



SIoux LOOKOUT  
Meno Ya Win  
HEALTH CENTRE

# Meno Ya Win News

December 2009  
Volume 7, Issue 12

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

## Who do we say we are?

*"We do not fully respect the humanity of our fellow citizens—or cultivate our own (humanity) - if we do not wish*

- to *learn* about them
- to *understand* their history
- to *appreciate* the differences between their lives and ours."

~ Martha Nussbaum

## ELDERS COUNCIL MEETING, DECEMBER 15, 16, 17, 2009



**L—R:** Albert Wassaykeesic, Tony Moonias, Andy Mishinene, Tommy Spade, Mr. Beardy, Esther Beardy, Penina Rae, Joan Elsie Winter, Damone Crowe and Agnes Ningewance

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Members of the SLMHC Elders Council traveled to Sioux Lookout from the northern communities to meet for three days, December 15-17, to discuss, make decisions and provide direction on programs for the Traditional Healing, Medicines, Foods & Support Program.

On the first day, the elders had an opportunity to meet local and area medicine men and listen to them speak about various medicines and plants picked and used in this area. The elders exchanged thoughts and ideas amongst each other. It was an enjoyable time for sharing.

Private contractors came to the meeting to present their materials and provide updates on the various projects. Bob Bruyere, Manager at SLAAMB and Virginia Head, Coordinator of the CMIP presented information about the new Interpreters Training Program that is scheduled to begin in February 2010. Another presenter was Cindy Crowe, a private contractor currently working on the Odotesemug Program, a program about safe practices in child delivery. Barb

Linkewich, VP of Health Services, SLMHC, shared information about the study on the Elder Continuum of Care. The study that is now completed takes a good look at how elder care is working in the north and where there are gaps to caring for elders in the north. The report provides recommendations and the information will be shared with the leadership and health care workers in the northern communities.

The elders held a Christmas dinner and gift exchange on the evening of the 17th. Special guests of honor were Roger Walker, the former CEO and his wife, Elin who flew in from Timmins. The elders presented gifts to Roger to show their appreciation for his wonderful work and for all of his support in the development of the Traditional Healing, Medicines, Food & Supports Program. Leaders Chris Cromarty, Ennis Fiddler, Frank Beardy, Kai Koivukoski, Marnie Hoey, Peggy Sanders, all involved in the hospital amalgamation process were also in attendance at the special dinner.

~Traditional Healing Program



## Qmentum Accreditation: Update

**Self-Assessment Surveys:** Congratulations and thank you to SLMHC staff, physicians and board members for successfully completing the self-assessment survey portion of the Qmentum Accreditation process. A grand total of nearly 200 surveys were received by the 14 accreditation teams (each team representing a specific department/area of patient care within our organization). Accreditation Canada has electronically compiled the survey responses, compared these responses to the outlined Standards of Excellence, and provided each team with its own Quality Performance Roadmap (QPR).

**Quality Performance Roadmap (QPR):** The QPR is an electronic document that outlines how our organization's current practices compare to the Standards of Excellence, and identifies specific areas of strength and areas requiring improvement. Teams will use their respective QPR as a guide for continuing to enhance the quality of patient care that our organization provides.

**What's Next?** Teams are currently reviewing their QPR's and are in the preliminary stages of developing their quality improvement action plans. Changes arising from these action plans will be communicated to staff on an ongoing basis.

**Patient Safety Culture Survey:** The Patient Safety Culture survey is a necessary component of the Qmentum accreditation process that will provide valuable insight into staff perceptions of patient safety and will help to measure the presence and degree of SLMHC's safety culture. Staff participation is necessary in order to proceed with the 2010 accreditation process. Selected survey participants will be notified by email in January. As with all accreditation surveys, the Patient Safety Culture survey is anonymous, and the information received from this survey will be used to improve the quality of patient care.

**Worklife Pulse Survey:** The Worklife Pulse survey is another necessary component of the Qmentum accreditation process. The purpose of this survey is to provide a snapshot of our organization's quality of work life. The information gathered from this survey will help us to improve key areas within the work environment and enhance the quality of patient care that we provide. In February, an email will be sent to all full and part time staff requesting their participation in this anonymous survey.

**Your Role:** Input, participation, and support from all staff is necessary in order to achieve our goal of Continuous Quality Improvement through accreditation. You may contact any of the team leads if you're interested in offering hands-on assistance. Information about our 2010 Qmentum accreditation journey will be continually updated on various bulletin boards and will be available on the intranet. For more information, please contact the Accreditation Administrative Support by emailing [mayotte@slmhc.on.ca](mailto:mayotte@slmhc.on.ca) or phoning 737-2877, extension 2025.

**Only 11 months until our on-site accreditation survey visit!**



ACCREDITATION CANADA



## ETHICS

The Sioux Lookout Meno Ya Win Health Centre (SLMHC) is in the process of establishing an Ethics Committee. The working group held its first meeting for a general discussion on the developmental phase that included the purpose, membership, structure, roles and processes. Communications and education will be integral components of the workplan of the committee.

Education is important and as a start, here is some information.

### What is an “ethic”?

*An “ethic” is a moral principle; a set of principles of right conduct*

(from the Dictionary.com)

### What is an Ethics Committee?

An interdisciplinary group of doctors, nurses, clergy, social workers, other staff and outside persons with training in ethical issues, as well as, clinical experience with difficult patient care decisions.

### Why Have an Ethics Committee?

When ethical issues arise related to patient care, first, the health care team and patient/family should attempt to resolve the problems. If the team or patient/family feel it would be helpful to have others assist in the difficult issues, then, the Ethics Committee can be convened.

