



SIoux LOOKOUT  
**Meno Ya Win**  
 HEALTH CENTRE

# Meno Ya Win News

Summer 2012  
 Volume 10, Issue 7

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

### FEED YOUR CREATIVITY.

Expose yourself to more beauty, more art, more excellence.

~Terri Trespicio,  
 WLM, Nov 2010

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

~Buddha

The secret to getting unstuck might be locked in a dream. LOOK FOR THE KEY.

~Terri Trespicio,  
 WLM, Nov 2010

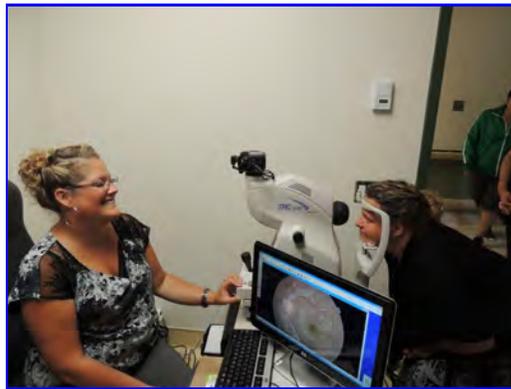
Happiness is when what you think, what you say, and what you do are in harmony.

~Mahatma Gandhi

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## SLMHC Celebrates the Grand Opening of new Centre for Complex Diabetes Care



Allison Odell, RPN & Leanne Tyler, RN, Clinical Nursing Coordinator, Ambulatory Care demonstrate the retinal camera for visitors at celebration event, July 26th.

A dramatic improvement for those living with diabetes in northwestern Ontario region has brought new hope with the development and implementation of the new Centre for Complex Diabetes Care program at SLMHC. A Grand Opening celebration was held on Thursday, July 26, 2012.

First Nations people living with diabetes in northern communities have long faced difficult and exasperating times accessing the health care they need. The unique challenges include - health human resources, extensive travel from remote communities to regional health centers, and high costs associated, and not to mention, long periods away from home and their family.

In September 2009 by teleconference, hearing the needs identified by the late Raymond Ningewance, a client living with diabetes for over 20 years, it prompted Ministry of Health and Long Term Care representatives to contribute on-going funding to this region and identify a dedicated pro-

gram for Sioux Lookout region. Northern Diabetes Network, Thunder Bay Regional Health Sciences Centre, St. Joseph's Care Group, and SLMHC partnered to develop and implement the Centre for Complex Diabetes Care. This new partnership optimizes and consolidates regional expertise in diabetes care and culturally responsive care that addressed the need of the people in northwestern Ontario.

An Interdisciplinary Team is focused on providing timely, patient centered care in an environment established for value-added service. While receiving care for diabetes and related challenges patients can access the complete menu of chronic disease support; including stroke prevention, smoking cessation, and self-management strategies for a number of other chronic conditions.

Attending the celebration were family members of the late Raymond Ningewance, of Lac Seul First Nation, including his mother, younger brother and sister, and his five children. The family took the opportunity to make a donation of \$1000 toward the new Centre for Complex Diabetes Care program in his memory and honor. Raymond passed away at SLMHC on November 15, 2010, from complications of diabetes; a week after the occupancy of the new health centre.

For more information about this new program and service, please contact Barb Linkewich, VP, Clinical Services and Research at 807-737-3030.

~Renée Southwind, Manager, C & CD



## Extended Care Unit Updates

The residents have enjoyed the outdoor patio this summer. Needless to say, the friendly uninvited black bear has caused several **quick** exits from the patio.

It's been a busy summer with the renovations inside and outside the building. We have new curbs and an expanded walkway in the front of the building and it's made a big difference as the residents now enjoy going out there. The flowers are beautiful! The interior has also been freshly painted giving it a new look.

One long time resident had his room renovated to reflect his true hockey spirit as a Toronto Maple Leafs fan. We jokingly threatened him with changing the color of the paint to red which he thought was pretty funny! It was hard to do especially when one is NOT a Leafs fan but we managed to get it done much to his liking. Several staff brought in Leafs memorabilia to help make his room his home. We are always open to adding more to the collection.



