



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

March 2012
Volume 10, Issue 3

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

“Greet the sun with your hair combed and your face washed shiny clean. Be in bed before the sun goes down. Enjoy all the wonderful gifts given to you during daylight hours. This is the way to live a long and happy life.”

~(late) Kanena, Lac Seul First Nation.



Bimaadiziwin – when elders speak about Bimaadiziwin, they are talking about “life and the simple lessons in how to live a good life, in a holistic way.” ~ (late) Elder Stanley Wesley, Lac Seul First Nation, 1992.



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SLMHC Celebrates its Staff



Elsie Tobin, Ross Horne, Tammy Wright and Rose Ellison received honors for 10 years of service at Sioux Lookout Meno Ya Win Health Centre.

The 8th annual Celebration of People event was held on March 28th, 2012 at the Legion hall in Sioux Lookout.

The walls were filled with pictures of staff from years gone by to the present.

The celebration began with cocktails and a viewing of a slideshow featuring past recipients, current recipients and events from the past year.

Master of Ceremonies, Dr. Terry O’Driscoll, welcomed all guests and asked for a moment of silence, to give time to reflect and give thanks.

A fabulous turkey dinner catered by the Legion Ladies Auxiliary later received a round of applause from the guests. This was followed by a motivational speech by guest speaker, Clif-

ford Bull, Chief of Lac Seul First Nation. He talked about his personal journey in his work career and then focused on the fun times on the job and how he took every opportunity to learn to perfect what he was doing.

Managers shared stories about their staff who were receiving awards and all their contributions in their departments and the overall organization.

Former Interim CEO, Douglas Semple, brought closure to the evening with words of encouragement to everyone to continue their good work, and thanking everyone for providing excellent service to all.

A special thanks to staff who came out in support of their fellow co-workers!

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SLMHC Celebration of People Event

Recipients of 5 years of service award: Susan Albany, Karen Apland, Irene Beardy, Robert Cantin, Helen Cromarty, Diane Curtis, Tracey Hyatt, Dave Kulchyski, Norah Laverty, Barbara Linkewich, Ramona Quequish and Katelyn Singbeil.

Recipients of 10 years of service award: Donalda Carleton, Kimberley Coughlin, Angelina DeRose, Rose Ellison, Ross Horne, Elsie Tobin, Yvonne Maillet, Darlene Weir and Tammy Wright.

Recipients of 15 years of service award: Katherine Lister and Dave Wilson

Recipients of 20 years of service award: Judy Belisle, Craig Legros, Beverly Lelonde, Greg Malcolm, Carol Maxwell, Dean Osmond and Debbie Topozini.

Recipients of 30 years of service award: Carol Kuzemchuk and Donna Makahnouk.

Recipients of Above and Beyond award: Dean Osmond, Heather Fukushima, Ernest Anderson and Ray Legros.

Retirees: Judy Carroll, Angelina DeRose and Sandra Morin.



Chief Clifford Bull of Lac Seul First Nation gives a congratulatory speech to the recipients. His speech brought a lively spirit and soon the room was filled with laughter.

Helen Cromarty, Special Advisor on First Nations Health and Judy Carroll, RN, retiree after 25 years of service.

Ray Legros, Counsellor, received the "Above and Beyond" for outstanding service, presented by Margie LeGros, Clinical Director, CCAS.

23rd Annual Health Information Management Professionals Week, March 25-31



A celebration to honor all of the great people working in our Medical Records department for Health Information Management Professionals Week, was held in the cafeteria with cake and coffee being served to all staff on March 29th.

This is an annual event to recognize all health information management professionals.

Thank you to all staff in Medical Records for your great work!



Staffing Changes at SLMHC



Dave Murray, CEO & President, SLMHC

Hello! Waajiyee! Booshoo! I am pleased to announce some staffing changes at Sioux Lookout Meno Ya Win Health Centre. As many are aware the size, scope and number of programs that we are delivering has risen dramatically since we moved into our new facility. I, along with other senior team members have been working on updating our organizational structure to ensure that we can meet these growing needs. I am pleased to announce the following appointments:

Effective April 2, 2012, **Dean Osmond** will take on the newly created role of **Vice President of Corporate Services and Performance**. Dean has demonstrated an ability to show great leadership and realize results in a number of positions over several years at SLMHC and this will allow him to develop new skills and provide further leadership to the organization. I hope everyone will support Dean in taking on this exciting new position.

