



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

Feb, Mar, April 2011
Volume 9, Issue 2

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

SLMHC CELEBRATES WITH STAFF FOR THEIR YEARS OF SERVICE, FEB 2, 2011

Listen to the natural orchestra of Mother Earth—the music of the water, the birds, the animals, the wind and the rain. It soothes our spirits and bring us hope and inspiration. There is always hope, Mother Earth tells us. The earth itself is going through a renewal, so should we. We are all a part of all things, take hold of the renewing energy of Mother Earth, set goals and live abundantly. That is what the elders say.

~ Larry Beardy, Aboriginal Special Assignment Teacher, (originally from Muskrat Dam), May 2011.

Inside this issue:

| | |
|--------------------------------|----|
| Special Visitors to SLMHC | 2 |
| Ceremonial Room Named | 3 |
| Walk Raises \$205,000 | 4 |
| Welcome New Staff | 5 |
| Share for Hope Program | 6 |
| Certified Medical Interpreters | 7 |
| Anishinaabemodaa | |
| Question of the month... | 8 |
| Thumbs Up! | 9 |
| Anishinaabemodaa | 11 |
| Photo Gallery | 10 |



*Twenty years of great service—
Beverly Marciniw, Rose Markewich,
Gord Hill, Bonnie Findlay.*

The 5th Annual Celebration of People Event was held on Wednesday, February 2, 2011 at the Legion Hall. It is an event where staff who are employed at SLMHC, in five year increments, receive recognition and to honor them for their years of service at SLMHC. It is a time to say a special and warm thank you to each of them.

An opening prayer was followed by a welcome speech by the Master of Ceremonies, Dave Murray, CEO of SLMHC.

Staff receiving awards were:

Five Years: Diana Couette, Donna Dubroy, Marsha Favot, Bryon Findlay, Debra Gartner, Michelle Hrynychuk, Trina Kakekagumick, Nicole Lamothe, Amanda Lelonde, Tegan Lemmon, Angela Monty, Boyce Patey, Celine Piche, Denise Tilberg, John Williams.

Ten Years: Rhoda Anderson, Heather Brazier, Estralita Clarke, Victoria Coloumbe, Sony Fewer, Arthur Weir, Bradley Lance, Erica Mulville, Constance Pilgrim, Debbie Hill.

Fifteen Years: Robert Martin, Lisa Seamark

Twenty Years: Bonnie Findlay, Gordon Hill, Beverly Marciniw, Rose Markewich, Debbie Woychyshyn

Twenty-five Years: Judy Carroll, Kim Likely, Doug Pierce

Thirty Years: Madeline Berze

Special Recognitions: Isaac Sithole, Marsha Hamilton, Michelle Beaulne

Retirement: Sharon Carter, Jude Dawes, Elaine Pace, Doug Pierce, Louise Watson.

A tasty full course dinner was catered by the Legion Ladies Auxiliary in the beautifully decorated hall. Photo albums and picture collages of staff were displayed on tables and walls for all to enjoy viewing and bring happy memories. As staff were called forward to be given their SLMHC pin and certificate, there was a short story about that person's overall achievements and contributions to SLMHC, and a little humor added about their character that helped make the workplace a better place for all. The evening was enjoyed by everyone present.

Congratulations to all staff for your many years of great service at SLMHC!

A Visit from Mrs. Hearts & Bows at SLMHC

On Monday, February 14th, Mrs. Hearts and Bows, Cortney Dunham and three helpers delivered a balloon, Valentine card and a heart shaped sucker to the patients at the Sioux Lookout Meno Ya Win Health Center. The team was greeted with smiles and laughter and everyone's day seemed to be a whole lot better and lighter.

In the afternoon, Margie Kimball and Cortney Dunham hosted a Valentine's Party/Bingo and also celebrated a resident's 85th birthday with cake and ice cream with the other residents of the William "Bill" George Extended Care and a couple of patients from the Meno Ya Win Health Center who regularly visit to join in the activities in the home.

