



**SIOUX LOOKOUT**  
**Meno Ya Win**  
HEALTH CENTRE

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

~Buddha~

Give thanks for unknown blessings already on their way.

~ Native American saying

O' Great Spirit, help me always to listen with an open mind when others speak, and to remember the peace that may be found in silence.  
~ Cherokee Prayer

Everything you see is a shadow of what really is, a mere physical manifestation of deeper, more profound spiritual messages.

~ Anonymous



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# Meno Ya Win News

May 2012  
Volume 10, Issue 5

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

## May is Physiotherapy Month



L-R: Karen Parent, Director CS Services; Bobbi Groom, RN; Ashley Van Ramshorst, RN; Dave Murray, CEO; Amanda Lelonde, Clerk; Susan Albany, Interpreter.

Welcome to National Physiotherapy Month! Weather wise, the sunshine and open waters have drawn people out into their yards, onto the golf course, parks, lakes and other recreational activities. The Rehabilitation Department wants to ensure that participating in these and other activities will improve personal mobility without injury or strain. The physiotherapy profession promotes wellness, mobility and independent function. Physiotherapists understand how the body moves, what keeps it moving well and how to restore mobility when you are sick or injured.

We work with people to assess and provide care for a wide range of conditions that affect the musculoskeletal, circulatory, respiratory, and nervous systems. Some examples include helping people recover after a stroke, amputation, sports injury, chronic pain,

repetitive strain injury, recovery after fractures, and help in recovering movement and strength after illnesses. Physiotherapists provide individualized treatment plans that may include; manual therapy to reduce pain and stiffness, techniques to improve balance and coordination, exercises and advice for strengthening, flexibility and aerobic conditioning, techniques to correct muscle imbalances and postural alignment, modalities to reduce pain, and techniques to improve heart and lung function and cardiac conditioning. Physiotherapists also play a strong role in primary health care helping people prevent injury and remain healthy, helping with chronic disease prevention and management.

To celebrate Physiotherapy Month the Rehabilitation Department held a Wellness Wednesday Fitness Class along with a Wheelchair Challenge. Staff who

*Continued on page 3*

## Bimaadiziwin Training held May 10 & 11 – a Great Success!



Back Row, L – R: Lorraine Loonfoot-THMFSP Admin Assistant; Laura Fedynyszyn-Town office, SLKT ; Brian McKinnon-Town Office, SLKT ; Kim Lanauze-Pharmacy; Grant Anderson-Maintenance; Ralph Johnson -Elder; Rick Crawford-Security; Middle Row, L-R: Kimberly McCart-Town Office, SLKT ; Carly House-Town office, SLKT ; Esther VanGennip-CICR Trainer; Amanda Zarecki-Lab Student; Jessica Trout-Admitting; Maria Vo-Katimavik; Don DeGenova-CICR Trainer; Front Row, L-R: Allison Wight-Katimavik; Agnes Ningewance, Elder Council Member, SLMHC; Ryan Henderson-RN Student; Robert Elliot-Security. Missing are: Florence Bailey, Town office, SLKT; Mary Oombash, Interpreter. ~Photo taken by: Renee Southwind, Manager, Communications & Community Development.

**E**IGHTEEN participants attended a 2 day Bi-maadiziwn Training session on May 10 & 11 held at Sioux Lookout Meno Ya Win Health Centre, and five of those attendees were staff members from the local Municipal Office, two volunteers with the Katimavik Program, and a member of the Elders Council sat in as an observer. This made it a more unique learning environment as eager participants from another organization came to join in with the SLMHC staff.

The program was initially designed and developed for the SLMHC staff to assist them in dealing with the organizational changes during the amalgamation period and then continued for all new staff coming into the organization. The training helps to increase one's own awareness and understanding of the many cultures within the health centre and to build bridges of understanding, acceptance and respect.

Over the two days, participants were given an opportunity to listen and learn from local Aboriginal and Elder speakers, facilitators from the Canadian Institute of Conflict Resolution and the health centre Senior Administration staff. In following with a custom of Aboriginal people, the group gathered each morning around a traditional drum in the ceremonial room and

listened to songs about healing, thankfulness, courage, victory and the precious gift of life. What a wonderful way to begin a new day and to greet one another!

