



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

February 2012
Volume 10, Issue 2

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

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

~ Dalai Lama

“As Sioux Lookout celebrates Racism Awareness Week – “Cultivating Community”, March 17th – 25th, SLMHC joins SLARC by working with our communities to build a healthier future, and recognizing the relationship of physical, emotional, mental and spiritual aspects of all people.

~Dave Murray, CEO & President, SLMHC



Inside this issue:

Healthy 4 Life Series	2
Updates Feb 2012	3
Bimaadiziwin Training	5
How to file Complaint / Compliment	6
Question of the Month	7
Announcements	8
Comments/Readers	9

BBC Journalists visit SLMHC



Gifts to visitors, a tradition at SLMHC. L-R: Linda Pressley, Linda Sills, & Andrew Blum from the BBC, (February 14, 2012).



Journalists Linda Pressley & Andrew Blum view the display panel of how the health care system evolved in Sioux Lookout and area. (February 14)

On February 14 & 15, 2012, three journalists from the British Broadcasting Corporation visited the Sioux Lookout Meno Ya Win Health Centre. Their main purpose was to conduct interviews and do filming for a documentary on the issue of prescription drug abuse in the area.

While on site, Leanne Tyler, Clinical Coordinator for Ambulatory Care, was honored to give the visitors a guided tour of the health centre. After the tour, Leanne and Barb Linkewich, VP, Health Services presented information about the programs and services

SLMHC offers to all clients. A traditional meal consisting of moose meat and bannock prepared by Emily Gregg, Elder in Residence, was served to the guests. Upon tasting moose meat for the first time, Linda Pressley commented, “It’s very delicious and flavorful, not greasy at all!”

Beautifully hand crafted gift boxes made of natural wood and filled with local honey, Canadian berry jam and wild rice were presented to them, much to their delight.

~ Communications & Community Development

Celebration of People

Long Term Service, Retirement & Special Recognition

March 28, 2012

**Chronic Disease Prevention and Management Services
Education for YOUR Health!
January 2012 – May 2012 Calendar
MARCH 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
Living Well With COPD	SLMHC Resource Room	9:00am – 10:15am	Tuesdays	March 20 – May 8, 2012
Diabetes: Preventing complications and physical activity	SLMHC Ambulatory Boardroom	7:00pm-8:00pm	Thursday	March 22, 2012
Learn to Run 5km Clinic	Travel Information Centre	Starts at 6:30pm	Wednesdays	March 28 – May 2, 2012
Stroke Prevention and Management	Stroke Prevention Nurse Office			Ongoing

Healthy 4 Life Series

Healthy 4 Life consists of 90-minute sessions offered once per week for six weeks. Over the six weeks, participants will be provided with general information and skill-building opportunities on how they can take action to reduce their risk of developing a chronic disease or how they can better manage a current chronic disease. Health doesn't look the same for everyone. The goal of this program is to help participants explore what being healthy means to them and to empower them to set goals and take action to achieve or maintain optimal health. **CHILDCARE WILL BE PROVIDED.**

Topics covered include:

- Activities and discussion designed to build food skills, health literacy, self-efficacy and active living skills
- Weekly goal setting and problem solving

Place	Day	Time	Date
Waninawaking Aboriginal Head Start – 66 Princess St.	Tuesdays	5:00pm-6:30pm	February 21 – March 27, 2012

**In partnership with Head Start and the Northwestern Health Unit



Photo Voice

A display of photographs taken by 4 women asked to explore how to prevent Type 2 diabetes in the next generation.

Photo display may be viewed in the hallway southward from the main entrance.



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

ΓΠσ VS- ∇ΛΓΔ·CσPLζ \ σCσ9Δ·σε² ΠΔΓ ΔεΓβU \ Γ-βΔ·Δ"Δ∇·Πσβ².