Thank you to all who donated in various ways, especially to those who supported our bake sale fundraiser on February 9th, 2011 which raised a total of \$470.00 towards our activity funds. These monies continue to help us throughout the year to have our special events and ongoing activities--especially Bingo!



A Blessing & Naming Ceremony for Chief Sakatcheway Ceremonial Room



Kai Koivukoski, Board Co-Chair of SLMHC speaks to audience attending the ceremony.

On Monday, March 21, 2011, the first day of spring, SLMHC and Lac Seul First Nation held a Blessing and Naming Ceremony for the ceremonial room in the new health centre. Lac Seul Drum and singers lead the opening of the ceremony; the beat of the drum like the sound of the “heartbeat” and singers singing a pitch awakened your spirit to the new day and beginning of a new season. The ceremonial room was given its official name— Chief Sakatcheway Andaaw'iwewgamik Healing Room.

Chief Sakatcheway was the Chief of Lac Seul First Nation who signed the Treaty #3 Adhesion in 1874, a treaty covering Northwestern Ontario. He was a highly respected man and well known throughout the region as a powerful and wise leader, a very compassionate man. His vision was of a place for all people to meet and co-exist, to learn from each other to promote mutual understanding and respect, and to share the sustainable gifts with all people.

Master of Ceremonies, Garnet Angecone, said, “I can see his vision coming to reality, and it’s a good day to celebrate the living spirit of Chief Sakatcheway”.

Kai Koivukoski, Co-chair, SLMHC, added, “This healing room is a symbol of a marriage, and we all need symbols in our lives to remind us of something. The



Mayor Dennis Leney, LSFN Councillor Leroy Quoquat, LSFN Chief Clifford Bull, Kai Koivukoski unveil the plaque outside of the ceremonial room.

circle here is about two cultures coming together to find healing, creating a healing place where staff can work”.

Last summer, Garnet Angecone and Florence Woolner had submitted the name, Chief Sakatcheway Drive, to the street naming committee for consideration. Although it was not chosen as the street name into SLMHC, it was recommended by the committee to use his name for naming the ceremonial room. This was unanimously approved by the board of SLMHC. It has turned out to be the appropriate name for the ceremonial room.

As part of the ceremony, leaders of Lac Seul First Nation, Sioux Lookout and SLMHC unveiled a plaque outside of the healing room. It inscribes the words of Chief Sakatcheway during the signing of the treaty in 1874; and history of the Lac Seul region. Pictures taken by an Indian agent in early 1900 depicts Lac Seul people and a more recent picture of the big lake shows the on-going impacts of the flooding of Lac Seul in the 1930’s.

A feast and ‘give away’ were held in the lower level of the health centre with gifts of wild rice and bags given to all dignitaries, guests and volunteers, a tradition amongst First Nation people.

Riley Barkman Walk Raises Funds for CT Scanner



Riley Barkman, holds a cheque of \$205,000 for a CT Scanner at SLMHC.

A smiling Riley Barkman and his friends proudly walked into the main entrance of the Sioux Lookout Meno Ya Win Health Centre on Monday, April 11th greeted by a large cheering crowd of people. Riley, along with four of his friends, Andrew Kaminawash, Stanley Barkman, Lawrence Morris and Matt O'Connell had just completed their 700 km walk from Sachigo Lake First Nation to Sioux Lookout to raise funds for a CT Scanner to be located in the new Sioux Lookout Meno Ya Win Health Centre.

Earlier in the year, having heard there was a need for a CT Scanner in the area and about the fundraising that had been going on, Riley wanted to help people get the care they need without having to go far away. With the encouragement of both his father and grandfather, he began a walk not knowing it would raise a total of \$205,000!

