



SIOUX LOOKOUT  
**Meno Ya Win**  
 HEALTH CENTRE

# Meno Ya Win News

April 2009  
 Volume 7, Issue 4

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

## Did you know?

The Four Party Agreement was signed on April 11, 1997 by Canada, Ontario, the town of Sioux Lookout and Nishnawbe Aski Nation. As a result, the 2 local hospitals amalgamated as the new Sioux Lookout Meno Ya Win Health Centre.

## HANDWASHING

*is the most effective way to fight GERMS!*

## Inside this issue:

Nursing PDA Pilot Project	2
National Medical Laboratory Week April 19—25, 2009	3
Energy Awareness Week	4
Workplace Health & Wellness Committee	5
Get Active, Eat Like a Champion	6
Cross Cultural Care Training—Day 1	6
Site Tours Schedule	8
Getting a Grip on Pain	9
News from Extended Care	11
Question of the month...	13
Anishinaabemodaa	14

## TRANSFORMATION OF CARE

*“A chieving culture change within”*



*Back row l—r: Craig Legros, Diagnostic Imaging; Gord Hill, Director of Finance; Al Wiebe, Manager-Pharmacy; Doug Pierce, Manager—Maintenance; Dean Osmond, Nursing Manager; Roger Walker, CEO & President Middle row l—r: Rita Demetzer, Executive Assistant to CEO; Connie Pilgrim, Admitting Manager; Karen Parent, Manager-Laboratory; Michelle Beaulne, Manager-Materials Management; Heather Fukushima, Manager- Non-Acute Services; Sonya Fewer, Health Records Manager; Beverly Lelonde, Human Resources Manager; Carole Slater, Executive Assistant to VP Health Services; Helen Cromarty, Special Advisor on First Nations Health; Bruce Siciliano, CCAS Manager. Front row l—r: Barb Linkewich, VP Health Services; Marsha Hamilton, Population Health Manager; Renee Southwind, Manager-Communications & CD; Sharon Yule, Special Projects; Maureen Oakley, Executive Assistant to VP of Corporate Services; Heather Shepherd, Nursing Manager; Joan Cachagee, THMFP Manager; Douglas Semple, Special Advisor to CEO & Board.*

**H**ave you ever stopped and asked yourself; why am I here? Who are my clients/customers? How do my actions and behaviour affect my client's outcome or my customer's reaction? Does my service and performance meet and exceed the standards of today's clients in our ever-changing health-care system? These are just a few of the areas that each of us needs to reflect on but it also provides us with a look at our internal culture or the spirit of the organization on our journey as Meno Ya Win.

In health care we are often provided with specific types of training di-

vided up like the pieces of a puzzle. These puzzle pieces may be the tools required to provide client centered care or exceptional customer service, to maintain our essential skills and core competencies; or they may simply give us a greater understanding. An extensive review of our internal culture revealed areas in which we need a little help aligning the pieces of the puzzle in order to clearly provide care that is:

**Patient Centered,  
 Service Oriented &  
 Performance Focused.**

*Continued on next page...*

## TRANSFORMATION OF CARE

On April 7<sup>th</sup> & 8<sup>th</sup>, 2009, the senior and departmental leadership team attended a retreat facilitated by Don DeGenova and Esther Van Gennip. We joined together to understand, learn, communicate and connect with each other as individuals, departmentally and as one team. We examined the internal culture of SLMHC and identified opportunities that we agreed to embrace and be accountable for. We highlighted the need to understand the value of every individual employed and/or engaged in our organization.

The two days were filled with listening and learning, delicious food, good conversation and lots of merry laughter. We agreed that the time was right for the transformation and we will be looking for members of SLMHC to assist us as “champions” on our transformation team.

There are exciting days ahead as we build the

new hospital and as you hear more about the Transformation and our journey to be

*Patient Centered,  
Service Oriented &  
Performance Focused.*



**As a Team we...**

*Defined our Mission, Vision & Values  
Reflected on our past history  
Embraced the good memories  
Acknowledged the bad memories and we agreed to  
Move forward in a culture of TRUST, HONESTY &  
RESPECT*

*(see Photo Gallery for pictures taken at retreat)  
Submitted by: Heather Shepherd, Senior Nurse Manager*

## NURSING PDA PILOT PROJECT

*“Personal Digital Assistants are hand-held computer devices that store information, provide access to resources and offer a range of interactive clinical tools for practitioners (i.e. calculators, drug databases, diagnostic manuals, etc.). Personal Digital Assistants are increasingly becoming an integral tool in health care”.*

**S**ioux Lookout Meno Ya Win Health Centre nursing staff have been selected by the Ministry of Health and Long-Term Care Nursing Secretariat to participate in a Health Force Ontario funded 2-year initiative. The two year pilot project will involve nursing staff utilizing personal digital assistants (PDAs). Personal Digital Assistants are hand-held computer devices that store information, provide access to resources and offer a range of interactive clinical tools for practitioners (i.e. calculators, drug databases, diagnostic manuals, etc.). Personal Digital Assistants are increasingly becoming an integral tool in health care. They have the potential to enhance a practitioner’s ability to

provide timely, high quality and safe delivery of patient care, reduce errors, and increase the provider’s confidence and satisfaction in her/his professional practice.

