



SIoux LOOKOUT

Meno Ya Win

HEALTH CENTRE

Meno Ya Win News

May, June, July, August 2011
Volume 9, Issue 3

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

"I am pretty sure that, if you will be quite honest, you will admit that a good rousing sneeze, one that tears open your collar and throws your hair into your eyes, is really one of life's sensational pleasures."

~Robert Benchley, "Hiccoughing Makes Us Fat," No Poems: or around the world backwards and sideways, 1932

Meno Ya Win derives from a Cree and Ojibway term, mino'yawin, which means health, wellness, well-being, and the wholeness of the individual. Mino'yawin only has this meaning when all aspects of a person: physical, emotional, mental and spiritual are in balance and are whole. This understanding is fundamental to our approach to care.

~SLMHC concept of healing.



Inside this issue:

Nurses Honored	2
Interpreters—Part of HC Care	3
Question of the Month	7
Anishinaabemodaa	8
Photo Gallery	11

Meeting Dr. Neety Panu, New Lead for Radiology Service Team at SLMHC



Dr. Neety Panu, Dr. Terry O'Driscoll, Dr. Dermot McLoughlin

Staff and the senior management team are very excited about working with Dr. Panu.

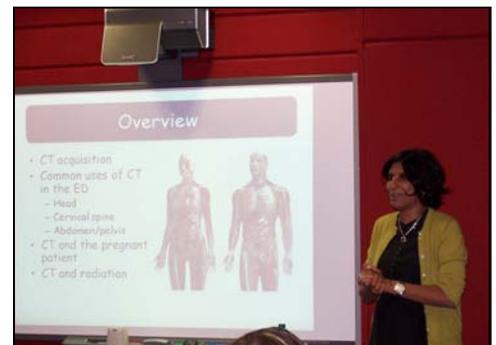
Having this new equipment here in Sioux Lookout will be a great benefit to the x-ray department and help doctors make their diagnoses, and for clients, it will mean they will not have to wait for long periods to get an appointment and travel to other health centers to get their CT and mammography tests.

The room was filled to capacity by doctors, the diagnostic team and health services staff on Tuesday, September 13th to meet and greet Dr. Neety Panu, new lead for the radiology service team at SLMHC.

Dr. Panu presented the first of several education sessions on the CT/Mammography program. This first session was an overview of what the CT can be used for, what it can do, when to use it, and how to determine the proper dose of radiation to use on a client. More in-depth training will be provided to the diagnostic team in the months to follow.

Dr. Panu will be available on site twice a month and will continue to set up the programming as well as provide consultation. When Dr. Dermot McLoughlin, Radiologist & Diagnostic Imaging Department Lead for SLMHC is away, Dr. Panu will fill in for him. Dr. Terry O'Driscoll, Chief of

Dr. Neety Panu is currently the Medical Imaging Lead for the Linda Buchan Centre and for the Cancer Care Ontario Imaging Lead for the Northwest Region. She is a Clinician-Scientist with the Thunder Bay Regional Research Institute and is Principal Investigator with the HIFU clinical trials. She is also a lecturer at the Northern Ontario School of Medicine.



**Welcome, Dr. Neety Panu!
~ SLMHC Board & Staff**

Palliative Care Nurses Honoured



Shown in the picture are (left to right): back row - Capt. Tim Groulx KCLJ, Nancy Monchka, Kathy Bean, Jane Safronyk, Dr. Dean Gresko KLJ; front row - Janice Prenger-Senf, Jody Farmer.

Northwestern Ontario nurses, who successfully achieved the Canadian Nursing Association's specialty in Hospice Palliative Care Nursing Certification, were once again recognized by the Thunder Bay Commandery [Order of St. Lazarus of Jerusalem].

The Thunder Bay Commandery Certificates were presented during a palliative care conference hosted bi-annually by Lakehead University's *Centre for Education and Research on Aging and Health (CERAH)*. This year's conference was called, "*Passport to Palliative Care: Journeys and Destinations*". Other awards presented during the luncheon held Thursday November 4th, 2010 were Ontario's June Callwood Award for outstanding achievement in volunteerism presented by Hospice Northwest and Palliative Care Certificates presented to the graduates of that Lakehead University program.

Hospice palliative care aims to relieve suffering and improve the quality of living and dying for those patients for whom there is no cure. Specialty certification allows registered nurses to build on the foundation of their Canadian RN registration.

In 2004, the Canadian Nurses Association added certification for specialists in hospice palliative care

nursing to their program. The Thunder Bay Commandery has recognized each graduating class of nurses since the beginning of the certification.

Over the years, Northwestern Ontario has demonstrated a real commitment to the improvement of palliative care for the residents of the area. These recently certified nurses are the leaders in caring for our dying and their families.