On March 28, 2011, Riley, joined by four of his friends, began walking from Sachigo Lake First Nation, through Muskrat Dam First Nation, North Caribou Lake First Nation traditional territories, Pickle Lake, Mishkeegogamang First Nation and Saugeen Nation traditional territories and arrived in Sioux Lookout on April 11th. The young men appeared

tireless and pumped with positive energy for a mission accomplished in helping to raise funds for the CT Scanner that would help all people with the early detection of disease.

The CT Scanner is now a reality for all people in the area, a vision of the late Grace Teskey.

~ A big Congratulations & Thank You from SLMHC!



L—R: Riley Barkman, Matt O'Connell, in SLMHC lobby.

Welcome to all New Staff!



Erica Ogilvie, a FT Occupational Therapist joined the Rehab Department team in December 2010.

Doug Kurtz, came on board on January 10th as casual Medical Laboratory Technologist.

Iris Wujanz, Prenatal Nurse, a new position on the Maternity Ward as of May 2nd.



Sidrah Nadeem, joined us on February 16th as a Lab Co-op Student.

Ryan Landry, Casual Porter, Materials Department.

Miranda Bramer, Dietary Manager to SLMHC, & Hostel Food & Environmental Services Manager for Aramark to the SLFNHA Hostel, April 2011.

If the announcement of your hiring is not here, watch for the next issue.



L—R: Debbie Topozini, Niki Kiepek, Pamela Suprovich, Margie Legros.

Community Counselling & Addiction Services

welcomes new staff: Lachie Macfadden, Counsellor; Niki Kiepek, Occupational Therapist—Counsellor; Raymond Katt, Counsellor.

Some staffing responsibility changes: Pamela Suprovich, Counsellor with the Medical Withdrawal Support Services; Alana Capar, Program Assistant with CCAS; Margie Legros, Clinical Director—CCAS & MWSS.

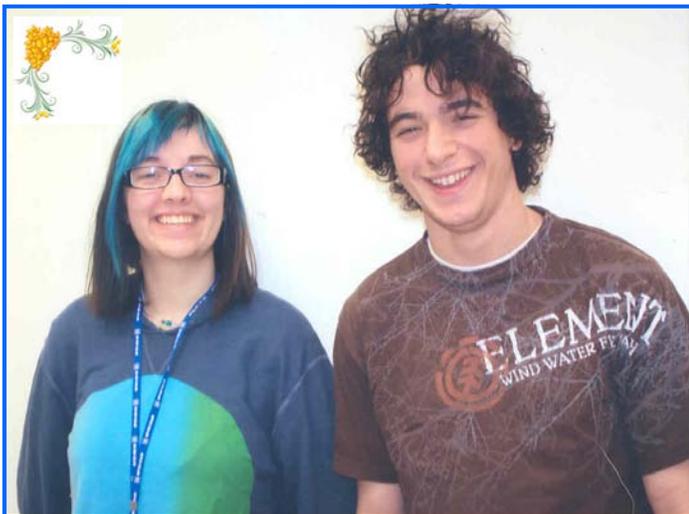
CCAS Director gives honor to all other staff for their wonderful work!

Debbie Topozini, Program Coordinator, Assault Care & Treatment Program has accepted the Program Coordinator position to the Medical Withdrawal Unit.



L—R: Robert Durante, Terry Jewell, Vlad Bortnowski, Stantec Architecture, Marnie Hoey, Lloyd Hilgers, Stantec Architecture and Kai Koivukoski.

Lloyd Hilgers presented a \$35,000 cheque to SLMHC in support of the Foundation's Opening the Doors Campaign. This generous contribution to assist with the purchase of equipment and furnishings for the new facility was donated by Colm Murphy and Lloyd Hilgers.
Miigwech!



Meet **Niki** and **Francois**, Katimavik volunteers at SLMHC! You will see them in either the Gift Shop on the main level, or just about anywhere in the health centre. They are with us for a while, so greet them, talk with them, and help make their experience an enjoyable and memorable one! Welcome to Meno Ya Win, Niki and Francois!



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.