Nurses working in certain settings (Northern, rural, corrections, home health care) have a unique set of challenges in accessing appropriate clinical information resources. They are often working in relative isolation, without the support of a supervisor, co-workers or other readily accessible health care professionals. Information technology can promote safe, high quality care through tools that improve communication, increase access to knowledge and provide clinical decision support. The goal of the initiative is to demonstrate the value and effectiveness of providing Personal Digital Assistants to improve access to information resources for nurses across various health care sectors. This funding is an excellent opportunity for our nursing staff to participate in an evidence-based research pilot project that will impact patient outcomes.

*Submitted by Julianne Rourke, Business Development & Grants Coordinator*

# NATIONAL MEDICAL LABORATORY WEEK

## APRIL 19—25, 2009



Left to right: Lijun Wu; Steph Hynds; Eryn Carruthers; Tammy Pelky; Brenda Voth; Karen Parent, Manager of Laboratory; Roger Walker, CEO & President; Joanne Rasetti; Brad Caughell; Crystal McEwing; Valerie Anderson; Rhea Rice. *Missing in the photo:* Donna Makahnouk; Cynthia Bogard; Cynthia Squires-Peyton; Fulvio Franceshini.

### Prenatal Test Biopsy Blood Test...

Medical laboratory professionals provide vital information about **your** health.

**Up to 85% of decisions about your diagnosis and treatment are based on laboratory test results. Both you and your doctor depend upon the accuracy of these results.**

Medical laboratory professionals are on the frontline of our public health system, protecting you and your family from emerging infectious diseases and antibiotic resistant bacteria, such as *C. difficile*.

The Canadian Society for Medical Laboratory Science (CSMLS) certifies medical laboratory professionals in Canada. National certification ensures that the person who performs your laboratory tests has the necessary knowledge, skills and expertise to produce accurate results. This is essential to your health, and the health of your family.

### Medical laboratory professionals - Keeping your health on track through accurate laboratory testing

Medical laboratory professionals work in many settings including hospitals, community laboratories, research facilities, public health laboratories, veterinary clinics, colleges, universities and private industry.

**Medical laboratory technologists** work in laboratories and conduct medical tests on blood, body fluids

and body tissue; they also interpret the results. Medical laboratory technologists are graduates of accredited education programs at the college or university level. The Canadian Society for Medical Laboratory Science (CSMLS) is the national certifying body for medical laboratory technologists across Canada.

**Medical laboratory assistants** work on the front lines, collecting blood and other samples from patients, processing specimens and preparing special chemicals called reagents for use in testing. Many medical laboratory assistants are graduates of private and community colleges, and may obtain national certification through CSMLS.

**Medical laboratory scientists** work in both medical and research laboratories, with the goal of advancing medical knowledge in the prevention, diagnosis and treatment of disease. They are graduates of university level science programs, usually at the post-graduate level, and may be certified by CSMLS.

Join us in celebrating

## National Medical Laboratory Week

April 19 - 25, 2009

Individually and collaboratively, we support and recognize the contributions of medical laboratory professionals of today and tomorrow.

**Medical Laboratory Professionals:**

**Deliver Vital Health Care Information**

- We produce test results that support up to 85% of all medical decisions, including diagnosis, treatment and monitoring of medical conditions

**Work as Members of Health Care Teams**

- We operate in a variety of capacities including direct patient care, testing, quality assurance, regulation, education, laboratory and hospital administration, and research
- We play a key role on health care teams in every sector of health care delivery, including community laboratories, public health laboratories, emergency services and hospitals across the country

**Adhere to the Highest Quality Standards**

- We maintain accountability to rigorous provincial, national and international quality standards to ensure the integrity of the results reported
- We are proud to work within an accredited and quality assured environment, and are committed to continuous improvement and lifelong learning

To learn more about medical laboratory professionals visit [www.medlabprofessionals.ca](http://www.medlabprofessionals.ca)

This message was collaboratively sponsored by:



The resource for laboratory professionals of Ontario  
[www.clnmc.com](http://www.clnmc.com)



Excellence Accountability Pride  
[www.cmlto.com](http://www.cmlto.com)



BEST EXPERIENCE, BEST EDUCATION  
[www.michener.ca](http://www.michener.ca)



Students & learning are at the heart of all we do



Serving the medical laboratory professionals of Ontario  
[www.osmt.org](http://www.osmt.org)



Congratulations Alumni!  
The best formula for STIVING CONNECTED!  
[www.stclaircollege.ca/alumni](http://www.stclaircollege.ca/alumni)



Continued on page 4...

## NATIONAL MEDICAL LABORATORY WEEK APRIL 19—25, 2009

*...continued from page 3*

### Areas of specialization

Here are some specialty areas in which medical laboratory professionals work:

- Clinical chemistry: Measurement of chemical components including hormones and drugs in blood and body fluids. Common test: Blood glucose (blood sugar) test to diagnose and monitor diabetes.
- Clinical genetics: Study of chromosomes, DNA and RNA from cells of body fluids and tissues to diagnose genetic diseases. Common test: Amniocentesis and other forms of prenatal testing.
- Clinical microbiology: Study of bacteria, fungi, viruses and parasites that invade the body. Common test: Throat swab to detect strep throat.
- Diagnostic cytology: Study of cells for the detection of cancer. Common test: Pap test to detect cervical cancer.
- Hematology: Study of diseases of blood cells and clotting mechanisms of blood. Common test: Hemoglobin test to detect anemia.
- Histology/Pathology: Preparation and study of body tissue for the detection of disease. Common test: Biopsy of a breast lump.
- Transfusion science: Determination of blood types. Common test: Cross-matching for blood transfusions.

