



SIoux LOOKOUT
Meno Ya Win
 HEALTH CENTRE

Meno Ya Win News

January 2010
 Volume 8, Issue 1

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

SLMHC - on a journey in the Transformation of Care

*Patient Centered,
 Service Oriented
 Performance Focused*



SIoux LOOKOUT MENO YA WIN HEALTH CENTRE HIRES NEW CHIEF EXECUTIVE OFFICER



David Murray

capable management group we already have within our hospital”, said Frank Beardy co-chair of SLMHC. “Certainly this strength will also help him in establishing a good working relationship with the First Nations whose communities make up 85% of SLMHC’s service area”.

“I am pleased and honoured to have been chosen to continue the excellent progress that has been made to establish Meno Ya Win as a Centre of Excellence. The commitment to partnering has served all of the people of this area well. This is a very exciting opportunity and I look forward to learning in detail about the challenges and hopes for health care in the area and especially how we can work together to improve access and care delivery to the First Nations communities.” Murray said.

Mr. Murray is originally from the northwest and has extensive health care leadership experience with the Community Care Access Centre sector, the nationally recognized Group Health Centre in Sault Ste. Marie and as the inaugural CEO of the North East LHIN.

Sioux Lookout Meno Ya Win Health Centre, as a Centre of Excellence is a role model for the delivery of both culturally sensitive and holistic health care that provides hospital and other services to approximately 30,000 people living in twenty-eight First Nation and four other communities including Sioux Lookout.

The SLMHC is currently constructing a brand new ‘state of the art’ hospital facility with an expected completion date in late fall 2010. Occupancy is to follow shortly thereafter. - SLMHC

Inside this issue:

Accreditation Quality & Safety Matters Update	2
Ten Challenges for Health Care Leaders	3
All I want for Christmas is a Hippopotamus!	4
Ethics Corner	5
2010 New Year Baby	6
Christmas Craft Fair	6
Alzheimer Awareness Month	7
Are You At Risk for Having a Stroke?	8
Question of the month...	12
Anishinaabemodaa	14
Photo Gallery	16

Sioux Lookout Meno Ya Win Health Centre is pleased to announce David Murray will assume the duties of the office of Chief Executive Officer beginning March 1st, 2010.

Roger Walker, the former CEO, left in mid November of 2009 to assume the CEO position for the Timmins General Hospital. Mr. Douglas Semple stepped in to take the leadership role of Sioux Lookout Meno Ya Win Health Centre on an interim basis until March 2010.

“We are very fortunate to have acquired the services of Dave Murray. His experience and knowledge of Ontario’s health care system will be very helpful in Meno Ya Win’s continued development as a Center of Excellence for health care in Northwestern Ontario”, said Kai Koivukoski, Co-chair for SLMHC.

“His proven ability to draw consensus amongst diverse views and groups will certainly be an added strength to a very

Accreditation

Quality & Safety

MATTERS



The Sioux Lookout Meno Ya Win Health Centre (SLMHC) is committed to providing high quality care that is:

- **Patient Centered**
- **Service Oriented**
- **Performance Focused**

To assist in our journey of maintaining high quality care, SLMHC will be conducting a Patient Safety Culture Survey during the period of **February 2nd – February 23rd, 2010**.

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. As with all accreditation surveys, the Patient Safety Culture Survey is **anonymous**, and the information received from this survey will be used for the sole purpose of improving the quality of patient care that SLMHC provides.

Employees working in the following fields will be sent an email requesting their participation:



- Clinical roles (e.g. physicians, nurses, allied health professionals)
- Direct care roles, direct patient contact (e.g. health care aides, unit clerks)
- Departments servicing care (e.g. lab, housekeeping)
- Departments supporting patient care (e.g. maintenance)
- Managing / coordinating clinical areas (e.g. care managers)
- Senior leadership



The survey will take approximately **20 minutes** to complete. Respondents who complete the survey before **February 10th, 2010** will be entered into a draw to receive a **\$100 CASH PRIZE!** And everyone who completes the survey before the **February 23rd, 2010** deadline will have a chance to win an **MP3 player**. Participants must notify Melissa by email upon completion of their survey in order to be entered into the draws.