### The Ethics Committee:

- Supports religious and cultural diversity in the care of its patients;
- Upholds the highest respect for patient's autonomy in decision making;
- Upholds all patients' health care rights and responsibilities;

- Provides education and supports the patient's use of Advance Directives;
- Ensures policies and procedures regarding service provision are ethical (e.g. what happens when we close a service?)
- Ensures corporate policies for staff and physicians are ethical
- Establishes a culture and framework for ethical discussions
- Supports education for ethical care in our hospital

### How does it apply?

#### Examples:

#### 1. End of Life

- a. A patient has made EOL advance decisions on his future care, treatment, and other provisions which may include appointing a power of attorney and other personal wishes. Some family members are opposed to some aspects of the advance decisions.
- Q. As a caregiver, do you respect the patient's directions and wishes or the family's wishes?

#### 2. Nurse escorts

- a. A nurse escort is required for a patient being transferred to another facility, but there is no nurse available.
- Q. Do you assign an on-duty nurse to escort the patient and in doing so, leave the nursing unit short-staffed?

#### Attach: (add web links in the article...too long to print entirely)

1. SLMHC Code of Ethics
2. Statement of Clients' & Health Care Providers' Bill of Rights & Responsibilities.

## PHYSICAL DEMANDS ANALYSIS (PDA)

At the beginning of each year, our organization as part of the WSIB Safety Group, selects five safety elements that it will initiate or improve upon from the Safety Group's Achievement list provided by the WSIB. This year we chose to develop a policy around Physical Demands Analysis and to complete one on each job within the organization.

A Physical Demands Analysis is a systematic procedure to quantify and evaluate all of the physical and environmental demand components of all essential and non essential tasks of a job. PDA is a process of establishing what a job is in its entirety in a way that complies with the Ontario Human Rights Code. A PDA is the cornerstone of the analytical process used to determine compatibility between a worker and the specific job.

We would like to take this opportunity to communicate our success and introduce this new policy to the organization.

*Submitted by: Melissa Zarecki, Chronic Disease Management Lead  
Marsha Hamilton, Infection Control/Staff Health Nurse*

*Continued page 5...*

# ACCESSIBILITY CUSTOMER SERVICE WORKSHOP

People with disabilities represent a significant and growing part of our population. Approximately 1.9 million or 16% of Ontarians have a disability now. With an aging population and within 20 years that rate is expected to be at 20%. In January, 2001 the Ontarians with Disabilities Act was enacted with the purpose of improving access and inclusiveness for people with disabilities. The Accessibility for Ontarians Disability Act (AODA) 2005 applies to both Public and Private Sectors covering every aspect of daily living available to the population.

By the year 2025 the goal of AODA is to ensure that all Ontarians with Disabilities have full access to goods, services, facilities, accommodation, employment, building structures and premises. There are five important accessibility standards with the AODA.

1. **Customer Service** – service delivery to the public (and understanding what good customer service is)
2. **Transportation**—standard is still under development
3. **Information and Communications** – information processing and communications. This can include publication, software applications and websites
4. **Built Environmental**—access to, from and within building and outdoor spaces. Can also include counter heights, aisle/door widths, parking and signs, pedestrian routes and signal system
5. **Employment** – hiring and retaining employees. May include employment practice, policies and processes such as job advertisements and interviewing

## Who is a person with a disability: “Disability” means:

- a. any degree of physical disability, infirmity, malformation or disfigurement that is caused by bodily injury, birth defect or illness and, without limiting the generality of the foregoing including diabetes, epilepsy, brain injury, any degree of paralysis, amputation, lack of physical coordination, blindness or visual impediment, deafness or hearing impediment, muteness or speech impediment or physical reliance on a guide dog or other animal or on a wheelchair or other remedial appliance or device
- b. A condition of mental impairment of development disability..... or
- c. A learning disability or a dysfunction in one or more of the processes involved in understanding or using symbols or spoken language ..... or
- d. A mental disorder.....or
- e. An injury or disability for which benefits were claimed or received under the insurance plan established under the Workplace Safety and Insurance Act, 1997

Over the last two months the hospital has been running a number of Accessibility Customer Service workshops for staff. If you have already attended the workshop, we thank you for coming and the reaction from staff was that this was a good workshop for all to attend and each person took something different away from the learning opportunity. We know that for many staff this was a basic review of what customer service is. We also realize that for many of our staff these basics are taught in your schooling. **This is PSP in action – Patient Centered, Service Oriented and Performance Focused Care.** We needed to make

sure that all staff received the same information and a basic understanding of the Act and a review of customer service expectations. Even if we all feel like we give great customer service to all who come in our doors and between peers in the hospital, we can and will continue to grow and learn to do it better. Each of us is a mentor for new staff that we can share how important it is to meet the needs of the individual person that we dealing with. This Accessibility Customer Service workshop is just one of the steps in PSP.

A brochure is being designed that we can give out to all our Volunteers, Contractors or to even the public if they request to know what we are doing for our staff.

## What is Good Customer Service.....

- ▶ Treating people with dignity and respect
- ▶ Making people feel comfortable and valued
- ▶ That each person has a name, is treated as an individual, has a need and knowing what to do to meet their needs both internally and externally
- ▶ Staff knowing what their role is in customer service and who their customers actually are
- ▶ Communication is important as is about teamwork, cooperation and manners
- ▶ Customer service comes from the heart
- ▶ Follow-up as needed and doing what we say we are going to do or offer
- ▶ Great service begins with anyone and everyone in the organization

We want to thank staff for all their suggestions about barriers in the hospital and departments. In January we will be reviewing those barriers and looking at what we can do. We know that we can't fix all the problems, but maybe we can make a difference in a few areas.

It is also important to look at any information that we give out to the public and make sure that our communication is clear and concise. We need to review our font size for printed material within our departments if we are giving pamphlets out to the public. We need to keep our hallways clear and uncongested for people trying to get through them. **We still have a lot to do before 2025 but each one of us can make a difference in our day to day dealings with people.**

From DECEMBER 18 to JANUARY 14<sup>th</sup> All Staff that have not attended the ACCESSIBILITY CUSTOMER SERVICE WORKSHOP **MUST complete the on line version of the workshop by JANUARY 14th. There is a short test to let us know that the workshop has been completed.** By doing the online session it is also important to discuss with your peers the barriers that you have come up against, how they have been looked at, discuss some of the great customer service that you do as individuals or in your department and what you can continue to work on in the future to make a difference to all. There will be policies send out by email for all staff to read in January. This will be part of our ongoing education.