The group listened to stories about the past, a part of their own Canadian history that perhaps many Canadians have not even heard about nor read in any school text books or newspapers; and they learned that these events happened within close proximity of Sioux Lookout – the flooding of Lac Seul to create a reservoir for the hydro electric dam at Ear Falls in the early 1930's which had devastating impacts for the Ojibway people living at Lac Seul First Nation; and they heard stories about what it was like attending a residential school. These stories took the breath away of some of the participants hearing these stories for the first time, and they also witnessed the bravery and resilience of those telling their stories. They also learned/refreshed skills in conflict resolution, helpful tools for all people in order to live in harmony with all mankind and nature, and in doing so would help them to reach a state of mino'yawin – health, wellness, well-being and wholeness. The training was delivered in an experiential learning lab setting to optimize learning.

From the evaluations: What was the most valuable learning over these past 2 days and why? Some comments:

- Stories and info re: Lac Seul flood and residential schools;
- The importance of 'drilling down' to 'interests' and not just focusing on 'surface issues';
- The conflict resolution process
- The reminder of the principles of neutrality;
- Learning to understand better the First Nations culture and history and being able to better appreciate and have compassion;
- Hearing from the First Nations people about their experiences at residential schools, very powerful and moving, especially hearing about how they have used that experience and learned from it.
- Listening to how people cope with residential school, during and after. This part really hit home for me!

The next Bimaadiziwin Training sessions are scheduled for the week of October 29<sup>th</sup>, 2012.

### **Physiotherapy Month con't**

participated in the Wellness Wednesday Cardio Kick-boxing Class lead by Adrienne Crosby on May 16 & 23, had a chance to enter their name in a draw for a fitness package. We thank everyone who came out to our Wellness Wednesday class and congratulations to Erica Mulville, winner of the fitness package!

On May 25th, the Rehabilitation Department invited staff from the SLMHC and the Municipality of Sioux Lookout to a wheelchair challenge. The volunteers picked up their wheelchairs in the Rehab Department at 8:00 am on May 25th. Once they picked up a wheelchair, they had to sit in the wheelchair and use it while going about their normal daily activities including work and out in the community. At noon, they all met in the main entrance for the wheelchair race with the start line in front of the gift shop. The race track went through the canoe area, out the Ambulatory doors, past ER onto the trail around the hospital, and back toward the finish line in the main entrance.

Between huffs and puffs, participants shared their experiences with the use of a wheelchair for half a day expressing how they found it very difficult to get through some doors, hard to reach things that were on higher shelves, and challenging to get up the smallest incline. It was a humbling learning experience for all.



**Karen Parent trails behind**

The Rehabilitation Department thanks all participants in all the events. Congratulations to Ashley Van Ramshorst, the winner of the wheelchair challenge!

~Submitted by:  
Amanda Lelonde, Rehabilitation Department Clerk

### **Doris Grinspan, Executive Director of the Registered Nurses Association of Ontario Visits SLMHC**



Doris Grinspan, Executive Director of the RNAO, an incredible woman with a strong, credible voice leading the nursing profession in Ontario for many years, stopped in to visit the Sioux Lookout Meno Ya Win Health Centre on May 9<sup>th</sup>, as part of her whirlwind tour throughout northern Ontario during Nurses Week.

She was given a guided tour of the new site by the senior administration staff with full explanations as to the design and structure of the health centre and to

see many of the new equipment in the various departments. Doris also had the pleasure of meeting many of the staff throughout the organization.

Doris spoke to a room full of nurses after a "superb walleye dinner" later that evening. She spoke compassionately of the work by remote and rural community nurses in the north and the challenges they face as they work toward improving the health of people in the area. She thanked all nurses for their commitment in the field of nursing, and while nurses in the rural and remote communities need to know everything, she said that requires a different type of training that is ongoing and they need support. Her overall message was that by improving educational opportunities for nurses is very important for improving care to all clients.

Also attending the dinner event were Sioux Lookout Mayor Dennis Leney and Marika Bellerose, Sioux Lookout RNAO Chapter President. Both applauded all nurses for their incredible passion, dedication and commitment to the profession.

~ Barb Linkewich, VP– Clinical Services & Research

**CONGRATULATIONS !**

Dave Hildebrand to the position of Manager, Information Systems Department effective May 1st.

Dave has worked in the IT department as Administrator for many years and will now be taking on new responsibilities.

~Dean Osmond, VP Corporate Services and Performance

**NEW MATERIALS SERVICES TEAM LEAD**

As of April 16th Dave Kulchyski has been assigned as Materials Services department team lead. Dave can be reached at Ext 4252.

Congratulations to your new role!

~Michelle Beaulne, Director, Environmental Services

**Facilities Department Updates**

Welcome Chris, Grant, and Jason!