Detailed instructions for completing the online survey will be provided in the email notifying staff of their requested participation. Also, watch for information tables at the 5th and 7th Avenue sites, the first of which will be set up on **January 28th**. And be sure to keep an eye on the intranet and bulletin boards for accreditation information. If you have any questions or wish to become more involved in accreditation, please contact Melissa at mayotte@slmhc.on.ca or phone 737-2877, extension 2025.

Ten Challenges for Health Care Leaders - Part 1

In April 2009, Emily Friedman an internationally recognized health policy and ethics analyst wrote an article for Hospitals & Health Networks Online entitled "The Next Generation of Health Care Leaders: Ten Challenges". In this article, she established ten theses or challenges for the next generation of leaders. Her presentation at the OHA Health Achieve conference in November inspired us to review these challenges and we believe that they are very applicable to us and all health care organizations.

Over the next few months, we will examine her challenges in a series of articles to you. We believe that these challenges are important to all of us as each of us is a leader in SLMHC in some respect. Whether as a manager, team lead or staff member, we all must take a role in moving the organization forward.

Ten Challenges

Thesis 1: The future leadership pool should be similar to the overall population in terms of gender, racial and ethnic heritage, disability status and sexual orientation. As a public social organization, we have a responsibility to reflect the make up of our organization and the population we serve. We have made it a strategic priority to have our staffing better reflect the population we serve, and the leadership of this hospital must also reflect the employee population of the organization.

Through the last staff survey,

18% self identified themselves as First Nations and only 18% of our staff is male. Given these numbers, our management team should also reflect the demographic. Today, we have five First Nations leaders and six male leaders on our management staff. Both of these numbers exceed the staff percentages.

Moving forward, we must ensure that we continue to provide opportunities in the organization for all people and ensure that our leadership team and staff represent the people we serve.

Thesis 2: Health care is not a regular business, nor do pure competitive models apply to it. Regularly we will hear or read of someone saying that hospitals need to be run more like business. People have been saying this for well over 25 years. It is not exactly true. Hospitals are not factories. We are complex organizations that treats the "whole person" and their family for an illness or injury unique to them and their circumstances not a widget.

You may have heard of business tools such as benchmarking, Lean and Six Sigma entering the health care organization. Yes we need to operate in a business like manner. We need to worry about quality of care, efficiency and community service. Tools such as these allow us to think about how we operate so that we can create solutions that are the best for us. However they are not solution in themselves.

To paraphrase the renowned

management guru Peter Drucker; hospitals are the most complex organization man has ever created. They do not need to be run more like business; they need to be run more like hospitals.

We will continue to look at the other theses in future newsletter. As a group, they give us a great deal of food for thought as we move forward as leaders in this organization.

~Gordon E. Hill, CMA, Chief Financial & Information Officer & Barb Linkewich, VP Health Services

THE NEW BREAST PUMPS ARE HERE!

The maternity unit has two new Medula breast pumps. They are simple, to use, and will help families, who need help with breast feeding. The tubing is directly attached to the bottle and flange, and come in single use packaging. This will decrease the need for sterilizing the equipment between client uses. The pumps will also be available for staff members who have returned to work, and are still breastfeeding.

The purchase of the new pumps was made possible through payroll donations from Barb Linkewich. If you wish to participate in the Payroll Deductions for the hospital foundation, and would like to see your deductions go to a specific project, contact the finance or payroll department to get a copy of the forms, you will need. Every little bit helps.

Submitted by Leanne Tyler, RN

All I want for Christmas is a Hippopotamus!

All I want for Christmas is a hippopotamus! And that folks is what they call in the advertisement world the "hook." Once Donna Ducharme, an RPN at the 5th Ave said that phrase people were hooked into her idea. Donna had seen the commercial for Plan Canada, and being a very practical, this was a charity Donna could relate to and thought it was a wonderful idea. Plan Canada doesn't just give money to people, it purchases items such as a cow or a pig, so a family can earn a living as well be able to feed their families or it purchases items to assist in better living conditions for these families.

Plan Canada is a registered charitable organization in Canada that helps millions in the Americas, Asia, and Africa. Plan's work to promote child rights and lift millions of children out of poverty and is based around eight core areas: Education, Health, Water and Sanitation, Protection, Economic Security, Emergencies, Child participation, Sexual Health, including HIV education. You can visit Plan Canada's at their website, www.plancanada.ca.