To access this on line education you must ...read the ALL USERS EMAIL that has been sent out and go on to the LINK.

~Melissa Zarecki and Sharon Yule – Trainers

## Self-Propelled Travellers



*Dave Allcorn and Andrew Bilz*

4700 km across Europe by foot, bicycle, kayak... anything that doesn't burn fossil fuels. That's the expedition Dave Allcorn and I, Andrew Bilz, intend to begin in January, 2010. We anticipate it will take us between five to six months.

Dave Allcorn is originally from England and recently fell in love with the incredibly vast wilderness of Northern Ontario, and even more importantly a Canadian woman, and is now a permanent resident of Canada. He has travelled all over the world, and especially Africa where he guided with a tourism company for two years. Currently he is guiding polar bear tours in Churchill, Manitoba for Frontiers North Adventures. This European expedition is Dave's baby through and through, but when he asked me about wanting to join, it took me less than 24 hours to tell him I was absolutely on board.

I was born and raised in the Ottawa valley, a small town boy and grateful for it. I am currently working as a physiotherapist at the hospital in Sioux Lookout, a town of pop. 5000 located in North Western Ontario. This town seems to attract all sorts of interesting and bizarre characters, which explains how I met Dave here. I have also worked as a physiotherapist in the North Western Ontario towns of Nipigon and Atikokan, as well as Vernon, British Columbia, and have taken opportunity to travel in between jobs.

Dave and I share a strong passion for the idea of self-propelled transportation. I believe that my passion was developed partly through observing the beauty of North Western Ontario wilderness contrasted by the onslaught of gas-guzzling vehicles at 'rush-hour' in towns that takes 15 minutes to walk from one end to the other. To commute to work, the grocery store, friend's houses, etc, I have used my feet, a bicycle, a unicycle, cross-country skis, snowshoes and a canoe. A few specific examples include cross-country skiing down the street in a snowstorm to pick up a movie in

Nipigon, a regular paddle up river to work in Atikokan, snowshoeing across the lake for wing-night at the pub in Sioux Lookout and hunting partridge from a bicycle in all three towns (I should probably specify 'outside of town').

Last summer, between jobs in Atikokan and Sioux Lookout, I travelled around Nova Scotia and Newfoundland by mountain bike for over three months. It was an extremely challenging, rewarding, and life-changing experience, full of adventure and surprises, which is why I didn't hesitate when Dave proposed another self-propelled travel plan.

Beginning in Athens, Greece we intend to work our way through former Yugoslavia, Italy, France, and then finally to Cape Finisterre, the Westerly most point in Spain. This expedition is largely for our own enjoyment, I'm not going to lie. We are really looking forward to experiencing the geography and the culture and company of local people at the pace that our feet, wheels and paddles will allow. Of equal importance however, we feel that this expedition is an excellent opportunity to encourage and inspire others to explore the option of self-propelled transportation. We will be doing this at a grassroots level, by example, presentations in communities, our blog, and any other method that may present itself (a short article maybe?).

There are at least six important benefits that make Dave and I so passionate about the option of giving motors a rest: 1) The environmental benefits of reducing fossil fuel emissions 2) The health benefits of decreasing air pollution 3) The health benefits of increasing physical activity (physical and mental health) 4) The health benefits of getting out there and interacting more directly and creatively with the natural world (emotional and spiritual health) 5) The social benefits of getting out of our fast moving vehicles and crossing paths with each other on the sidewalks 6) The financial benefits (saving on the cost of gas, vehicle wear and tear, and perhaps even a gym membership)

In summary, self-propelled transportation is good for us as individuals, for us as communities and for our world as a whole. And on the flip side, I won't get into the harsher negative aspects of using motors, namely the statistics pertaining to death and injury caused by motor vehicle accidents. It's not quite as deadly to hit a moose on a bicycle. Sometimes I wonder if perhaps the overuse of motor vehicles in our society is an addiction-type problem that is largely overlooked, because we are afraid of being inconvenienced if we begin to address it. Is it possible that we've taken the automobile for granted, and assume it as necessary for our survival, when it is actually a detriment to survival? Often what is seen as convenient on the surface is in fact the very thing that does us the most harm in the end...something to think about.

If you are interested in keeping tabs on our ins and outs and whereabouts on our European expedition, you can check out our blog: <http://www.travelblog.org/Bloggers/self-propellers/>

Happy Trails,  
*Andrew and Dave*

## Free Holiday Cheer

Take a deep breath and sing the following song (just to yourself if you're shy) ... knowing that even a little warbling gives your lungs a mini-aerobic workout:

### The 12 Days of Wellness

On the first day of wellness, my own self gave to me  
Permission to feel carefree

On the second day of wellness, my own self gave to me  
Two turtle chocolates  
And permission to feel carefree

On the third day of wellness, my own self gave to me  
Three knee bends  
Two turtle chocolates  
And permission feel carefree

On the fourth day of wellness, my own self gave to me  
Four calling cards  
Three knee bends  
Two turtle chocolates  
And permission to feel carefree

On the fifth day of wellness, my own self gave to me  
Five golden things...  
Four calling cards  
Three knee bends  
Two turtle chocolates  
And permission to feel carefree

On the sixth day of wellness, my own self gave to me  
Six kids a-playing  
Five golden things ...

On the seventh day of wellness, my own self gave to me  
Seven sessions swimming  
Six kids a-playing  
Five golden things ...

On the eighth day of wellness, my own self gave to me  
Eight mugs with milk in  
Seven sessions swimming  
Six kids a-playing  
Five golden things...

On the ninth day of wellness, my own self gave to me  
Nine classes dancing  
Eight mugs with milk in

Seven sessions swimming  
Six kids a-playing  
Five golden things...

