



SIoux LOOKOUT

Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

December 2011
Volume 9, Issue 6

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



Christmas - that magic blanket that wraps itself about us, that something so intangible that it is like a fragrance. It may weave a spell of nostalgia. Christmas may be a day of feasting, or of prayer, but always it will be a day of remembrance - a day in which we think of everything we have ever loved.

~Augusta E. Rundel~



ECU Hosts Live Christmas Broadcast



(L-R) Joan Cachagee, Emily Gregg, Ruth Kitchikeesic, Emily King, Bishop Lydia Mamakwa, and Bill Morris singing Christmas carols while Chief James Mamakwa accompanies on the guitar December 14th at the Extended Care.

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On December 14, 2011, the William "Bill" George Extended Care facility hosted it's annual live Christmas radio broadcast, a festive event filled with caroling, friends and frivolity.

The event was made possible by the generosity of many people. Wawatay Radio donated air time and personnel. Staff of the Extended Care treated all guests with great hospitality and served tasty refreshments. Emily King, Interpreter Coordinator, and Emcee of the event, made sure everyone in

the room participated. Bishop Lydia Mamakwa gave the blessing and visitors and staff grouped together to sing carols over the air waves. The residents shared their greetings to their families and friends in the north.

This is an annual event that gives all residents at the Extended Care Facility an opportunity to send Christmas greetings to their families and friends in the north, truly a wonderful gift to all.

~Communications & Community Development~

Sioux Lookout Meno Ya Win Health Centre Opens the new Medical Withdrawal Support Service Unit



(L-R) Program staff; Lisa Totton, Niki Kiepek, Debbie Toppozini and Travis Cunningham

The five-bed Medical Withdrawal Support Unit, a program of the Sioux Lookout Meno Ya Win Health Centre, in partnership with Community Counseling and Addiction Services, opened its doors on December 5, 2011. On staff on a 24/7 basis are a Registered Nurse, a Registered Practical Nurse, and counselors.

The opening of this new program is a part of the planned services that are gradually being developed and implemented with the opening of the new health centre. This new service is the response to a need in northwestern Ontario region.

The unit is a 'safe place where clients may be admitted for the purpose of safe withdrawal from drugs or alcohol. The program gives the client the opportunity of a flexible admission of approximately ten to fifteen days to withdraw from opiates such as oxycontin, benzodiazepines, or alcohol, in the care of a professional health care team.

This is a safe and holistic program where the first few days are focused on medical withdrawal and

symptom management. Components of the program have been designed through practical teachings and methods to assist the client to become aware of healthy choices in living so that they can begin to create a road map of their own personal journey to health and wellness while they are in the unit.

CAMH, in Toronto, has been instrumental in providing guidance and training to our staff and assisting with program development. Three staff members did their seven week placement at CAMH and learned the basics of setting up the unit, about medication and counseling techniques in dealing with relapse prevention. The staff completed a five day intensive orientation and is ready to provide a high quality standard of care.

The unit admitted it's first two clients on December 5th. The program is designed to admit clients who are 18 or older. A prerequisite is that a client must agree to participate in the programming in the unit, as well as engage in a discharge plan of care.

*Submitted by Barb Linkewich,
VP Health Services*

Meno Ya Win

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Health, Wellness, Well Being and Wholeness



Christmas gift suggestions:

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To all, charity.
- To every child, a good example.
- To yourself, respect.

~Oren Arnold~

Holiday Greetings

A SAFE AND HAPPY HOLIDAY SEASON
FROM THE
COMMUNICATIONS
AND
COMMUNITY DEVELOPMENT
DEPARTMENT



*The Diagnostic Imaging Department
of the SLMHC
would like to send out
warm holiday wishes,
and all the best
to you and yours in the new year.*



*From:
Dr. McLoughlin,
Rhoda, Cindy, Lori,
Magdi, Jolanda,
Craig, DeAnna, Tammy, Emilie, Ken, Tracy & Stephanie*



HAPPY HOLIDAYS
AND BEST WISHES
THROUGHOUT THE
NEW YEAR. FROM
THE OR TEAM



The Physical and Occupational Therapy Department would like to wish everyone a healthy, active, fun-filled and enjoyable Christmas Holiday.