Donna was going to purchase a goat on her own, but once she told others what she was going to do they wanted to help. During three days in December Donna was able to raise enough money to purchase: a pig, goat, 3 hens and a Rooster, 10 sterile birthing kits, rabbits, Berkely-Dafur

stove, and literacy training for two women. The fellow employees of Meno Ya Win were enthused with Donnas' idea and begun to suggest other items on Plan Canada's list that could be purchased. Donna is now raising funds in a share community water system. Next she hopes to raise funds for water and sanitation for a community. The ultimate goal would be able to raise funds to build a girls school in Tanzania which would be \$10,000.00. But little steps first. The nurses at 5th Ave. are organizing a bake sale to raise funds for other Plan projects. If your are interested in donating or assisting with fund raising see Donna Ducharme.

More about Plan

Plan is a global movement for change, mobilizing millions of people around the world to support social justice for children in developing countries.

Founded in 1937 as Foster Parents Plan, we are one of the world's oldest and largest international development agencies, working in partnership with millions of people around the world to end global poverty. Not for profit, independent and inclusive of all faiths and cultures, we have only one agenda: to improve the lives of children.

Through programs in 66 countries, we give children, families and communities the tools they need to break the cycle of poverty and build sustain-

able solutions with measurable results for improving their own lives.

Each year, our work impacts the lives of more than 3.5 million families and their children in over 25,000 communities. Join us and plan to change the world.

Our vision

Plan's vision is of a world in which all children realize their full potential in societies that respect people's rights and dignity.

Our mission

Plan aims to achieve lasting improvements in the quality of life of children, families and communities in developing countries. We do this through a process of collaboration that unites people across cultures, adding meaning and value to their lives by:

- Enabling children, their families and communities to meet their basic needs and to increase their ability to participate in and benefit from their societies
- Building relationships to increase understanding and unity among peoples of different cultures and countries
- Advocating and promoting the rights and interests of the world's children, with a special focus on Girls' Rights to overcome issues of gender discrimination.

Continued on the next page...

...(cont'd from page 4)

All I want for Christmas...

Plan's work

We are global in reach but grassroots in our approach. Of our 8,000 staff worldwide nearly 90 per cent are in the field, working hand-in-hand with local people to improve living conditions in over 25,000 of the world's most marginalized communities.

Our staff are highly-skilled professionals and most were born, or have deep roots, in the areas we serve, allowing us to customize plans with each community so that development can take root and succeed over the long run.

Along with over 60,000 well-trained volunteers, Plan works with communities to build schools, educate teachers, dig wells, open health clinics, provide vocational training, innovate to improve crop yields, give people access to loans to start small businesses, and much more. We do whatever is needed to create an environment in which children, families and communities can thrive.

On average, Plan works with communities for 10 to 12 years before we phase out successfully. During that time we help community members build the local capacity and skills needed to grow their community on their own for generations to come.

Revenue Canada Business Identification (Charitable Reg.)
#11892-8993 RR0001

Submitted by Cynthia Dwyer, RPN

ETHICS CORNER

An **"ethic"** is a moral principle; a set of principles of right conduct. ~(*Dictionary.com*)

What are Ethics?

Ethics: The principles of conduct governing an individual or a profession

What Good is a Set of Principles?

There are many tools for decision making, but few (secular) guides to indicate when situations might have an ethical implication. Yet this awareness is a crucial first step before decisions are made. Recognizing the moral context of a situation must precede any attempt to resolve it. Otherwise, what's to resolve?

Ethical dilemmas rarely present themselves as such. They usually pass us by before we know it or develop so gradually that we can only recognize them in hindsight - a little like noticing the snake after you've been bitten. But what are the signs that a snake might be present? An ethical framework is like a 'snake detector'. Here are 2 categories of principles.

1. Principles of Personal Ethics

Personal ethics might also be called morality, since they reflect general expectations of any person in any society, acting in any capacity. These are the principles we try to instill in our children, and expect of one another without needing to ar-

ticulate the expectation or formalize it in any way.