On the tenth day of wellness, my own self gave to me  
Ten reps of lifting  
Nine classes dancing  
Eight mugs with milk in  
Seven sessions swimming  
Six children playing  
Five golden things...

On the eleventh day of wellness, my own self gave to me  
Eleven puzzles puzzling  
Ten reps of lifting  
Nine classes dancing  
Eight mugs with milk in  
Seven sessions swimming  
Six kids a-playing  
Five golden things...

On the twelfth day of wellness, my own self gave to me  
Twelve jokers joking  
Eleven puzzles puzzling  
Ten reps of lifting  
Nine classes dancing  
Eight mugs with milk in  
Seven sessions swimming  
Six kids a-playing

Five golden things...and permission to feel carefree!

**To all:** Jokes help release feel-good chemicals into your bloodstream; puzzles keep your mind sharp; strength training maintains vitality; dancing is fun aerobic exercise; eight mugs of milk give you a day's calcium; swimming delivers a workout without wearing down your joints; playing children keeps you young; rewarding yourself with "golden things" keeps you motivated; calling cards ensure that you're prepared for emergencies; knee bends promote flexibility; chocolate contains disease-fighting antioxidants. Feeling carefree helps keep blood pressure down—and the knowledge that how you feel is up to you is perhaps the greatest gift you could give yourself this holiday season.

This Holiday Greeting is brought to you by the members of the Workplace Health & Wellness committee:  
*Marsha, Melissa, Sonya, Amber, Rhea, Stephanie, Elaine, Colleen, Sandra, Doug and Sharon.*

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

*Γνωστέον ὅτι ἡ ἀνάπτυξη τῆς κοινότητός μας ἐξαρτᾶται ἀπὸ τὴν ἀλληλεγγύη καὶ τὴν ἐπιμέλειαν.*

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

# Door Decorating Contest – 2009 The Twelve Days Before Christmas

**TOP 4 WINNERS**  
for the 2009 Door Decorating Contest are:



*Rehabilitation  
Department*



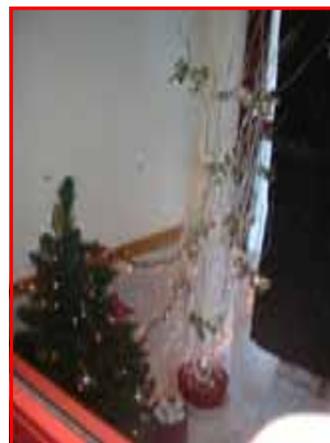
*Laboratory  
Department*



*1 Hot Pack, 2 Bar Bells, 3 Small Steps, 4  
Wheeled Walker, 5 Golden Canes, 6 Deep  
Breaths, 7 Back Stretches, 8 Transfer Belts, 9  
Theraband Stretches, 10 Deep Massages, 11  
Accu Needles, 12 Appointment Cards!*



*Diagnostic  
Imaging  
Department*



*Extended Care Unit*

## Door Decorating Contest – 2009 The Twelve Days Before Christmas Honourable Mentions



**Mary Spray & Elaine Pace, CCAS**

As we express it to ourselves and each other  
We allow each one to heal!

Number eight is magnanimity  
Meaning largeness of heart  
Many things would easily be resolved  
If we use this virtue from the start.

Nine is the next number  
This virtue is oh so dear!  
For we all want to experience Loyalty,  
Of this we want to hear.

Ten means Christmas is approaching  
Time to look deeper into the heart  
Gratitude for all that we are given  
Opens us to new blessings which life imparts!

Eleven refers to the "11<sup>th</sup> hour",  
A sense of time running out  
Steadfastness can be useful here  
At times it's all we're about!

The twelfth virtue is associated with the Christ Child  
This virtue we all want to feel  
So let's find new ways this Christmas season  
To joyfully express Peace, that is heart-felt and real!

**Merry Christmas! Feliz Navidad!  
Joyeux Noel!**

~ Elaine Pace and Mary Spray, CCAS

**T**welve days before Christmas  
Is this year's door decorating theme  
A whole different way of depicting this  
Is what we have begun to glean.

Twelve indeed is the number  
Yet virtues this relates to  
Twelve specific virtues  
Which want to come through!

The first one is Honesty  
Exemplified by the moose  
Who makes his way through the marshland  
A "swamp donkey" on the loose!

The second one is Bravery  
Exemplified by people here young and old  
That has to be a chief quality  
Of those who live here in the cold!

The third one is Compassion  
We hear about this one a lot  
For health care workers we all are  
Dispensing services from the heart!

The fourth one is Understanding  
The mind can often be used this way  
As we attempt to walk in another's shoes  
Their thinking to embrace!

Number five is receptivity  
Mother Earth shows us the way  
As she humbly awaits the Sunrise  
At the beginning of each new day!

Number six is inclusivity  
Drawing in the nations one by one  
Many ways to express belonging  
As we gather around the drum!

Number seven is loving kindness  
That which we all want to feel



**Diane Curtis & Melissa Ayotte**



**Helen Kowalow,  
Housekeeping**



**Pharmacy Department**



**B-Ward**



**B-Ward**



**Maureen Oakley,  
Executive Assistant**



# Welcome & Farewells



Emily King

We are pleased to announce that Emily King has joined the Traditional Healing, Medicine, Food and Support Program as the Interpreter Coordinator.

Emily is a member of Kingfisher Lake First Nation and has lived in Thunder Bay for the past 10 years. She has 2 children and one grandchild.

Emily has worked on special projects with the THMFSP since 2005. She brings a wealth of knowledge and experience in the

health care field within our service area and SLMHC is very happy to have her on board. Emily speaks the Oji-Cree language fluently and will be a great asset to our organization. Please join us in welcoming Emily!

Emily can be reached at 737-8835 or [eking@slmhc.on.ca](mailto:eking@slmhc.on.ca).