Effective April 2, 2012, **Barb Linkewich** will take on an expanded role as **VP Clinical Services and Research**. Barb has shown excellent leadership in

guiding the development of our clinical services and has helped us introduce many new and innovative programs and we look forward to her continued outstanding leadership in this area. SLMHC in partnership with our physicians and the Northern Ontario School of Medicine have a rich history of being a leader in the area of research. We look to formalize and support this important work and know that Barb will bring strong visionary leadership to this important work.

Effective immediately we have added **Dr. Robert Cooper** to our team as **Project Lead – Innovation**. Funding for this position has been committed by both the Ministry of Health and Health Canada. Rob brings both a strong clinical background as well as formal training in areas of project management and change management. He will help us to develop programs and proposals that will move us toward our goal of being a Centre of Excellence for Northern and First Nations Health Care

Join me in extending congratulations to all of them!



L-R: Dean Osmond, VP of Corporate Services and Performance; Dr. Robert Cooper, Project Lead - Innovation; and Barb Linkewich, VP Clinical Services and Research

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

ΓΠσ VS- ∇ΛΓΔ·CσPLζ\ σCσ9Δ·σε² ΠΔΓ ΔεΓ6U\ Γ-εΔ·Δ"Δ∇·Πσβ².

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

Staffing Changes at SLMHC *continued*



Connie Pilgrim, Organizational Project Development Manager

Effectively immediately **Connie Pilgrim** will take on the position of **Organizational Project Development Manager**. Connie will be overseeing the introduction of the new scheduling system for the OR and eventually for ambulatory departments. This is a key project helping to automate booking processes to improve both efficiencies and reduce the number of missed surgeries and appointments. We wish Connie all the best in this new and exciting role.



Sonya Fewer, Manager, Admitting & Medical Records

We will now have both **Admitting** and **Medical Records** report to **Sonya Fewer as Manager** of this joint department. Sonya has several years of experience with SLMHC and we wish her all the best in this new role.

These are key steps in aligning our organization's resources to help us to realize our vision of being a Centre of Excellence for Northern and First Nations Health Care!

~Dave Murray, CEO & President, SLMHC

Tropical Party at ECU!

Ten RPN students from Confederation College recently enjoyed celebrating a Tropical Party at the William George Extended Care Unit with residents, staff and activity coordinator Margie Kimble.

The students finished a seven week placement at ECU as part of their two year Practical Nursing Program. The placement at Extended Care provided the students with hands on experience, enabling them to perform and apply practical skills, social interaction, communication and theory. The staff assisted and guided the students during this learning experience.

The students would like to thank all the wonderful staff and Clinical Coordinator who assisted with their learning

experience and are appreciative of the warm and positive welcome they received during their time at Extended Care.

The students will continue on with their next placement at the hospital for another seven weeks.

The staff at Extended Care wish the students much success in their educational process and continued success in their future nursing careers.

~Elizabeth Daniels, RPN
Clinical Teacher,
Confederation
College



Promotion of Craig Legros!

We are pleased to announce the promotion of Craig Legros to the position of Manager of Diagnostic Imaging. He brings to the organization vast knowledge and numerous years of experience in the diagnostic imaging department.

Congratulations, Craig, in taking on these new responsibilities and we wish you continued success here at SLMHC!

~ Senior Management, SLMHC



Craig Legros

Farewell to Joan Cachagee!

We wish Joan a fond farewell from her position as Manager of the Traditional Healing, Medicine, Foods and Supports Program. Joan made great contributions in the development of the program in the last three years.



Joan Cachagee

Welcome to Allison Pruys!



Allison Pruys

We welcome Allison Pruys, Medical Radiation Technologist, to the Diagnostic Imaging team.

Allison hails from Thunder Bay and enjoys outdoor activities such as hiking and camping. Welcome to Sioux Lookout!

~ Emilie Gaudreau, MRT(R),
Diagnostic Imaging

Welcome to Ophelia Kamenawatamin!



Ophelia
Kamenawatamin

Please welcome Ophelia Kamenawatamin to the position of Interpreter Coordinator. She holds a diploma in Early Childhood Education and many years experience working with First Nations people.

Ophelia joined the SLMHC team on March 19th, 2012

Welcome Ophelia!

Acknowledgement Ultrasonography Student—Ane Smit



Ane Smit

We would like to welcome our Ultrasonography student, Ane Smit. She will be here until May.

Ane comes from Durham, Ontario and is attending Cambrian College. She will be graduating this year.

~ Emilie Gaudreau, MRT(R),
Diagnostic Imaging

Farewell to Emily King!



Emily King

We wish Emily good luck with her future endeavors as she departs from the position of Interpreter Coordinator.