**Chris Bruneau** has joined us as a FT Maintenance 1, recently transferred from the Dietary Department where he had worked since amalgamation. He has many years of maintenance experience with McKenzie Forest Products, where he was employed as a Millwright. We are excited to have Chris join the Maintenance team.



**Grant Anderson** started April 25th as a Maintenance Journeyman and has since been appointed as Team Lead in the Maintenance Department. He is a licensed Electrician and has experience with our building control systems from his previous employment with Barcol Controls. Grant is a long time Sioux Lookout resident and he will be a valuable asset to the Maintenance Department. Grant can be reached at 737-8943.



**Jason Bridgewater** joined our team as Casual Security Guard on April 20th. He is a licensed security professional in Ontario with many years of experience. He has previously worked at the 5<sup>th</sup> Ave & 7<sup>th</sup> Ave sites, (former SLMHC).

**Brian Kuzemchuk** has accepted a position in Dryden and **Tyler Kendell** is returning to Newfoundland to complete his Electrical Engineering Technology course.

Although we will miss Brian and Tyler, we wish them continued success in their future endeavors!



Brian Kuzemchuk



Tyler Kendell

~ Submitted by: Bill Brazier, Facilities Manager

**CONGRATULATIONS!**

**Lorena Tamson**, Central Processing Dept,



recently completed her Medical Devices Reprocessing Technician course in Thunder Bay.

SLMHC is proud of your achievement, Lorena! Keep on learning!

# Ethics Corner

## Ethics Workshop

The Ethics Working Group hosted an Ethics workshop within the hospital on the afternoon of Wednesday, April 25, 2012. It was very well attended by managers and staff numbering about 30 people in attendance. The theme of the workshop was **“Developing our Meno Ya Win Ethic Framework”**. The guest speaker was Dr. Jaro Kotalik, Professor, NOSM, Lakehead University, Centre for Health Care Ethics. Louisa Pedri was the facilitator.

Currently, Sioux Lookout Meno Ya Win Health Centre has the SLMHC Code of Ethics that incorporates the Native American Indian Code of Ethics, the Patients Bill of Rights and Responsibilities and the Ethics Re-

view Committee but does not have an Ethics Framework.

Dr. Kotalik spoke about the process of developing an Ethics Framework, what should be included and how we can develop it to be inclusive of our intake population, possibly using the Medicine Wheel structure. If we used the Medicine Wheel structure, then we can plan what can be included and also how it would be used. He also discussed the framework's relationship to our Mission, Vision, Values. Groups worked on ethical issues from the workplace and questions that may arise. The response was enthusiastic and engaged.

The Ethics Working Group will now begin to identify the next steps and include an education session on the Medicine Wheel.

~Submitted by Helen Cromarty  
Special Advisor for First Nations Health

## SLMHC employee to present at leading training and education conference

Laura Hayos, an occupational therapist in the SLMHC Rehabilitation Department, will be co-presenting a research poster at Canada's leading training and education conference for sexual health professionals, the 2012 Guelph Sexuality Conference on May 31<sup>st</sup> 2012.

Basic sexual knowledge and safety skills are necessary to make health related decisions. Individuals with an intellectual disability receive minimal structured education about sexuality, which can impact their decision making abilities and subsequently their physical, social and psychological wellbeing. Determining ways to educate this population about their sexual health is challenging. Based on previous research a website has been suggested as a viable means to translate this information. Therefore, the research being presented is the first of a hopeful multi-stage project in which a systematic environmental scan of the literature, including



Laura Hayos, Occupational Therapist

journal articles, web-based materials, as well as discussions with experts in the field, was conducted to inform the content and formatting for an educational website targeting sexuality and sexual health for individuals with an intellectual disability.

The Guelph Sexuality Conference is recognized as Canada's leading, annual, training and education forum for sexual health professionals. Delegates are from public health, community health, education, social services, and counselling, as well as medical doctors and nurses, clergy and researchers. The program is dedicated to understanding the complexities of human nature and celebrating sexuality with dignity and respect. The conference provides an opportunity for researchers, therapists, administrators and service providers to showcase their success stories. This conference is a wonderful opportunity to learn, share knowledge, network, collaborate, enhance skills, inspire, exchange resources, and renew our commitment to sexual health.

Lets all wish Laura the best of luck and congratulate her on this positive step forward.