Take the time to call up an old friend, spend time with loved ones and enjoy the winter weather.



May you *collect samples* of joy and laughter this holiday season and be a *specimen* of kindness the whole year.

From the Laboratory Department



Merry Christmas and a Healthy and Happy New Year Wish to all Staff and Patients from the Admitting Department Staff



THANK YOU!



A **BIG** thanks to the Staff Association for all their hard work in setting up the Christmas party.

A good time was had by all.

*Be filled with wonder
Be touched by peace
Believe in the miracle*

*One of the greatest joys of this season
is the opportunity to say
THANK YOU and to wish you the very
best for the New Year*

*May the holidays refresh your spirit and
bring you new inspiration and happiness.
From the Health Services Team*



Remember

Holiday season is also cold and flu season, so when you are attending all the great parties enjoying the plentiful finger foods, don't forget to...



WASH YOUR HANDS!



"May peace be more than a season, may it be a way of life"
~Author Unknown~



ATTENTION ALL STAFF!

The Sioux Lookout Meno Ya Win Health Centre Staff Association is looking for members to be part of our 2012 executive committee.

If you are interested in helping plan things like curling, golf, summer BBQ's, Christmas party and any other great ideas you may have, please sign up to be part of our executive. We are looking for people who have the time to help organize different events we have planned for the year.

Please email Amanda Lelonde at alelonde@slmhc.on.ca if you are willing to volunteer your time.

Thank you,

Amanda Lelonde

Physical and Occupational Therapy Clerk/Aide

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.
~Norman Vincent Peale~

ETHICS CORNER

CULTURAL CONTEXT

What is CULTURAL CONTEXT?

Culture is acquired and so 'cultural context' would be defined by our upbringing and cultural background. It refers to thoughts, opinions and feelings that come from our life experiences.

What is CULTURAL DIVERSITY?

Cultural diversity is the differences in peoples in race, culture, beliefs and religions, nationalities, ethnic groups and backgrounds.

With cultural difference, there is the potential for misunderstanding the cultural context of the presenting illness or injury to successful implementation of a prescribed course of action that can result from different perspectives, world views, belief systems, value sets, norms, customs, mores or other distinctive behavior patterns of different peoples.

Cultural diversity applies not only to the First Nations people to whom we provide services, but to increasingly multiple cultures, languages and beliefs of many different peoples and ethnic groups. These differences include personal and world views, traditional garb or dress and different ways of expressing personality or goodness.

We have to recognize differences and respect them. Differences can cause problems in interpreting others comments and actions, predicting behavior and conflicting behavior. Here are a couple of examples:

A British boss asked a new young American employee if he would like to have an early lunch at 11am every day. The employee replied "Yeah, that would be great!" The boss immediately said "With that kind of attitude, you may as well forget about lunch!" The employee and the boss were both baffled by what went wrong.

In England, saying "yeah" in that context is seen as rude and disrespectful.

You greet your Austrian client. This is the sixth time you have met over the past four months. He calls you Herr Smith. You think of him as being a standoffish kind of person who does not want to get too friendly. While that may be true in areas of North America, where calling someone 'Mr. Smith' even after the sixth meeting would probably mean something, it is marked usage of language like "we're just not hitting it off".

But in Austria it is very normal to address someone by the title Herr. It also shows respect towards 'Mr. Smith'

We must remain respectful of all people and each other because within people of the same background may be different cultures. ***Think about it.***