Other specialty areas include immunology, electron microscopy, virology, parasitology and flow cytometry.

### You play a role in the accuracy of your tests!

Did you know that something as simple as chewing a piece of gum can interfere with certain blood tests? Medications, alcohol, nicotine, caffeine, food intake and exercise can affect your laboratory test results. Check with your doctor or medical laboratory professional for instructions before your next lab test.

Helpful information about medical laboratory testing is only a click away!

Lab Tests Online, [www.labtestsonline.org](http://www.labtestsonline.org), is the premiere Internet-based resource for up-to-date information on medical laboratory testing. It includes detailed test descriptions and in-depth articles on such topics as home testing and test reliability.

*Submitted by Karen Parent, Manager of Laboratory*

## Energy Awareness Week

Congratulations to Angie McCleary, the winner of the Energy Awareness prize pack.

Special thanks to all that participated. Keep thinking green. Together we can make positive changes for the sake of the environment.

The following are energy saving ideas that came from the conservation work orders.

- Turning off lights, computers, and other equipment when not in use. Polite reminder notes can be given where this is not occurring.
- Motion sensors for some of the lighting in the hospital.
- Leaky taps can be fixed. (supervisors should be informed of leaky pipes and work orders can be submitted)
- Update the coolers and fridges to more energy efficient ones.
- Washrooms could have automatic on and off lights.
- Bring in an environmental specialist to do a review of the building practices.
- Look at alternative environmentally friendly energy sources such as solar or wind. Are grants available for such things?
- Policy for turning off computers at night.
- Programmable thermostats in offices to reduce heating costs at night.
- More recycling stations.
- Reduce number of light bulbs being used in hospital.
- Make up signs to remind staff to turn things off.
- Window shades to be used in summer to cool building.
- Composting in the kitchens.
- Car pooling initiatives
- Check insulation in entire building
- Unplug battery chargers when not in use
- Use two sided copying when possible to save paper
- Smart power strips that sense people in room and can turn on and off when equipment not needed
- Laptop computers use less energy than desktops
- Smaller laptop screens use a lot less energy
- Energy audits
- Changing some windows
- Turn off refrigerator lights
- Change bulbs to more energy efficient or lower watts
- Walk or bike to work

*Submitted by Al Kernohan, Dietary Manager*

## WORKPLACE HEALTH AND WELLNESS COMMITTEE



**Back row l-r:** Lorraine Bolen, Rita Demetzer, Nicole Archer, Adrienne Crosby. **Front row l-r:** Sharon Yule, Judy Carroll, Brenda Voth, Debbie Whalen, Rachel Carter-Wilson, Melissa Zarecki, Sandra Morin.

**W**hat an exciting year, 2008/2009 has been for the Health and Wellness Committee. Last May, we saw the introduction of the "11 Steps to a Healthier You" program for all staff. We had 70 staff sign up for the program. Fourteen staff achieved all their goals and received \$100.00 for their efforts at a celebration lunch in April. We will be running this program again starting in May and we hope to have even more staff complete the steps this year. We have added a couple of more chances for education and involvement in challenges in the Healthier You Passport. It is also important to remember that any of the education opportunities, such as the lunch and learn sessions, are open to all staff and can be used for both the "Healthier You" passport and your "Education passport".

This year we have added:

1. WOW—Weedless Wednesday challenge in January
2. Attended 80% (e.g.  $\frac{3}{4}$  sessions) of any of the CCAS series offered throughout the year (starting April 1)
3. Attended the Non Violent Crisis Intervention Course (as of January 2009)
4. Attended a Sunrise or Pipe Ceremony
5. One bonus activity held during Nutrition Month
6. For any one with disabilities that may not feel like they can meet all the physical challenges, we have reviewed the program and we encourage you to join up, meet with our fitness assessors, Melissa and Adrienne, and goals can be set up.

During the first two weeks of May, Sonya Fewer and Nicole Archer will have times set up to sign up for the program so look for that announcement. It is also up to the individual to set up times with Melissa Zarecki and Adrienne Crosby for your fitness assessments. These must be completed by mid June.

We encourage all staff to join the 11 Steps to a Healthier You Program and challenge your peers to join up. Have fun and enjoy the learning opportunities and challenges. A SPECIAL THANKS goes to all the members of the Health and Wellness Committee for all their work and support of this program last year and especially to Melissa Zarecki for her leadership role as Chair.

This year we would like to open the 11 Steps Program to our volunteers (including auxiliary members and Foundation members), students, medical staff, or contract staff. Although we are not able to offer the \$100 prize per person for completion of the program, all participants in this group that complete the program will have their names entered into a draw and be invited to the celebration lunch in April 2010.

We also held an exciting Health and Wellness Week with lots of activities in October. Fruit trays and yogurts were sent to the various buildings with all staff enjoying the morning healthy snacks breaks. Please look for all the activities this October during Workplace Health and Wellness Week.

This year as well as the 11 Steps Program, we hope to add a couple fun activities sponsored by or in partnership with the Health & Wellness Committee:

1. Happy Birthday snack – if you work on your birthday you will be eligible to have a healthy snack that day at the main hospital sites. All you have to do is let the Dietary Staff know and sign the birthday sheet. This entitles you to a small juice or milk AND a yogurt or piece of fruit or muffin. We will have this program up and running by May 1, 2009.
2. We hope to partner with the Staff Association for the summer BBQ's

We also encourage staff to submit ideas to the committee of activities that the Workplace Health and Wellness Committee might be able to support in the future. Email to [syule@slmhc.on.ca](mailto:syule@slmhc.on.ca)

We would also like to thank the senior management team, for their support of this committee and to each of the Staff members who gave presentations, flu shots or who participated in any of the activities last year.

