



### Fun Facts:

- Nerve impulses travel to and from the brain at speeds of up to 250 miles per hour, faster than a Formula 1 racecar.
- When you blush, the lining of your stomach blushes too.
- The human brain can read up to 1,000 words per minute.
- Inside your belly button are thousands of bacteria that form an ecosystem the size of an entire rainforest.



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## **Baby Friendly Initiative (BFI) at the Sioux Lookout Meno Ya Win Health Centre**

By Iris Wujanz, IBCLC and RPN at IPP

In the fall of 2014, staff from the maternity, IPP and administration departments got together to start the Baby Friendly Initiative (BFI) at our hospital.

The Sioux Lookout Meno Ya Win Health Centre (SLMHC) joined a worldwide campaign to bring infant feeding back to its roots: breastfeeding. The goal is that all care provided in the hospital implements best practices to promote, protect and support breastfeeding. That means breastfeeding is seen as the norm for providing nutrition to baby in the first six months, and giving formula is reserved to be available as back-up for special situations (i.e. infant or mother sick, breastfeeding proved to be difficult) or when the mother/ family explicitly choose not to initiate or not to continue breastfeeding.



L-R: Laurel MacGray, RN, Iris Wujanz, IBCLC, RPN and Hannah Boomhower, RN

The first practical step on this journey is to provide the expecting mother and family with adequate information about breast and bottle-feeding,

answer their questions, address their concerns and enable them to make the best choice for their baby and their family about infant nutrition in the first six months. If this is done well, we as health care providers, only have to support the

family's decision and enable them to reach their goal.

A second practical step is to change the information and the set up in all areas where prenatal and maternity care is provided to show breastfeeding as the normal standard for providing food to a baby. This is quite a big change since bottle-feeding formula is

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widely accepted as the norm in our society and reflected in our practice without us being aware of it. (Just think of how many people are still surprised or even annoyed when seeing a mother breastfeeding in public, while nobody seems to be surprised when seeing a very young baby getting a bottle.)

There are ten steps to fulfill for accreditation as a Baby Friendly Hospital. Our goal is to achieve this by 2020. *(See list of ten steps at the end of article).*

The implementation of the ten steps will be overseen by a BFI committee comprised of SLMHC staff from as many departments as possible and interested community partners. The establishment of this committee was launched at a meeting on September 21, 2015 and the first formal meeting is planned for February next year. Anybody interested is very much welcome to join (see contact below).

The group responsible for identifying where and what changes are needed and how to put them into practice is the BFI Working Group. The members of the working group are Kim Rhone, RN- OBS, Hannah Boomhower, RN-OBS, Sue Anderson, Director of Patient Care, Brad Lance, Clinical Manager and Iris Wujanz, RPN, IBCLC – IPP.

The process is supported by the provincial BFI Initiative, which provides workshops, informational materials and other education opportunities, and maintains the connection to the Breastfeeding Committee of Canada which oversees the BFI assessment process and the accreditation.

When hearing about BFI, many people seem to worry that baby formula will not be available anymore in the hospital. The core of the BFI is BECOMING BABY FRIENDLY. Therefore no infant should go hungry and no mother or caregiver of a young baby should be (more than normal) worried how to feed her baby while in

our care. But it is important to remember that this initiative is tackling how we as a society and community approach infant feeding.

As mentioned above, the bottle with formula is still seen as the norm while breastfeeding is “the better choice” but certainly not the standard. Can we turn that around and see breastfeeding as the norm and bottle feeding as the exemption or the personal choice? How can we as health care providers help to ensure that every mother can afford to breastfeed her baby: that means she has the time for it, has access to help and support as needed, can afford and has access to healthy food for herself, is valued and acknowledged for it and feels safe and normal to do it anywhere anytime? How can we at the same time truly accept and value a mother’s decision not to breastfeed or breastfeed only for a short time without passing judgement? And how can we wholeheartedly support all the mothers and families who want to breastfeed and don’t reach their goal for various reasons, and help them not to feel guilty or judged? BFI is meant to provide guidance and tools to accomplish all of this.

We invite all SLMHC staff to give this a thought. Everyone is important in the journey to reach the 2020 goal of becoming a baby friendly accredited hospital. It will improve the health of our babies in the short term and serve the health of our nation in the future.