L-R: Amanda Haniak, RPN, Albert Moose, Judie Hindy, Clerk and Aileen Turallo, PSW.

Renovations to the nursing office has made additional space for more computer stations and easy to keep it an organized area.



The glass in the existing windows have all been replaced. The residents have a much clearer view of our beautiful outdoors (and the bears).

Our resident, Mabel Laverty, with her many years of gardening experience, has been outstanding in helping to beautify the residents home. Thank you Mabel!

**THANK YOU to the Maintenance Staff for the great job in doing all the renovations!**



L-R: June Wynn, Interpreter; Judie Hindy, Clerk 11 and Mabel Laverty, Resident

More stories to share in the next issue!

Everyone is welcome to the ECU **Yard Sale on Mon, Sept 10th, 2 pm.**

~ Judie Hindy, Clerk 11



64 First Year Northern Ontario School of Medicine students from Thunder Bay and Sudbury visited SLMHC on August 22nd.

## WORKING IN MEDICAL WITHDRAWAL SUPPORT SERVICES



L-R: Lisa Totten, RPN, Ellie McGoldrick, Counsellor and Denise Wojciechowski, RN

To work as part of a multidisciplinary health care team in the complex environment that is Medical Withdrawal Support Services (MWSS), staff have further developed a number of unique and valuable skills. The daily role of staff in the MWSS unit requires us to be flexible, compassionate, tough, non-judgmental and, most importantly, effective team players. The biggest challenge the unit has been facing over the last several months is developing a strong and cohesive team. Being that our unit is one of only a few in Canada we are seeing patients from all across the province of various ages, background stories, addictions, concurrent disorders, a mix of male and female, and very different goals and ambitions in life. Having many different personalities, ideas, and characteristics working together in one unit often presents challenges for both staff and patients. We must find a balance every day on when to be tough and when to be compassionate. Recognizing, embracing and celebrating the differences in patients and in staff, are all part of creating a safe environment and an effective multidisciplinary team. To overcome various challenges in the unit, staff have learned to respect each other's professional opinions, treatment strategies, and embrace ideas from all members of the team. To enter the working environment each day one has to check their biases at the door and treat each patient with the same amount of caring, respect and dignity as the next, while practicing effective communication and having pride in the job each of us performs.

Consistency and structure is a key factor in keeping our patients focused on becoming successful in their goals to be dependency free. In doing this we teach basic life skills, such as healthy eating, personal hygiene, cooking skills, time management, budgeting, chores, as well as going to

bed and waking up at reasonable hours while in the unit. Group participation is the foundation of our therapeutic intervention and treatment strategies. MWSS groups include topics like self-esteem building, anger management, relapse prevention, self-care, emotions and triggers. As well as our educational groups, patients are required to participate in yoga/meditation for relaxation, group outings for exercises and fresh air, and time in the gym to promote healthy lifestyles. All areas of group participation, one-on-one counseling sessions and personal reflection and down time, contribute to our goal of holistic healing and the first steps to a balanced and healthy lifestyle. Ensuring that all permanent and casual staff follows the same guidelines in practice with each patient makes for a stable and trusting relationship within the unit, allowing patients to focus on positive treatment rather than negative manipulation.

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Although our unit has only been open for a short time we are proud of our work and celebrate our former patient successes, while looking forward to our patients in the future. Each and every member of the team bring their own set of strengths and ideas to the table as we work together to improve and continue learning how we can achieve the best possible outcomes for our patients. Each day in the MWSS unit we face a unique set of challenges in health-care, and every day we overcome them as we work towards health and well being for all.

*~Submitted by: Ellie McGoldrick, Counselor; Denise Wojciechowski, RN; and Lisa Tooten, RPN.*



## Special Feature Story



**Clara Carroll, Elder in Residence**

In mid 2011, Clara Carroll received a phone call from Sioux Lookout Meno Ya Win Health Centre asking her if she would think about coming on board as Elder in Residence under the Traditional Healing, Medicine, Foods & Support program. She gladly accepted the offer and has enjoyed her role since then. Clara says, "It is an honor to spend time with the clients and contribute to the program in many good ways. Each day brings new and fresh experiences, and as an elder I continue to learn and grow. Life is a journey, and we can do so much to help one another."