We look forward to another very successful year of activities!

~ Sharon Yule, New Chair of the Health & Wellness Committee

## Get Active! Eat like a Champion!

**M**arch was nutrition month and as most of you know Nutrition Services had a variety of activities planned for the month. All but the walks (because of weather) were well attended. Nutrition Tips and recipes were available on the intranet each week -- I hope everyone had an opportunity to read them!

The winners of our draws and giveaways were: Judy Carroll "Meals For Good Health" cookbook. Danielle Collier won a Program Design and Demo workout session donated by Functionally Fit (Melissa Zarecki, CK, CEP). Water Bottles were given to Sharon Yule and Brenda Voth who were willing to brave the weather on the one walk not cancelled!

Sharon Yule, Workplace Health and Wellness Committee Chair, created Toonie Smoothies made to order at both sites. Over 45 people came out to enjoy a smoothie even in the blowing snow!

Last but not least, a sit down lunch was provided by Heather Pace (Raw Food Chef) which was the final event of the month. Fifteen people came to enjoy raw vegan sandwiches with lettuce, tomato, organic home grown alfalfa sprouts and seed cheese, with a side salad/lemongrette dressing and for dessert delicious date balls. The participants had the opportunity to ask questions and learn about the raw food diet that consists of nuts, seeds, fruits and vegetables. The winner of Heather's online Raw Dessert cookbook was Brian Kuzemchuk.

The last draw of the month was a cookbook "Supertime Survival" won by Debbie Whalen.

I would like to say Thanks to Adrienne Crosby and Melissa Zarecki for being available for the lunch-time walks, to Sharon Yule for her Toonie Smoothies, to Aramark for providing all the snacks for the month in the cafeterias and assisting with the Toonie Smoothies, to Melissa Zarecki and Heather Pace for their donations from their own businesses to support Nutrition Month and to Dave Hildebrand for posting all the nutrition tips.

*Submitted by Amber Brohm, RD  
Department of Nutrition Services*



## Cross Cultural Care Project Training Day 1



L-R: Nicole Rosiak, Ramona Quequish, Sue Anderson, Danielle Lillie

The Cross Cultural Care Project launched its first training sessions in February and March. To date forty people have completed the first day of the training. The training is a continuation of Bi-maadiziwin Training.

The Cross Cultural Care training is unique in that it focuses on skills that can be used when working with people from all cultures. On Day One, participants learned about their own culture and how it impacts service provision, potential barriers in providing cross cultural care, and how to ask culturally sensitive questions. The training is hosted by the Traditional Program and the volunteer trainers are six of SLMHC's employees!

All of the participants in February and March had their names entered in a draw for a day off with pay. Congratulations to the winner – Angie McCleary!

If you haven't had a chance to take the Day One training, it is being offered again in May and June. Check your email for announcements for Day Two training dates. If you have questions about the project, or if you are interested in become a trainer, please contact Project Coordinator Kathy Sanderson at [crosscultural@slmhc.on.ca](mailto:crosscultural@slmhc.on.ca)

*Submitted by Kathy Sanderson, Project Coordinator*

## GRAPHICS STANDARDS AT SIOUX LOOKOUT MENO YA WIN HEALTH CENTRE



### A Strong Visual Identity is Pivotal

“A strong visual identity is pivotal to communicating the mission and vision of an organization and demonstrates professionalism and reliability. The mission of Sioux

Lookout Meno Ya Win Health Centre is clear from our name, which in the Oji-Cree language means “health, wellness, well-being.” It refers to holistic healing and wellness, and the “whole self being in a state of complete wellness.” The visual identity of Sioux Lookout Meno Ya Win Health Centre inspires trust in our services and spreads awareness of our high standard of patient care and innovative approach to healing. It is important to maintain the integrity of the Sioux Lookout Meno Ya Win Health Centre logo by consistently reproducing it on all printed materials, signage, and other media applications. This creates an identity that is easily recognizable to the general public and other health care providers. The Sioux Lookout Meno Ya Win Health Centre logo will play an integral part in promoting our commitment to holistic medicine and excellent quality of care”.

**Quote from: Visual Identity Guide for SLMHC, page 6.**

Staff are reminded to check out the [Intranet](#) site for forms located under Resources, then click on Templates. Please make time to read the VIG, it is for use organization wide.



Thank you for your cooperation!

~ Communications & Community Development

### Falls Prevention Program

SLMHC now has a Falls Prevention team that has been developed in collaboration with the Northwest LHIN-Wide Falls Prevention Project. All levels of Care are represented on the team comprised of: Heather Fukushima, Rachel Carter-Wilson, Jan Potter, Judie Hindy and Holly Findlay. The team will be focusing on the following areas:

1. Identifying trends in falls;
2. Fall risk screening;
3. Fall prevention intervention;
4. Ongoing regional collaboration of information and best practices.

April has been Falls Prevention Month. We hope you have enjoyed the bulletin boards located at the ECU, the 7th and 5th Ave sites. Thank you Lorraine Bolen!