*Comments and questions welcome. Please email to [iwujanz@slmhc.on.ca](mailto:iwujanz@slmhc.on.ca)  
For further information go to:  
[www.breastfeedingcanada.ca](http://www.breastfeedingcanada.ca) or  
[www.bfiontario.ca](http://www.bfiontario.ca)*

For more information about the Code and subsequent World Health Assembly Resolutions go to:

[www.breastfeedingcanada.ca/TheCode.aspx](http://www.breastfeedingcanada.ca/TheCode.aspx)

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***Integrated Ten Steps for Hospitals and Community Health Services (Breastfeeding Committee for Canada, 2011)***

- Step 1** *Have a written breastfeeding policy that is routinely communicated to all health care providers and volunteers.*
- Step 2** *Ensure all health care providers have the knowledge and skills necessary to implement the breastfeeding policy.*
- Step 3** *Inform pregnant women and their families about the importance and process of breastfeeding.*
- Step 4** *Place babies in uninterrupted skin-to-skin contact with their mothers immediately following birth for at least an hour or until completion of the first feeding or as long as the mother wishes: encourage mothers to recognize when their babies are ready to feed, offering help as needed.*
- Step 5** *Assist mothers to breastfeed and maintain lactation should they face challenges including separation from their infants.*

- Step 6** *Support mothers to exclusively breastfeed for the first 6 months, unless supplements are medically indicated.*
- Step 7** *Facilitate 24 hour rooming-in for all mother-infant dyads: mothers and infants remain together.*
- Step 8** *Encourage baby-led or cue-based breastfeeding. Encourage sustained breastfeeding beyond six months with appropriate introduction of complementary foods.*
- Step 9** *Support mothers to feed and care for their breastfeeding babies without the use of artificial teats or pacifiers (dummies or soothers).*
- Step 10** *Provide a seamless transition between the services provided by the hospital, community health services, and peer-support programs. Apply principles of primary health care and population health to support the continuum of care. Implement strategies that affect the broad determinants that will improve breastfeeding outcomes.*

(From the info sheet of BFI Ontario)

## "Mop School" at SLMHC



The environment around the client, patient or resident influences the incidence of infection in hospitals. Reducing the numbers of microorganisms from the health care environment is accomplished by effective cleaning and disinfection.

In August, members of the housekeeping team participated in a practical training session on infection control and environmental cleaning in accordance to PIDAC Best Practices. Training was provided on-site by Aramark Director of Operations, JJ Arsenault, and focused on patient and resident room cleaning as well as the surgical suites in a classroom setting and included practical demonstrations.

The staff were very engaged and enjoyed the opportunity for hands on training.

*Provision of a "Hospital Clean" care environment is important for both patient safety and staff safety.*

*Submitted by Cathy Stanley  
Manager, Housekeeping & Laundry*

## Sioux Lookout Meno Ya Win Health Centre's Ponii Ahki Pinese Kwe Grandmother Drum Part Two

A while ago Kathy Loon, Manager of the Traditional Healing, Medicines, Foods and Supports Program, asked if the C&CD Department could do a write-up about the drum that was dedicated on December 18, 2014.

### Can any group of drummers play any drum?

Not any group of players play on drums. It is usually the drum keeper and pipe carrier who say who can play on the drum, i.e. gives permission. Each drum has its protocols. Each person is taught protocols when they play on a traditional drum by the drum keeper. Once they learn these protocols, then they can play on the drum, with permission. The spirit of the drum will give authority on how this all evolves.

"Ponii Ahki Pinese Kwe" talks about Elders, leadership and people bringing the earth from their communities down to Sioux Lookout.

Traditional drum carriers have to maintain a certain lifestyle. No drinking, have to be in a good frame of mind, feel good about life and be willing to help anyone who is struggling.



Anyone can be taught but it is not just about learning to drum. It's about learning the songs, meanings and following all protocols that are taught.

### Traditional Drums

This particular drum is a traditional Ojibway drum. Women are responsible to carry traditional Ojibway drums. Women give the men songs and protocols of the drum, so they can sing on the drum.

When Ralph was asked to make the drum, he was pretty confident that this drum would be looked after by women, as the THMFS program has always had a female manager: Kathy MacLeod, Joan

Cachagee and now Kathy Loon, and the request came from women to make a drum (Kathy Loon & Teri Fiddler for Elder's Council).

There are two types of traditional drums. The women (grandmother) traditional drum comes from the Ojibway people. The men's (grandfather) traditional drum comes from the Sioux Tribe. How to recognize each drum at a glance is by looking at the staffs of the drum. If the staffs are curled back down to Mother Earth, then it is a grandmother drum. If the staffs are straight up, it is a grandfather drum.

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## 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](mailto:mspray@slmhc.on.ca)

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

## Did you bring your own reusable water cup?

Did you know...in our cafeteria we go through eight cases a month of disposable water cups!

That's 8000 cups a month or 96,000 a year!

Please consider bringing your own water cup to help us cut down on waste in our landfill.



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Men can make men drums without women guiding them.

Note: Teri Fiddler advised the board of directors at their last meeting that the drum is a grandmother drum as it will stay in the ceremonial room and not travel, whereas grandfather drums do travel.

**There are songs that are sung while playing the drum? Are they learned, or are they spontaneous and led by one of the group?**

Songs are learned and taught. Some people receive songs through dreams. They memorize parts of their dream and sing the song. Some songs are given to individuals i.e. a person has a dream and sings a song but he/she gives it to someone else to sing. Pipe songs are passed on.