~Submitted by Karen Parent  
Director of Clinical Support Services

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

*Γητε Έχετε ΝΛΓΔ·ΣεΡΛΣ· σεΣΦΔ·σε· ΓΔΓ ΔεΓβεU· ΓελΔ·Δ"ΔΝ·Πσε·.*

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



## 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

### A visit to the Rehabilitation Department (in both Oji-Cree & Ojibwe)

Aniin enamaji'oyan?	How are you feeling?
Nigaa-gijinoogane	I have a sore hip.
Niwiisagendaan	I am in pain.
Aandi mayaa?	Where exactly?
Omaa nake	Right here!
Aaniin dash wenjiwiisagendaman?	Why then are you in pain?
Nigii-bagideshin, nigii-bangishin	I tripped, I fell down.
Nigii-banadagokii	I missed a step!
Nigii-ozaami gichi-niim!	I danced too hard!
Aandaawi'wi'ishin	Heal me.
Maano giiyaabi gichi-niimin!	Go ahead and <i>boogie</i> some more!
Gibaapi-ish na?	Are you laughing at me? (in reference to, "are you making fun of me?")
Gaawiin, debwe osha, wawaakawiiyan eta, giga-mino'aya	No, it is a fact, by keeping (your body) moving, is the only way you will heal.
Maamakaach!	Amazing! or Unbelievable!
Wawaakawiiyan eta, giga-mino'aya!	By keeping (your body) moving, is the only way you will heal.
Miigwech, miinawaa gawaabamin!	Thank you, I will see you again.



\*A belief amongst Native people is that we will see each other again soon, therefore no word was created for good-bye.

## Thank You!

I would like to thank everyone within the hospital and community for wishing me and my family well and assisting with my trip to Africa. It was so good to be back to my other home in Zimbabwe. It was a busy schedule as usual, as I had to see family and friends across the country and even got a chance to cross the border into Mozambique to see my uncles. We also travelled to Midlands Province where we donated a brand new laptop computer to Faith, Hope

and Love Ministries Church. We also donated a small amount of cash to support the church pastor. We have been doing this for many years. About four years ago my wife bought this small church some music instruments to use during services. If everything goes according to plan, we will be heading back next year. It is always worth it to see the other side of the world once in a while. I want to say thank you to my very big family within Meno Ya Win and the town of Sioux Lookout.

**"THANK YOU - TATENDA"**

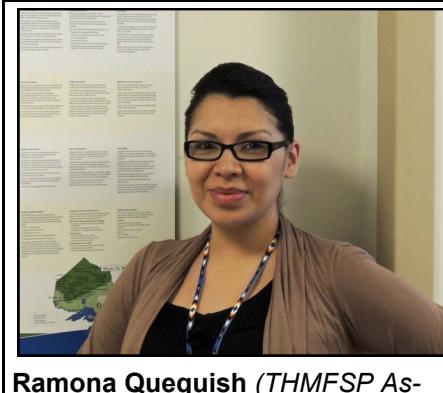
~Isaac Sithole, RN

# Question of the Month

## "What did you do to celebrate Mother's Day?"



**Curtis MacDonald** (*Rehab Assistant*) "I remembered to call my mom early, instead of eight at night."



**Ramona Quequish** (*THMFSP Assistant*) "Had mother's day breakfast prepared by my son, Ethan, and went on a trip to Sioux Mountain."



**Adrienne Crosby** (*Rehab Assistant*) "I ran a 5km run in Kenora!"



**Amber Brohm** (*Nutrition Services*) "I ran a 5K and my children surprised me at the finish line with themselves and a supermom trophy."



**Ophelia Kamenawatamin** (*Coordinator-Interpreter Services*) "I received gifts from my family - a stained glass turtle window hanging, flowers, a puzzle book and a beautiful card."



**Melanie Sawatzki** (*Housekeeping*) "Had a whole lobster (first time) at Knobby's with my 4 year old."



**Leanne Tyler** (*Clinical Coordinator Ambulatory Care*) "Sent a dozen yellow roses to my mom."



**Dr. Michael Kirlew** (*Physician*) "Had dinner with my wife and daughter. Lots of fun."



**Gaetano Cospito** (*Counsellor CCAS*) "Myself and the men of the church that I attend cooked dinner for our wives."

## A MESSAGE FROM THE VP CORPORATE SERVICES AND PERFORMANCE

As an organization we need to come together to ensure patients are receiving care while maintaining the upmost privacy. The Emergency Room is one of the most crucial areas to ensure privacy. The renovation of the Emergency Room registration area is now complete and has helped ensure the patients privacy by providing them with a private area for patients to give their personal information without being overheard by others. The green door that is located in the patient registration area will no longer be a thoroughfare, it will be locked and will only unlock in emergency circumstances.