For more information, please check out: [www.fallsprevention.ca](http://www.fallsprevention.ca)



Community Counselling  
&  
Addiction Services



## Share for Hope Program Looking for Speakers

### New Program

The “Share for Hope” program is a newly developed program designed to provide inspiration and hope to individuals residing at the Out of the Cold Shelter. November 17<sup>th</sup>, 2008 marked the commencement of the Share for Hope program, which was well received by Out of the Cold Shelter residents.

### Community Member Sharing

Community members who have overcome their own life struggles similar to many of the issues the Out of the Cold residents are facing; e.g. homelessness, mental health and addiction issues, chaotic upbringings, isolation and abuse, are invited into the shelter Monday mornings to share their stories of hope, inspiration and recovery.

### Inspirational Message

Invited speakers discuss what their life was like when they experienced little or no hope, their turning point, and their life now. Speakers are also encouraged to share the steps they took that led to changing their life, the types of supports they used and found helpful, and the lessons they learned. As part of the speaker’s inspirational message of hope, Out of the Cold Shelter residents are also encouraged to access the help they need.

### The Goal

The goal of the Share for Hope program is to provide inspiration and hope to the Out of the Cold residents by hearing from individuals who have also experienced tough and difficult times in their life, but who have also managed to recover and regain their health, sense of self-worth and happiness.

### Speakers Needed

If you are a community member who has an inspirational story to share about your own life, and would like to volunteer to speak to the residents at the Out of the Cold Shelter, please contact Trish Hancharuk at 737-7207.

Trish Hancharuk, Counsellor  
Community Counselling & Addiction Services  
Working in partnership with Out of the Cold Shelter

## SITE TOURS ATTENTION ALL STAFF

Spring is here and time for staff to see the new hospital. Tours will be offered on Fridays from April 24—May 15th.



Tour 1	9: 00—10:00	April 24
Tour 2	1:00—2:00	April 24
Tour 3	9:00—10:00	May 1
Tour 4	1:00—2:00	May 1
Tour 5	9: 00—10:00	May 8
Tour 6	1:00—2:00	May 8
Tour 7	9:00—10:00	May 15
Tour 8	1:00—2:00	May 15

We can take 25 people per tour. Please wear appropriate footwear (boots/running shoes) as site may be wet/muddy. Hard hats will be available at the site.

If for any reason the tour is cancelled we will send out an "All Users" Email Notice by Friday morning by 8:30 a.m.

Please check your emails before you come over.

Staff/Medical Staff must sign up by Thursday noon of that week. To sign up for a tour please contact your Manager.

~ Maureen Oakley, EA to VP Corporate Services

### Retired Nurse's Tea

Come Celebrate Nurse's Week  
Come and Go Tea

May 13<sup>th</sup>, 2009  
William A. George Extended Care  
2:00 pm - 4:00 pm

## DID YOU KNOW?

SLMHC has launched a corporate clothing line with **Signatures Signs and Stitchery** which includes a selection of clothing options for all staff with our hospital logo. This is a great chance to place your orders for spring and summer. For a complete look at clothing options and for additional information to order see the intranet site under Resources → Useful Information or contact Sherree at Signatures directly ph#807-737-2444 to place your order. A portion of all employee purchases will be graciously donated to the Hospital Foundation by Signatures.

*Submitted by Michelle Beaulne, Manager, Material Management*

### **National Physiotherapy Month—May**

In recognition of this special month, the Rehabilitation Department invites you to join them during one of their

#### **Open Q & A Lunch sessions.**

A great opportunity to get the advice you've been looking for about an achy joint/muscle or general fitness.

Wednesday, May 6—5th Ave Cafeteria  
Wednesday, May 13—7th Ave Cafeteria  
Wednesday, May 27—Extended Care (staff lounge)

### **Lunch & Learn Getting a Grip on Pain**

Presented by:  
- Andrew Bilz, Physical Therapist  
- Adrienne Crosby, Rehabilitation Assistant

Wednesday May 20<sup>th</sup>  
5<sup>th</sup> Boardroom  
12:00 p.m. -1:00 p.m.

Lunch Provided  
Limited Space (15)

**Please R.S.V.P. to Angie McCleary 737-2877 x 3226  
Or e-mail amccleary@slmhc.on.ca**

## May is National Physiotherapy Month



**Back row l—r:** Andrew Bilz, Rachel Carter-Wilson, Adrienne Crosby. **Front row l—r:** Eva Vires, Angie McCleary

**W**elcome to May! We hope May will be a great month filled with sunshine, warmth, and fresh opportunities to get outside, have fun, be active and stay healthy. May is National Physiotherapy Month and the SLMHC department is welcoming everyone to celebrate with us. Physiotherapy is the primary health care profession that promotes wellness, mobility and independent function. Physiotherapists understand how the body moves, what keeps it moving well and how to

restore mobility when you are sick or injured. Physiotherapists work with people to assess and provide care for a wide range of conditions that affect the musculoskeletal, circulatory, respiratory, and nervous systems. Some examples include helping people recover after a stroke, amputation, sports injury, chronic pain, repetitive strain injury, recovery after fractures, and help in recovering movement and strength after illnesses. Physiotherapists provide individualized treatment plans that may include; manual therapy to reduce pain and stiffness, techniques to improve balance and coordination, exercises and advice for strengthening, flexibility and aerobic conditioning, techniques to correct muscle imbalances and postural alignment, modalities to reduce pain, and techniques to improve heart and lung function and cardiac conditioning. Physiotherapists also play a strong role in primary health care helping people prevent injury and remain healthy, helping with chronic disease prevention and management. The SLMHC rehabilitation staff will be holding lunch time chats and a lunch and learn this month and we invite you to share with us in the spirit of healthy living!

