



SIOUX LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

"Watch your thoughts,  
they become your  
words Watch your  
words, they become  
your actions Watch  
your actions, they be-  
come your habits  
Watch your habits,  
they become your  
character Watch your  
character, it becomes  
your destiny."

~Anonymous

# Meno Ya Win News

AUGUST 2010  
Volume 8, Issue 8

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

## TRAINING TO BECOME CERTIFIED AS INDUSTRIAL MAINTENANCE TECHNICIANS



*L to R—Sean MacEachern, Brian Kuzemchuk, Bill Brazier, Howard Kitchkeesick*

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**O**n June 11, 2010, three maintenance staff, Bill Brazier, Brian Kuzemchuk, Sean MacEachern, and EllisDon Project Coordinator, Howard Kitchkeesick completed three weeks of training on how to operate new equipment in the new hospital. The training was administered by Cambrian College and sponsored locally through Confederation College. The training will provide the maintenance staff with the necessary skills and knowledge to ensure the safe operation and maintenance of the hydrocarbon fuel-fired appliances and equipment in the new health facility.

The program is broken into two segments: theory and practical, or site specific. The trainees have completed the theory portion and the practical training will take place soon. After the second half of the

training has been completed and they pass their exams, they will be certified Industrial Maintenance Technicians.

Brian Kuzemchuk stated, "The team supports the importance of on-going training in order to stay current with new technologies, mandatory provincial regulations and safety. We're all happy to have gone through the training so far and we look forward to the rest of the program."

"They had a big final test and recently received their marks and all of them passed with flying colors with scores of over 90 percent! On behalf of SLMHC, congratulations for all your hard work!" said Doug Moynihan, Vice President of Corporate Services.

~ Corporate Services.

# Accreditation Quality & Safety MATTERS



**With less than a month to go before the on-site accreditation survey,  
here are some key points that you need to know:**

- Throughout the days of **October 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>**, two accreditation surveyors will visit various departments throughout Sioux Lookout Meno Ya Win Health Centre to determine how the organization functions and provides patient care in a safe and effective manner.
- The on-site survey will involve the surveyors ***observing and speaking with staff, patients, and visitors***, and reviewing various documents and patient charts.
- Surveyors will visit the ***5<sup>th</sup> Avenue, 7<sup>th</sup> Avenue, Community Counselling & Addictions Services, and Extended Care Unit*** sites at various points throughout the on-site survey.
- Staff members should work as they normally do, contributing to quality of services and helping to ensure the safety of patients, families, and staff at SLMHC.
- Staff members must make themselves available to speak with surveyors if/when they are approached, and be prepared to ***articulate how they contribute to patient safety*** at SLMHC.
- Surveyors may ask staff about ***work activities and experiences, training, relevant policies and resource materials, communication*** within and between departments, ***patient safety***, and ***Continuous Quality Improvement*** at SLMHC.
- Results of the ***Patient Safety Culture*** and ***Worklife Pulse*** surveys are available to all staff in the accreditation section of the intranet site.
- The Qmentum accreditation process is part of our Continuous Quality Improvement journey. We want it to be a positive experience that will help staff and stakeholders work together to build a healthier future. ***Quality & Safety are everyone's responsibility - you can make a difference!***
- If you have any questions or comments about the on-site survey, please contact: your manager, Isaac Sithole, Accreditation Coordinator ([isithole@slmhc.on.ca](mailto:isithole@slmhc.on.ca)), and/or Melissa Ayotte, Accreditation Administrative Support ([mayotte@slmhc.on.ca](mailto:mayotte@slmhc.on.ca) or 737-2877, ext. 2104).

## PATIENT SAFETY - SUPPORT SERVICES ~ DIETARY, LAUNDRY, HOUSEKEEPING



**P**atient Safety is the responsibility of everyone at Meno Ya Win. Our Support Services Departments play a major role in ensuring this patient safety. Our dietary department manages the safety of the food supply, our laundry department ensures there is clean safe supply of linens for our clinical teams when they need it, and our housekeeping department helps in providing a safe and healthy environment for everyone.

