



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

DECEMBER 2010
Volume 8, Issue 12

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

Season's Greetings!

*May the Spirit of
Christmas be with you
and your family
throughout this holiday
season and into the
New Year!*

From the Board & Staff of Sioux
Lookout Meno Ya Win Health Centre



BIMAADIZIWIN TRAINING DECEMBER 20 & 21, 2010



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Back Row: Don DeGenova-CICR; Denise Williams, Shawn Richter, Tom Chisel, Patrick Skead-LS Drum; Ernest Anderson, Kenneth Kamenawatamin; Middle Row: Travis Cunningham, Erica Ogilvie, Sheila Tennant; Danielle Collier; Front Row: Doug Semple, Julie McKay, Pamela Suprovich, Joan Cachagee, Merv Ningwance-LS Drum; Esther Van Gennip, CICR

Nine staff members enjoyed two days of Bimaadiziwin training, December 20th & 21st, held at Sioux Lookout Meno Ya Win Health Centre.

Participants learned skills in conflict resolution applicable in all areas of one's own life, understanding the human identity needs and how events can affect those needs. Local native traditional teachers presented an overview of Bimaadiziwin teachings, the sacredness of the drum and all aspects of the many ceremonies. Residential school survivors spoke

about their personal experiences in the schools and shared about their own healing journeys. Lac Seul Drum was on site to do the opening and closing of the training.

One comment in the evaluation form said, "I learned a lot about the history of residential schools and how it's affected so many of my clients. It's brought me to a deeper understanding and I want to provide the better care".

Next sessions: March 28 & 29 and 30 & 31, 2011.

~ Joan Cachagee, THMFSP

Ethics Corner

Work Ethics

Wikipedia defines work ethic as “**a set of values based on hard work and diligence”.** It is also a belief in the moral benefit of work and its ability to enhance character. They are also described as **a set of values, which involves the right attitude, correct behavior, respect for others and effective communication.**

Carl Mueller, an Internet entrepreneur and professional recruiter, wrote:

“Having a good work ethic can take you a long way in your career and goes hand in hand with having a good attitude meaning being professional, diligent and caring about your work and the people you work with. It is showing your colleagues and superiors that you care and have a good attitude with regards to your work can help you build a good reputation that carries you far. It can be easy to exceed the expectations of others simply by being someone who is reliable, diligent and professional. Conversely, having the opposite of these traits can be your quickest way to being seen as a lazy employee who is not held in high regard by others.

Some hallmarks of people with a strong work ethic may include completing your work on time, not wasting the time of your colleagues, sending professional emails without typos, offering your help to others when they require it.

Carl Mueller

Here are some Work Ethics:

Honesty

Any job assigned to you should be done with utmost honesty, without cheating, lying or stealing. This is good for your conscience.

Dependability

Those who are dependable are considered reliable as well. It is necessary to develop the quality of being a responsible person. This will, in turn, foster excellent results and set you as a good example for those around you.

Efficiency

Efficiency is vital for your own growth as well as the betterment of the organization where you are working. It is very easy to spot inefficient employees, who waste a lot of time and resources. However, efficiency is still a hallmark of good workers.

Positive Work Habits

Inculcate good working habits what will impress the people you are working with and your superiors as well. Coming to work late, dressing inappropriately and shuffling jobs are considered as signs of not following good work ethics.

Initiative

To be successful in whatever you do, it is vital to take initiatives on your part. Don't wait to be told what to do. If you are doing the right thing in an acceptable manner, do not hesitate to take initiatives.

Humility

Humbleness and modesty are amongst the necessary elements of good work ethics. Only a fool is arrogant, while a wise person always shows traits of humility.

Positive Attitude

Maintaining a positive attitude at work is very important to accomplish your tasks successfully. This is because your colleagues get affected by your mannerism and respond accordingly.

Teamwork

Always remember that you are a part of the team, no matter what role you play in it. Do what is not only good for you, but also, beneficial for the team as a whole.

Essentially, work ethics regulate what an employee would do in different situations in the workplace. The habit of following good work ethics is intrinsic - it comes from within. It involves our morality and other values, apart from what our parents have taught us.