*Submitted by Rachel Carter-Wilson, BSc, PT, Physical Therapist*

## Getting a Grip on Pain

**T**he first step to fixing anything is to understand how it works. If your vehicle breaks down on the side of the road you need to understand what is wrong with it if there's going to be any chance of fixing it. In the same way if you have the problem of pain in your life it's an awful lot easier to work on fixing it if you understand how pain works.

Often times we assume things work a certain way because that's what we have always been told, but when we take a closer look we are sometimes surprised. For instance, how many of us have taken on the assumption that pain can be experienced in all kinds of different parts of our bodies? When we take a closer look research clearly shows that the only part of our body that actually experiences pain is our brain. The rest of our body parts are only capable of sending various types of signals to the brain via the nervous system. It is not until the brain processes these signals, along with many other types of information the brain receives, that a pain experience becomes possible. The pain experience is a perception or an 'output' of the brain rather than any particular 'input' coming from a body part.

How many times, in reference to someone's pain, have we heard the expression "It's all in your head"? Well, that may be true, however, it's not really saying much because the same is also true for absolutely everyone who experiences pain. Or how many times, in reference to dealing with pain, have we heard the expression "Mind over matter."? The trouble with that expression is that your mind actually is matter. And since the mind also happens to be the chunk of matter in your body where all the pain is, it might be more helpful to use the expression, "mind over mind", or as I personally prefer, "YOU over mind".

So if you're interested in learning more about how pain works and willing to possibly have some previous assumptions challenged, come out to the "Getting a Grip on Pain" Lunch and Learn.

You may be surprised.

*Andrew Bilz (Physiotherapist)*



## Walk This Way

**I**t is important for all people, regardless of age, gender, health status and socio-economic status to walk daily. Health Canada recommends 30-60 minutes of cardiovascular activities daily. These minutes can be divided throughout the day, into 10 or 20 minute intervals.

PARC (Physical Activity Resource Centre), a non-profit organization that promotes healthy living and physical activity

has a program called **Walk This Way**, which includes an information booklet and a magnetic 6-week calendar, which you can track your daily walking routine.

You can pick up a Walk This Way package at any one of the Physiotherapy Month events happening throughout May, 2009, or from the physiotherapy department at the 5<sup>th</sup> Ave hospital site.

## Traditional Healing, Medicine, Foods and Support Program Elders Council Participates in their First Video Conference



**Left to right:** Laurel Wood, Lois Mombourquette, Roger Walker, Ramona Quequish, Heather Fukushima, Florence Woolner, Amelia Sturgeon, Joan Cachagee

The Elders Council of the SLMHC is comprised of eight First Nation members.

On April 1<sup>st</sup>, 2009, the Elders Council met by video conference for two hours. Elders participating were from Wapekeka, Mishkeegogamang, Lac Seul, Eabematoong, Sandy Lake and Muskrat Dam. The elders chuckled with one another about not being able to talk directly to each other in the normal sense, but overall, they found it to be a new experience and a very productive way of conducting business. The consultation with the elders went extremely well and the program is able to move forward with their recommendations.



Roger Walker, CEO, points out progress of capital project to elders.



### Elders Council

Respect for elders, their teachings and their counsel is a fundamental value of our First Nation communities.

Elders have been extensively consulted in the THMFS Program and other key aspects of SLMHC's planning, operations and issues management.

Quote: THMFS Program poster



### Amo Angeconeb, Artist, Gives a Painting to Sioux Lookout Meno Ya Win Health Centre

Amo Angeconeb, Artist, originally from Whitefish Bay community of Lac Seul Reservation, casually walked into the 69 Front St office one day in mid April. When asked if someone was expecting him, he announced with a smile, "No, not really, I usually come unannounced". Then he carried on, "I want to present a gift to the hospital". Surprised and very pleased, Roger Walker, CEO, accepted a painting. Amo explained the meaning in his painting: all the four races are given medicines from the Creator, all found in nature, medicines are kept in medicine bags. After a photo op, he turned toward the door with his smile and left.

**Sioux Lookout Meno Ya Win Health Centre extends a warm thank you to Amo for his wonderful gift.**

## NEWS FROM EXTENDED CARE HEADLINES

### Long time Resident of Extended Care Undergoes Extensive Surgery



We all know him as Sunny The Cockatiel who has been with us at the Extended Care Unit for over 6 years, whistling and crooning his way through each day bringing joy and entertainment to the residents and staff of our facility.

Recently Sunny developed a huge tumor on his body.

He went on a medical trip escorted by Donna Dubroy and an unknowing Lorraine Berze to the Dryden Veterinary Services of Dr Schneider who volunteered his time and effort to take pictures of his huge tumor and sent them off to the bird specialist in Winnipeg.

The news was not good! Sunny had a life threatening tumor that had to be removed as soon as possible.

The cost would be very minimal at \$100.00. Money we didn't have! Many of the staff at the Extended Care Unit and SLMHC donated money to this worthy cause.

On Wednesday, April 8, 2009 Leslie Marshall was the caregiver/escort and driver for Sunny's day of surgery in Dryden.

The surgery went very well. But Sunny needed intensive care and time to recover in a quiet non-stressful surroundings.