Each department follows best practices when it comes to providing safe patient care. Communication and ongoing education/training are paramount to patient safety in all departments.

The dietary department follows a safe and nutritious menu created in conjunction with our dietitian and nutrition committee. They follow proper diets communicated by clinical staff through the meditech system. The cooks and dietary aides follow strict food safety handling

procedures and perform audits and other checks throughout the department, from when the food arrives to when the dirty dishes come back for washing.

The laundry aides at Meno Ya Win ensure patient safety by following proper procedures and best practices when handling clean and dirty linen. Every patient's used linen will pass through the hospital and laundry department with possible the infectious germs and other not so nice materials with it. It is the role of the laundry aide to prevent cross contamination and perform proper cleaning procedures to ensure a safe clean product can be returned to the hospital floor. The laundry aides ensure during travel that the clean linen only gets transported in a clean container (bin, bag, dolly, or vehicle) and that the dirty and clean linens stay separated throughout the entire process. Quality audits are performed and washing errors are recorded. Washing machines are tested regularly along with the proper dilution rates for the chemicals being used.

Our Housekeeping department plays a major role in patient safety at Meno Ya Win. In addition to providing a clean environment, they help prevent the spread of infection, by using the best possible technologies and processes available. Recently the housekeeping staff participated in educational and hands on training that focused on PI-DAC's (Provincial Infectious

Diseases Advisory Committee) Best Practices for health care cleaning. In addition to following proper practices for health care cleaning, various audits are conducted randomly and regularly with the information being shared to improve safety outcomes. The newest audit is the Microbial Simulation Audit or 'Glow Germ' audit. The procedure for this audit is to place invisible simulated germs on surfaces throughout a patient room before it gets cleaned, the surfaces are checked afterwards with a fluorescent light to see if any of the 'glow germ' remains (surfaces not disinfected). Results from all audits are shared and discussed and have helped the housekeeping department provide the safest patient care possible.

The Dietary, Laundry, and Housekeeping staff, as well as management, are committed to the safety of the Meno Ya Win population. If you have any questions, concerns, remarks, or suggestions please do not hesitate to contact one of the managers by email or phone.

Cathy Stanley - Housekeeping Laundry Manager ext. 2001

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

Fran Levesque - Dietary Manager ext. 2000

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

Al Kernohan - Environmental Services Manager ext. 2100

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

Submitted by Al Kernohan,  
Environmental Services

## SOME INTERESTING NURSES AT SIOUX LOOKOUT MENO YA WIN HEALTH CENTRE

I know I am privileged to work with some interesting nurses at Sioux Lookout Meno Ya Win Health Centre. I get to observe everyday nurses going above and beyond their normal duties to assist patients in need. I used to think that with nurses giving so much of themselves during their shift how could they possibly have anything else to give outside of work. However, after getting to know my fellow nurses better, I was able to learn interesting things about the nurses I work with. These nurses are doing things that are never advertised or mentioned. I wanted to mention a few things that my fellow nurses are doing outside of work.

### **Did you know?**

Isaac Sithole, RN has financially assisted most of his family back in his homeland, so that they could obtain a higher education. Isaac has also donated funds to the local church in his home-

town so that the church can purchase musical instruments for the children.

Donna Durcharme, RPN has spearheaded "The Plan Canada-Buy a Hippopotamus fund". Last month the group held a yard sale which brought in over \$1,000. The group has been able to purchase over \$3,000 of life saving items; such has two water purification systems. One water purification system was for a town and the other for a school. I still get amazed on what I think is so little, but means so much to someone else living in poverty.

Dean Osmond, Nurse Manager graduated as "Outstanding Recruit" when he attended Ontario Provincial Police Auxiliary training this year. Dean has been a volunteer for the OPP auxiliary for many years. Who would have thought this Nurse Manager walking around in suit and tie, actually wears a blue latex

superhero suit underneath his clothing.

