



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

October 2010
Volume 8, Issue 10

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

When the world says "Give up," Hope whispers, "Try it one more time."

~ Author Unknown

Our greatest glory is not in never failing, but in rising up every time we fail."

~ Ralph Waldo Emerson

SLMHC AWARDED FULL ACCREDITATION STATUS



Isaac Sithole, RN, Coordinator, Accreditation & Melissa Ayotte, Administrative Assistant, Accreditation. See page 2 for full story.

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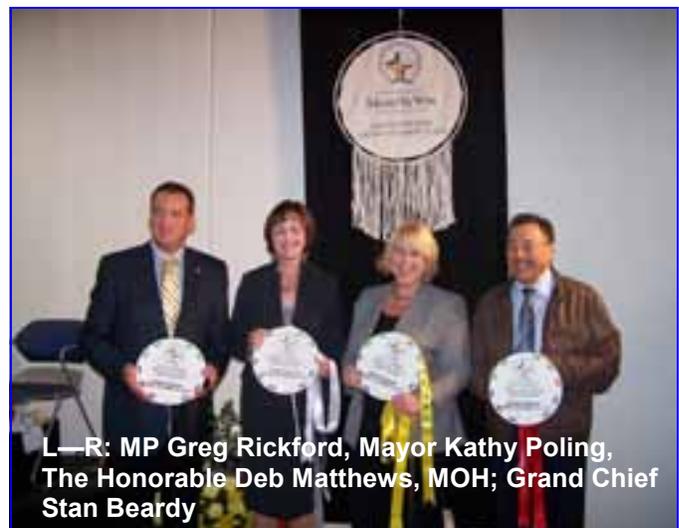
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Grand Opening of the new SLMHC! A Dream Come True!

On Friday, October 15, 2010, representatives of the signatories to the Four Party Agreement arrived in Sioux Lookout to join a large crowd celebrating a festive Grand Opening ceremony of the new Sioux Lookout Meno Ya Win Health Centre!

On Saturday, October 16th, a community parade and celebration was well attended by a mix of all people, from the local community and from out-of-town.

For more information, visit:
www.siouxbulletin.com
and view the Special Issue of October 20, 2010.



L—R: MP Greg Rickford, Mayor Kathy Poling, The Honorable Deb Matthews, MOH; Grand Chief Stan Beardy

SLMHC AWARDED FULL ACCREDITATION STATUS

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Sioux Lookout Meno Ya Win Health Centre (SLMHC) has received full accreditation status from Accreditation Canada. This decision is based on findings from the on-site survey of SLMHC that took place October 4, 5, and 6, 2010. During the on-site survey, 2 surveyors with broad based experience in Canadian healthcare evaluated client programs and services throughout SLMHC by speaking with and observing numerous staff members, physicians, and clients, reviewing documentation, touring facilities, and conducting focus group meetings with board members and community partners.

Accreditation is a voluntary tool that health care organizations use to evaluate and improve their quality of services. The accreditation process is a 3 year cycle that culminates in an on-site survey and an accreditation decision. Accreditation status is awarded to organizations that meet or exceed national standards of excellence, which marks the end of one accreditation cycle and the beginning of

the next one. SLMHC has participated in the accreditation process, and been accredited 3 times in the past 9 years.

"Accreditation is an important milestone for every healthcare organization," states SLMHC Chief Executive Officer, David Murray. "It represents that we meet national standards and those we serve can be assured that we provide quality care and programs that meet or exceed accepted national levels of quality care. This is a vote of confidence for our entire organiza-



tion, from the board, to the management team and especially to the front line staff who deliver on our commitment of quality care day in and day out. We have had a very involved and dedicated team who has led this process over the last year and they should take special pride in this accomplishment."

SLMHC has exceeded previous survey results by attaining an outstanding 98.6% compliance rate measured against 1,486 applicable criteria, meeting all Required Organizational Practices, and being awarded 3 year accreditation status without conditions. This is a noteworthy accomplishment. "It took great teamwork to get where we are, and we intend to keep up the momentum," said Barb Linkewich, Vice President of Health Services. "The results identify and reaffirm where our strengths are and also provide us with valuable recommendations for ongoing improvement. Obtaining external peer feedback on one's services is a crucial element to the evaluation process. We want to thank everyone involved for their tremendous efforts and making our journey towards quality health care in this region a truly rewarding experience."

The final report is available in the accreditation section of the intranet. For more information, please contact Barb Linkewich, Vice President of Health Services, 737-6539 or by email blinkewich@slmhc.on.ca

Left: Judy Birns and Dr. Robert Drury, Surveyors, Accreditation Canada

Exercise and the 12-Hour Shift Dilemma



If you are a nurse working a 12-hour shift, day or night, you most likely struggle with finding the time to exercise. Developing a fitness program is just as important for you, if not more so, since exercise will help off-set factors that nurses who work 12-hour shifts, particularly night-shifts, struggle with. These factors, such as poor eating habits, interrupted circadian rhythms and hormones levels, and disrupted digestive systems, can lead to weight gain.

