I STAY ALERT DURING MY NIGHT SHIFT?

There are two basic levels where improvements can be made:

- **ORGANIZATIONAL LEVEL** - primarily through the design of shift schedules, education and better facilities.
- **INDIVIDUAL LEVEL** - helping workers to get better sleep, a healthier diet, and the reduction of stress ([Canadian Centre for Occupational Health & Safety, 2013](#)).

ORGANIZATIONAL LEVEL

SHIFT SCHEDULE DESIGN: Optimizing the design of the shift schedule is the most effective way of reducing the health and safety problems. Satisfaction with a particular shift system is the result of a complicated balancing act that is the best compromise for personal, psychological, social and medical concerns.

LENGTH OF THE ROTATION PERIOD: (*the number of days on any one shift before switching to the next shift*). The optimum length of the rotation period has been disputed. The most common system has a rotation period of one week, with five to seven consecutive night shifts. However, since it generally takes at least seven days for adjustment of the circadian rhythms, it is argued that just as adjustment starts to occur, it is time to rotate to the next shift. Some schedule designers feel that a longer shift rotation should be arranged so that the worker spends from two weeks to one month on the same shift that would allow circadian rhythms to adjust. A problem occurs when the worker reverts to a "normal" day/night schedule on days off, thus, possibly cancelling any

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adaptation. Also, longer periods of social isolation may result.

Others suggest a rapid shift rotation where different shifts are worked every two to three days. This system may reduce disruption to body rhythms because the readjustment of circadian rhythms is minimized. It also provides time for some social interaction each week.

In the end, individual differences and preferences play the most important role.

DIRECTION OF ROTATION OF SHIFTS: It is recommended that shifts rotate forward from day to afternoon to night because circadian rhythms adjust better when moving ahead than back.

LENGTH OF REST BETWEEN SHIFTS: It is recommended that a rest period of at least 24 hours occurs after each set of night shifts. The more consecutive nights worked, the more rest time should be allowed before the next rotation occurs.

ADDITIONAL CONSIDERATIONS:

- Provide time off at "socially advantageous" times like weekends whenever possible.
- Start a special shift system if production demands result in extended periods of overtime work.
- Inform shift workers of their work schedules well ahead of time so they and their families and friends can plan activities. Allow as much flexibility as possible for shift changes. Keep schedules as simple and predictable as possible.

FACILITIES:

The provision of certain facilities can help the shift worker cope better.

- Give attention to the work environment. For example, good lighting and ventilation are important on all shifts. Do not widely separate workstations so that workers at night can remain in contact with one another.
- Provide rest facilities where possible. Whenever a person must remain at work after a night shift to attend a meeting or a training session, providing rest facilities is advisable. When a night worker is "on call" and must remain in the building, it is advantageous for this person to be well rested rather than tired and bored.
- Provide healthy cafeteria services so a balanced diet can be maintained. The nutritional needs differ between day shifts and other shifts because of circadian rhythms. Provide educational and

awareness materials on the benefits of eating a balanced meal.

- Consider offering facilities for social activities with the needs of the shift worker in mind. Recreational opportunities are often minimal for workers on "non-day/night" shifts.
- Consider access to quality day-care for shift workers' children. Some strain on all family members would be alleviated.

EDUCATION:

Educate employees on the potential health and safety effects of rotational shift work and what can be done to stop these effects. In particular, education in stress recognition and reduction techniques is helpful.

INDIVIDUAL LEVEL

DIET AND EATING PATTERNS:

- Maintain regular eating patterns as much as possible. Balanced, varied meals are very important. Keep family meal times the same even though the work routine constantly changes. Family meals may need to be altered in content to suit the shift worker.
- Time meals carefully. Afternoon workers should have the main meal in the middle of the day instead of the middle of the work shift. Night workers should eat lightly throughout the shift and have a moderate breakfast. This way they should not get too hungry while sleeping during the day and digestive discomfort should be minimal.
- Pay careful attention to the type of food eaten. Drink lots of water and eat the usual balance of vegetables, fruit, lean meat, poultry, fish, dairy products, grains and bread. Eat crackers, nuts and fruit instead of pop and candy bars during work breaks. Reduce the intake of salt, caffeine, and alcohol. Avoid greasy foods, particularly at night.
- Avoid excessive use of antacids, tranquilizers and sleeping pills. It is healthier to watch what and when you eat, and use relaxation techniques to aid sleep.
- Relax during meals and allow time for digestion.

