



SIoux LOOKOUT  
**Meno Ya Win**  
 HEALTH CENTRE

# Meno Ya Win News

June 2010  
 Volume 8, Issue 6

*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

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## ER Move = Improved Patient Safety and Enhanced Patient Care at Meno Ya Win



**L – R:** Dean Osmond, RN, Manager, ER; Christine Bernier, Ward Clerk; Gail McIntyre, RN; Monica Ticino, RN

The Patient Safety Culture survey that was conducted earlier this year signaled a red flag: “loss of experienced personnel has negatively affected [staff members’] ability to provide high quality patient care”.

Barb Linkewich, Vice President of Health Services said, “This is an issue our nursing management has been working on with great diligence in the past year”.

The relocation of the Emergency Department from the 7th Avenue Site to the 5th Avenue Site in July 2009 created significant improvements toward patient safety and enhanced patient care. The change allowed SLMHC to consolidate acute care services, including Ultra Sound services, to the 5th Avenue

Site. “With all our acute services at one site we are able to provide safe and high quality patient care”, added Barb Linkewich.

SLMHC is very fortunate to have highly experienced nurses in the Emergency department who are able to come up to the unit for ‘just-in-time teaching’ to the newer nurses. Instead of making a

call across town attempting to describe the situation over the telephone, the ER nurse can now come on the unit and physically access the patient. During downtime they are coming on the units to see if the junior nurses have any questions or would like them to review anything with them. Along with the ER move came the physicians working in the department. It is this type of support that was required to mentor and grow our junior nurses.

“These measures have enabled the less experienced nurses to increase their skills and provide the high quality patient care we want to provide to all our clients here at Meno Ya Win. Overall, the ER move to the 5<sup>th</sup> Avenue Site has greatly improved patient safety and patient outcomes”, said Dean Osmond, Manager, Acute Care and Specialty Areas.



## Physiotherapy Month Update

We wish to inform everyone of the success of Physiotherapy Month. A creative display board was on display to inform everyone of the importance of staying active and the many physiotherapy roles and conditions that we treat.

We had a Yoga Lunch & Learn with Rob Cantin walking away with the door prize. Congratulations Rob! We also had an energizing cardio class. A popular challenge that seemed to keep everyone on their feet and striving to win was the week long Pedometer Challenge. This gave employees the chance to tally their daily steps for the week, the winner was Sharon Yule with over 75, 000 steps! The participant winner was Delilah Anderson! Bravo to the winners and all who participated.

Although Physiotherapy Month is celebrated in May, we encourage everyone to pursue a healthy lifestyle and well-being.

Have a great and active summer!

*~The Rehabilitation Department*



## Be Yourself, Believe in Yourself!

The Sioux Lookout Assault Care and Treatment Program received a grant through the Ministry of Northern Development and Mines to host a retreat for girls in grade 6. After much discussion we decided on this age group since we felt they may still be impressionable. The theme of the one day educational retreat was "Be Yourself, Believe in Yourself."

The focus of the retreat was to learn about critical media awareness, personal safety, healthy relationships and a healthy self image. Although we had a lot of important information to share with the girls we felt it was of equal importance that they have fun. The morning had a serious tone with an interactive discussion on social networking sites, how sexualized our culture has become and setting personal boundaries. Our Amber Brohm discussed body shapes and genetics. By reviewing the body shapes of celebrities like Taylor Swift the girls

could understand that it is not possible for all of us to measure up to this standard. They were interested in the use of air brushing and Photoshop to enhance many celebrity photos. The students actively participated in determining portion size by selecting from a variety of realistic food models. Melissa Zarecki introduced the girls to resistance band exercises and motivated them to be more physically active. She reinforced that because people are 'skinny' it does not mean they are healthy or physically fit. Nicole Maxwell, a grade 12 high school student, gave a presentation on fashion and how to be comfortable wearing what you like and not what the media is pressuring you to wear. She discussed recycling, revamping and sewing your own clothes by frequenting thrift and second hand shops. Her favourite haunt is the local Salvation Army where you can fill a grocery bag of clothes for \$2.00. A selection of clothing that had been redesigned and

created by Nicole held the girls attention and had them asking many questions.