**If learned, are songs the same among differing groups (e.g. sunrise ceremony songs)?**

Songs are different when each drum group sings.

All songs do eight push-ups (verse and chorus). Pipe song have four push-ups – unless someone literally walks around with a pipe and salutes each

direction, then the pipe song can go on past four push-ups, until the ceremony is done. Sometimes an Eagle whistle is blown during a song, and in this case four more push-ups are added to the song.

**Are songs gender specific?**

Yes, songs are gender specific. Unless you are teaching young people then it's different. In the case of teaching songs or drumming, then both genders can drum and sing. At a pow wow it is different. A pow wow is a ceremony. You have to adhere to the principles and protocols. It is the men who sing at the drum. Women can sing too but they stand behind the men.

**Can you have a gender mix in a drumming group?**

In an educational setting, yes. On Tuesday evenings, Ralph drums the Ponih Ahki Pinese Kwe drum. Anyone can join him, male or female. Ralph teaches songs and how to drum at these sessions.

Submitted by Rita Demetzer  
Information provided by:  
Kathy Loon, Teri Fiddler, Ralph Johnson

## **Thank You for Making the Anishinaabe Gii-zhigan Celebrations a wonderful success!**

The Sioux Lookout Meno Ya Win Health Centre extends a big thank you to everyone who worked to make the Anishinaabe Gii-zhigan Celebrations a wonderful success. In particular, we thank the SLMHC Board of Directors for providing a fantastic meal, the senior management team and Brad Lance, Patient Care Manager, for serving the meal, and Kathy Loon, Traditional Program Manager.

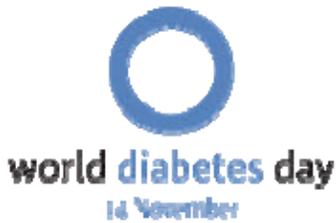
Thank you to Garnet Angecone for acting as Master of Ceremonies and to the Drummers:

Ralph Johnson, Tom Chisel, Merv Ningewance, Allan Walski, Victor Lyon and Romaine Wesley for all their songs. Thanks to Rosella Harper and Janine Frogg, our two high school student volunteers, for assisting the elders.

Thanks also to all of the dancers who came in their marvelous regalia. Thanks to Larry Beardy, from Keewatin Patricia District School Board for his great story. Thanks to SLMHC staff members Mary Spray, Ernie Buswa, Miranda Bramer, and the maintenance, housekeeping and dietary departments. Lastly, a special thank you to Sioux Lookout community members and the Sioux Mountain Public School students who attended the celebrations.

Submitted by the  
Traditional Program and the  
Communications & Community Development Department

## SLMHC Diabetes Program Celebrates World Diabetes Day



On November 14<sup>th</sup> 2015, the Sioux Lookout Meno Ya Win Health Centre celebrated the World Diabetes Day. This is a worldwide

campaign hosted by the International Diabetes Federation (IDF). IDF promotes diabetes awareness and highlights key issues concerning the global diabetes community. This campaign runs all year long with November 14<sup>th</sup> marking the birthday of Sir Frederick Banting, who first discovered insulin in 1922.



This year the theme is “*Healthy Living and Diabetes*” with emphasis on healthy lifestyle behaviors and changes; nutrition, exercise, stress management, smoking cessation, alcohol guidelines and weight management. For clients this is a message for empowerment, education and self-management. For health professionals this is a reminder to strive for excellence in

diabetes care, continuing education and advanced practice. The SLMHC Diabetes Program put together two tables in the canoe hallway to raise awareness. This event included prize draws, giveaways, educational resources and healthy snacks. We would also like to congratulate the prize draw winners: 1<sup>st</sup> place: Angel Nothing, 2<sup>nd</sup> place: Diana Koostachin.



We would like to thank everyone for their effort and participation in raising awareness and making this a successful campaign. Many thanks from the SLMHC Diabetes Program team:

- \* Cathy Kivi, RN, CDE, CFCN
- \* Tom Crawford, R.Kin
- \* Andrea Booth, RD, MAHN
- \* Tracy Hoey, RSSW
- \* Ivan Ho, RD, MScFN and
- \* Kyra Marshall, Administrative Assistant.

If you have any questions please do not hesitate to contact us!

*Submitted by Tracy Hoey, RSSW  
SLMHC Diabetes Program*

### 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](mailto:mspray@slmhc.on.ca)



**SLMHC  
CHRISTMAS  
PARTY!**

**December 5, 2015**

Royal Canadian Legion - Upper Hall

Doors open @ 5:30 / Dinner served at 6:30

*Don't want dinner? Then come out and dance the night away (free of charge) after 8pm!*

Music by: **Matt Angecone**

Tickets: \$10 for staff

\$10 first guest

\$30 additional guests available  
starting November 20th

Ticket cut off: November 27th

Contact Mary Spray @ Ext. 6586 for tickets.



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](http://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: \_\_\_\_\_