



SIoux LOOKOUT

Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

September / October 2011
Volume 9, Issue 4

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

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

Martin Luther King, Jr.

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William A. "Bill" George Extended Care Facility Celebrates 20th Year in Operation



Shown in picture are (L-R) Healthier Fukushima, Peggy Sanders, Rachel George and Denise Williams during the 20th year celebrations.

In late September 2011, the William A. Bill George Extended Care facility invited everyone to join them in a celebration to commemorate twenty years of providing great service to many citizens from the local area and the northern communities.

A mid afternoon tea was served to all guests and clients in the main dining area where special guests who were able to attend like Rachel George and Peggy Sanders shared memories of how the place got started. They remembered all of the concerned citizens and volunteers who spent many years fundraising and lobbying to the government for a facility. The facility opened its

doors on June 10, 1991 and indeed has been a very good place for many people over the years.

A dinner was also served later in the afternoon to more guests who were not able to attend the afternoon tea. While guests and clients were milling around visiting, Paul Galpern played his piano which brought on a special ambiance. Prayers and blessings were said by Mrs. Ellen Bell and Tom Chisel, Elder, Lac Seul First Nation.

The event ended with a traditional Aboriginal event called "a give away" where all guests, visitors, clients and staff were each given a gift, to signify a thank you and good will.



Congratulations ECU!

SLMHC Partners for new Centre for Complex Diabetes Care

The Sioux Lookout Meno Ya Win Health Centre in partnership with the Thunder Bay Regional Health Sciences Centre and St. Joseph's Care Group are preparing to launch the Centre for Complex Diabetes Care (CCDC).

The Centre for Complex Diabetes Care will provide individuals with a single point of access to specialized interprofessional teams using a coordinated approach to diabetes management and treatment. The CCDC will work directly with an individual's primary care provider to ensure that comprehensive services are provided.

Barb Linkewich, V.P. of Health Services was in Thunder Bay for the announcement of the CCDC. "This is something that is really exciting. What this is, is a partnership between Thunder Bay Regional, St. Joe's and Sioux Lookout Meno Ya Win Health Centre. There is going to be three expert teams who will provide care to people with complex conditions. That would be people with diabetes who might have, say, kidney concerns, heart problems; they would be the people in hospital periodically."

"The incidence and prevalence of diabetes in Northwestern Ontario is significant, particularly among the First Nations. This, coupled with the barriers presented by a large geographic area sparsely populated with many small and remote communities, points to the need for enhanced care. The CCDC will help us to improve the quality of care that we offer. We look forward to working with our partners and to having a support system to deliver quality care."

The Ministry of Health and Long-Term Care recognizes the need for this centre in a region that has a significant diabetic population. They will contribute up to \$2.6 million in one-time funding for the 2011/12 funding year to support the operations of the Centre.

While people with diabetes only make up a small percentage of Ontario's population, Northwestern Ontario has more people suffering from the illness than the provincial average, especially among the Aboriginal community.

Dr. Saleem Malik, Medical Director for the CCDC concluded, "At the CCDC we recognize that the medical context of a diabetic patient and family associated with the patient is important. It is knowing that stabilizing diabetes, managing the condition, and appreciating the risk of serious associated conditions means that everyone has to be accountable for care. It doesn't go away because of the complexities. I am excited about the potential of the CCDC to help people at their time of need."



Dr. Saleem Malik, Lori Marshall, centre, and Barb Linkewich announced the Centre for Complex Diabetes Care on Tuesday at Thunder Bay Regional Health Sciences Centre. (Brent Linton)





SLMHC recycles batteries, used toner cartridges and cell phones!

Did you know that SLMHC recycles all alkaline non-rechargeable batteries as well as re-chargeable batteries, used toner cartridges and cell phones?

The following battery types can be delivered to Materials Services after use: Alkaline, Zinc Carbon, Lithium, Zinc Air, Silver Oxide, Mercury Oxide and Nickel Cadmium re-chargeable batteries from cell phones and medical devices. It is important that batteries are not disposed of in the trash ending up in our landfill. While not all batteries are created equal – most contain hazardous materials, such as lead and cadmium, which can contaminate our ground and drinking water. This is harmful to people, animals and the environment

In addition, all used cell phones and depleted toners can also be dropped off as part of SLMHC's commitment to reduce waste by reusing and recycling when possible.