The event took place at a local hotel where the students enjoyed a catered lunch and snacks. The take home goodie bags included a Fox 40 whistle, ceramic 'Be Yourself, Believe in Yourself' mug, resistance band, ACT Program information and highlighter. The feedback and evaluation was positive. The girls enjoyed the opportunity to be away from the school and they all felt it should be an annual event. A number of the anonymous questions were around dating – yes, we are talking grade 6! As a result of this day we will be doing a follow up with this class in September as they enter Grade 7. This was a fun, eye opening and informative workshop for both the presenters and participants.

*~Submitted by Carol Maxwell,  
Coordinator of Assault Care &  
Treatment Program*

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!



## Sioux Lookout Meno Ya Win Health Centre Participates in Qmentum Accreditation

*On-Site Survey: October 3 – 7, 2010*



### What is Accreditation?

Accreditation is a voluntary tool that health care organizations, such as SLMHC, use to evaluate and improve the quality of their services. The Qmentum accreditation process examines all aspects of health care, including patient safety, ethics, staff training, governance functioning, and community partnerships. Participation in the Qmentum accreditation process confirms SLMHC's commitment to patient safety and quality improvement.

### How does the Accreditation process work?

Qmentum accreditation is facilitated by Accreditation Canada, which is a not-for-profit, independent organization that provides health care organizations with an external peer review process. Towards the beginning of the three year accreditation cycle, organizations identify areas of strength and opportunities for improvement via self-assessment surveys. Quality performance initiatives are then developed and implemented. As the end of the accreditation cycle approaches, health care professionals are sent on behalf of Accreditation Canada to conduct an on-site survey. The purpose of the on-site survey is to evaluate the organization's adherence to national quality standards and make any necessary recommendations for improvement. Accreditation certification is awarded to organizations that meet or exceed the outlined standards, which marks the end of one accreditation cycle and the beginning of the next.

### What's involved in Accreditation?

Accreditation is driven by an ongoing commitment to Continuous Quality Improvement (CQI). The process requires all levels of staff to devote time and resources to learn how to improve what they are doing so they can provide the best possible care and service to their patients. Front line staff members are involved in every stage of the accreditation process, which includes: accreditation team membership, completing the departmental self-assessment questionnaires and organization wide Patient Safety Culture and Worklife Pulse surveys, implementing quality improvement initiatives, and providing information during the on-site survey. Stakeholders, such as community partners and patients will also be called on to provide input during the on-site survey.

### What is an on-site Survey?

The on-site accreditation survey is a review by outside peer surveyors of the quality of services provided by a health care organization. The survey takes place after the organization has completed its own internal review (self-assessment) and developed quality improvement action plans. During the survey, surveyors will tour the organization, meet with staff, patients, and community partners, review patient files, and interview accreditation team members.

### Will the Surveyors ask me questions?

Surveyors will obtain a great deal of information through observing and communicating with SLMHC staff members. Participants will be selected at the discretion of the surveyor, and will be asked questions regarding their area of work, priority processes, patient care, and continuous quality improvement initiatives. Information will also be gained from asking patients and families to describe their experiences in the hospital and reviewing patient files and documentation.

### What is a Clinical Tracer?

Surveyors will conduct clinical tracers as a way of evaluating the quality of care provided. Clinical tracers will involve the surveyor: selecting a client file, reviewing the care plan, speaking with the staff responsible for developing and implementing the care plan, looking at how the plan was managed across disciplines and departments, and comparing what is read, heard, and seen to the outlined quality standards.

### When is the on-site Survey?

Sioux Lookout Meno Ya Win Health Centre's on-site accreditation survey will take place from **October 3 – 7, 2010**. These on-site survey dates allow for our organization to renew its accreditation status as we move into our new facility, which is scheduled for early November, 2010.

Accreditation will reaffirm that SLMHC is a Centre of Excellence for health as we provide care that is **Patient Centered, Service Oriented, and Performance Focused** in our brand new, state of the art hospital.

**This is your accreditation and we want it to be a positive experience that will help staff, community partners, and patients work together to build a healthier future.**

**We all look forward to celebrating our wonderful achievements!**

For more information, please contact the Accreditation Office at 737-2877, extension 2104.