Submitted by Helen Cromarty

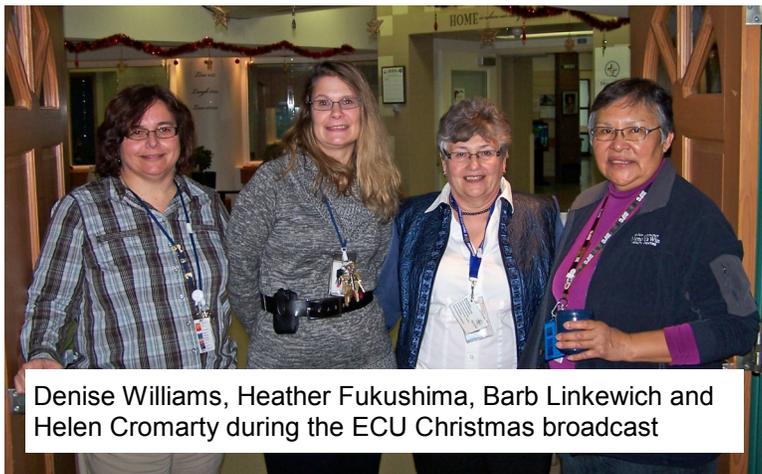
PHOTO GALLERY



Barb Linkewich, Dave Murray and Susan Turner (Consultant) during the ECU Christmas broadcast



Managers meeting December 15, 2011



Denise Williams, Heather Fukushima, Barb Linkewich and Helen Cromarty during the ECU Christmas broadcast



Happy retirement Sarah Morin!



Doug Moynihan gives a speech during the goodbye party for Chris Renwick. (EllisDon)



Santa visits staff and patients on the in-patient unit. December 16, 2011





Holiday Bread Pudding with Rum Butter Caramel Sauce



Ingredients:

3/4 cup Natural Brown Sugar

1/3 cup water

1/2 cup butter

1/4 cup dark rum

2 tbsps dark rum

12 slices day old bread

1 cup milk

1/2 cup coconut milk

1/2 cup heavy cream

2 eggs

3/4 cup sugar

1/2 tsp vanilla

1/2 tsp cinnamon

1/4 tsp ground nutmeg



Cooking instructions:

Preheat the oven to 350F.

Grease a 2-inch deep, 9x13-inch ovenproof baking dish.

Cube the bread and put the pieces into a large bowl. Pour the milk and coconut milk and heavy cream over the bread. Soak well.

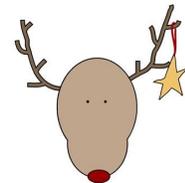
In a separate bowl, beat together the eggs, sugar, vanilla, cinnamon, dark rum and nutmeg. Pour the

mixture over the bread. Stir the mixture until well blended. Pour it into the baking dish and bake for 40 minutes.

To prepare the sauce combine the brown sugar, water, butter, and 1/4 cup of rum in a heavy saucepan. Bring to a boil over medium-high heat and reduce to a simmer heating gently until thickened, about 8-10 minutes.

Remove the pudding from the oven and serve warm with sauce spooned over top.

Recipe taken from the Chronicle Journal, December 14th issue



The Traditional Healing, Medicine, Foods & Supports Program would like acknowledge and thank a few people who were able to support and make the Christmas Live Broadcast at the Extended Care Unit happen.

First off, gitchi-meegwetch to the Extended Care for hosting this event and Wawatay Radio for donating their services.

Secondly, to the Chief of Kingfisher Lake First Nation James Mamakwa, Bishop Lydia Mamakwa who was also accompanied by Ruth Kitchikeesic.

Thirdly, to Senior Management and the Staff who devoted their time to come and support this event.

Gitchi-Meegwetch!



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



FOOD BANK BOXES A SUCCESS!

On behalf of Liz Daniels and myself, we would like to thank everyone who donated food items. Working together, the hospital employees were able to donate 3 large full boxes of items to the food bank.

Plus, thanks to everyone who has donated caps, gloves and scarves. We have already been able to outfit a patient who did not have any protective clothing when being discharged.

Once again Thanks!

Cynthia Dwyer, RPN

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.

Ambulatory Interpreter Office Relocated



In efforts to provide better services for the patients & visitors of SLMHC, the Traditional Programs Department has integrated services with the Admitting Department. This decision to relocate is based on providing more integrated and navigational services.

The Ambulatory Interpreter Office has been relocated to the Reception Area. The Interpreter will be sharing space in the reception with the Admitting Clerk and will perform navigation duties and Interpreting when required.