For more information contact the Materials Services Team at Ext 4254 or 4252

SIoux LOOKOUT'S FIRST EVER TURKEY TROT

Sioux Lookout has a few more people using its trails these days thanks to the huge success of the Beginner Run Walk program that ran over 6 weeks in September and October. The program was held in preparation for Sioux Lookout's first ever Turkey Trot which took place October 15th. Neither rain, nor wind, nor the threat of snow kept trotters away. A total of 95 people came out to run or walk 5 or 10 k. Runners and walkers were in high spirits. Who can ever forget those words of advice shouted by Sharon Yule at the start of the race "Run!!!" (For those of you who weren't there.....imagine this really LOUD!)



Well, lots of us were walking, but we got the picture – go out and give it your best. Thanks so much Melissa and everyone at the Sioux Lookout Meno Ya Win Health Centre for including the Northwestern Health Unit as one of the partners in this event. Congratulations to all runners, walkers and partner organizations and volunteers who helped make this happen.

- SLMHC Workplace Health and Wellness, Corporate Services and Chronic Disease Prevention and Management
- Aramark
- Roy Lane
- Andreas Kotschoth
- NWHU Diabetes Prevention
- OPP
- Northwest EMS
- Katimavik
- Kai Koivukoski
- Jenn Hancharuk
- Nordic Nomads
- Donna Gustafson
- Rec Centre
- Doug Moynihan

Therese Niznowski,
Diabetes Prevention Program
Northwestern Health Unit



Comings & Goings



Please welcome the new Radiology Technologists, (L-R) Stephanie Mattson, Ken Nurcombe and Tracy Cryderman, to the Diagnostic Imaging Department

Stephanie Mattson: I recently moved here from Fort Frances to start my career. I graduated from Cambrian College in Sudbury and completed my clinical placement in Sault Sainte Marie. I enjoy fishing, sledding, golfing and soccer and look forward to experiencing Sioux Lookout as well as gaining experience at Meno Ya Win.

Ken Nurcombe: I was born and raised in Collingwood, ON and moved to Hamilton after high school. I originally trained as an Electronics Technician and worked and lived throughout southern Ontario and eventually became a Medical Radiation Technologist in London, Ontario. I enjoy the hiking and fishing around Sioux Lookout and I am looking forward to my first winter here.

Tracy Cryderman: I am from Atikokan, ON originally but have lived in Thunder Bay for the past 4 1/2 years. I worked as a Mammographer for the Thunder Bay Medical Centre for the past 2 years as well as for the Ontario Breast Screening Program's mobile coach. I enjoy the outdoors, so I thought that Sioux Lookout would be a perfect change for me! I look forward to working with everyone here



at the Sudbury Regional Hospital.

Erika will be working the Monday to Friday, noon to 8pm shift, plus be responsible for coordinating all security shift services.

Please join me in welcoming Erika to Sioux Lookout Meno Ya Win Health Centre.

Doug Moynihan
VP Corporate Services.

We are please to announce that Erika Fahey has joined our health centre as the new Security Coordinator. Ms Fahey has completed her studies at Cambrian College in Corporate Safety and Security as well as Law and Security Administration. She brings several years experience as a professional security officer, including protection services



Please join us in welcoming Joanie Gulka, Temporary Admin Assistant for Corporate Services. Joanie will be assisting us while Maureen Oakley is off on sick leave. Joanie can be contacted at Maureen's extension 4050, at her desk or by email using Maureen's email address. Joanie will screen Maureen's emails and voice mail until she returns.

Doug Moynihan
VP Corporate Services

WELCOME

CONGRATULATIONS LABORATORY DEPARTMENT ON SUPERB ACCREDITATION MARKS!



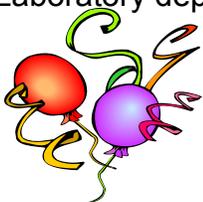
Front Row (L-R): Jun Li, Dan Caza, Amy McEwing, Eryn Carruthers. **Back Row** (L-R): Doug Kurtz, Fulvio Franceschini, Cynthia Bogard, Donna Makahnouk, Valerie Anderson, Dave Rousseau and Karen Parent. **Absent:** Brad Caughell, Brenda Voth, Tammy Pelky, Rachel Tremblay, Rhea Rice and Stephanie Hynds.