## On-Site Accreditation Survey Dates Confirmed

The confirmed dates of Sioux Lookout Meno Ya Win Health Centre's on-site survey, are planned for **the afternoon of October 3, all days October 4 - 6 and the morning of October 7, 2010.**

This is very exciting news, as we are now able to proceed with finalizing quality improvement action plans; conducting the mock-survey on July 27<sup>th</sup>; planning the on-site survey schedule and keeping all SLMHC stakeholders informed as we proceed in the next stages of our Continuous Quality Improvement journey through the Qmentum accreditation process.

These on-site survey dates allow our organization to renew its accreditation status as we move into our new facility, which is scheduled for early November, 2010. Accreditation will reaffirm that SLMHC is a Centre of Excellence for health as we provide care that is Patient Centered, Service Oriented, and Performance Focused in our brand new, state of the art hospital.

In three months time, we will have an opportunity to showcase our ongoing commitment to patient safety and Continuous Quality Improvement during our on-site survey. I ask that you stay informed as we approach the on-site survey dates by reviewing information provided in newsletters, on bulletin boards, on the intranet site and in email correspondence, as well as communicating with Isaac Sithole (our Accreditation Lead), accreditation team members and your Managers.

I thank everyone for their interest in and commitment to Continuous Quality Improvement and look forward to celebrating our wonderful achievements!

*Submitted by Barb Linkewich, Vice President Health Services*



## Mock Accreditation Survey Morning of July 27<sup>th</sup>, 2010

### How it's going to work:

- 9 pairs of surveyors will each be assigned specific departments and areas to inspect
- Inspections will involve a combination of observation & communication with staff

### Where it's happening:

5 <sup>th</sup> Ave. Site	Extended Care Unit
7 <sup>th</sup> Ave. Site	CCAS

### Who's involved:



- Surveyors will observe and communicate primarily with FRONT LINE STAFF

### Purpose of the mock survey:

- Help prepare SLMHC staff for the on-site accreditation survey this October
- Identify areas where Quality of Care & Patient Safety can be improved



## Update from the Effective Organization Accreditation Team: *Patient Safety Culture Survey Action Items*

Throughout the month of February, 2010, 168 staff and physicians directly contributed to the Qmentum Accreditation process and SLMHC's Continuous Quality Improvement journey by completing the Patient Safety Culture Survey (PSCS). This survey has provided valuable insight into staff perceptions of patient safety, and has helped to identify areas of strength and opportunities for improvement. Decisions and actions will be guided by information received from this survey, which will help to ensure that SLMHC provides health care that is **Patient Centered, Service Oriented, and Performance Focused**. The following action items are based on the results of the PSCS.

### **Incident Reporting Process:**

The incident reporting process is a crucial component of patient safety and Continuous Quality Improvement at SLMHC. In response to the PSCS results identifying this as an area of improvement, an ad-hoc committee will be established to review the current incident reporting process. Participation from front-line staff is essential and will be encouraged. This committee will review the current incident reporting process and make recommendations for improving its effectiveness and efficiency; develop an incident reporting flow-chart; and identify appropriate revisions to the incident report form. Information about the incident reporting process will be communi-

cated throughout the organization. Also, a request for more RiskPro licenses will be made, which will better facilitate the input and distribution of data in a timely manner.

### **Formal Disclosure Policy:**

It is important to involve the patient and family in the health care process, including the resolution of adverse events if/when they occur. In order to increase staff awareness of SLMHC's formal disclosure process, the Disclosure of Harm policy has been sent to all staff to review via PolicyTech. Also, a recommendation has been made to add the following sentence to this policy under Section 6, beneficial consequences of disclosure: *"Input from the patient and family provides a better understanding of what happened following a major event and will help to generate solutions for reducing reoccurrence of similar events."*

### **Staffing:**

An area of improvement identified by the PSCS pertains to staff having the necessary experience to provide high quality patient care. This is an issue that nursing management in particular has been addressing. Several measures have been taken to prepare and support less experienced nursing staff, the most notable being the relocation of the ER to the 5<sup>th</sup> Avenue site. A summary of this topic is included in this newsletter for all staff to review.

Thank you to everyone who participated in this survey. Updates will be provided periodically as the team continues to work on its action plan. Please contact Effective Organization team members with any questions or feedback you may have.

*Submitted by the Effective Organization Team (Co-Chairs: Barb Linkewich & Gordon Hill)*

## HISTORY PROJECT

WOW! only four months to go before we move into the new hospital. A lot has to happen before the move.