He is recuperating in the step down unit in the home of Lisa Hindy.

The staff and residents of Extended Care would like to give Dr. Schneider and his staff a huge round of applause for all the volunteer efforts they did to keep Sunny in good health.

We would also like to thank all the staff who volunteered their time and money towards such an act of kindness.

### AND SUNNY THANKS EVERY ONE TOO!

May he keep singing for a few years yet.

*Submitted by Judie Hindy, RN*



Hi. My name is Alexa Leyanna Houtz. I was born on March 12, 2009. My Mommy is Amy Houtz. She works for the Foundation. My Daddy is Chuck. I love my Mommy & Daddy. C U around!



*Angie Fiddler, Interpreter*  
call Angie.

### UNEXPECTED VISITOR...

Residents of 5th Avenue, 7th Avenue and Extended Care Unit had an unexpected visitor... Guess Who?

If anyone knows where to get a air conditioned bunny suit...



*Michelle Beaulne, Manager,  
Material Management*

### WINNER!

Michelle Beaulne, Manager, Materiel Management, was the winner of the Hudson Hospital Auxiliaries Easter Hamper Draw.

**CONGRATULATIONS,  
MICHELLE!**



### Med Student

Thank you so much for taking a picture of me and my son at the hospital today!!

He is our 3 year old "Med Student" who visited Mommy (DeAnna Lance - X-Ray Tech) and Daddy (Bradley Lance - RN in ER) at work today. He wanted to help Mommy and Daddy make people

better, and he did not want to be called Dr. Lance or Dr. Zachary, just Doctor!!

*- DeAnna Lance, M.R.T.(R.), RTR, Diagnostic Imaging Dept*

# ANNOUNCEMENTS & CONGRATULATIONS!

## CHANGES IN NURSING LEADERSHIP RESPONSIBILITIES



We are sorry to announce that Heather Shepherd is taking a new position as the OR Manager at the Orillia Soldiers' Memorial Hospital effective May 4, 2009. Her last day of work will be Friday, May 1, 2009.

We want to thank Heather for her dedication and valuable contribution to our organization. We will ensure the Transformation of Care will continue as her legacy. We wish her well in her exciting new opportunity. She will be missed!

After Heather's departure, the following changes will be implemented in the Nursing department:

- Heather Fukushima, Manager of Non-Acute services will take on the management of ambulatory care services including Day Medicine, Chemotherapy, Stroke prevention, Telemedicine, ACT, Discharge Planning/Bed Utilization and Professional Practice Leader.
- Dean Osmond, Manager of Acute Care and Specialty Areas will take on the management of the Emergency department.

Helen Cromarty, Danielle Collier, Samantha Brooks and Marsha Hamilton along with Joan Cachagee from the THMF program will continue to provide leadership and support to the nursing team.

Thank you for your continued support to our nursing leadership team.

*Barb Linkewich, VP Health Services*

## SECONDARY STROKE PREVENTION NURSE



*Lisa Seamark, Secondary Stroke Prevention Nurse*

We are very pleased to announce that Lisa Seamark has accepted the Secondary Stroke Prevention Nurse position effective April 1, 2009.

Lisa is well-known to the organization having worked for many years on different nursing units and brings several years of nursing experience to the stroke prevention position. You will be able to reach Lisa at Ext. 5112 or by email at [lseamark@slmhc.on.ca](mailto:lseamark@slmhc.on.ca).

Please join me in welcoming Lisa to her new position.

*Heather Shepherd, Senior Manager of Ambulatory Services*

## WELCOME!



Please welcome Leah Lijun Wu to Laboratory! Leah is from Oshawa, a recent graduate from Cambrian College at Sudbury, ON. She worked at West Parry Sound Health Centre before coming here. So glad you joined SLMHC, Leah! ~ SLMHC Staff

## FAREWELL!

Sioux Lookout Meno Ya Win Health Centre will miss Evelyn McKay, Interpreter, who left us March 20th. We wish you all the best wherever your journey takes you!  
~ SLMHC Staff



*Working Hand in Hand with Our Communities to Build a Healthier Future*

*Γησ υς- ∇ΛΓΔ·σρϒ' σςρδ·σερ ϒς ∆εϒυ' Γεδ·δ"δ∇·ησβ'.*

*Travailler main dans la main avec nos communautés pour construire un future plus sain.*

# QUESTION OF THE MONTH...

## WHAT ARE YOU DOING TO GET READY FOR SPRING?



**Helen Cromarty, Special Advisor for First Nations Health**  
*"I am shoveling snow out of my yard."*



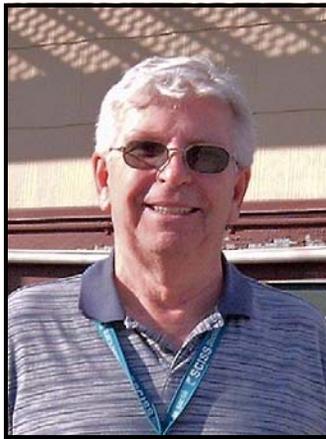
**Barb Linkewich, VP Health Services**  
*"Bringing our boat home to get it ready for summer."*



**Joan Cachagee, THMFS Manager**  
*"Planning and budgeting for our house renovations."*



**Douglas Semple, Special Advisor to CEO and Board Chair**  
*"Getting ready to enjoy it, whenever it gets here."*



**Doug Pierce, Maintenance**  
*"I am picking up all the shells from the sunflower seeds that the birds left. That amounts to about 175 lbs. of the \*\*\*\*\* things."*



**Amy Houtz & daughter Alexa**  
*Development Officer, Foundation*  
*"I'm packing away winter stuff, we're walking & enjoying the nice weather!"*

### From the Sioux Lookout Four Party Services Agreement, signed April 11, 1997

#### Principles

The following principles of service will be used in the new hospital:

- \* high quality service which means that people will be:
  - ⇒ seen promptly or as soon as possible;
  - ⇒ told in a way that is understandable, what the matter and what steps will be taken;

- ⇒ well looked after;
- ⇒ listened to; and
- ⇒ treated with respect, dignity and compassion.