- Concern for the well-being of others
- Respect for the autonomy of others
- Trustworthiness & honesty
- Willing compliance with the law (with the exception of civil disobedience)
- Basic justice; being fair
- Refusing to take their advantage
- Benevolence: doing good
- Preventing harm

2. Principles of Professional/Work Ethics

Individuals acting in a professional capacity take on an additional burden of ethical responsibility. For example, professional associations have codes of ethics that prescribe required behavior within the context of a professional practice such as medicine, law, accounting, or engineering.

- Impartiality; objectivity
- Openness; full disclosure
- Confidentiality
- Due diligence/duty of care
- Fidelity to professional responsibilities
- Avoiding potential or apparent conflict of interest

Even when not written into a code, principles of professional ethics are usually expected of people in business, employees, volunteers, elected representatives and so on.

Excerpts from "A Framework For Universal Principles of Ethics" by Larry Colero, Crossroads Programs Inc.

Submitted by Helen Cromarty, Special Advisor for First Nations Health Care



First Baby of 2010 born at Sioux Lookout Meno Ya Win Health Centre!



Photo Courtesy by Tim Brody of Sioux Bulletin

Anna Lee and Eli Kejick with their son Jordan River Kejick

Anna Lee Kejick and husband Eli of Pikangikum were ecstatic with joy in the wee hours on January 1st with the birth of their fourth child! It so happens Jordan River is the first baby of 2010 born at Sioux Lookout Meno Ya Win Health Centre.

Jordan River Kejick was delivered by Dr. Joe Dooley at 12:46 a.m. A big bundle of joy, Jordan weighed in at 7 lb and 9 ounces, 50 cm in length!

Jordan will join two brothers and one sister at home.

SLMHC congratulates Anna Lee and Eli of Pikangikum and wishes you and your family all the best!

Christmas Craft Fair Fundraiser for Extended Care Activity Fund



L to R: Edith Sancartier, Resident of Extended Care Unit; Connie Norman, Volunteer; Margie Kimball, Activation Coordinator; Julia Lac Seul, Resident of Extended Care Unit.

On Saturday, December 5th, 2009, Margie Kimball, Activation Coordinator from the Extended Care, Connie Norman, volunteer, Edith Sancartier, resident of Extended Care and Julia Lac Seul, also a resi-

dent of Extended Care, participated in the annual Christmas Craft Fair to help raise funds for the activity programming at the Extended Care. They had baking and crafts for sale, and were able to raise over \$900.00 towards the activity fund.

A picnic lunch from Chicken Chef was enjoyed by all helpers and it was a great "activity/fundraiser" combined!!! Edith remembers participating in many fundraisers in her lifetime--especially for the Legion, and thoroughly enjoyed helping

in any way she could.

Thanks to all who bought baking and crafts in support of our activity fund or gave an encouraging smile on the way through. Monies have already been spent to buy several Christmas gifts for each resident and were opened joyfully on Christmas Day. More of the funds will be used to provide outings and buy Bingo prizes and supplies.

Any donations towards our Bingo prize cart would be more than appreciated—i.e. knick knacks, gently used or new clothing items, kookum scarves (I can't seem to find them in the stores), even gum (sugar free, of course). Any donations are appreciated. Once again, thanks to all for your ongoing support of our activities here at the Extended Care.

~Margie Kimball, Activation Worker

January is

Alzheimer Awareness Month

ALZHEIMER SOCIETY OF KENORA/RAINY RIVER DISTRICTS

Box 837, Kenora, ON P9N 4B5

PH: (807) 468-1516 or 1 800 682-0245 FAX: (807) 468-9013

alzheimers@kmts.ca

www.alzheimerkenoraandrainyriverdistricts.com

IS IT ALZHEIMER DISEASE?