Marcia Meeijard, RN traveled to Haiti to help with the relief efforts after the earthquake. She has also traveled to South America to dispense medical treatment to people who lived in remote areas of the country. Some days Marcia hiked 20 miles to villages to be able to assist with life saving treatments.

Hannah Boomhower, RN knits caps for newborns, so that each has something to put on their heads so that they don't loose precious heat.

Jan Potter, RN and Kathy Stoy, RPN volunteer at the Salvation Army Sally Ann store.

Nursing is a giving profession, and it inspires me to witness that the caring and giving doesn't stop at the hospital doors.

*~Cynthia Dwyer, RPN*



### **CORRECTION**

Our sincere apologies to both Melissa Ayotte and Mariea Spray for the mistake in the July 2010 issue. The photo on the left, left to right are: Melissa Ayotte not Mariea Spray, Sharon Bertrand and Annie Evans and Isaac Sithole during the accreditation information session held on July 20th.

*~ Communications & Community Development.*

## ETHICS CORNER

**CULTURAL DIFFERENCES** is the third of the nine underlying cultural factors in the Cultural Safety Continuum. One definition of the word "culture" from Wikipedia, the free encyclopedia, is "*The set of shared attitudes, values, goals and practices that characterizes an institution, organization or group*"

There is the potential for misunderstanding the cultural context of the presenting illness or injury, or limits to successful implementation of a prescribed course of action, resulting from different perspectives, world views, belief systems, value sets, norms, customs, mores, or other distinctive behaviour patterns.

At SLMHC, we see many examples of the cultural differences between the First Nations we serve and the mainstream. Examples such as an elder self-triaging and allowing a young child to access medical care in their place; people sleeping in shifts due to limited and crowded housing sometimes up to 20 people in a small 2-bedroom house. Although it is difficult to accept that it is happening so close to us, we respect that. It has become a way of life for many people, not just First Nations.

JA Erlen, Department of Health Promotion and Development, School of Nursing, University

of Pittsburgh, Pennsylvania, USA.

writes in the *Orthopedic Nursing Journal*, 1998 Nov-Dec; 17 (6):79-82:

*As the world becomes smaller, there is increasing recognition that the world is more culturally diverse. People within a particular group share customs, habits, and values; however, these individuals may share few, if any, beliefs and practices with people from other cultural groups. This increasing cultural diversity raises questions about ways to deliver appropriate and respectful health care to patients from other cultures. This article discusses culture, culture and health care, and respect for culture. There is a description of means that nurses can use to provide culturally relevant care. Ethical practice requires a recognition of one's biases, a sensitivity to cultural differences, the avoidance of generalizations about cultures, and the provision of culturally relevant care.*

**Indeed the world seems to be getting smaller and we must respect that not everyone lives the same way we do.**

Next month, more on Cultural Differences.

*Submitted by: Helen Cromarty, Special Advisor for First Nations Health*

## Sioux Lookout Health Care Staff Association

### ANNUAL 4 BALL BEST BALL

NINE AND DINE, RAIN OR SHINE

**September 19<sup>th</sup> 2010**  
**Starting @ 1pm**

No golf experience necessary  
Sign up as a team of four or  
individually

Green fees to be paid by all  
golfers prior to tee off

Prizes, prizes, prizes,

All past SA members golfers  
eat for free

Subsidized dinner for non  
member golfers

BBQ your own Steak or  
chicken after a round of golf,  
veggie meals are available

**GET SIGNED UP EARLY AS**

**SPACE IS LIMITED**

Dave or Carla in the ER

Erica in the OR

Dawson in the kitchen at the 7<sup>th</sup>

**\*CUT OFF FOR SIGNING  
UP IS 4 PM THURSDAY,  
SEPTEMBER 16<sup>TH</sup>**

*\*All rules and regulations of  
the Ojibway Golf and Curling  
Club Apply*

# FIVE GOOD REASONS TO GO INTO DRUG OR ALCOHOL REHAB

**People, especially those who have an addiction, often have conflict within themselves over whether they should go to rehab and get help.** This actually is a symptom of the addiction; to deny there is a problem or to minimize it. Seeking help from a reputable rehab centre is the best choice to make for everyone involved.