Among those recognized for completing the Canadian Nurses Association Hospice Palliative Care Certification was Sioux Lookout Meno Ya Win Health Centre nurse, Jody Farmer. Other SLMHC nurses with classifications are; Heather Brazier (Perinatal) and Rob Martin (Emergency).

The Canadian Nurses Association offers certification in 19 specialties/areas of nursing practice. These are; Cardiovascular, Community Health, Critical Care, Critical Care Pediatric, Emergency, Enterostomal Therapy, Gastroenterology, Gerontology, Hospice Palliative Care, Medical-Surgical, Nephrology, Neuroscience, Occupational Health, Oncology, Orthopaedic, Perinatal, Perioperative, Psychiatric/Mental Health and Rehabilitation.

Excerpts and photo taken from: The Order of St. Lazarus Gazette - Vol 25, No. 1, April 2011.



Ray Legros, Counsellor, Day Program for Community Counselling & Addictions Services during Mental Health Awareness Week, May 4, 2011 in the Kolors Building, Front Street.

The Interpreters Play an Important Role on the Health Care Team!

It was supper hour during late May of 2011, while Interpreters Susan Albany and Ed Belmore were on shift at the North Pod patient wing, when a visitor suddenly ran out from a patient room and said frantically, "My dad is choking! Where are the nurses?"



With Susan's background being a part of an Emergency Response Team, her immediate response was to get help! Knowing and understanding the Emergency Response Manual content, she quickly ran and pressed the Code Blue button!

Afterward when all was back to normal on the patient wing floor, one of the nurses went over to Susan and said, "Good job, Susan!" Susan felt very good about

her contribution to the patients' well-being and safety and that a staff member had acknowledged her. A thank you note went to Emily King, Interpreters Supervisor from Dean Osmond, Manager of Acute

Care and Specialty Areas later thanking her staff for their great work. The note said, "This is another great example of how important their role entails as part of the health care team and that working together as a team saves lives and provides a safer environment for our clients. Your team's hard work in developing this (interpreter) program is showing results, and our patients are the beneficiary."

Thank you to all the interpreters, it's great to have you on the health care team!

~ Barb Linkewich, VP, Health Services on behalf of all management and nursing staff.



Book Launch for the Medical Lexicon, May 26, 2011. Board & staff in background, Garnet Angeconeb, MC



Northwest LHIN staff dance to Lac Seul Drum, May 26, 2011 in the Canoe area, SLMHC

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.



Comings & Goings



Farewell Howard Kitchkeesick!



We wish Howard a fond farewell! Howard worked with our hospital construction project prior to joining our department. He has brought a vast amount of knowledge and experience to the department and was of great assistance during the transition within our department and the hospital before and after our move into the new building in November 2010. We wish Howard well in his new career! Good Luck Howard from all SLMHC staff!

Welcome John Sayers!



Materials Services team welcomes John Sayers to our department. John started on August 15th and will be working as a casual Porter and in Stores.

Albert Einstein

Try not to become a man of success. Rather become a man of value.



Welcome Mary Spray!

Mary has been with CCAS for seven years and recently applied to C & CD department and will be starting as

the Programs/ Admin Assistant on September 19th. CCAS wishes her all the best, and she will be welcomed to C & CD department in the Administration Offices area.

Sam Walton

Appreciate everything your associates do for the business. Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They're absolutely free and worth a fortune.

— next issue, more new hires....



Thank You



I want to thank everyone working in SLMHC for the extra effort and care put forth to support the evacuees and the efforts of our community during this past summer's serious fire situation. You, along with many community members and the whole province made a difference for people in a difficult situation who were far from their homes, separated from their families, and not knowing when they would return to their homes. Many families were fearful of losing their homes and livelihood, not to mention having lost their food supplies due to power interruptions and outages.

Many of you went above and beyond, cooking extra food, caring for extra patients, liaising with the community fire evacuation committee, working with evacuation coordinators and other organizations, looking for family members, finding necessities for the evacuees and many more efforts too numerous to mention. Your dedication and compassion was most appreciated. Thank you for upholding our mission, vision and values, and letting everyone know we do care!

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

~ Barb Linkewich, VP, Health Services

Hand Washing

Why is hand washing important?

Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

What is good hand washing technique?

There is more to hand washing than you think! By rubbing your hands vigorously with soapy water, you pull the dirt and the oily soils free from your skin. The soap lather suspends both the dirt and germs trapped inside and are then quickly washed away.



Follow these five simple steps to keeping hands clean :

- Wet your hands with warm running water.
- Add soap, and then rub your hands together, making a soapy lather. Do this away from the running water for at least 15 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
- Rinse your hands well under warm running water.
- Pat hands dry with a paper towel.
- Turn off water using same paper towel and dispose in a proper receptacle.