~Joan Cachagee, Manager of Traditional Healing, Medicine, Food



L—R: Doug Moynihan, Rehabilitation Manager; Angie McCleary, Rehab Clerk; Curtis MacDonald, Assistant; Rachel Carter-Wilson, Physical Therapist; Andrew Bilz, Physical Therapist; Cameal Sinclair, Physical Therapist.

**A Fond Farewell** to Andrew Bilz, travelling Physio extraordinaire! Andrew is venturing to Europe to promote awareness of climate change and environmentally friendly living practices. Watch for his updates and blog in the newsletter. We will miss his fuzzy beard, smile and caring spirit. Clients will miss his enthusiasm and command of the Oji Cree language. Bon Voyage Andrew, we will see you this summer!

We are pleased to announce that Lacey Daberer has joined Laboratory Department as a full time Lab Assistant effective September 28, 2009.

Lacey is happy to be here and enjoys her job with the Laboratory Department. She would like to thank SLMHC for the opportunity and experience in Sioux Lookout.

She can be reached at ext. 2140 or by email at [ldaberer@slmhc.on.ca](mailto:ldaberer@slmhc.on.ca).

Please join Laboratory Department staff in welcoming her to Sioux Lookout Meno Ya Win Health Centre.

~Karen Parent, Manager, Laboratory Department



Curtis MacDonald

Another new staffer is Curtis MacDonald, Rehabilitation Assistant. Curtis hails from Kincardine, Ontario. A recent graduate from Humber College, Curtis brings a delightful sense of humor, energy and artistry to the department. You will see him in action at both the 5<sup>th</sup> & 7<sup>th</sup> Avenue sites helping our clients get moving again. Be sure to give Curtis a "high 5" when you see him.

~Rehabilitation Department



Cameal Sinclair

In our far and wide recruitment efforts, we have the pleasure of welcoming Cameal Sinclair Physical Therapist back to our Rehabilitation team. Cameal was a student here at S.L.M.H.C. last year. She could not stay away, and returned with dreams of taking long walks on the beaches. However she soon realized a set of long johns and a down filled jacket were first on order! Please welcome Cameal, and be it known that she will never turn down a cup of Hot Chocolate.

~Rehabilitation Department

# Happy Holidays!

from the Merry Physio Crew:  
Doug, Rachel, Angie, Curtis & Cameal



Christine Taverns & Anne Wellwood

**Admitting Week**  
Congratulation for all the hard work!



Nicole Robertson, a new Activation Worker with Caroline Rochefort of Kitimavik.



**L—R:** Marie Eliuk, Eileen Baisch, Edna Robertson and Ray Legros, CCAS Counselor. **Missing:** Irene Shields, Gwen Lillie, Joanne Page

## Thank You!

On behalf of Community Counseling and Addiction Services, I would like to say thank you to the ladies from the Senior Center and Sioux Towers for a successful campaign. These wonderful ladies took the time to knit toques and mitts for our day program clients. Thank you for making a difference in their lives.

~Ray Legros, CCAS Counselor

The Sioux Lookout Meno Ya Win Health Centre Foundation is dedicated to raising funds for the new hospital, general equipment needs, and the W.A. George Extended Care, in order to enhance health care in our community. The following is a list of funds that **YOU** can donate to:

- CT Scanner
- General
- Mammography
- New Hospital
- WA George Extended Care
- Hospital Equipment



SIoux LOOKOUT  
MENO YA WIN HEALTH CENTRE

# Foundation

To make a donation, call Kathryn Davidson, Interim Development Officer, SLMHC Foundation at 807-737-7997 — cell 807-738-0566 or view our website at [www.slmhc.on.ca](http://www.slmhc.on.ca) and please visit our office at 69 Front Street. Thank you!

## A Christmas Adventure with Grandma

I remember my first Christmas adventure with Grandma. I was just a kid. I remember tearing across town on my bike to visit her on the day my big sister dropped the bomb. "There is no Santa Claus," she jeered. "Even dummies know that!" My Grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth, and I knew that the truth always went down a whole lot easier when swallowed with one of her wonderful cinnamon buns. I knew they were world-famous, because Grandma said so. It had to be true.

Grandma was home, and the buns were still warm. Between bites, I told her everything. She was ready for me. "No Santa Claus?" she snorted, "Ridiculous! Don't believe it. That rumour has been going around for years, and it makes me mad, just plain mad!! Now, put on your coat, get in the car, and let's go."

"Go? Go where, Grandma?" I asked. I hadn't even finished my second world-famous cinnamon bun.

"Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything. As we walked through its doors, Grandma handed me ten dollars.

That was a bundle in those days. "Take this money," she said, "and buy something for someone who needs it.

I'll wait for you in the car." Then she turned and walked out of Kerby's.

I was only eight years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping. For a few moments I just stood there, confused, clutching that ten-dollar bill, wondering what to buy, and who on earth to buy it for. I thought of everybody I knew: my family, my friends, my neighbours, the kids at school, and the people who went to my church.

I was just about thought out, when I suddenly thought of Bobby Decker! He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class.

Bobby Decker didn't have a coat. I knew that because he never went out at recess time during the winter. His mother always wrote a note, telling the teacher that he had a cough, but all we kids knew that Bobby Decker didn't have a cough; what he didn't really have was a good coat.

I fingered the ten-dollar bill with growing excitement. I would buy Bobby Decker a coat! I settled on a deep red corduroy one that had a hood to it. It looked really warm, and I knew that he would like that.

"Is this a Christmas present for someone?" the lady behind the counter asked kindly, as I laid my ten dollars down. "Yes, ma'am," I replied shyly. "It's for Bobby Decker."

The nice lady smiled at me, as I told her about how Bobby really needed a good winter coat. I didn't get any change, but she placed the coat in a colourful bag, smiled again, and wished me a Merry Christmas.

That evening, as Grandma helped me wrap the coat, a little tag fell out of the coat, and Grandma tucked it in her Bible. The coat was wrapped in nice Christmas paper and red ribbons and we wrote a nice label that read, "To Bobby, From Santa Claus".