Finding a workout schedule that fits the typical 12-hour shift can be tricky. Here are seven recommendations that will assist you when trying to accommodate both exercise and work.

1. Do something. One of the biggest health risks is doing nothing at all. No matter what shift you work, lack of physical activity increases your disease risk, leads to a lower quality of life, and may shorten your life span.

2. Try to include flexibility, cardiovascular and strength training. Exercise most days of

the week, and include strength training two to three of those days, and be sure to stretch before and after workouts. In a perfect world, it would be ideal to exercise for 60 minutes daily, however, 30 minutes can be very beneficial. If even 30 minutes seems unrealistic, make a concerted effort to be active every day and even this activity will still help to keep you at a healthy weight, looking better and feeling better.

3. Space it out. Try to give yourself at least two hours, preferably three, between a vigorous workout and when you sleep. A low-intensity exercise program such as stretching or yoga before bed, however, may actually help you wind down from a shift.

4. Journal. Tracking *what you eat* and *when you exercise*, as well as *quality and quantity of sleep*, can help you discern if an eating, sleeping or an exercise routine is to blame for different struggles such as weight gain or poor sleep. I also recommend journaling *how you feel* at the same time throughout your day (or night as the case may be), several times a day or night until you find a routine that works for you. Notice if low moods correlate with blood sugar lows associated with processed foods, natural sleep rhythm struggles or lack of exercise or activity. Look for cause and effect relations within one or two hours of each other. For example, if you struggle with poor sleep follow-

ing a shift and exercised over three hours prior to sleeping, most likely your poor sleep is caused by another factor and not the exercise.

5. Treat your struggles like an experiment. Experiment with one factor at a time and see if your struggle improves. For example, if you notice you are sleepy at the same time during a shift, try eating something different during the prior meal. If that doesn't help, then do another experiment and try taking a short walk one hour before the sleepy time. You'll be amazed at how much you learn about yourself and how your body responds to different situations.

6. Keep options open. Being resourceful and clever is one of a nurse's greatest attributes. Find ways to sneak exercise in throughout a shift if all other options fail. Some ideas include using a pedometer to track 10,000 steps during your shift instead of doing cardio training, or making breaks your workout time by walking the stairs or using an exercise band. If exercise seems impossible with the demands of the 12-hour shift, refocus your efforts on what you eat instead. If you eat healthy foods and focus on keeping your caloric intake in a range where you maintain a healthy weight, then you also benefit with increased energy and lower risk for disease.

Continued on page 6 ...

A PERSONAL REFLECTION ...

Last year has been an incredible and exciting year and has gone so fast.

After 21 years of working out of the 5th Avenue site I was asked to relocate to 7th Avenue site and I have had a lot of fun over at the 7th Ave and I was lucky to get to know some of the staff that works there better. I'm almost going to miss my little character office with the almost invisible window, the air conditioner that never worked, the ghost sounds coming from the sinks, the 90 degrees year round temperature, all the cupboards to hide things and so on, but what I'm really going to miss is all the patients, visitors and staff that walked or wheeled passed my office on a daily basis and all the cheery hellos or interesting conversations we've had this past year.

October 2010 will also be remembered for a lot of other things as well

I have watched Isaac and Melissa lead us on the Accreditation journey over the last year ending in a very successful Accreditation survey. It wasn't an easy journey either as there was so many other things going on during the year and congratulations to all the staff for their part in the journey.

We didn't have time to celebrate and take a breather from all the work from Accreditation as the very next week we had 8 differ-

ent celebrations for the new hospital. Just in case some of you didn't make all the celebrations, here's what they all wereon Tuesday we had a lunch and tour for the Hudson and Sioux Lookout Auxiliaries, Wednesday the Blessing of the hospital, Thursday a dinner party, Friday the grand opening, Saturday morning the Foundation donor appreciation and tours, Saturday afternoon the people parade, the community opening and Saturday night the staff party. What an amazing week and I was lucky to either be able to organize some of the events or work behind the scenes on other events and I wouldn't have wanted to miss any of it for the world. It was a blast. As soon as I have time I'll put the 1200 photos I've developed into a photo album and share them with you.