10 Warning Signs

1. **Memory loss that affects day-to-day function**
 - Asks the same question repeatedly
 - Cannot remember recent events
2. **Difficulty performing familiar tasks**
 - Cannot prepare any part of a meal, or may forget that they have eaten
3. **Problems with language**
 - Forgets simple words or forgets what certain objects are called
4. **Disorientation of time and place**
 - Gets lost in their own neighbourhood and does not know how to get home
5. **Poor or decreased judgment**
 - Dresses inappropriately (e.g., may wear summer clothing on a winter day)
6. **Problems with abstract thinking**
 - Has trouble figuring out a bill
 - Cannot understand what a birthday is
7. **Misplacing things**
 - Repeatedly forgets where things were left
 - Puts things in inappropriate places (e.g., puts wristwatch in the sugar bowl.)
8. **Changes in mood and behaviour**
 - Has mood swings (e.g., from calm to tears) for no apparent reason
9. **Changes personality**
 - Has dramatic personality changes—may become suspicious, withdrawn, apathetic, fearful, etc.
10. **Loss of initiative**
 - Becomes very passive, requires prompting to become involved

STATISTICS

Canadians Affected

- An estimated 450,000 Canadians over 65 have Alzheimer Disease or a related dementia
 - 305,800 are women
 - 141,000 are men
- Approximately 1,000 individuals over 65 residing in Kenora/Rainy River Districts have Alzheimer Disease or a related dementia
- 1 in 13 Canadians over 65 has Alzheimer Disease or a related dementia
- 1 in 3 Canadians over 85 has Alzheimer Disease or a related dementia
- By 2031, over 750,000 Canadians will have Alzheimer Disease or a related dementia
- Over 32 percent of Canadians know someone with Alzheimer Disease
- Almost 21 percent of Canadians have someone with Alzheimer Disease in their family



Sponsored by the Health & Wellness Committee

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

Γνωστέον ὅτι ἡ ἀσθενεία ἐστὶν κοινὴ ἀνάγκη καὶ ἡ ἐπιμέλεια ἀνάγκη.

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

ARE YOU AT RISK FOR HAVING A STROKE?

A risk factor is something in your physical condition, family history of lifestyle that increases your chances of developing an illness, such as stroke. Many of the risk factors for stroke and heart diseases are the same. Having more than one risk

“Many of the risk factors for stroke and heart diseases are the same.”

factor increases your chance of having a stroke. There are two general types of factors for stroke—risk factors you can't change (uncontrollable) and those that you can do something about (controllable).

Uncontrollable risk factors include the following:

- Age: greater than 65 years.
- Gender: men have a higher risk than women of having a stroke.
- Ethnicity: individuals of First Nations/Aboriginal Peoples, African, Hispanic, South Asian and Black descent
- Family History: parent and sibling with a stroke before the age of 65.
- Prior Stroke or Transient Ischemic Attack (a TIA or “mini-stroke”) Controllable risk factors are things you can do something about
- High blood pressure (hypertension): is the single most important controllable risk factor for stroke, medications can help to control high blood pressure.
- Diabetes: compared to people without diabetes, diabetics are 2 to 4 times at greater risk for stroke so it is important to discuss with your doctor the available treatment options to control your diabetes.

- Smoking: this doubles your risk for having a stroke—Stop smoking!
- Heart Disease/Atrial Fibrillation: having either of these can increase your risk for stroke, it is important to discuss these conditions with your doctor.
- High blood cholesterol: high levels of blood cholesterol contributes to the development of plaque along the walls of the blood vessels (“hardening of the arteries”) which increases the risk of stroke. Diet and medication can help to reduce your risk if your cholesterol levels are high.
- Inactivity and unhealthy eating habits: staying active and eating a low-fat diet with lots of fruit, vegetables and whole grains to maintain a healthy weight can help to reduce your risk of stroke (those who are inactive are at twice the risk for heart disease and stroke).
- Excessive alcohol consumption: if you drink, do so in moderation (no more than 1 to 2 drinks a day)
- Risk factors unique to women (use of oral contraceptives & hormone replacement therapy): each woman is unique and should discuss the risk associated with her doctor regarding either of these medications.

Talk to your family doctor if you have concerns regarding any of the risk factors above.

Contact the Heart and Stroke Foundation of Canada for more information at:

Phone: 1-888-HSF-INFO (1-888-473-4636) or
www.heartandstroke.ca

Also see the American Heart Association and the Stroke Association websites at:

www.americanheart.org
www.strokeassociation.org

*Adapted from
the Heart and Stroke Foundation of Canada 2005*

or

Contact Lisa Seamark, Stroke Prevention Nurse, Ext. 5112 at 7th Ave. site or make an appointment to see your doctor.

Submitted by Sharon Yule, Volunteer & Special Projects Manager

Announcements!