Grandma said that Santa always insisted on secrecy. Then she drove me over to Bobby Decker's house, explaining as we went that I was now and forever, officially one of Santa's helpers.

Grandma parked down the street from Bobby's house, and she and I crept noiselessly and hid in the bushes by his front walk.

Then Grandma gave me a nudge. "All right, Santa Claus," she whispered, "get going." I took a deep breath, dashed for his front door, threw the present down before the door on his stoop, pounded his door and flew back to the safety of the bushes and Grandma.

Together we waited breathlessly in the darkness for the front door to open. Finally it did, and there stood Bobby, peering into the dark night. And then I felt a really warm thrill course through my being.

Fifty years haven't dimmed the thrill of those moments spent shivering, beside my Grandma, in Bobby Decker's bushes.

That night, I realized that those horrid rumors about Santa Claus were just what Grandma said they were: Ridiculous!

Santa was alive and well, and we were all on his team.

When Grandma went to heaven, she left the Bible for me. I still have the Bible, with the coat tag tucked inside: \$19.95.

**May you always have LOVE to share,  
HEALTH to spare and FRIENDS that care.**

*Submitted by Sharon Yule, Volunteer Coordinator and Special Projects Manager*

## UPCOMING CELEBRATION OF PEOPLE EVENT!

The next Sioux Lookout Meno Ya Win Health Center's CELEBRATION OF PEOPLE Annual dinner will be held on Wednesday, February 3, 2010.

We would appreciate if everyone would review the following list of the staff so that we can all recognize those who have contributed to the success of the Sioux Lookout Meno ya Win Health Centre. Managers, please send your staff profiles to Sharon Yule.

### 5 Years

Denise Williams  
Maureen Oakley  
Albert Wiebe  
Judith Dawes  
Georgette Tolar  
Christine Tavares  
Fulvio Franceschini  
Scott Dell  
Trish Hancharuk  
Cynthia Squires-Peyton  
Irene Hutchinson  
Siobhan Moran  
Jennifer Livingston  
Tina George  
Melanie Sawatzky  
Margaret Kimball  
Mary Spray  
Nicole Robertson

Amber Brohm  
Beatrice Angeconeb  
Gaetano Cospito  
Doug Moynihan  
Wayne King  
Raili Koval  
Brad Caughell

### 10 Years

Dorelene Kusick  
Maria Turtle  
Nancy Maceachern  
Sean Maceachern  
Brenda Ropek  
Marion M. Tarrant  
Anna Wellwood  
Deanna Lance  
Brenda Voth  
Christine Rivard

### 15 Years

Lori Bennett  
Heather L. Fukushima  
Susan Anderson  
Eva M. Kakepetum

### 20 Years

Vickie Ewings  
Patricia Dasno

### 25 Years

Margie Le Gros  
Domenica Ticino  
Marlene Leadbeater  
Dianna Marie Bridgwater

### 30 Years

Joanne Page  
Valerie Anderson  
Susan Jeffery



SIoux LOOKOUT  
Meno Ya Win  
HEALTH CENTRE

## Season's Greetings!

*Wishing everyone health, wellness  
& a prosperous New Year!*

*- Board & Staff*

*Sioux Lookout Meno Ya Win Health Centre*

## Holiday Thank you

A huge *Holiday Thank you* to all the Hospital Staff that got involved in both the Door Decorating contest and general holiday decorating through out all the hospital sites. There have been lots of WOW's, Isn't this pretty, Look at all the work that has been done, nice Christmas decorations and many other comments from patients, residents, and visitors and staff. Your efforts were worth it in bringing the Holiday spirit to SLMHC.

*~From the Health and Wellness Committee*

## WANTED

Gently used books and magazines for the Volunteer Book Cart that has been set up for the 5th Avenue hospital site. These will be given out to patients. We hope to have enough books and magazines to have a variety for the patients.

If any one has the game "TROUBLE" that they want to get rid of we will be glad to take it off your hands. Please leave materials in a box at 5th Avenue Admitting.

# QUESTION OF THE MONTH... WHAT DO YOU WISH FOR CHRISTMAS?



**Dianne Bridgwater, OR Booking Clerk**  
"Family time & peace on earth."



**Glendene Schardt, OR RN**  
"I wish to have all of my family and children together in Sioux and enjoy the holiday season with them. To wish everyone a Merry Christmas & Happy New Year."



**Rob Tremble, Admitting**  
"A Great Holiday and even greater Year ahead for everyone!"



**Helen Cromarty, Special Advisor on First Nations Health**  
"I wish you all health & happiness with your families, friends and homes."



**Kevin Chaval, Registered Nurse**  
"I wish to be rockin' out in glorious pair of Vibrams Five Finger Shoes, so I may cruise the country side in freedom or have my student loans paid for."



**Amanda Lelonde, Admitting Clerk**  
"I wish that my family stays in town this year so we can enjoy the holidays together."

## 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 is 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.





*Staff Association Executive  
Special Thank you for organizing a great  
Christmas Party! Merry Christmas!*



*Door Decorating Contest Judges for 2009!*

*A Special Thank you to All Staff who  
helped to bring the holiday spirit to the  
various hospital sites by decorating your  
doors, departments and offices!*



*Girl Guides,  
Thanks for your help in decorating the  
Christmas tree! Merry Christmas!*



**Community Counselling  
&  
Addiction Services**



## **Share for Hope Program Looking for Speakers**

### **Update**

November 17<sup>th</sup>, 2008 marked the commencement of the Share for Hope program. This program was designed to provide inspiration and hope to individuals residing at the Out of the Cold Shelter and has been well received by the shelter residents.

Every Monday morning at 7:30 a.m. a volunteer from the community comes into the shelter to share their story. They speak for 30-40 minutes about what their life was like when they experienced little or no hope, steps they took to overcome their own life struggles/issues, the supports used, and life after change. The speakers talk about issues as those faced by the Out of the Cold residents.