As the month continued we still have not had time to breathe and probably won't for another couple of weeks. As I sit in my little office surrounded by boxes that I'm trying to pack, trying to purge some things, I am also watching some incredible teamwork go on. A special thank you should go out to the Senior Management Team and the Managers for the amount of work they have taken on this last couple of years and especially this last year. Long, hard and stressful hours have been put in to make sure that plans have been accomplished, equipment has been ordered, training

in the new site and on equipment is happening and that's on top of the regular workload. A special thanks needs to go out to the staff as well as I know this last year hasn't been an easy year but we have all been on amazing journey and smoother landing soon ahead.

This last week before we move is interesting to watch people start to pack up, and for some the move into the new hospital is easy and very exciting. For others there is a lot of mixed emotions...there is the joy of moving into the new hospital with new equipment and larger spaces to work, bright airy entrances, storage, courtyards, and at the same time there is also a grieving process going on. A grieving process for a building and for all the memories these buildings have held for staff. For some of our staff they were born in these buildings before they ever started to work here. Their children were born here as well and many have had family and friends pass away as well. For many of our staff the 5th or 7th is the only place they have spent their health careers and they have seen a lot of people come and go. For those staff that need to say good bye to these old, antiquated, almost getting ugly buildings, as they pack up, I hope that you have had fun and I know you are going to love working in the new site.

Continued page 5...

A Personal Reflection...

...continued from page 4

For many years, we have said that many of the problems we have been dealing with because of the old buildings will be gone when we move into the new site. That's true, and that excuse can no longer be used when dealing with problems. The new hospital is not a miracle to solve all problems. It is "A Dream Come True" after a hard work and dedication by not just the Board and staff of the SLMHC, but by a lot of community people and other dedicated people that had a vision.

We still have a lot of work to do as we move forward in the new hospital and the new decade as we continue toward our center for excellence. I'm looking forward to the journey and I hope all of you are as well.

2011 promises to be an interesting year, but right now I have to get busy and get the gift shop up and running, recruit volunteers, work on the archive/history project, get the new baby hamper ready, finish the blessing ceremony, clean/purge my office, participate in the walking challenge and a few other things in November.

GOOD LUCK to everyone as we discover and get use to our new and beautiful health centre. It's been worth the wait.

~ Sharon Yule,
Special Projects Manager &
Volunteer Coordinator

Workplace Health and Wellness

Congratulations to the eleven SLMHC teams and the 110 health staff members who took on the 1st Annual Business walking challenge sponsored by the Public Health Unit, Diabetics Program and SLMHC. It's been very interesting to see everyone's numbers, and to see people figuring out how they can get a few more steps every day and bring up their numbers.

Yes, there are prizes to be awarded to teams and individuals. In fact we have set up an extra prize just for the top team out of the SLMHC teams just for more fun and to keep it interesting, but this challenge really isn't about the prizes. This challenge is about encouraging people in the community to be more active, to look at what they are doing and see how they can add more exercise in their daily lives, and how beneficial exercise can be.

And just to keep it interesting the first week the Movers and Shakers walked close to a million steps and 70% of the team work in offices so it will be really interesting to see the totals in a month.

If you are in the challenge, good luck and happy walking! Take a friend, borrow your neighbors dog, park your car further away from the store or work, get your families out. Take the challenge!

~ Sharon Yule, Special Projects
Manager & Volunteer Coordinator

HEALTHY HABITS CHALLENGE

Thank you to all the staff that signed up for the HEALTHY HABITS CHALLENGE in September. Some of the personal stories what people are doing to make changes in their lives are: cutting back portions, cutting out pop consumption, starting to eat breakfast, starting to walk more, and many have joined the walking challenge. For some it might be a bit discouraging when they get on the scales and they don't see the numbers change a lot, BUT as you exercise you also find out that muscle weighs more than fat and they are toning and finding that maybe those pants are fitting a little better or maybe they have a little more energy to do things each day. Maybe people are finding this is a tough challenge and getting started has not been easy due to health problems or other things going on in their lives...but they are still trying and that's what the challenge is about. It's about slowly making changes in your life, looking at your health and beginning a journey that can affect your life now and in the future.

We are half way through the challenge and once we move into the new hospital we will offer lunch and learn sessions about health, open to the HEALTHY HABITS CHALLENGERS but also to all staff interested in their health. So keep going and good luck!

~ Sharon Yule, Special Projects
Manager & Volunteer Coordinator

Exercise and the 12-Hour Shift Dilemma

...continued from page 3

7. Don't compromise. Once you have your exercise time and routine figured out, guard it with your life.

8. Reward yourself. If you find a routine that works well, give yourself a reward. Positive reinforcement will keep you motivated to continue that routine.

Think of the 12-hour shift as a positive challenge to stay fit and healthy. Don't forget to share your success with me!

If you have a specific fitness question for Alice, she can be contacted at contact@2bfit.net.

About the Author: Alice Burron, MS, Personal Trainer, Exercise Physiologist, writer and motivational speaker. Alice has spent over 15 years inspiring and motivating adults and kids to live their healthy lives possible. Check out her website at www.2bfit.net.