**1. Your Health:** Drugs have a drastically negative effect on the human body. They can cause irreversible damage to the heart, lungs, brain and other major organs. Someone who is addicted to drugs begins to experience changes in their health almost immediately. Drugs have an instant impact on many different parts of the body. Drug rehab can rid the body of drugs and begin the healing process.

**2. Your Mental State:** Even though it is difficult for the addict to detect, drugs alter personalities. Often, it is the friends and family members that first notice the change. There are times when addiction can permanently alter a person's mental abilities. The effects on the brain do not necessarily wear off when the drugs do. Drug rehab can help to put the pieces back together.

**3. Your Relationships:** Drugs, whether the addict realizes it or not, affect every relationship that the person has. Often, the addict will isolate themselves and stay away from those they love in an effort to hide the addiction or avoid conflict. There is no relationship that goes unscathed for a drug addict. Drug rehab first and foremost rids the body of drugs so that situations can be seen more clearly. They can help to reconstruct relationships that may have been damaged by the affects of the drug addiction.

**4. Your Family:** Families are often destroyed due to drugs. There are many families that suffer irreversible damage because of the stress and strain of having someone who had a drug addiction in the family. Finding a drug rehab before the family falls apart would be the best choice. Often, that is not possible, but that does not mean that all is lost. It was the drugs that destroyed the family, so ridding yourself of drugs can many times rebuild it.

**5. Your Happiness:** There is no such thing as a happy drug addict. They may seem happy when they are under the influence of their drug but they are never truly happy. Effective Drug rehab could

help to find that happiness once again, and without the assistance of drugs. It is possible to live a happy, healthy life. All it takes is the skills that are learned in rehab.

Narconon Trois-Rivieres is a private Drug and Alcohol Rehabilitation Centre in Quebec Canada

*~Submitted by Donna Gustafson, Counselor, CCAS*

## HISTORY PROJECT

**WOW!** only seven weeks to go before we move into the new hospital. A lot has to happen before the move.

As you clean out your offices, 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 5th Avenue or in the 7th 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*

# HEALTHY HABITS CHALLENGE



Over the last couple of weeks you may have seen posters or staff talking about the Healthy Habits Challenge that they have just joined for the next four months. This idea was brought to me by front line staff, as they had heard of other hospitals or towns doing this.

The main idea is about weight loss, but we also wanted to look at the whole picture of having a healthy lifestyle, along with losing weight, BMI (body mass index), and how to keep moving forward as you make healthy changes in your life. There is a fee to join the challenge and there will be draws and prizes along the way. There are measurements to be taken, weigh-ins on a regular basis to help keep motivated, and information packages, lunch and learn sessions and follow up tips.

We know what to do, we're eating the right foods, getting some exercise, reading all the articles

and generally taking care of ourselves, BUT, we just haven't lost the weight and aren't achieving the shape we want. We're very lucky to work in the health centre, as we have so many people and resources that will support our goals and this challenge.

I would like to thank all the staff that have volunteered to do the measurements and have developed the education materials and ideas for the journey.

I would also like to thank everyone who decided to take the **HEALTHY HABITS CHALLENGE**. It may not be easy, but remember, it's part of the journey of learning to take care of ourselves.

If you haven't signed up for the challenge, please support your peers over the next four months. You're welcome to attend the education sessions, access the healthy tips and talk with our support staff – Amber Brohm, Lisa Hindy, Lisa Seamark, Cameal Sinclair, Curtis Macdonald and Melissa Zarecki.

So, let's get moving and have some fun on this journey.