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

Meno Ya Win O'dibaajimowinan - February 2012

Updates Programs & Services at SLMHC

1. There are six new beds open in the acute care patient area bringing the total number of beds to forty-six.
2. The Medical Withdrawal Support unit was officially opened on December 5th, 2011. The unit is a 'safe place' clients may come to for the purpose of safe withdrawal from drugs and alcohol in the care of a professional health care team and environment. Clients must be 18 years of age or older. This program has five beds, bringing the total number of beds in the hospital to fifty-one.
3. Staffing has doubled in the maternity unit. An additional nurse, a breastfeeding specialist, now works with the pre-natal program. As well, a new ward clerk has been assigned to provide support to the staff in the department.
4. The Rehabilitation department has two new staff, a physical therapist and occupational therapist. The department is very near full complement.
5. A new automated medication distribution system is in operation. This system includes a medication dispensing machine and automated medicine carts with computers for access to test results for each nurse on that shift.
6. A celebration was held on November 3, 2011 for the completion of the CT scan project. The Diagnostic Imaging program is now fully staffed with a new radiology team is providing CT, mammography and other radiology services.
7. The mammography unit is fully staffed and is operational as of September 2011. Work to qualify the department to be part of the Ontario Breast Screening Program and to provide breast assessment and diagnostic care continues.
8. There are two operating rooms now in use. A state of the art sterilizing system in the operating room has been implemented.
9. SLMHC, in partnership with Thunder Bay Regional Health Sciences Centre, has opened a Centre for Complex Diabetes Care to improve the care for patients living with diabetes in Northwestern Ontario. At SLMHC, new staff hired for the program include a nurse, social worker, dietician and an interpreter. TBRHSC will also have a dedicated diabetes program interpreter which SLMHC will support. In addition, they will have an after-hours interpreter.
10. The interpreter services are available 24/7 in the following languages; Ojibwe, Cree, Ojibway and Cree.
11. The Miichim (Traditional Foods program) is now fully operational. A special cook is on board preparing traditional foods for patients in hospital.
12. As of October 2011, the hostel now serves hot meals to their clients in their facility.
13. Greg Ward, Manager for Quality and Risk Management was hired. The journey to provide excellent care and safe patient care continues as we work toward becoming a Centre of Excellence for First Nations and northern, rural health.
14. Telemedicine has been expanded to include a registered nurse and two registered practical nurses. This is to provide access to 40 various allied health care professionals who use telemedicine to provide care.
15. Tele-ophthalmology, a service for screening clients living with diabetes for changes in the retina (back of eye), is now available here under the Centre for Complex Diabetes Care.
16. The Under Screened Never Screened initiative is a new cancer care screening program which is delivered by SLMHC in partnership with the Regional Cancer Care Northwest. It will reach those living in northern urban, rural and remote communities, and aims to reach those who are "under screened" or who have never had access to cancer screening programs, especially First Nations adults. The northwest is one of only four cancer programs selected by Cancer Care Ontario, out of 13 programs in Ontario to receive support for the roll out of this new program.
17. The Laboratory department has a new "GeneXpert Dx System" to perform testing for Clostridium difficile (C. difficile) in specimens from patients suspected of having C. diff infections. This test has been available since December 2011.
18. The development of the Centre of Excellence for Education in Maternity program is going ahead.
19. A new state of the art simulation lab in Room 149 has opened for staff, students and other health professionals to use in their ongoing education. This is the result of a partnership with SLMHC, Confederation College and Lakehead University School of Nursing.



~ Submitted by: Barb Linkewich, VP, Health Services.

SCENT-SITIVE

Everyone likes to smell nice, but good scents do not necessarily equate to good sense. Aromas from products like detergents, cleaners, air fresheners and candles and from personal fragrances such as soaps, make-up, lotions, shampoos, perfumes, colognes and aftershaves can be at once pleasing and disagreeable, depending on the individual.



“Scented products can contain several toxic chemicals that constantly turn into vapor in the air and attach themselves to hair, clothing and surroundings,” notes information on The Lung Association’s website. And with about 95% of chemicals using petroleum-based synthetic compounds, “these include chemicals made from benzene, aldehydes and many other known toxins and sensitizers,” the information adds.

“In sufficient concentrations, scented products may trigger responses for those with allergies or chemical sensitivities,” notes information from WorkSafe BC in Richmond, BC. Allergic and asthmatic people, as well as those with other conditions, report that exposure to scented products, even in the smallest amounts, can trigger response.”

The Canadian Centre for Occupational Health and Safety (CCOHS) offers some tips – Promote the arm’s-length rule; adopt scent-free zones; and ban scented products outright.

Taken from Canada’s Occupational Health and Safety magazine – OHS Canada – January/February 2012

Nutrition Month 2012 Get the real deal on your meal!



Nutrition information has never been more accessible than right now; millions of Canadians have ready and easy access to the Internet and other forms of social media. But not all the information is credible; myths and misinformation abound. Nutrition Month 2012 is dedicated to busting up popular food and nutrition myths by bringing truths to Canadians from dietitians, the food and nutrition experts.

Each week a factsheet will be emailed to all users. This sheet will bust some food and nutrition myths and also include a delicious myth-free recipe. The factsheet will also be available on the Workplace Wellness Committee bulletin board and the Chronic Disease Management and Prevention bulletin board (in the DI hallway, across from the CT scanner).