As you clean out your offices, departments, storage areas and tunnel areas, please remember that we are looking to save small pieces of history to set up a historical display in the new hospital.

We would like to take time to acknowledge the changes in health care along the way. If you find some thing that would be of interest and even if you're not sure of the historical value, give me a call or place the items in the three boxes just out outside the tunnel door at 5<sup>th</sup> Avenue or in the 7<sup>th</sup> Avenue library.

If the item is too big then I can take pictures and a story can be written up.

Thank you!

~Sharon Yule, ext. 3248



# Workplace Health and Wellness

## The Teeter Totter



When we were kids and got on a teeter totter, we knew that if all the weight was on one side, there wouldn't be a ride and there wouldn't be any fun. Life and work are often the same. We talk about making sure that our work and our personal life are balanced, but what does that mean to you, when you're juggling family commitments, work schedules, volunteering, and trying to find time for your own hobbies or activities? Summer time can be a great time to review your life, look at your priorities and make a plan to get back on track to balancing your life.

How many of you take a few minutes each day or at least once a week to plan your life and activities for the next week?

Examples of planning would be...

- Plan your menus for 3—4 days in advance and cook a bit extra on the weekend, like an extra roast or chicken so that you can make a hearty soup, salad or stir fry during the week. This will help with having well balanced meals during the week.
- Plan to use your slow cooker for chili's, stews or spaghetti during the week. It really does make a difference and

what a wonderful way to come home to the delicious smells at the end of a busy work day! All you need to do is make biscuits or a salad to go with dinner and fresh fruit for dessert. Look at your portion sizes. The Canada Food Guide for sizes. Invite your family to be involved in making the decisions, helping to cook and clean up. Planning also saves you time running to the grocery store at the last minute.

- Are you always picking up the family's dirty laundry. Set up hampers for the different types of laundry and teach everyone in the family how to do their own laundry. If they can dirty it, they can help clean up and that goes for picking up toys, or other articles that get tossed in the corner.
- If you have children involved in sports and you are spending lots of time at the arena or soccer field, use that time to go for a walk around the field or even the arena – it only takes 10 minutes. Take other parents with you, and start a parent walking group. There are 1440 minutes in every day... schedule 30 of them for physical activity.

- Make a "**TO DO**" list and categorized it into priorities. Some things have to be done, while other things can wait or maybe, even, eliminated. Sometimes we have to ask ourselves "What would happen if we didn't get something done today?" Also, ask for help. **Remember TEAM WORK is a good word.**

When you are scheduling your day, or week, whether at home or work do you leave what they call "**white space**". This is time in your day to deal with emergencies, unexpected events or maybe just some free time to do something spontaneous for you and your family or peers. This is important to do both at home and at work. Try it for a week and see what happens.

Carpool for activities, so that every once in awhile you get time off and so does another person

**REST** - when we have busy schedules, rest and/or sleep often goes by the wayside. In the next few weeks give yourself permission to go to bed 30 minutes earlier than usual. If you wake up early, get up and go for an early morning walk or bike ride. You'll feel great. If not, roll over and sleep for another 30 minutes (you do still have to get to work on time!).

*Continued page 5...*

## Workplace Health and Wellness The Teeter Totter

...continued from page 4

**Holidays** - have you scheduled your time off this year and planned what you're going to do? Holidays are a way of re-charging your batteries and it's important to take them. Even if you don't have a lot of holidays, scheduling a couple of long weekends can make a difference in your life and everyone else's around you.

These aren't new tips but often when we are stressed out or busy with work and home we forget that getting back to the basics of taking care of ourselves will make all the difference on how we handle stress and what life throws at us. We need to remember that some stress is normal but it's how we deal with it that makes the difference in our lives.

Recently, many SLMHC staff filled out a Work Life Pulse Survey. The results have been discussed at the Effective Organization Team. Over the next year we will continue to look at the concerns that came up in the survey and work on changes to assist staff. Each of us can make a difference in the way we deal with situations by watching how we communicate with each other and how we take care of ourselves both at home and work.

**Remember you have to be a part of the solution too.** If you are stressed, there is the EFAP program, CCAS, Spiritual Counselors or Elders, Managers, Union, peers and friends that you can talk too. You are not alone, we're all here to help.