Leanne Tyler

Clinical Nursing Coordinator

We are pleased to announce that Leanne Tyler has been assigned Clinical Nursing Coordinator effective Monday, January 4, 2010.

Leanne can be reached at Extension 3262 or by e-mail at lt Tyler@slmhc.on.ca.

Please join me in welcoming Leanne in her new role.

~Dean Osmond, Nurse Manager

New Hospital Social Worker

Please join me in congratulating and welcoming Donna Gustafson to her new role as Social Worker at the Sioux Lookout Meno Ya Win Health Centre. Donna's educational background includes a Social Service Worker Diploma as well as a Registered Practical Nursing Diploma. Prior to her employment with SLMHC, Donna was the Executive Director of the Sunrise Centre Against Sexual Abuse in International Falls Minnesota. Concurrently, Donna was employed in Fort Frances as a Sexual Assault Services Coordinator with Rainy River Victim Services.

Donna will be working very closely with Samantha Brooks, as they both continue to enhance the patient care planning and discharge functions within our hospital. CCAS would also like to congratulate and thank Christine Quequish for stepping into our agency to provide client intake and counselling services in the areas of mental health and addictions for our clients.

~Bruce Siciliano, BSW, SSW, Director

Transition Coordinator

We are pleased to announce that Heather Brazier has accepted the assignment of Transition Coordinator to begin January 4th, 2010. This assignment will run until the opening of the new hospital.

Heather will lead the transition to the new hospital. Her office and phone number are yet to be determined.

We want to welcome her to this new role and thank her for her willingness to take on this position of leadership.

~Health Services Department

Ultrasound Technologist

The Diagnostic Imaging department is pleased to announce that we have a new Ultrasound technologist on staff.

Jolanda Winlove-Smith has joined us as of January 18, 2010 and will be working out of the 5 Avenue site.

Please join us in welcoming Jolanda to our team.

~Craig Legros, Team Leader for the DI department

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 and please visit our office at 69 Front Street. Thank you!

In Brief

ATTENTION ALL SMOKERS!

The Drive to Quit challenge is back. Look for posters and registration forms around the hospital or register at Driven-ToQuit.ca or call 1-877-513-5333 by February 28, 2010. Go tobacco free for March 2010 and enter to win a **2010 Ford Escape and other valuable prizes**. This contest is sponsored by McNeil Consumer Healthcare and in collaboration with the Canadian Cancer Society and Public Health Department.....Good Luck and take care of your health!

by Health & Wellness Committee

Steps to a Healthier You Program

There is only two more months to complete this challenge. Over the next two months please check the bulletin boards and email for Lunch and Learn programs, fitness challenge, and other fun activities. "Get up and keep moving"

by Health & Wellness Committee

CELEBRATION OF PEOPLE

February 3, 2010 - come out to the dinner, enjoy a nice evening and support long term recognition of your peers and retirees. This years Retirees are Barb Rattai, Eva Kakepetum and Madeline Letourneau.

EXTRA TICKETS ARE AVAILABLE FOR STAFF, FAMILY AND FRIENDS for only \$20.00

Contact Maureen Oakley for extra tickets at ext. 3237

Maintenance Department Reorganization Announcement

Please be advised that commencing Friday, January 22, 2010, the Maintenance department will be reorganized.

Our commitment is to be Patient Centered, Service Oriented, and Performance Focused.

Our priorities are:

- Preventative Maintenance
- Patient safety
- Customer & client communication, and
- Timely response

Our team leads:

- **For the 5th site** (and trailer) will be Bill Brazier (telephone) 0834, **Fax 5136**
- **For the 7th** (and Bill George) is Brian Kuzemchuk (telephone) 8943. **Fax 5119**
- **For all other sites** Doug Pierce (phone) 9336, and **Fax 5119**

The work order system is unchanged. Please fax or internal mail your hard copy form to either Bill at the 5th or Brian at the 7th. We are working on a plan to get an electronic work order and preventive maintenance system, but this may not occur until we occupy the new building.

The after hours (04:30 pm to 08:00 am) number to call the maintenance on-call person (please recall and use the On-Call maintenance Policy as a guide) is 0873.