Thank you for your contribution to SLMHC

Good luck, Emily!

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

In the Xray department:

Booshoo / Waajiye—greetings

Giwii-zhaabwaasigo—you are going to get an xray.

Niwii-zhaabwaasigo—I am going to get an xray.

Wii-zhaabwaasigaade ki-kaad—they are going to xray your leg.

Wii-zhaabwaasigade gi-misaad—they are going to xray your stomach.

Gi-tigwaan—your head; gi-gwaayaaw—your neck area; gizid—your foot; ginik—your arm.

Meshkojigonayen—change your clothes (giving client a gown).

Ima agodoon—hang it there (point toward the clothes rack / hook)

Biizhaan oma—come here (wave them over)

Namadabin oma—sit here (point to where you want them to sit)

Miigwej—thank you

Booshoo / waajiye—greetings (upon departure) ***there is no word for good-bye amongst the Anishinaabe*



Bimaadiziwin Training

Twenty nine staff of SLMHC completed a two day Bimaadiziwin Training workshop during the week of March 20th – 24th.

The workshop was held on site in the lower level with a view of the natural forest surrounding the health centre. Participants learned about Canada's hidden legacy, 'the Indian Residential School system' and the impacts it left on thousands of former students. A power point showed the history of Lac Seul First Nation people, their experiences of the devastation to their homes and traditional territory after the building of the Ear Falls dam in the early 1930's. A local elder/teacher spoke about Aboriginal teachings and shared a story about their personal healing journey. Trainers from the Canadian Institute of Conflict Resolution presented an in-depth look at conflict resolution, human identity needs, and techniques and tools to deal effectively with conflict in one's life. A number of ice breakers in between lessons brought people together to share some laughter and relaxation.

Comments from the evaluations: *The most valuable learning was:*

- about the residential school history, because it is vital to our understanding of native clients' actions and behaviors.
- learning about the principles of conflict resolution & practical tools included in workshop. These were not previously learned & are applicable to needs in the workplace and life.

Question of the Month

How did you enjoy our unusual March weather?



Maureen Oakley (*Executive Assistant to Corporate Services*)
 "I loved it! I got an earlier start on my spring cleaning."



Lorraine Bolen (*Administrative Assistant*)
 "Spent a lot of time outside and started spring cleaning early!"



Lorraine Miles (*CCAS Receptionist*)
 "I was thankful the snow melted quickly with no flooding."



Sharon Yule (*Special Projects*)
 "Spent two weeks in springtime Portugal and came back to Sioux Lookout to find that spring had also arrived here."



Rob Cooper (*Project Lead - Innovation*)
 "Tried to get as much snowshoeing in as I could before the snow went!"



Mary Spray (*Programs / Administrative Assistant for Communications and Community Development*)
 "It was excellent!! I soaked up as much sun as possible!"



Cherry Lawrence (*Chemotherapy Nurse*)
 "Fantastic change!"



Jennifer Maki (*CCDC Dietitian*)
 "Got outside as much as possible"



Kathryn Davidson (*Foundation Administrator*)
 "Spent time outside with my family."



National Medical Laboratory Week
April 22 - 28, 2012

For more information go to:
<http://ourfocusisyou.ca/>

Spring has arrived!



With the unusually warm weather that Sioux Look-out has experienced this year, signs of spring have begun to pop up around town.

Traditionally the first day of spring in Sioux Look-out is usually covered with snow. This year we are privileged to experience spring on time!

Get outside and enjoy the warmer weather with some physical activity!

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!



*And the Winner of the Human Resources
Draw is...*

Darlene Weir!

*Thank you everyone who took the time to
participate!*

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

6 Week Run/Walk Program

There was a great turn out for the first of 6 run/walk programs put on by SLMHC staff Melissa Zarecki.



"Remember, don't get discouraged, just keep on trucking!!! It will get easier!"



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



Bimaadiziwin Training, March 22nd & 23rd



Bimaadiziwin Training March 20th & 21st



Nursing students at ECU



Craig Stewart and Cherry Lawrence at Bimaadiziwin

Mariea Spray, Professional Practice Leader and Amy Wall, Administrative Assistant at the giant colon.



Recipients of 20 years of service award: Bev Lelonde, Craig Legros, Debbie Topozini Greg Malcolm, Judy Belisle and Dean Osmond.



Al Wiebe serves cake during Pharmacy Week



Rose Ellison



Jen Salomon gives directions



Compact Car Parking ONLY!
~Submitted by Helen Cromarty



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: _____