Raymond Legros, Counselor
Community Counselling & Addiction Services
Working in partnership with Out of the Cold Shelter



**Hand washing -
Your best self defense against disease!**

Anishinaabemodaa

Abdominal pain, has tewimisate
 Abdominal swelling, has paakimisate
 Abortion, has an kiishkinikaateni okikishkawaawasowin
 Abcess, has an miniiwi
 Abcess drains, his/her saakitaashikawiminiwi
 Abuses, him/her okakwaatakihaan or onaniinawiihaan
 Accident, has an pihchishin or wiisakishin
 Acetylsalicylic Acid (ASA) Aspirin tewishtikwaanewimashkiki



For Pronunciation Guide, see past issue.



Sixteen Students Graduate as Certified Medical Interpreters

On March 18, 2011, Susan Albany, Viola Angeconeb, Irene Beardy, Edward Belmore, Christine Kakekaspan, Stella Kakekaspan, Billy Kamenawatamin, Nan Kejic-Comber, Norah McKay, Donna Morris, Titus Morris, Mary Oombash, Esther Pitchenese, Leah Quequish, Bonnie Schaerig and Joshua Tait were awarded their certificates of completion in the Medical Interpreter Program. The twelve month program began in February 2010. Certificate of Merit was presented to Christine Kakekaspan for achieving a GPA of 4.0 with an average of 94.36%.

Congratulations to all graduates! ~ from SLMHC Board, Senior Management & Staff.

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, SLMHC Foundation Administrator, 807-737-7997 cell 807-738-0566 or view our website at www.slmhc.on.ca/foundation. Visit our office located in the Admin Offices area at SLMHC.

Working Hand in Hand with Our Communities to Build a Healthier Future
 Γησ VJ- ∇ΛΓΔ·(σPL) σCJ9Δ·σε² ηDη Dεη6U Γ·εηΔ·² Δ"Δ∇·ησβ².
Travailler main dans la main avec nos communautés pour construire un future plus sain.

QUESTION OF THE MONTH...

WHAT DID YOU DO FOR VALENTINE'S DAY?



Tammy Bailey, Accounts Clerk
"I played an April Fool's joke on a friend and sent her flowers from a secret admirer."



Cameal Sinclair, Physiotherapist
"I had a Valentine's Day dinner party/birthday party for a beautiful 1 year old with friends."



Mike Lorteau, Porter
"I bought flowers for my wife and my daughters for Valentine's Day."



Frank Gaudreau, Maintenance
"I forgot it even happened. Spent the day enjoying it."



Diane Curtis, Scheduler
"Had dinner with my Dad."



Joan Cachagee, THMFSP Manager
"We went out for supper at Dick & Nellie's. It was a surprise! OXOXO."

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 *Meno Ya Win News* is prepared by the Communications department

All departments are invited to send updates to:

rsouthwind@slmhc.on.ca

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 7:30 pm – 7:30 am | Weekend/Float 7:30 am -7:30 pm |
|---|--|

WILLIAM "BILL" GEORGE EXTENDED CARE

Monday to Friday
9:00 am – 5:00 pm

FLOAT covers both all sites on the weekend



BIG THUMBS UP to

The Materials Management Team for being extra speedy with our orders which are delivered accompanied with a big smile!

The Nursing Floor for helping patients out of bed for walking when staff are not available!

Sharon Yule & Melissa Ayotte for helping with the Career Fair!

Kitchen staff; & Ernie Buswa—Honorary Member!

~ *PT/OT Department*



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



Doug Pierce, Retiree;
Madeline Berze, 30 years



Pot-luck luncheon, March 23
Curtis & Angie



Traditional foods arrive Feb 28



Bake Sale inside the Gift Shop, Feb 4



Blessing & naming ceremony, March 21

Helen, Barb, Merv



"You're simply the best!" - Helen at
Celebration of People event, Feb 2



Interpreters bannock party,
Feb 18