There has been a huge increase in the amount of traffic occurring in the ER area. The ER department is not a thoroughfare to get to other areas, whether it

is when you leave the building, or enter another area. The ER staff needs to be able to focus on treating patients without the interference of other staff members.

Effective immediately, if you are not directly or indirectly related to the emergency patients care, then you have no reason to enter or exit the Emergency department.

Therefore, (1) When people take breaks they are to take a different route than through the ER area; (2) Also when entering and exiting the building, you should be entering through the ambulatory care, staff or main entrance.

Thank you for your cooperation.

*~ Dean Osmond,  
VP Corporate Services and Performance*

## Seven Grandfather Teachings

**LOVE & COMPASSION (Saagi'iawewin)** - 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*.

## How to File a Complaint or Report a Compliment

By Letter: SLMHC, Box 909, Sioux Lookout, ON P8T 1B4

By Form: Available from any SLMHC staff member

By Email: [vphealthservices@slmhc.on.ca](mailto:vphealthservices@slmhc.on.ca)

By Phone: 807.737.3030 ext. 6540

In Person: To any SLMHC staff member

Your complaint or compliment will be sent to the Vice President of Health Services.

You will be contacted within 10 business days of receiving the complaint or compliment.

***~Thank You ~***

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ጀa"ጀq: SLMHC, Box 909, Sioux Lookout, ON, P8T 1B4  
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## 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](mailto:mspray@slmhc.on.ca)

## **WASH YOUR HANDS OFTEN!**

It is your first line of defense against germs which lead to illnesses.



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





SIOUX LOOKOUT  
MENO YA WIN HEALTH CENTRE

# Foundation

## Ways to Give

**General Gift** – support the Sioux Lookout Meno Ya Win Health Centre's vision with a one-time gift

**Pledge** – Make a pledge with payments over three to five years, and you will be recognized for the full amount in the year you make your pledge.

**Tribute Donations** – Celebrate a special occasion, or honour or remember a loved one with a donation in their name.

**Planned Giving** – What is your legacy? There are many ways to leave a gift to the Sioux Lookout Meno Ya Win Health Centre Foundation. Whether it is a gift in your will, a gift of life insurance, a gift from your retirement assets, or a gift of securities, you can rest assured knowing your gift today will continue to give long into the future.

**Monthly Giving** - Help us secure a stable source of funding by providing a gift each month.

**Annual Giving** - Support our Annual Tree of Hearts Campaign and help us light the lights in honour or in memory of someone special to you.

**Third Party Fundraising** - Donate the proceeds from your event to one of our funds.

**Volunteer** - Join in our efforts to enhance healthcare in the north.

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

Donate on line at [www.slmhc.on.ca/foundation](http://www.slmhc.on.ca/foundation)

## A Tradition of Caring...A Tradition of Sharing

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

The Sioux Lookout Meno Ya Win Health Centre Foundation is dedicated to raising funds for the Sioux Lookout Meno Ya Win Health Centre and the William A. "Bill" George Extended Care Facility in order to enhance health care in our communities.

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.**

## Where you can direct your funds

**Diagnostic Imaging (DI) Fund** – Help to fund diagnostic imaging needs at SLMHC. We are currently raising funds for the purchase of an additional ultrasound machine estimated at \$300,000 to support current services and to allow SLMHC to enhance its cardiac imaging.

**Women's Health Fund** – Donations to the Women's Health Fund help to support SLMHC's mammography unit and raise funds in support of programs, services and equipment needs to enhance healthcare for women in our region.

**Chemotherapy Services** – Your donations help to support cancer care at SLMHC.

**Palliative Care Fund** – Help to enhance end of life care with a contribution to the Palliative Care Fund.

**Extended Care Fund** – Your gift helps to fund program and equipment needs at the William A. Bill George Extended Care Facility.

**General Equipment Fund** – Assist with ongoing equipment needs at the Sioux Lookout Meno Ya Win Health Centre.

**Community Counseling and Addiction Services (CCAS)**

**Youth Programs Fund** – Invest in our youth to ensure a healthier future for our communities.

**Janelle Wesley Fund** – Your contributions help to fund programming and equipment needs for the Janelle Wesley Room, a gathering place for children and families, named in memory of Janelle Miranda Wesley who lost her battle to cancer at the age of seven.

**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  Chemotherapy Services  
 Diagnostic Imaging Fund  Women's Health Fund  Extended Care Fund  Palliative Care  Janelle Wesley Fund

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: \_\_\_\_\_