Sioux Lookout 8th Annual Literacy Festival

Sioux Lookout's 8th annual Literacy Festival is going on from January 25 to February 5. Get involved in the activities around town or take time for yourself to read a good book or spend time reading with your children.

by the Health & Wellness Committee

Special Thank You

A Special Thank You to Debbie Hill, Maintenance and Colleen Lacosse, Housekeeping for their help in cleaning up the tunnel area on January 21, 2010.

By Sharon Yule, Volunteer & Special Projects Manager

Thank You!

Thanks to Lisa Seamark for her presentations on Smoking Cessation in January. If you would like more information on how to quit smoking or even if you don't want to quit smoking, Lisa has lots of information and resources for you.

You can also set up an appointment with her at 7th Ave or call her at ext 5112

February is Heart and Stroke month...

Lisa also has lots of information on Stroke prevention so give her a call.

A Big Thank You!!!

A big thank you to Nicole Lamothe, RN. On very short notice, Nicole went to the businesses here in Sioux Lookout, to gather donations for the "New Years Baby Basket". The basket was generously filled with supplies for the Newborn. Excellent work, Nicole. Merci, Thank you, Meegwitch.

Submitted by Leanne Tyler, RN

Congratulations to Michael Laverty!

Michael Laverty, a casual admitting clerk at SLMHC recently had one of his short stories published for the first time. The short story is Sioux Lookout based and inspired by the life of a local resident.

It can be found at www.mtls.ca (Maple Tree Literary Supplement) in Ottawa.

Olympic Torch Run at Dryden on January 4th, 2010

For anyone that had the opportunity to go to Dryden on January 4th to see the Olympics torch run you had a wonderful opportunity to be involved in the spirit of the Olympics and Paralympics. These wonderful games and activities that bring countries and people together are coming in February. Lets show our support by wearing something RED on Fridays in February, trying some of the sports showcased in the Olympics like skating, skiing, curling, hockey and other activities around town and also taking time to cheer on our Canadian Athletes

Sponsored by the Health and Wellness Committee



Photo by Sharon Yule, Volunteer & Special Projects Manager



Living a Healthy Life with Chronic Conditions

This is a free program for people with a chronic disease to learn skills needed for the daily management of long-term illness.

DO YOU HAVE ONE OR MORE OF THESE CONDITIONS?

- Arthritis
- Stroke
- Heart Disease (i.e. coronary artery disease, congestive hart failure)
- Lung Disease (i.e. asthma, chronic bronchitis, COPD, emphysema)
- Diabetes

WHAT WILL YOU LEARN?

- How to manage your symptoms
- How to eat well and live more actively
- How to communicate effectively with your healthcare team
- How to make daily tasks easier
- How to manage your fear, anger and frustrations
- How to get more out of life

COURSE INFORMATION

- This is a 6-week program; each course will be 2 hours a week (one day)
- You will receive a free course text book

**The Course will be Offered from:
February 2—March 9, 2010 (every Tuesday)
From: 7:00 pm to 9:00 pm at Meno Ya Win (7th Ave Site)**

QUESTION OF THE MONTH...

What goals did you set for yourself this year?



Linda Albisser, Admitting Clerk
"To finish getting my accounting certificate."



Emily King, AI/Interpreter Coordinator
"Stay positive. Be happy. Get Active."



Dave Head, Security
"To improve myself and to make myself a better person."



Sharon Yule, Volunteer & Special Projects Manager
"Getting rid of "stuff" and keeping up with the paper flow and having fun!"



Kathryn Davidson, Foundation Development Officer
"To spend more quality time with my family and friends."



Angie McCleary, Rehab Clerk/Typist
"I do not set goals for the year; rather I look at each day as a new adventure! Although I do wish for well being for my self and family and to be richer than Oprah! ☺"

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.



The Journey of Life

Ten Fundamental Principles for Reducing Stress in our Lives

(95% of the Stress in your life is Self Induced)

1. Focus more on the positive aspects of your life and spend less time exaggerating the negative.
2. Stuff happens, learn from it but do not replay bad experiences over and over again.
3. Choose to function with a resilient attitude whenever possible.
4. Learn to break out of your reactive modes.
5. Be aware of the quality of your own self talk.
6. Learn to create positive images in your mind when you face new challenges.
7. Learn to let things go.
8. Eat right, sleep and get regular exercise.
9. Take ownership of your day and your life before you leave home.
10. Never lose your sense of Humour.