### **Looking for More Speakers**

To date we have had 36 speakers and we are looking for more. The goal is to continue to provide this service long-term. We would like to invite you to contact Trish Hancharuk at 737-7207 or 737-4506 to book a date to speak. Your story could be the turning point for someone to have the courage to change their life!

### **Some Ideas to Share About**

- Homelessness and your journey into housing
- Battle with mental health and addiction issues and your journey to wellness.
- Coming from a chaotic upbringing (i.e. parental substance abuse, fighting), how this affected you and steps taken to have a different life.
- Residential school impact and your healing journey
- Experience with trauma/abuse and the impact this had on your life, along with how you healed to have a better life.
- Unresolved grief and steps taken towards acceptance.
- Having a loved one struggling with an addiction issue, the impact this has had on the family, and how the loved one got better.

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

*Handwashing  
is the most  
effective way to  
fight the germs!*



**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*

**WORDS/PHRASES IN OJI-CREE ROMAN ORTHOGRAPHY**

**Drink**

Would you like a drink?.....  
 Do you want tea, coffee, juice or water? .....

**Minikwewin**

Giwiiminikwe na?  
 Kegenon waaminikweyan, aniibiishaaboo, makadewimash-kikiiwaaboo, shiwaaboo naanda nibi?

**Thirst**

Are you thirsty? .....  
 Is he/she thirsty?.....  
 He/she is thirsty.....

**Pahkaabaakwewin**

Gipahkaabaakwe na?  
 Pahkaabaakwe na?  
 Pahkaabaakwe.

**Hungry**

Are you hungry? .....  
 Is he/she hungry? .....  
 He/she is hungry.....

**Noodeshkadewin**

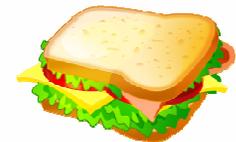
Ginoodeshkade na?  
 Noodeshkade na?  
 Noodeshkade.

**Food**

What do you want to eat?.....  
 Do you want a sandwich? .....

**Mijim**

Kegenon waamijiyan?  
 Ahpajigan na giwii-amwaa?  
 Kego-ahpajigan waayamwach?  
 Kinooshe, Bagaanibimide egwa baashkominisigan, wiiyaas



Translation Provided by: Larry Beardy, Sioux Lookout, Ontario  
 Document Created by: Communications & Community Development, SLMHC

**TOONIES FOR FRIDAY**



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

**Funds raised to date: \$1,306.20**

The *Meno Ya Win News* is prepared by:  
Communications & Community Development dept

All departments are invited to send updates to:

[danderson@slmhc.on.ca](mailto:danderson@slmhc.on.ca)



SIoux LOOKOUT  
MENO YA WIN HEALTH CENTRE  
Foundation

## Pizza Fridays



MONEY RAISED TO DATE: **\$3,697.00**

This fundraising initiative is generously sponsored by:



## Interpreter Services at SLMHC

- ☑ Interpreter services are available in the Oji-cree, Ojibway, and Cree languages (dialects of the SLMHC service area).
- ☑ Interpreters are available at the 5th and 7th Ave Sites, and at the William "Bill" George Extended Care.

### Hours of Service

#### Monday to Friday

7:00 am—7:00 pm at 7th & 5th Ave Sites—float  
4:00 am—7:00 pm at Extended Care  
7:00 pm—9:30 pm at 5th Ave Site—float  
9:30 pm—12:00 am (mn) at 7th Ave Site—float

#### Saturday & Sunday

7:30 am—7:30 pm at 5th Ave Site—float  
4:00 pm—7:00 pm at Extended Care  
7:00 pm—12:00 am (mn) at 7th Ave Site—float

## NEW WEBSITE COMMENTS

"I really like the new website, it looks really great".

~Sonya Fewer, Manager, Health Records

"I'm impressed!" ~ Irene Dube, Communications,  
SLFNHA

## CORRECTION

Please accept our apologize for the mistake of the job title and extension # of Michelle Farlinger, on page 6 of the October/November 2009 issue. Michelle Farlinger is a Health Information Management and can be reached at ext. 2129.



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 culturally responsive acute, long term and ambulatory care, mental health and addiction services, and community-based and traditional healing 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  
Performance focused*

### Values:

We value compassion, fairness, integrity and teamwork.

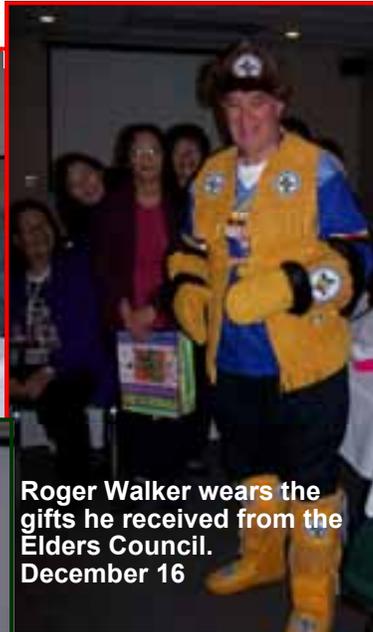
We celebrate diversity.

We recognize different pathways to health.

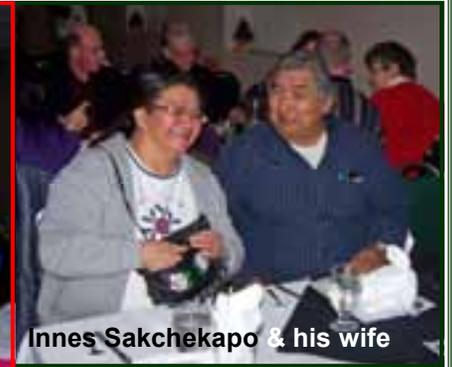
... We do care!