SLEEP:

- Sleep on a set schedule to help establish a routine and to make sleep during the day easier. Some people may prefer to get a full period of rest just before the next work shift (as it is with "normal day" work). Try different patterns of work and

(Continued on page 8)


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

Describing the Weather:

Aabawaa	it's getting mild
Animikiikaa (or) Binesiikaa	there's a thunderstorm
Dakaayaa, daki'ayaa	it's cool
Giizhawaayaa	it's warm, mild
Gimiwan	it's raining
Gisinaa	it's cold
Gizhaate	the sun is shining warmly
Gizhide	it's hot
Maanzhigiizhigan	it's a bad day
Mino-giizhigan	it's a beautiful day
Mino-dibikan	it's a beautiful night
Niiskaadan	it's wet
Ningokwan	it's cloudy
Noodin, gichi-noodin	it's windy
Zaagaate	the sun's coming out
Zoogipon	it is snowing



(Continued from page 7)

- sleep to see which is best for you.
- Make sure that family and friends are aware of and considerate of your sleep hours and needs. Ensure that you have a comfortable, dark, quiet place to sleep during the day. Air conditioning, a telephone answering machine, and good blinds on windows are recommended.
- Make time for quiet relaxation before bed to help get better sleep. Learn how to relax using muscle relaxation, breathing techniques and so on. Use mental imagery to block out unpleasant thoughts. If you still do not fall asleep after an hour, read a book or listen to quiet music on the radio for a while. If sleep still does not come, reschedule sleeping hours for later in the day. Limit commitments later in the day to allow for napping.

OTHER IMPORTANT CONSIDERATIONS:

- Pay attention to general physical fitness and good health habits.

- Find out about and understand the potential health and safety effects of shift work.
- Learn how to recognize and reduce stress through physical fitness, relaxation techniques and so on.
- Take leisure seriously!

Information in this article has been taken from the [Canadian Centre for Occupational Health & Safety](#) online, [Transport Canada](#) online and [Statistics Canada](#) online.

Similar to the last edition of Backspace, use a journal, a calendar, or even make your own form that you can use to track what worked for you and what didn't work for you! Be patient, sometimes it may take 3-4 weeks to know if something will work for you!

Try not to stress while trying to de-stress!

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

Campus Development Plan

After four years of occupancy, people may notice we're starting to stretch the seams of the building just a little bit.

SLMHC commissioned a study and report on the best places to put any additions/new builds on the Meno Ya Win campus to make the best use of the space and ensure everything is in the right place. It's hard to move a building after it's built.

Draft plans are available for viewing on the board outside the cafeteria.

In the near future a committee comprised of SLMHC staff and physicians, and our partners, SLFNHA, land ambulance/ORNGE will review the plans and come to a final decision on placements.

This doesn't mean everything is going to be built immediately*. It just means we'll know where the expansion needs to go.

*Just a note that the NWLHIN has approved SLMHCs pre-capital submission for a 96-bed long term care facility and are moving it forward to the provincial cabinet.

HELP DESK: EXT 4357

Got an IT problem? Call the ITS Help Desk.

HOURS OF OPERATION

0730–1700 Monday to Friday

AFTER HOURS ON CALL

For after hours IT assistance please call the switchboard and have IT paged.

Information Technology & Systems

Excellent Customer Service, Every time.

Donations of Books and Magazines

We would like to thank those people in Sioux Lookout who make generous donations to SLMHC of books and magazines.

Unfortunately, in speaking with our infection control staff, they have advised that *we can no longer* accept these donations to ensure the continued health of our patients.



Foundation Receives Generous Donation

On February 3rd representatives from Superior Propane presented the foundation with a \$15,000 gift to assist with ongoing equipment needs at the Sioux Lookout Meno Ya Win Health Centre. The donation is the third contribution presented by Superior Propane since the opening of the new facility in 2010, and is part of an annual commitment to support health care in the north.

L-R: Dave Murray, CEO SLMHC, Rita Demetzer, Foundation Board Member, Phil Eddy, Market Manager Superior Propane, Pierre Fortin, Territory Account Manager - NW Ontario Superior Propane, Marnie Hoey, Foundation President and Kathryn Davidson, Foundation Administrator



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.

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.

Thank You To Our Gift Shop Volunteers

It is with regret that SLMHC has closed the gift shop as of March 31st. We want to express our deep gratitude to the many volunteers who "manned" the shop. We truly appreciate it.



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

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.**

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

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: _____