What are alcohol rubs/gels/rinses?

Alcohol rubs/gels/rinses are excellent hand antiseptics, provided they contain more than 60% alcohol. They are widely used in the health care settings, or in situations where running water is not available.

Ministry of Health and Long Term Care, (2009). *Hand washing*, Queens Printer for Ontario. Retrieved from http://www.health.gov.on.ca/english/public/program/pubhealth/handwashing/handwashing_mn.html

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.



DID YOU KNOW??????

How many times have you walked by the Lincoln Courtyard, but never knew the history behind it. Well here's the rest of the story....

John Arthur Lincoln had five acres of farm land that he leased from the Grand Trunk railway from 1926 to 1950 and raised his family of five there. He was a vegetable farmer and sold his vegetables to the community. In 1950, his land was expropriated because the railway sold the property for the new Tuberculosis Sanatorium which was later known as the Zone Hospital. As well, the new SLMHC is also located on the northeast site of the Lincoln farm. In memory of John and Martha Lincoln the grandchildren made a donation to the health centre for the purpose of creating a garden in the courtyard. Today the Lincoln Courtyard holds the favorite flowers of John and Martha's children. As you stroll through the garden you will notice small bronze plaques beside the plants stating who choose that particular flower. They are:

Elsie Carson Garfield



GLOBE FLOWER

Glen Lincoln



MALTESE CROSS

Martha Gamble (Roy)



JAPANESE IRIS

Emma Bowes



SARAH BERNHARDT PE-
ONY

Many members of their families continue to live in the Sioux Lookout area and continue to support the hospital.

*~Story submitted by
Sharon Yule.*

Leona Pizziol Legault



MORDON SUNRISE
ROSE

Do you have a story, achievement or announcement you would like to share?

Let us know and we can put it in the newsletter!

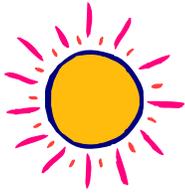
Contact Mary at 737-6586 or email mspray@slmhc.on.ca

FRAGRANCE FREE WORK ENVIRONMENT

The Sioux Lookout Meno Ya Win Health Centre strives to ensure the comfort and safety of staff, patients and visitors by encouraging a fragrance free environment.



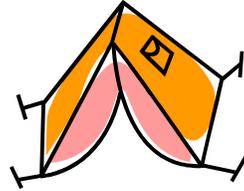
Scented products often adversely affect those with allergies, asthma, migraines and chemical sensitivities. Many find these scented products irritating and exposure can lead to a variety of allergic reactions, require medical treatment and absence from work.



QUESTION OF THE MONTH



“What did you do to enjoy the summer?”



Lorraine Miles, CCAS
“Played guitar and sang by the campfire with my family.”



John Sayers, Material Services
“I fished all summer.”



Rob McClendon, Finance
“I enjoyed the company of family, friends and fishing.”



Sharon Yule, Special Projects
“Had lots of company, went out boating and enjoyed the weather.”



Neil Michelin, Traditional Kitchen
“I prepared traditional wild game meals for evacuees during the forest fire crisis in the north.”



Maureen Oakley, Corporate Services
“I spent almost every weekend at Ojibway Park.”



Darlene Wier, Dietary
“Staying at home cleaning house.”



Sophie Noreau, Katimavik
“I liked the Blueberry Festival and the beautiful lakes.”



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 (**animooosh**—dog)

Long vowels:

e as in bed (**miigwech**—thank you)

ii as in peek (**niin**—me)

oo as in between soup and soap (**boozhoo**)

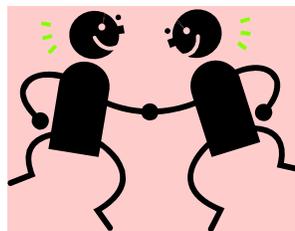
aa as in doctor's "say ah" (**omaa**—here)

Reference: *Talking Gookom's Language*, by Patricia M. Ningewance

Meeting someone for the first time:

- Boo Zhoo! - Hello
-Nindizhinikaaz. -is my name.
- Aaniin giin ezhinikaazoyin? - What is your name?
- Baangii eta ni-nisidotam. - I understand only a little.
- Gi-nisidotaw (ish) na? - Do you understand me?
- Eya - yes
- Gaawiin - no
- Gi-nisidotaan na? - Do you understand?
- Wiige gi-nisidotawin. - I understand you perfectly.
- Aan ekidood? - What is he/she saying?
- Amanjisa. - I don't know.
- Gaawaabamin miinawa - I will see you again.
- Panimaa'pi - Later....

(Note: Native people don't have a word for good-bye.)