On October 3rd and 4th of 2011, the Laboratory department of the Sioux Lookout Meno Ya Win Health Centre underwent a rigorous surveillance assessment by the Ontario Medical Association as part of their on-going accreditation process.

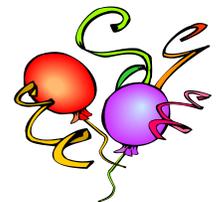
Ontario Laboratory Accreditation is operated by the Quality Management Program - Laboratory Services, a division of the Ontario Medical Association and is funded by Ontario's Ministry of Health and Long-Term Care. The assessment visit is a process that ensures laboratories meet explicit criteria, in order to give formal recognition that the laboratory is compliant.

The focus of the most recent visit was on the quality management system, physical facilities, equipment, reagents and supplies, pre-analytical / analytical / post-analytical processes for all new technology in the new space, and safety.

Our Laboratory department scored a whopping 99.53%! Congratulations to Karen and the Laboratory department for a first-rate job!



Keep up the great work!



FROST ON THE PUMPKIN PIE

Ingredients:

- 1 pie crust (regular or graham wafer)
- 1 can vanilla frosting
- 1 cup sour cream
- 1 cup canned pumpkin
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 3 1/2 cups frozen whipped topping (thawed)



Directions:

Combine all filling ingredients except whipped topping and beat 2 minutes at medium speed. Fold in 1 cup of the whipped topping and pour into crust. Spread remaining topping over filling. Refrigerate 3 to 4 hours or overnight. Store in refrigerator.

Enjoy!



(L-R) DeAnna Lance, Sally Vergeer (Senior mammography technician for St. Thomas Elgin General Hospital) and Tracy Cryderman

MAMMOGRAPHY DEPARTMENT

We are pleased and excited to announce that the Mammography department of the Sioux Lookout Meno Ya Win Health Centre is now up and running.

Our department is completely digital with a brand new state of the art Giotto machine. With this machine, we are able to produce high quality digital Mammograms, thus providing our patients with a very sensitive tool that can aid in the early detection of breast cancer.

Our staff consists of two technologists, DeAnna Lance and Tracy Cryderman, and a Radiologist, Dr. Neety Panu. Dr. Panu will be reading our Mammograms from Thunder Bay, and will perform breast biopsies in

Sioux Lookout in mid 2012. The start date and frequency of these visits will depend on Dr. Panu's schedule and the need of our patients.

We are currently devising requisitions, so in the meantime, please feel free to use a Diagnostic Imaging requisition. We just ask that you include as much clinical information as possible, the patients LMP, and when and where their last mammogram was done. You may also include diagrams as well.

We are currently booking Mammograms two (2) days a week, Thursdays and Fridays, and will adjust this according to the needs of our patients. Requisitions can be sent into the Diagnostic Imaging department or faxed to 737-5258.

Sincerely,
The Diagnostic Imaging Department

Bimaadiziwin September 27th and 28th, 2011



Front row (left to right); Jose Lopena, Rachel Tremblay, Renee Southwind, Julio Luteria, Joe Borja. Middle row (left to right); Stella Kakepetum, Lindsay Gillett, Amy McEwing, Cathy Stanley, Niel Michelin, Susan Adams, Marlene Jordaan. Back row (left to right); Daniel Caza, Justin Dennison, Terry Adam, Tom Chisel, Don DeGenova, Ralph Johnson, Esther van Gennip, Miranda Bramer, Dick Bramer, Ernie Buswa, Rob McClendon, Lufang Chen, Erika Fahey.



Ralph Johnson, Tom Chisel, Joe Wesley and Don DeGenova drumming during the opening of Bimaadiziwin September 29, 2011.



Don DeGenova instructs the class on Human Identity Needs.