Workers exhibiting good work ethics are considered eligible for **better positions** and more responsibilities. So it becomes important to be honest, responsible and dependable.

lifestyle.iloveindia.com/lounge/good-work-ethics-3842.html

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

Celebration of People

It is that time again to celebrate our staff. On February 2, 2011 we will be having a dinner for our long term service staff 5 to 30 years and recognition of our 5 retirees.

This year forty-seven staff will be recognized and we invite **all** staff to join us at the dinner and celebration. For those staff that are being recognized, your invitation will be sent out in January 2011 and we request that you reply back **as soon as possible**.

For other staff that want to join in the celebration and support your peers and friends, tickets will be available in January 2011. So please watch for the posters.

Please mark your calendar for February 2nd and come out and join us!

Please also check the following list to make sure that if you have reached a 5 to 30 years milestone as of December 2010 that your name is on the list, if not, please contact Bev Lelonde.

RETIREES

Jude Dawes
Douglas Pierce
Lousie Watson
Elaine Pace
Sharon Carter

30 YEARS OF SERVICE

Madilena Berze

25 YEARS OF SERVICE

Judy Carroll
Kim Likely

20 YEARS OF SERVICE

Bonnie Findlay
Debbie Woychyshyn
Gordon Hill
Rose Marewich
Beverly Marciniw

15 YEARS OF SERVICE

Robert Martin
Lisa Seamark

10 YEARS OF SERVICE

Erica Mulville
Rhoda Anderson
Constance Pilgrim
Sonya Fewer
Arthur Weir
Victoria D. Coulombe
Carol Maxwell
Debbie Hill
Heather Brazier
Bradley Lance
Setrelita Clarke

5 YEARS OF SERVICE

Shelley Read
Cynthia Bogard
Amanda Lelonde
Melissa Zarecki
Michelle Hrynychuk
Donna Dubroy
Bryon Kindlay
Trina Kakekagumick
Denise Tilberg
Nicole Lamothe
John William
Aileen Turallo
Angie McCleary
Angela Monty
Celine Piche
Diana Couette
Debora Gartner
Marsha R. Favot
Boyce Patey
Tegan Lemmon

~Sharon Yule, Special Project Manager

Workplace Health & Wellness Committee

Workplace Health & Wellness Committee would like to wish all the staff, volunteers and community a wonderful Holiday Season!

We would encourage everyone to enjoy shortbread and all the other wonderful holiday treats, but we would also encourage you to go for a walk, dust off your exercise equipment and generally take of yourselves.

Look for all the Health & Wellness activities in the new year and get involved!

~Sharon Yule, Special Project Manager



Thank you!

Thank you to Administration, CCAS and Foundation for their support of all the new Christmas lights around the hospital.

Thank you also to patients, visitors, staff and Rick for all their thumps up, smiles and encouraging words and technical support as lights were put up in 2' of snow.

I hope that everyone has a wonderful and safe Holiday Season!

~The Christmas Elf



Annual Craft Fair Raised Funds for Extended Care Unit Activity Fund



On Saturday, December 4th, 2010, the Activity workers, Cortney Dunham and Margie Kimball, set up at the Annual Craft Fair to raise funds for the activity fund. Thanks to all those who bought the baked goods, \$758.00 was raised.

The monies go towards Christmas gifts for residents at the Extended Care and also to help with the ongoing expenses of decorating and running the activation programming. Cortney will be having bake sales at the hospital to help with raising

money for her activation programming and gifts for the patients for Christmas.

Merry Christmas to all and Happy New Year!

Submitted by Margie Kimball, Activity coordinator at the Extended Care



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/foundation and please visit our office located in the main lobby at the Sioux Lookout Meno Ya Win Health Centre. Thank you!

Mrs. Hearts & Bows Visits the New Hospital



Mrs. Hearts and Bows went to visit at the new hospital and enjoyed a bite of Bev's lunch and then visited the various departments and got some lovely pictures. She wanted to share them with you all.. Here they are...



*Submitted by Margie Kimball,
Activity Co-ordinator, Extended Care*



Continued to page 7...

A Different Short Christmas Story!

A Tale We Can All Learn From:

Ian came home from work late in the week before Christmas, tired and irritated, to find his 5-year old son waiting for him at the front door.

'Daddy, may I ask you a question?' said Jack.

'Yep sure, what it is?' replied Ian rather brusquely.

'Daddy, how much do you earn in an hour?'

'That's none of your business. Why do you ask such a thing?' Ian responded angrily.