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

# **HEALTHY HABITS CHALLENGE**

## **Attention All Staff**

**From August 30 to September 20, 2010,  
you can sign up to be a part of the ...**

# **SLMHC Healthy Habits Challenge**

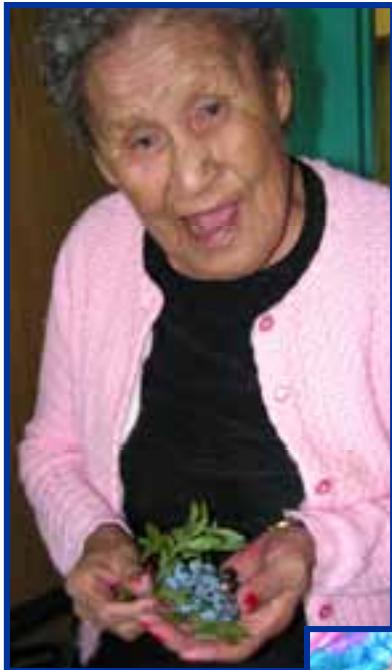
## **BASIC CRITERIA TO JOIN UP:**

1. You want to lose weight or tone up for the next four months
  2. You want to change some of your living, eating and other habits
  3. You are willing to make a commitment to yourself
  4. Be willing to weigh in and have a few measurements taken over four months
  5. Be willing to write a post dated cheque for \$80.00

If we have your interest  
then...

For more information please check your email for more details and see Lisa Hindy (7th Ave. or Extended Care), Lisa Seamount (7th Ave), Melissa Zarecki (7th Ave.), Amber Brohm (5th Ave.), Cameal Sinclair (5th Ave.) or Curtis Macdonald (5th or 7th Ave.) to sign up for the challenge before September 10, 2010.

# EXTENDED CARE UNIT PICKING BLUEBERRIES



**O**n Thursday, August 12th, 2010, residents of the William A. "Bill" George Extended Care, enjoyed picking blueberries after lunch, in the dining room and their rooms. One resident clapped in delight at the sight of the bushes being pushed around on the trolley. The bushes were transplanted into the back gardens in hopes that we will have our own blueberry patch to pick from in a couple of years....

*Submitted by Margie Kimball*



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
- Equipment
- Mammography
- New Hospital
- WA George Extended Care
- Opening the Doors Campaign



SIOUX LOOKOUT  
MENO YA WIN HEALTH CENTRE

**Foundation**

To make a donation, call Kathryn Davidson, Foundation Administrator, 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!

## COMPLAINT POLICY AND PROCESS

### ATTENTION ALL STAFF: EDUCATION UPDATE:

It is important to know that the **COMPLAINT Policy and Process** has been reviewed and updated by the Client Services Team.

We want **Patients and Visitors** to know that the SLMHC is committed to ensure that all complaints related to services and programs be investigated in a fair, equitable and timely manner. Education posters for patients and visitors will be put up in areas such as lobby, waiting rooms on this information. It is important for staff to know their role when a patient or visitor would like to file a complaint. Please ask them to do so in writing, or by email to [vphealthservices@slmhc.on.ca](mailto:vphealthservices@slmhc.on.ca) or phone call 737-3030 or in person with any SLMHC employee. The complaint form is found on the SLMHC intranet, as well as under the policies and procedures Administration section or by having the Admitting Staff print out the form for the patient or visitor.

The Complaint Policy was available in Policy Tech – Hospital Wide 4.30 section for staff to read as of... APRIL 20, 2010.

We would also encourage good communication and conflict resolution techniques, between staff, visitors and patients before formal complaints are initiated but if there is a complaint we would encourage that they are made as soon as possible after the event.

If you have any questions about the complaints process please talk to your Managers.