Ralph Johnson, Tom Chisel and Don DeGenova pose with the drum in the Chief Sakatcheway Healing Room



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

Describing the weather:

Aabawaa	it's getting mild
Animikiikaa (or) Binesiikaa	there's a thunderstorm
Dakaayaa, daki'ayaa	it's cool
Giizhawaayaa	it's warm, mild
Gimiwan	it's raining
Gisinaa	it's cold
Gizhaate	the sun is shining warmly
Gizhide	it's hot
Maanzhigiizhigan	it's a bad day
Mino-giizhigan	it's a beautiful day
Mino-dibikan	it's a beautiful night
Niiskaadan	it's wet
Ningokwan	it's cloudy
Noodin, gichi-noodin	it's windy
Zaagaate	the sun's coming out
Zoogipon	it is snowing



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.

E-RESOURCE FOR NURSING DEPT.

(Samantha Brooks, Mariea Spray and Denise Williams review the new nursing e-resource.)

The Nursing department has purchased a new procedure and skills e-Resource. Lippincott's Nursing Procedures and Skills contains over 1000 step-by-step procedures which nurses can access to help them with up to date best practices. This e-Resource will be rolled out to nursing staff during the Fall of 2011.

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

OCTOBER IS OCCUPATIONAL THERAPY MONTH!

Thank you to everyone who came out to help us celebrate Occupational Therapy month today. We would like to announce that Kathy Storey from the Admitting Department won the prize for the Occupational Therapy Month Quiz. Thank you to everyone who participated in our quiz and please congratulate Kathy for a job well done.

Congatulations

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.

**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.

Photo Gallery

The Fall Colours of Sioux Lookout





NOSM Board of Directors Update

Twelve New Members Appointed to NOSM Board of Directors

The Northern Ontario School of Medicine (NOSM) held its Annual Members and Board of Directors meetings on Wednesday, September 14, 2011. These meetings were video-linked between the School's West Campus at Lakehead University in Thunder Bay and its East Campus at Laurentian University in Sudbury, with other Directors participating via teleconference.

The audited financial statements for the year ending April 30, 2011 were approved, and 12 new members were appointed to the Board of Directors. New inductees into the Board comprised of 35 members include:

- | | |
|-------------------------|------------------------|
| -Dr. Robert Algie | -Mr. James Morris |
| -Mr. Kevin Cleghorn | -Dr. Teresa O'Driscoll |
| -Dr. Adam Exley | -Mr. Ben Petersen |
| -Debbie Lipscombe | -Mr. Tim Pile |
| -Dr. Louise Logan | -Mrs. Angela Robson |
| -Mrs. Marianne Matichuk | -Ms. Liane Villano |

The following members were thanked for their significant contribution to the Northern Ontario School of Medicine, as their term on the Board ended:

- | | |
|---------------------------|------------------------|
| -Dr. Jean Anawati | -Dr. Dermot McLoughlin |
| -Mr. Ron Chrysler | -Dr. William McMullen |
| -Ms. Helen Cromarty | -Dr. Paul Miron |
| -Mr. James 'Jim' Gordon | -Dr. Adam Moir |
| -Dr. Peter Hutten Czapski | -Mr. Brian Walmark |
| -Dr. Neil S. McLeod | |

In accordance with Board policy regarding Officers of the Corporation, Mr. Dominic Giroux, President of Laurentian University, was confirmed as Chair of the Board. Dr. Brian J.R. Stevenson, President of Lakehead University, was confirmed as Vice-Chair of the Board.

The Directors received reports from Board Committees, including the Finance and Audit, Board Executive, and Nominating Committees. The Board also received a report from the School's Francophone Reference Group.

The Directors expressed their sadness at the recent passing of fellow Board member Ms. Francine Chartrand-Dutrisac. Ms. Chartrand-Dutrisac was involved with the Northern Ontario School of Medicine for many years in a variety of capacities, including as Director of Development Liaison, and more recently as a consultant to the Francophone Affairs Unit and NOSM's Francophone Reference Group, and Board member. Ms. Chartrand-Dutrisac has been a great source of enrichment and inspiration to the NOSM community, and will be greatly missed.

The next meeting of the Board of Directors will be held in Thunder Bay on December 1 & 2, 2011.

The Northern Ontario School of Medicine is committed to the education of high quality physicians and health professionals, and to international recognition as a leader in distributed, learning-centred, community-engaged education and research.

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!