'I just need to know. Please tell me, how much do you make an hour?' pleaded Jack.

'If you must know, Jack, I make £25 an hour,' answered his father.

'Oh,' the Jack replied, with his head down.

'Daddy, may I please borrow £10?' added Jack nervously.

Ian became was furious, 'If the only reason you asked that is so you can borrow some money to buy a silly toy for Christmas or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so self-

ish. I don't work hard every day for such childish frivolities.'

Jack quietly went to his room and shut the door.

Ian sat down and started to get even angrier about Jack's questions. How dare he ask such questions only to get some money?

After about an hour or so, Ian had calmed down, and started to think. Maybe there was something he really needed to buy with that £10.00 and he really didn't ask for money very often. The man went to the door of his son's room and opened the door.

'Are you asleep, son?' Ian asked quietly. 'No daddy, I'm awake,' replied Jack.

'I've been thinking, maybe I was too hard on you earlier,' said Ian. 'It's been a long day and I took out my aggravation on you. Here's the £10.00 you asked for.'

Jack sat straight up, smiling. 'Oh, thank you daddy,' he cried. Then, reaching under his pillow he pulled out some crumpled up notes.

Ian saw that the boy already

had money, started to get angry again.

The little boy slowly counted out his money, and then looked up at his father with his large brown eyes.

'Why do you want more money if you already have some?' Ian grumbled.

'Because I didn't have enough, but now I do,' the little boy replied. 'Daddy, I have £25 now. Can I buy an hour of your time? Please come home early on Christmas Eve so I can to have dinner with you.'

Ian was crushed. He put his arms around his little son, and he begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts.

Do remember to share that £25 worth of your time with someone you love.

~Excerpt from

http://www.guy-sports.com/humor/christmas/christmas_stories.htm#Christmas_Is_For_Love_

...continued from page 6



QUESTION OF THE MONTH...

WHAT ARE YOUR PLANS FOR CHRISTMAS HOLIDAYS?



Madeline Letourneau, Interpreter
"Spending time with family and visiting friends."



Kathy Storey, Admitting Clerk
"Enjoy having my grand-kids here, and have fun with outdoor activities like snowshoeing and sliding."



Lindsay Hancock, Medical Doctor
"I'll be going home to spend time with friends and family."



June Wynn, Interpreter
"Going to Thunder Bay to spend Christmas with my children, grandchildren and great grandchildren."



Brenda Wessel, Nurse
"Spending time with the family and shoveling snow!"



Ramona Quequish, Health Services Admin.
"Heading up north to visit the family in Round Lake."

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.



Community Grand Opening of the New Sioux Lookout Meno Ya Win Health Centre Draw Winners

Women's Draw

Aileen Urguhart

Men's Draw

Armond Cummings

Girl's Draw

Emily Morin

Boy's Draw

Maguire Rose



The joy of brightening other lives, **bearing** each others' burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas.

~WC Jones



From the Materials Services Team



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 60 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 Raymond Legros 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!

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

All departments are invited to send updates to:

danderson@slmhc.on.ca

**Break the chain of
infections...**

WASH YOUR HANDS

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 Sioux Lookout Meno Ya Win Health Centre and William "Bill" George Extended Care.

HOURS OF SERVICE

Monday to Friday 7:30 am - 7:30 pm (2) 7:30 pm – 12:00mn	Weekend Float 7:30 am -7:30 pm
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WILLIAM "BILL" GEORGE EXTENDED CARE UNIT (ECU)

Monday to Friday
9:00 am – 5:00 pm

FLOAT covers both all sites on the weekend



Foundation

HAT SALES

**Ball caps for sale
\$20.00 each!**

**Ball caps are currently
available at the Founda-
tion Office and will be
available in the near
future at the gift shop!**



Funds raised to date \$1,240.00



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

December 17th—Bake Sale for Activity Fund



Extended Care Unit—December 15, 2010
Christmas Caroling



Unveiling of Accreditation Certificate



Renee Southwind,
Manager of C&CD



Extended Care Unit—December 15th,
Christmas Caroling



Extended Care Unit—December 15th,
Christmas Caroling



December 17th
—Bake Sale for Activity
Fund



Extended Care Unit—December 15, 2010
Christmas Caroling



Hospital Wide Orientation—December 14 & 15, 2010