*~Melissa Zarecki, Chronic Disease Management Lead and Sharon Yule, Volunteer Coordinator & Special Projects Manager*

## NEW EQUIPMENT ANNOUNCEMENT



*Magdi Hussein, Ultrasound Technologist & Jolanda Winlove-Smith, Ultrasound Technologist*

**D**iagnostic Imaging is pleased to announce the arrival a new Ultrasound Unit, the Aplio XG, by Toshiba. It is equipped with the latest innovations in Diagnostic Ultrasound Technology.

This unit will help to improve image quality, and enhance our workflow.

Our Imaging department is again offering two fulltime rooms of Diagnostic Ultrasound service.



With enhanced workflow, we endeavor to resolve some of the wait-time issues.

The new ultrasound unit is also equipped with 3D/4D capabilities. This technology has various applications, but most specifically, fetal imaging. If a fetus is positioned ideally

amazing 4D pictures of a baby's face or profile can be demonstrated.

Magdi and Jolanda, our two Sonographers, are very excited and prepared to help you with this new addition to the department.



## BRIEF



I witnessed a great deed by Cameal Sinclair, Physiotherapist! During one of our local Farmer's Markets, she, out the goodness of

her heart, purchased a large pan sized piece of bannock and delivered it to 6 street people who were standing by. I'm sure they were extremely grateful and would have made their day!

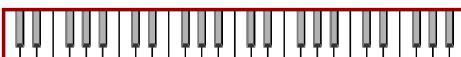
*Submitted by a proud co-worker! ☺*

## THANK YOU

On behalf of the whole Bridgewater family, we want to say thank you to everyone at Meno Ya Win for your support, kindness and compassion through our difficult time. Your generosity is greatly appreciated, it will not be forgotten.

From our hearts, thank you.

*~Stephanie Hynds, Technologist, Laboratory*



**Festival of Carols  
Community Choir**

*Everyone is welcome to join us on...*

**Monday, September 13,  
2010 at 7:00 p.m.**

**St. Andrew's Church**



## WELCOME!

Please join the Laboratory Department in welcoming two new Medical Laboratory Technologists to the Sioux Lookout Meno Ya Win Health Centre: Jun Li, and Gretel Botello.



Gretel is a recent graduate of the 3 year MLT Program at the Michener Institute for Applied Health Science in Toronto, Ontario. She joined the SLMHC on May 3, 2010 as a temporary full time Medical Laboratory Technologist in the Microbiology Department.



Jun Li was employed at British Columbia Northern Health Centre for 1 year prior to moving to Sioux Lookout. Jun joined the SLMHC on May 3, 2010 as a permanent full time Medical Laboratory Technologist in the Core Laboratory Departments. Jun enjoys living in Sioux Lookout, "the people are friendly and the environment is beautiful."

### Welcome, Jun & Gretel!

*~Karen Parent, Manager of Laboratory Services*

## THANK YOU



Thank you to all the staff, patients and visitors that took the time to fill out the gift shop survey. We had 13 patient, 14 visitor and 56 staff responses.

There were many helpful suggestions that we will be able to use as guidelines when we start purchasing items for the gift shop.

We are looking for volunteers to help run the gift shop in the near future so if you, or someone you know, would like to volunteer in the gift shop or in other areas of the hospital, please let me know. A SPECIAL THANKS goes out to Crystal Thomas in X-Ray as she helped to correlate the results.

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



# QUESTION OF THE MONTH...

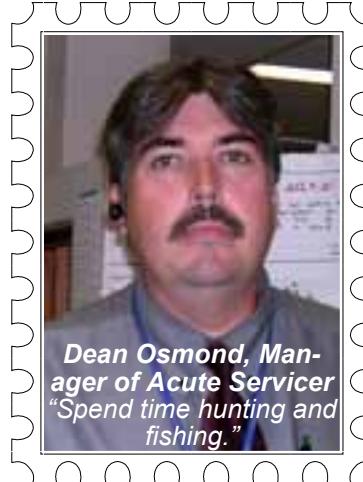
## WHAT ARE YOUR PLANS FOR STAYING ACTIVE IN THE COLD, WET, DARK DAYS OF FALL?