The Workplace Health and Wellness Committee promotes education through workshops, fun activities, sharing information and promoting work and life balance. You can get involved, suggest ideas to the committee, discuss with your manager about attending a session. If it's important to you, it will happen.

The Health & Wellness Committee has set up two "Get Up and Go Bingo" sheets and they are all about having fun and taking care of yourself. Extra copies can be found on the Health and Wellness Bulletin boards and you can play Bingo as many times as you want. If you want to win prizes, BINGO sheets must be submitted by September 6.

**Have a great summer and remember take care of yourself.**

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

## Medical Interpreter Program

Starting the week of July 5th, eighteen students enrolled in the Medical Interpreter Program will be participating in field placements at SLMHC for the month of July. The Medical Interpreter Program is a collaboration between SLMHC, Sioux Lookout Area Aboriginal Management Board and Confederation College.

Medical Interpreters are welcome additions to our health care team, valued members of our circle of care. Each week in July a new group of medical interpreter students will join us for their field placement experience in a variety of departments. This is a wonderful opportunity for the students, SLMHC and, especially, for our patients. Please join us in welcoming the Medical Interpreter students and helping to make this a valuable experience for all.

*Submitted by in conjunction with THMFSP & SLMHC, Confederation College and SLAAMB*

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

*Γησ υς- νλγδ·σεπλξ· σ(σηδ·σε² ηδλ δελβυ· Γ·εβδ·² Δ"Δν·ησβ².*

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

## Welcome!

Please join the Community Counseling & Addictions Services in welcoming our three new counselors: Sabrina Patterson, Sheila Tennant and Pamela Suprovich.

Congratulations, we are glad to have you on our team!



Sabrina may be reached at 737-1275, ext. 27 or by email: [spatterson@slmhc.on.ca](mailto:spatterson@slmhc.on.ca)



Sheila may be reached at 737-1275, ext. 30 or by email: [stennant@slmhc.on.ca](mailto:stennant@slmhc.on.ca)



Pamela may be reached at 737-1275, ext. 32 or by email: [psuprovich@slmhc.on.ca](mailto:psuprovich@slmhc.on.ca)

~Bruce Siciliano, Manager of Community Counseling & Addictions Services

## Contest for a Street Name

Sioux Lookout Meno Ya Win Health Centre invites the public to enter their street name contest for where the new health centre is located.

The name must be representative of and based on the understanding of the Sioux Lookout Meno Ya Win Health Centre's mission, vision & values, its history and heritage. For more information on these, please visit our website at: [www.slmhc.on.ca](http://www.slmhc.on.ca)

**Deadline for submissions is Friday, July 30, 2010 - 4:00 pm.**

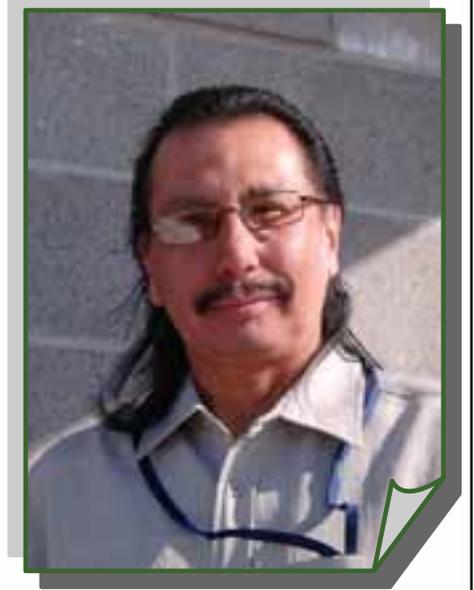
**Send your submission(s) to:**

**Doug Moynihan, VP, Corporate Services,  
Sioux Lookout Meno Ya Win Health Centre,  
Box 909, Sioux Lookout, Ontario  
P8T 1B4**



*Photo submitted by Sharon Yule,  
Volunteer Coordinator & Special Project Manager*

## Thank You!



***Ernest Anderson, Interpreter***

We appreciate the important work that all the interpreters do, however; Ernie Anderson is one individual that really stands out with his helpful and caring attitude.

I have witnessed his professional telephone skills trying to help discharged patients find accommodation and transportation, and he is usually not too far away when his interpretation skills are needed.