"As much as 25% of your day is lost in reacting to what is going on in your day".

~R. D. O'Brien and Associates



Community Counselling
&
Addiction Services



Share for Hope Program Looking for Speakers

Update

November 17th, 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 Counseling & Addiction Services

Working in partnership with Out of the Cold Shelter



THE 6TH ANNUAL "CELEBRATION OF PEOPLE" EVENT

will be held on
February 3, 2010

Location:	Legion Hall	
Times:	5:00 pm	Cocktails
	6:00 pm	Supper
	7:00 pm	Presentations

Extra tickets will be available for purchase at \$20.00 each.

To purchase tickets, please contact:

Sharon Yule, ext. 3248

Maureen Oakley, ext. 3237

*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 (**animooosh**—dog)
- Long vowels:**
- e as in bed (**miigwech**—thank you)
 - ii as in peek (**niin**—me)
 - oo as in between soup and soap (**boozhoo**)
 - aa as in doctor's "say ah" (**omaa**—here)

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

WORDS/PHRASES IN OJI-CREE ROMAN ORTHOGRAPHY

Pain/hurt

- Do you hurt? Giwiisagiz na?
- Are you sore? Gidawis na?
- Where do you hurt? Aandi e-iishi wiisagiziyan?
- Where is the pain? Aandi e-iishi wiisakaag?
- How much pain do you feel? Aan eyabijjiwiisagendaman?
- A little pain, more pain, lots of pain Bagii wiisakaa, awashime wiisakaa, mishtahii wiisakaa



Headache

- Do you have a headache? Gidewishtikwaane na?
- Do you want something for your pain? Kegoon na ginadawendaan jiwijjihiikoyan kaawisagendaman?



Medicine

- This medicine will help you. Owe mashkiki kawijjihiikon
- Aspirin, Tylenol, head ache pill Oshtikwaanimashki



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: \$1,356.93



SIoux LOOKOUT
MENO YA WIN HEALTH CENTRE

Foundation

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

All departments are invited to send updates to:

danderson@slmhc.on.ca



SIoux LOOKOUT
MENO YA WIN HEALTH CENTRE
Foundation

Pizza Fridays



MONEY RAISED TO DATE: **\$4,164.00**

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

BALL CAPS FOR SALE



*\$20.00 each
proceeds to
Sioux Lookout
Meno Ya Win
Health Centre
Foundation*

*Call Kathryn at
737-7997 to get
your hat today!*



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.

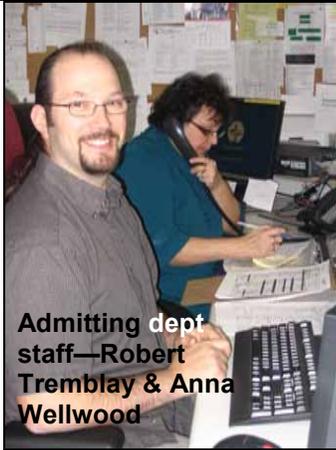
We recognize different pathways to health.

... We do care!

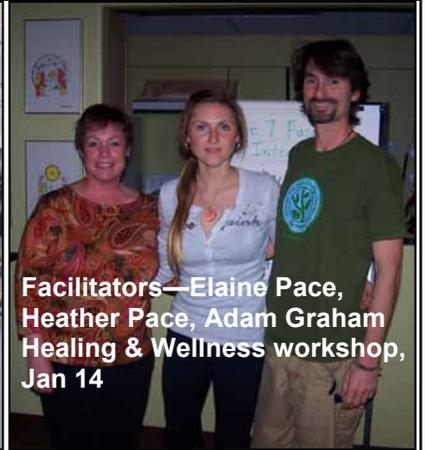
PHOTO GALLERY



Marie Eliuk, Eileen Baisch, Edna Robertson, Ray Legros of Community Counselling Services



Admitting dept staff—Robert Tremblay & Anna Wellwood



Facilitators—Elaine Pace, Heather Pace, Adam Graham Healing & Wellness workshop, Jan 14

Say YES to Accreditation!
Get involved!
Get it done!



Hospital Wide Orientation, January 15 & 18



Photos taken Jan 16th—inside the new health facility currently under construction