The Interpreter will be available Monday through Friday, 7:30 a.m. – 9:00 p.m. and will remain to cover areas, such as: Emergency, Ambulatory Care Services, Diagnostic Imaging, DayMed, OR and Rehab Outpatient Services. Contacting the Interpreter will remain the same, using pager 396 or accessing their phone extension 4614.

The Admitting Services Hours will remain the same.



QUESTION OF THE MONTH

“WHAT DO YOU WISH FOR 2012?”



Andrea Stanley (Armark)
Health for my family and happiness for friends.



Ernie Buswa (IT)
A safe, happy and healthy new year.



Sharon Yule (Volunteer/Special Projects)
A safe and healthy year for family and friends....
And more volunteers!



Sheryl Melnichuk (Admitting)
Health and happiness for my children.



Mariea Spray (Professional Practice Leader)
For peace, safe travels and chocolate!



Barb Linkewich (VP Health Services)
That our organization continues to move forward with excitement and enthusiasm. Also health and happiness





Chronic Disease Prevention and Management Services
Education for YOUR Health!

January 2012

Pre-registration is required for all programs. To register, call (807) 737-2877 ext. 4615 or email mzarecki@slmhc.on.ca

SESSION	LOCATION	TIME	DAY	DATE
Free Hall Walking	Sioux Mountain Public School	5:00pm-7:00pm	Tuesdays and Thursdays	Starting January 10, 2012
Diabetic Retinal Screening Clinic	SLMHC			By appointment only
Craving Change	SLMHC Boardroom A	7:00pm-8:30pm	Tuesdays	January 17 – February 14, 2012
Heart Wise: Managing Cholesterol and Blood Pressure	SLMHC Ambulatory Boardroom	12:00pm-2:00pm	Tuesday	January 17, 2012
Heart Wise – Managing Cholesterol and Blood Pressure	SLMHC Ambulatory Boardroom	6:30pm-8:30pm	Tuesday	January 24, 2012
Diabetes Self-Management	SLMHC Ambulatory Boardroom	1:00pm-3:00pm	Wednesdays	January 25 – February 29, 2012
Diabetes: What you need to know	SLMHC Ambulatory Boardroom	7:00pm-8:00pm	Thursday	January 26, 2012



CONGRATULATIONS!

The winner of the “Getting into Shape” draw is
TAMMY BAILEY from the Finance Department.

Thank you to all staff that entered.

This draw was sponsored by the
Workplace Health and Wellness Committee.

Look for the next “Getting into Shape” draw in the new year!



Comings & Goings



Welcome!

Please join the Traditional Healing, Medicine, Foods & Supports Program in welcoming Clara Carroll as Elder In Residence.



Clara, is a member of Lac Seul First Nation has extensive experience working with First Nations people. Her work history includes having worked in social services and as a Registered Nurse Assistant for many years at the Zone Hospital. Her experience, knowledge and skills will greatly benefit her new role and our program.

To reach Clara Carroll, contact Ramona (ext. 6563) or Emily (ext. 6562) and leave a message.

What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.

~Agnes M. Pahro~



Please welcome two new RN's to the SLMHC staff; Dana MacDonald and Andrea McWatters.

The End of a Great 4 Months

Magda Uerlich is a student at Windesheim Honours College in Amsterdam, Holland, her family home is in Germany. She spent 2 of her high school years in Sioux Lookout as a Rotary Exchange student. For the past 4 months Magda has been working tirelessly on a research project on Bullying in the Schools in collaboration with Sioux Mountain, Sacred Heart, Pelican Falls and QEDHS. Magda has been a cheerful addition to the ACT Program and we will miss her energy and enthusiasm. Magda will spend Christmas with her host family, Amber and James Brohm, tour around southern Ontario and then continue her studies in the New Year. We would like to wish Magda well and thank her for the great work she did for the ACT Program. We will miss you Magda and we welcome you back anytime.



Enjoy the holidays and have a well deserved rest.

Lisa, Deb and Carol

Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends.

~Margaret Thatcher~



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*.

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.

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.

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!