A big thank you to Ernie for a job well done!

*Submitted by Christine Tavares,  
Admitting Clerk*



## FISH FRY AT THE BEACH



Sioux Lookout Meno Ya Win Health Centre held a Fish Fry at the town beach on June 13, 2010. In cooperation with the Sioux Anglers and Hunters Club, Rotary Club and other groups, they raised over a \$1,000.00 for the Meno Ya Win Foundation. Meno Ya Win Staff and Volunteers served over 600 free plates of walleye, baked beans, corn on the cob, blueberry bannock, and desserts to Sioux Lookout community residents. Congratulations to everyone that helped out, Good Job! For more pictures, see page 14.

*Submitted by Al Kernohan, Dietary Manager*

### MARK YOUR CALENDAR!

ON-SITE ACCREDITATION SURVEY:

**OCTOBER 3 – 7, 2010**

MOCK SURVEY:

**JULY 27, 2010**

INFORMATION TABLE:

**5<sup>th</sup> AVE SITE, JULY 20**



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 54 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*

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

# QUESTION OF THE MONTH...

## “DO YOU THINK THE WEATHER WILL BE BETTER THIS YEAR THAN LAST YEAR?”



**Vickie Coulombe, Dietary Aide**  
*“So far its been about the same! Hopefully it gets better!”*



**Mike Laverty, Admitting**  
*“Of course! Sioux Lookout deserves a better summer than last year.”*



**Rob Tremblay, Admitting Clerk**  
*“Yes, hopefully, sun, sun, and more sun!”*



**Jun Li, Laboratory Tech.**  
*“Last winter was warmer than usual. This winter may get colder.”*



**Gretel Botello, Laboratory Tech.**  
*“No, the next winter will be probably longer.”*



**Sue Mittleholt, Pharmacy Tech.**  
*“It has to be. We have had two bad summers in a row!”*

### *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.





### Anishinaabemodaa

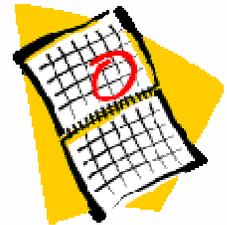
**Lesson:** There are 2 kinds of vowels in the Ojibway language: long and short vowels. It's important to recognize the difference between these 2 sets of vowel sounds so that you can follow the set grammar rules.

- 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

Numbers 1 – 10 .....	Agidaasonan Beshig - Midaaso
A Day .....	Beshigogiishigaa
Days .....	Mishiinogiishigaa
A Month .....	Beshigobiisom
Months .....	Mishiinobiisom
Year .....	Beshigo-ahki
Years .....	Mishiino-ahki
How old are you? .....	Aan edahsoyahkiiwineyan?
Where are you from? .....	Aandi wenjiiyan?
How did you get here? .....	Aan omaa kaawijidakoshiniyan?



Did you come with someone? (an escort, your husband, your wife, your son, your daughter, relative, family member?)..... Awiya na gigiibiwijiiwaa (Kaaganawenimihk, Giwijii-waagan, Gidikwem, Gikozis, Gidaanias, Giwaakoomaagan, Giwaakomaagan?)

We are going to send you to (Winnipeg, Thunder Bay, Kenora, Hamilton, Ottawa) for more tests.  
Ka-iishinishahoko (Winnipeg, Thunder Bay, Kenora, Hamilton, Ottawa) giyaabich jindawimemejikaahiikoyan

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

## TOONIES FOR FRIDAY



SIUX LOOKOUT  
MENO YA WIN HEALTH CENTRE  
Foundation

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

**Funds raised to date: \$1,506.73**

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: **\$5,605.69**

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

## HAT SALES



*Ball caps for sale  
\$20.00 each! Proceeds  
to the Sioux Lookout  
Meno Ya Win Health  
Centre Foundation's  
New Hospital Fund.*

*Funds raised to date \$1,200.00*



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!