See the calendar below for details on SLMHC’s activities for Nutrition Month 2012.

Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors. The 2012 Official sponsors are Dairy Farmers of Canada, livelifewell. The Participating sponsors are General Mills, Hellmann’s and Lipton® Tea.

*Activities sponsored by the
Workplace Wellness Committee.*

DATE	ACTIVITY	LOCATION	INFORMATION
MARCH 7	WELLNESS WEDNESDAY	CAFETERIA	Morning Snacks
MARCH 14	LUNCH AND LEARN TOPIC: Get the real deal on your Meal, dietitians bust common food and Nutrition Myths	BOARDROOM A 12:00 to 1:00	Lunch provided Gift draw provided
MARCH 15 and 16 THURSDAY & FRIDAY	GIANT COLON	REC CENTRE Drop in	
MARCH 19 MONDAY	HEALTHY BINGO	BOARDROOM A 12:00 – 1:00	Bingo Prizes Bring your own lunch
MARCH 2 WEDNESDAY	RECIPE SUBSTITUTIONS: When, what and How Much	AMBULATORY Bd Rm A evening session	Call Melissa Zarecki to register 737.3030 x 4615
MARCH 23 FRIDAY	CULTURAL POTLUCK	Education room 12:00 – 1:00	Potluck
MARCH 25 SUNDAY	STAFF AND FAMILY FREE SKATE	REC CENTRE 6 – 7 pm	For Families & Friends Snacks provided

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 (**animoosh**—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

Conversational Ojibway - (meeting someone for the first time)

Ini giishowaaya - It is getting warmer (referring to *warmer weather temperature*)

Mino giishigan - It is a nice day

Siigwan - Spring

Aandi wejiiyan? - Where are you from?

(name of home town), indoojii - (name of home community), I am from.

Anda tii - minikwedaa - Let's go have a cup of tea.

Anda bibaamosedaa - Let's go for a walk.

Aazha aandegoog dagoshinoog - Now, the crows, they are arriving.

Migizi, nigii-waabama. - (an) Eagle, I saw.

Nigizo koon - It is melting, the snow.

Siigwan-naaso - (he/she) has a spring tan. (*getting a tan from the glare of the snow during spring*).



Bimaadiziwin Training 101

Dates: March 20 & 21 - March 22 & 23

What is Bimaadiziwin? Bimaadiziwin refers to "living a good life" in the Anishinaabe language. When elders speak about Bimaadiziwin, they are talking about the 'gift of life, the wholeness of life, in the physical, emotional, spiritual sense and mental well-being.'

Bimaadiziwin teaches one to live a life in balance, and in doing so will help you reach a state of *mino' ayaawin* (optimal health & wellness).

This 2 day education awareness session offers an opportunity to learn about: (1) Anishinaabe traditions presented by local First Nation people living the traditions, values and beliefs; (2) the history and legacy of the residential school system in Canada presented by former students of that system; (3) and skills development in conflict resolution facilitated by staff of the Canadian Institute for Conflict Resolution.

Background: In 2005, the workshop was designed in consultation with local area First Nation people, SLMHC First Nation staff members and Senior Management, and with the approval of the SLMHC Board. The goals and learning objectives are to help equip SLMHC employees with the necessary tools to better understand workplace and/or cultural differences if there are any. ~Renee Southwind, Manager, Communications & Community Development



Question of the Month



What did you do on Family Day?



Lucy Chen, Dietary Aide: "I was working here. I had a lovely dinner with my family later".

Debbie Whalen, RN, Day Surgery: "I drove back from Winnipeg with my brother and sister-in-law after visiting my husband".

John Sayers, Stores & Material Services: "I went fishing and caught 1 trout and 3 walleye. It was great!"



Samantha Brooks, Clinical Coordinator, Med/Surgery: "I caught up on laundry and housework".

Rob Tremblay, Admitting Clerk: "I spent time with my family".

Clara Carroll, Elder in Residence, THMFS Program: "Me and my daughter Diane took the little kids sliding!"



Leanne Tyler, Clinical Coordinator, Ambulatory Care: "I hung out with my husband and we cooked a meal together!"

Amy Wall, Education Assistant, Professional Practice: "My husband and I drove back from the States".

Fran Osmond, Laundry Aide: "My husband went out skidoo-ing and I stayed home and RELAXED!"

**Sioux Lookout Meno Ya Win Health Centre
Hospital Auxiliary**

SOUP & SANDWICH LUNCHEON



Friday, March 16, 2012
at the
Senior Activity Centre



11:30 am—1:30 pm

"Everyone Welcome"

Bag Pipes in the Lab!