Click here to learn more about [Alice Burron](#).

More from nursestogether.com:

Submitted by Cynthia Dwyer, RPN, Nursing

HAVE YOU BEEN TO OUR HOSPITAL WIDE ORIENTATION YET?



Orientation February 2009

October 2008 was an exciting month as we were starting the new hospital wide Orientation Program for all staff. Since that time we have had 181 staff attend the sessions.

Our hospital wide orientation was set up in 2008 with three priorities.

1. To orientate new employees in a timely manner on the bigger health centre picture and mandatory training sessions.
2. To offer opportunities to staff to sit in on some of the mandatory training expected (parallel with other mandatory training sessions).
3. To offer opportunities to older staff as refresher sessions as they are the mentors to the new staff and we need to keep everyone up to date.

The goal was to get all staff through the hospital wide orien-

tation over a three year period and then the sessions would be held as needed for new staff. We still have one more year in this goal, so for those senior staff that have not attended yet, your turn is coming. Your Manager or scheduler will be scheduling you to attend orientation over the next year. We will have one more session in December 2010, once we've moved in and settled in our new hospital. A special THANKS goes out to all the presenters over the last two years as without them this orientation would not have happened. They put a lot of work and effort into their presentations and I know they appreciate the attentiveness of staff and all the questions and interesting discussions that occur.

Talk to your manager & sign up today! Attend, meet and get to know your fellow colleagues, come and learn together. Everyone has something to share with others. See you there!

QUESTION OF THE MONTH...

WHAT ARE YOUR THOUGHTS ABOUT OUR GRAND OPENING & COMMUNITY CELEBRATION?



Amber Brohm, Dietary
"WOW!! Very well organized. It was great to make everyone a part of history."



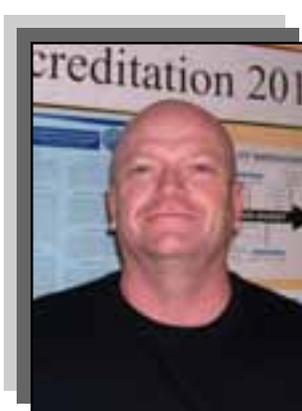
Angie McCleary, Rehabilitation Clerk/Typist
"I was completely amazed with the whole celebration! I had the privilege of being a tour guide which I enjoyed very much!"



Cortney Dunham, Activity Coordinator
"It was very well put together. Right from the parade to the celebration. Good job everyone that was involved in organizing it."



Delilah Anderson, Admin Support,
"A spectacular event & well organized!"



Greg Malcolm, Housekeeping
"It was a great celebration!"



Renee Southwind, Communications
"Absolutely awesome!"

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.



Memory Lane

Unveiling of sign—Future site of SLMHC
March 4, 2004



Senior Management Walk About on
future site of SLMHC, August 22, 2008



Bimaadiziwin Training,
May 9, 2006



Celebration of People, 2003



Dr. Barb Russell-
Mahoney



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 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

Use of Preverbs

Preverbs are syllables or parts of words that are not real words by themselves but need to be attached to front of words to add meaning to the word or sentence:

Gichi	(big)
Gichi-wiisini	(he eats lots)
Gichi-aakozi	(he is extremely sick)
Gichi-nibaa	(he sleeps a long time)
Gichi-baagishi	(he is extremely swollen)
Gichi-wiisagendam	(he is in extreme pain)
Gichi-dewikwe	(he has an extremely bad headache)
Gichi-baapi	(he laughs hard)
Gichi-gikendaaso	(he is extremely smart, educated)
Gichi-mangizide	(he has large feet)
Gichi-bakade	(he is extremely thin, he has lost lots of weight)
Gichi-minwaajige	(he is extremely enjoying his food)
Gichi-gizshiiwe	(he is talking extremely loud)
Gichi-naanaagadawendam	(he thinks about it a lot)
Gichi-ikwe	(older woman)



Gichi-gikendaaso



Al gichi-baapi

TOONIES FOR FRIDAY

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

Funds raised to date: \$1,506.73



SIUX 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: **\$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!

Photo Gallery

Gathering of Soil ceremony, October 15



Lac Seul Drum—Opening ceremony, October 15



Community Parade



Frank Beardy, SLMHC Board Co-Chair, Jan Beazley, NW LHIN Board Chair, Ennis Fiddler, NW LHIN



Opening Prayer, October 15 Grand Opening—Agnes Ningewance



Peggy Sanders & Doug Cardinal, Architect



Confederation College presentation to SLMHC Foundation



Roger Walker, former CEO, SLMHC & Terry Jewell, SLMHC Board Member



Fire place—Front Entrance