# Fish Fry June 13, 2010

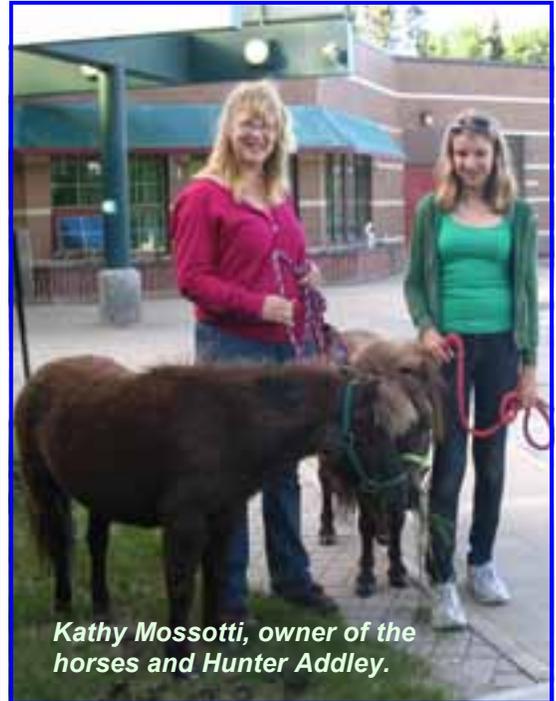
*Photos submitted by Al Kernohan, Dietary Manager*



# Photo Gallery



*Colleen Fox presents May fitness challenge draw gifts to Marsha Favot, Melissa Ayotte, Sarah Shurvell and Donna Gustafson.*



*Kathy Mossotti, owner of the horses and Hunter Addley.*

**Hospital wide Orientation, June 28 & 29,**



*Kathryn Davidson, Foundation Administrator*



*ARAMARK Team—L-R—Ross Horne, Al Kernohan, Gordorn Hill and Knowles McGill.*



*Celebrating Environmental Services Week  
L-R—Annie Evans, Alison Churkra, Helen Kawalow, Doralene Kusick, Bonnie Findlay, Betty Bolen, Cathy Stanley, Al Kernohan and Ross Horne.*

# Get Up and Go BINGO

This **BINGO** is sponsored by the **Workplace Health and Wellness Committee** and will run for the months of **JULY and AUGUST** for all staff and volunteers to support taking care of themselves. **This must be completed and sent to Sharon Yule at 7<sup>th</sup> Avenue by September 6 or put in envelopes on bulletin board in 7<sup>th</sup> Avenue hallway to be in the draw for prizes.** Mark off what you have done. You can enter more than one draw.

There will be different draws, such as:

- DRAW # 1** Complete whole bingo sheet
- DRAW # 3** Complete diagonal line

- DRAW # 2** Complete any down /vertical line
- DRAW # 4** Complete all four corners

<p>Go camping or on a holiday or take time off</p> 	<p>Meditate or exercise by yourself or take a class</p> 	<p>Take a walk, run or bike on a regular basis</p> 	<p>Find some alone time for you – at least 10 minutes per day for at least a week this month</p> 	<p>Play a team sport or join a team this month or do a summer activity</p> 
<p>Get a massage, Pedicure, manicure or a new haircut.</p> 	<p>Play with a pet or kids</p> 	<p>USE cloth or reusable bags when you go shopping or sign up for Power Pledge or 2010 or compost regularly</p> 	<p>Volunteer at least once this month</p> 	<p>Take a nap or read a book in the middle of the day on your day off... just because</p> 
<p>Go for a swim, fish or boating (lake activity)</p> 	<p>Get more sleep than usual at least 3 times during the month</p> <p><i>Do Not Disturb</i></p> 	<p>FREE SPACE Do an activity of your choice ...</p> <p>_____</p> <p>_____</p>	<p>Go for a walk with a friend</p> 	<p>Attend the Farmers Market or Blueberry Festival event</p> 
<p>Organize and complete a task you have been putting off</p> 	<p>Avoid gossiping today or stressful people</p> 	<p>Take the stairs instead of the elevator all day at work</p> 	<p>Dance for 30 minutes this month</p> 	<p>Garden with house plants or outside yard work</p> 
<p>Plan a fun day with family, friends or peers</p> 	<p>Call an old friend you haven't talk to in 6 months</p> 	<p>Do a fitness workout Twice a week for the month</p> 	<p>Try a new recipe... mmm</p> 	<p>Have fun on a picnic or BBQ</p> 

NAME: \_\_\_\_\_ Ext. #: \_\_\_\_\_ &/or Department: \_\_\_\_\_  
 (Please print)