# PHOTO GALLERY

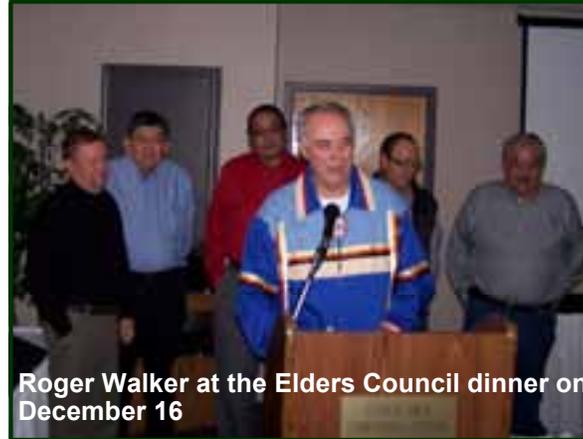
Joan Cachagee, Doug Semple and Jim Hudson at the Elders Council meeting on December 15



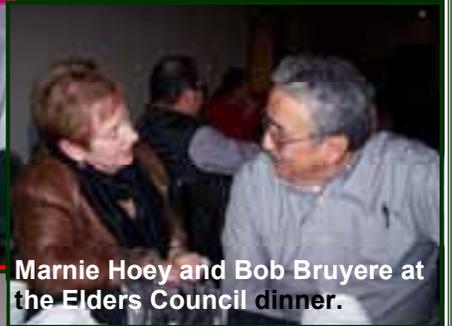
Roger Walker wears the gifts he received from the Elders Council. December 16



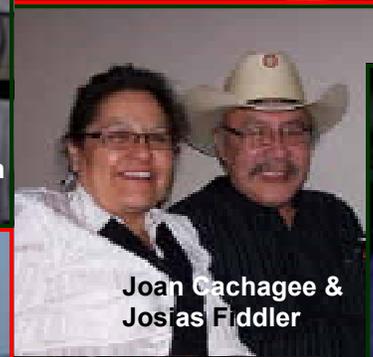
Innes Sakchekapo & his wife



Roger Walker at the Elders Council dinner on December 16



Marnie Hoey and Bob Bruyere at the Elders Council dinner.



Joan Cachagee & Josias Fiddler



Damone Crowe, Penina Rae & Agnes Ningewance



Grandfather Rocks observe quietly at the construction going on around them.....



Peggy Sanders



Michelle Hrychuk, Amanda Lelonde, Fannie Streicher, Delilah Anderson, Bobbi Beerthuizen



Elders Council members visit hospital work site, December 17



Virginia Head



Josephine King



Tommy Chisel



Cindy Crowe



## Holiday Greetings

During the Holiday Season our thoughts turn gratefully to those who have made our success possible.

It is in this spirit we **thank you**, and send warm wishes for a wonderful holiday and a Happy New Year!

*The Sioux Lookout  
Meno Ya Win  
Health Centre Foundation  
Board of Directors.*



## CT Update

The total cost to finish, furnish, and equip the CT space at the new facility is an estimated \$1,850,000. The Wasaya Group including Wasaya Airlines, the Wasaya communities, and several other First Nations have led the way in raising funds by committing over a million dollars to the project.

Another \$750,000 needs to be raised. Your donations to the CT Fund bring us one step closer to enhancing services at the Sioux Lookout Meno Ya Win Health Centre, improving diagnosis, treatment and health outcomes for patients.

## Opening the Doors Campaign

Together we have laid the **foundation** for quality health care for our communities; together we have raised the **walls** that will encompass world class equipment and services for our patients; and together we have built the facility that will **house** the New Sioux Lookout Meno Ya Win Health Centre.

Now it is time to help us **open the doors**.

The Sioux Lookout Meno Ya Win Health Centre Foundation's Opening the Doors Campaign is set to start in January 2010. This campaign will focus on raising funds for equipment and furnishings for the new hospital – our goal is \$1.5million.

It is an exciting time...what we have been working towards for so long will soon be a reality!

# Making a Difference...Now and for the Future

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 new hospital, equipment needs, and the W.A. George Extended Care in order to enhance health care in our community – **Now and for the Future**.

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 Meno Ya Win**.

## Ways to Give

- General Donation
- Special Occasion Giving
- In Memory
- Make a Pledge
- Planned Giving
- Employee Payroll Deduction

## Where you can direct your funds

- New Hospital
- General Equipment
- CT Scanner
- Mammography
- W.A. George Extended Care

## Upcoming Events

### Opening the Doors Campaign

Beginning January 2010

Help us reach our goal of raising \$1.5million for furnishings and equipment! For information on this Campaign, or any of our upcoming events, please contact the Development Office at 807-737-7997.

### Tree of Hearts

February 2010

This February we invite you to participate in our 13<sup>th</sup> Annual Tree of Hearts Campaign.

Purchase a light at participating businesses for \$10.00 in memory of, or in honour of, someone special in your life.

Last year the hearts were lit the week of February 9<sup>th</sup> at the Sioux Lookout Meno Ya Win Health Centre's 5<sup>th</sup> and 7<sup>th</sup> Avenue sites, and at the William A. George Extended Care Facility. Proceeds went towards the purchase of a vital signs monitor.

### Alumni Socials

Winnipeg, MB May 1, 2010  
Kelowna, BC May 8, 2010

Two fundraising socials will be held this spring to bring together former Sioux Lookout residents currently living in the Winnipeg and Kelowna areas. The purpose of the event is to reunite former residents in the spirit of giving back to their home town, by raising funds for the Sioux Lookout Meno Ya Win Health Centre Foundation. Barbara Bowes who came up with the idea will be organizing the Winnipeg event, and Norm Sandvic, with the help of Heather Schaub, will be organizing the social in Kelowna.

### Bearskin Charity Golf

June 2010

During the past 11 years this event has raised \$250,000 for the new hospital facility. Join Bearskin Airlines this June for the 12<sup>th</sup> Annual Bearskin Charity Golf Classic. For Sponsorship Information, call 807-577-1141.

### Ball Caps for Sale

The Foundation is selling Ball Caps for \$20.00 each. Purchase your hat in support of the new hospital by calling 737-7997.