With permission from Patricia M. Ningewance, *Pocket Ojibwe, A Phrasebook for Nearly All Occasions*, page 17.

Note: Not all phrases are listed above. You may refer to it on your own for more phrases. Each department was given a copy, check with your manager.

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

ΓΠσ VJ- ∇ΛΓΔ·CσPLζ' σCJ9Δ·σε² ΠΔΓ ΔεΓβU' Γ-εΔ·² Δ"Δ∇·Πσβ².

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

Relay For Life Draw Winners

Thank you to all who entered their names into our Relay For Life draws.

Winners were as follows:

Carol Barrett - Foundation Mug and \$5.00 Gift Certificate for Meno Ya Win Cafeteria

Linda De Rose - Foundation Mug and \$5.00 Gift Certificate for Meno Ya Win Cafeteria

Christine Tavares - Sioux Lookout Meno Ya Win Health Centre Ball Cap



Foundation

Congratulations!
SLMHC Foundation

Correction

The February 2, 2011 photo of the 20 year recipient on the far left should have been noted as Debbie Woychyshyn not Beverley Marciniew.



Congratulations

Winners of the "May / June" Wellness Challenge for walking, biking or pitching-in are:

Maureen Oakley - walking

Kathy Story - biking

Anna Wellwood - pitch-in

This challenge was sponsored by the
WORKPLACE HEALTH AND WELLNESS COMMITTEE

Seven Grandfather Teachings

LOVE & COMPASSION (Saagi'iiwewin) - Love is unconditional and is demonstrated through kindness, caring, sharing and respect.

RESPECT & HONOR (Ganaadenimowin) - To be mindful (respectful) in how you address, view, and treat people in your everyday life.

HUMILITY & MODESTY (Dabasenimowin)) - We as humans are powerless and humble in relation to the power and wisdom of the Creator.

COURAGE & BRAVERY (Soogenimowin) - To act in a selfless manner as in having high regard for the sacred belief and value of love and life for others.

TRUTH & HONESTY (Debwewin) - Truth is constant. It can only be changed by one's value and belief system in the process of personal growth and development. To be true and honest to oneself. To be true and honest to others. To understand and respect what is "truth" to others.

WISDOM & KNOWLEDGE (Gikendamowin) - Wisdom is to understand ourselves in relation (ship) to others, the universe and the Creator.

TRUST & LOYALTY (Bakidindizowin) - To be trustworthy, to be loyal to your family, friends, partner, to follow the straight path, *Anishinaabe miikana*.

INTERPRETER SERVICES ARE AVAILABLE 24 HOURS A DAY

Ask for an interpreter if:

- You do not speak or understand English.
- You speak and understand English but do not understand the medical language.
- You are at Emergency or Admitting / Registration and do not know anyone.
- You do not know what to do or where to go.

An interpreter will help you:

- Understand the doctors, nurses and other health care workers in the hospital.
- Talk to the doctors and nurses.
- Understand your illness and your treatment.
- Understand the tests such as ultrasound, x-ray, labs, etc.
- And be with you while you have tests.

Interpreters are also available to interpret at the following clinics:

- Appointment Clinic
- Prenatal Clinic
- Hugh Allen Clinic
- Diabetes Clinic

The Interpreter Services are provided in 3 distinct languages:

- Oji-Cree
- Cree
- Ojibway



The
Meno Ya Win News
is prepared by the:

Communications & Community Development Department

All departments are invited to send updates and stories to:

mspray@slmhc.on.ca



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, 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



June Wynn cooks up some bannock during the Blueberry Festival Bannock Bake Off, July 29, 2011.



Barb Linkewich with SLMHC's first new born Shayla Quezence, now 8 months old, July 2011.



VP of Corporate Services, Doug Moynihan and Sioux Lookout Mayor, Dennis Loney during physiotherapy month, May 2011.



Elders visit the traditional foods program walk-in refrigerator, September 2011.



Welcome to new RN's Robyn Wideman and Stephanie Paris! August 9, 2011.



Regional Infection Control Group: Lylie Wiebe, Theo Torrie, Wayne Smith (Front) Marlene Hollos, Lynn Ronnebeck, Marsha Hamilton, Mary Jane Kruger, Karen Clinker, Jane Coutts



Association for Community Living residents visit SLMHC. The tour allowed the residents to become more familiar with the hospital and staff and would be more comfortable if they had to come back as patients. As one resident stated "The hospital isn't scary to visit".



Staff of the new Medical Withdrawal Support Services unit. (L-R) Debbie Topozini, Niki Kiepek, Pam Suprovich and Margie Legros. (Missing) Donald Carleton. May 2011.



Barb Linkewich, VP Health Services, gives a tour of the new mammography unit to donors. August 16, 2011.