The Laboratory department celebrated Robbie Burns Day, January 25th, with a traditional Scottish dessert prepared by Tammy Pelky, Medical Lab Technologist, and a little bag pipe music by Medical Lab Technologist student from Cambrian College, Dan Caza. Fun time in the lab!



L-R: Cynthia Bogard, MLT; Tammy Pelky, MLT; look on as Dan Caza is about to play the bag pipes.

Happy Birthday

Maureen Oakley—Feb 27
Diane Curtis—Feb 28



Birth Announcement!

Congratulations to proud first time parents, Dick and Miranda Bramer on the birth of their newborn daughter, Dahlia Miranda Bramer!



Dahlia was born on February 23rd at 9:49 pm. She weighed in at 7 pounds, 14 ounces, and 22.5 inches long!

We wish you all the very best!



~ from SLMHC Board & Staff!

What is a compliment?



A **compliment** is an expression of praise, congratulation or encouragement directed at an individual or a group.

It is a positive comment about the person's or group's behavior, effort or appearance.

When used correctly, compliments can motivate people to do their best. A compliment goes a long way. It promotes healing to the giver and receiver.

Examples of a compliment, (*meaning from your heart*): You did a great job of....; I really like the way that you...; Thank you for; You look nice today, (their name); It was great that you.....

Give someone a compliment today!

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, SLMHC.

If you have a story or announcement you want to share, please contact:

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

Comments from our Readers!

“This is excellent!” - Lynda Ducharme, FNIHB, Sioux Lookout office.



“Another great newsletter!” - Carol Maxwell, RN, ACT Program, SLMHC.
~ Miigwech from C & CD staff.



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!



SIoux LOOKOUT
MENO YA WIN HEALTH CENTRE

Foundation

*A Tradition of Caring...
...A Tradition of Sharing*

Making a Difference...Now, and for the Future

We give for many reasons but one thing remains the same, the money we give does make a difference!

Donors make a profound difference to the care the Sioux Lookout Meno Ya Win Health Centre offers its patients. Donors like **you** allow our medical professionals to provide world-class health care to individuals in Sioux Lookout, the surrounding communities and northern First Nations the health centre services.

A contribution to the Sioux Lookout Meno Ya Win Health Centre Foundation is an investment in a healthy future for you, your family and our communities. Invest in the Sioux Lookout Meno Ya Win Health Centre and help us make a difference....**now, and for the future.**

Ways to Give

- General Gift: Support the Sioux Lookout Meno Ya Win Health Centre's Vision with a one-time gift.
- Monthly Giving: Help us secure a stable source of funding.
- In Honor of or In Memorial Gift: Celebrate a loved one with a donation in their name.
- Host a Fundraising Event: Donate the proceeds from your event to one of our funds.
- Planned Gifts: Name the Sioux Lookout Meno Ya Win Health Centre Foundation as the beneficiary of your stocks, estate or life insurance.
- Name a Room: Naming opportunities start at \$10,000. What better way to recognize a loved one than naming a room at the Sioux Lookout Meno Ya Win Health Centre.

Where you can direct your funds

- CCAS Youth Programs Fund
- General Equipment Fund
- William A. "Bill" George Extended Care Fund
- CT Scanner Fund
- Mammography Fund
- Special Projects/Fundraising Campaigns

How to donate

Donate in person at the Foundation Office located in the Administration offices area at SLMHC or send donation to: SLMHC Foundation Box 909 Sioux Lookout, ON P8T 1B4

Donate on line at www.slmhc.on.ca/foundation

DONATION FORM: Yes I would like to make a donation in the amount of \$ _____

Name: _____ Address: _____

City: _____ Prov: _____ Postal Code: _____ Phone: _____

Payment method:

Cheque payable to SLMHC Foundation

MasterCard or Visa Card # _____ Exp Date _____ Signature _____

I would like to direct my donation to: CCAS Youth Programs Fund General Equipment Fund

CT Scanner Fund Mammography Fund William A. "Bill" George Extended Care

Is this an "In Memory" or "In Honour" of a special occasion donation? If yes please provide the following information:

In Memory of : _____ or In Honour of : _____

Name and address of person to be notified:

Name: _____ Address: _____

City: _____ Prov: _____ Postal Code: _____

Official Donation Receipt for Income Tax Purposes will be issued for donations of \$10.00 or more. Charitable Reg. # 881545446RR0001
Foundation Office located at 1 Meno Ya Win Way Ph: 807-737-7997 Email: foundation@slmhc.on.ca