**Judy Belisle, Purchasing Clerk**  
"I plan to do lots of hunting this fall."



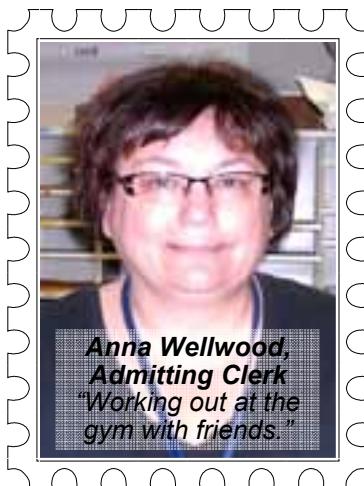
**Debbie Hill, Maintenance**  
"I am going to hunt, fish and renovate the house and hang with family."



**Dean Osmond, Manager of Acute Servicer**  
"Spend time hunting and fishing."



**Fannie Streicher, Laundry**  
"Going for walks, with umbrella, if needed."



**Anna Wellwood, Admitting Clerk**  
"Working out at the gym with friends."



**Keith Atwood, IT Support**  
"Take my dog "Chubby" for a walk."

### 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 TRUE story of why the chicken crossed the road.



## 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!*

## 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**

I am a doctor. My name is ..... Niin mashkikiwinini. \_\_\_\_\_ nidishinikaaz.

I am a nurse. (as in a Registered Nurse)..... Niin mashkikiwikwe



I am a physio therapist. .... Niin omaamiinoniwe

I am an x-ray technologist. .... Niin omazinaatebijikewinini

I am an x-ray technician. .... Niin Kaamazinaatebijikech



I take blood samples. .... Niin misko kaamemejigaachikaadeg  
nidoodaaapinaan



### **TOONIES FOR FRIDAY**



Sioux Lookout  
Meno Ya Win Health Centre  
**Foundation**

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

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

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)

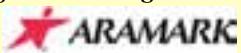


## Pizza Fridays



MONEY RAISED TO DATE: **\$5,605.00**

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

## 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!

# Photo Gallery

Jude Dawes' Retirement party



Wishing all the best to Lynne Anne Theriault Seghal and Dr. Yogi Seghal on their new clinical practice in New Brunswick.

Happy Retirement, Jude!



Hospital Wide Orientation, 5th Ave Site





# Foundation



## MEDIA RELEASE

August 24, 2010, Sioux Lookout, Ontario – **Sioux Lookout Meno Ya Win Health Centre Foundation accepts EllisDon Challenge to raise \$100,000**

On behalf of EllisDon Corporation, David Smith proudly challenges all other donors, both individuals and businesses, to contribute to the Foundation's current campaign to raise \$1 million for equipment and furnishings for the new Health Centre. EllisDon has pledged that it will match all new donations, dollar for dollar, that are made prior to the Grand Opening on October 15<sup>th</sup>, up to a maximum of \$100,000.

The Foundation accepts the challenge and gratefully acknowledges EllisDon for this significant contribution and all they have done to ensure that we have a state of the art health care facility in Sioux Lookout. Now is the time to get your donation in! Every dollar you donate becomes two. Make the most of your donation and help us "Open the Doors" to the new Sioux Lookout Meno Ya Win Health Centre.

Marnie Hoey, SLMHC Foundation President agrees that "working together with EllisDon, we can meet the challenge" and we encourage everyone who has not yet contributed to consider doing so at this time. The Challenge will run until October 15<sup>th</sup>, 2010.

### About the new Sioux Lookout Meno Ya Win Health Centre

The new facility will open its doors to patients in November 2010. This new 140,000 square foot Health Centre will bring our many health care sites and services together under one roof. The Centre will serve 30,000 people living in Sioux Lookout and area including 29 First Nation Communities, representing an area that is one-third of the land mass of the Province of Ontario.

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For information on this press release or the SLMHC Foundation please contact Kathryn Davidson, Foundation Administrator at 737-7997.