- \* fairness and respect for all patients, residents and staff, with a commitment to move towards employment equity.
- \* respect for the individual's right to confidentiality with care taken to balance this with the collective needs of families and communities.
- \* full and equal access to all insured hospital and related services for all people of the Sioux Lookout District.



## 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 (**animoosh**—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*

## Conversational Ojibwe in the kitchen & dining room....

- I am famished.....Ni-noodeskade.  
 Are you famished?.....Gi-noodeskade na-giin?  
 Do you want to eat?.....Gi-wiiwiisin-na?  
 Let's go eat.....Aanda wiisinidaa.  
 What do you want to eat?.....Wegonen waamiijiyan?  
 Let's cook.....Jii-baakwedaa.  
 Beef meat, I want to eat.....Bizshikiwi'wiiyaas ni-wiimiijin.  
 Rabbit soup and bannock.....Waabooz naabooz gaye bakwezshigan.  
 Macaroni and bannock.....Onagijijiwaaboo gaye bakwezshigan.  
 Let's go to the restaurant.....Wiisiniw'ogamigoong izshaada.  
 He/she cooks good.....Mino zekwe.  
 He/she cooks bad.....Maazshi zekwe.  
 Spoiled rotten, the food is.....Waanaadan.  
 The food tastes good.....Mino poogwan.  
 The food tastes bad.....Maazsh poogwan.  
 Really enjoying the taste of his/her food, (he/she is)....Wiige mino poojige.  
 (He/she) misses her mouth with food....Banajige.  
 (He/she) missed her mouth with food....Gii-banajige.



## TOONIES FOR FRIDAY



SIoux LOOKOUT  
MENO YA WIN HEALTH CENTRE

Foundation

**Building the future of Health Care in Sioux Lookout, one toonie at a time...**

**Funds raised to date: \$1,215.00**

The *Meno Ya Win News* is prepared by:  
Communications & Community Development  
Located at 69 Front Street Site.

All departments are invited to submit news,  
updates to:

Email: danderson@slmhc.on.ca  
Phone: (807) 737-5132  
Fax: (807) 737-5128



## Pizza Fridays



MONEY RAISED TO DATE: \$1,553.00

This fundraising initiative is generously sponsored by:



## JOIN US FOR SPRING CLEAN UP

Friday, May 8, 2009  
2:00 p.m.  
at all the sites.



*We encourage all the smokers to  
especially come out and help!*

Are you working on your birthday?

Join the *Birthday Club*.

Snacks sponsored by the workplace  
Health & Wellness Committee

*See poster for more details!*

### Our Readers Comments

"Dr. Kotalik from the Centre for Health Care Ethics complimented our news letter. Cynthia wrote a great article! Thank you!!"

~Barb Linkewich, VP Health Services

"Looks great! (as usual). TY."

~Roger Walker, CEO & President, SLMHC



SIoux LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

#### Slogan:

*Working Hand in Hand with our communities to build a  
healthier future.*

#### Mission:

We are more than a hospital!

We provide acute and long term care, ambulatory care,  
mental health and addiction services, and community-  
based services to the Sioux Lookout area and to the  
northern First Nations.

We are *Meno Ya Win*:

We stand for: *Health  
Wellness  
Well-being  
Wholeness*

#### Vision:

We will be a *Center of Excellence* for health through

*Enhanced Services  
Partnerships*

*and Care that is Patient Centered, Service Oriented and  
Performance Focused.*

#### Values:

We value compassion, fairness, integrity and teamwork.

We celebrate diversity.

We recognize different pathways to health.

... We do care!

# PHOTO GALLERY



**Kathy Story, Winner of \$100 for health! ...Melissa Zarecki**



**Bruce Siciliano addresses crowd at Lunch & Learn...winners of \$100 for health.**



**Debbie Whalen, Winner of \$100 for health!... Doug Moynihan**



**Health Records Team**



**Heather Shepherd & Joan Cachagee**



**Renee's favorite winter past time on Lac Seul!**



**Nicole Archer, Winner of \$100 for health! ...Doug Moynihan**



**Al Kernohan, Manager of Aramark**

**Peggy Sanders recording SLMHC's 1st radio program at Wawatay Radio Network.**



**Be a GERM BUSTER! WASH your HANDS OFTEN! Thank you!**



**Canoe shape in the entrance way of our new health centre.**



**Angie Cotton Tail**



**Group work, Manager's Retreat**



**Angus Chapman, Interpreter recording SLMHC's 1st radio program at WRN.**



**Sharon Yule with her rock during 'Reflections' at Managers Retreat.**

# "WE DO. SO CAN YOU." LETS ELIMINATE HOSPITAL ACQUIRED INFECTIONS .



JUST CLEAN YOUR HANDS