Going back in time, when Clara was little, she dreamed about becoming a nurse. She knew one day she would make that dream a reality, only she did not know how her life would unfold.

Clara was born at Lac Seul First Nation. She grew up in a large family and she remembers her parents always had a large garden. They ate fish, wild meat, and rice from the rice fields that grew abundantly. All too soon at a tender age, she was whisked away

from the family home to a residential school along with other children in the community.

She recalls later being sent to the Shingwauk Residential School in Sault Ste. Marie at age 12. She had traveled there by train, taxi, and bus, all alone, from Sioux Lookout. She remembers being handed a bagged lunch at the train station by an Indian Agent and a letter which stated she was going to the residential school. By a miracle she met good, compassionate people, on the journey who took care of her in so many ways. One that she recalls was the conductor who gave her a blanket to stay warm on the train, bought her lunch after she had been on the train for more than a day, and he made sure a taxi came to pick her up at the train stop which was in the middle of nowhere. He refused to leave her standing there all by herself to wait for the taxi that was supposed to have been arranged to meet her to take her to Sudbury and then board the bus to Sault Ste. Marie.

She attended the residential school for 10 years and she would go home to the reserve for the summer months. In her teen years, her brothers encouraged her to stay in school, try to find work, and not return to the community. They told her she would have a better chance in getting an education in the city and to find work to support herself. She listened to her brothers, knowing they loved her and wanted only the best for her. As a child Clara experienced the trauma associated with being away from her family that all residential school students felt but she persevered by staying in school and finding summer jobs.

Clara earned a diploma as a Registered Nurse Assistant after high school and began working in the Emergency Department in the Sioux Lookout Indian Hospital in 1965. For ten years she was in charge of the department, a job she thoroughly enjoyed. Clara recalls her first pay cheque was based on \$1.50 per hour, and she was so proud! She recalls the Emergency Department being a busy place to work in and she loved working with the staff and meeting people. When staffing changes occurred, she went to work for a local doctor and his wife who were in private practice for two years. After they left Sioux Lookout, Clara returned to the hospital and worked on the ward, a big change, but she transitioned quite easily.

At the time of her hiring, the (late) Jack Carroll was

*(Continued on page 5)*

(Continued from page 4)

head of the personnel department and as it turned out he later became her brother in law. As she tells this part of her life story, she softly chuckles and says, "Little did I know he (Jack) would become my brother in law." She married Don Carroll in 1968 and they raised a family of four children. Looking back on her career and years of motherhood, she is forever grateful for the support of her husband, his family and the reliable babysitter who helped to take care of their children when she was working.

After twenty six years, Clara retired from the hospital in 1989. She wanted a change in her career path so she went back to school at age 45 years for more education and graduated as a Social Worker in 1990. The Northern Nishnawbe Education Council hired her and she worked with northern First Nation high school students living and going to school in Sioux Lookout. It was a challenging 12 years and today she has fond memories of many of the students she had the privilege of working with.

At the Kookom & Youth Council gathering earlier this spring, she shared her story about attending the residential schools and her experiences of what it was like to gain an education in main stream society. She

shared her dream as a little girl of becoming a nurse and working toward her goal. Her powerful message to the audience was, "You can do what you want to do, you can do anything, if you work hard at it. You need to believe in yourself and that you will reach your goal." Clara is a great example to all people.

Clara has made a full circle in her career. She is very much appreciated and respected in her role at SLMHC.

Today it amazes her to be working in this new facility and to see all the modern equipment and improvements in the health centre and in the programs and services, especially in the Emergency Department, because that is where she started in her career. "Maamakaaj!", she says with a smile. (Amazing! – in her Ojibway language.)

With a grown family, she and her husband enjoy family gatherings with their ten grandchildren, and two great grandchildren. Clara has lived in Sioux Lookout for forty-seven years.

~Renée Southwind, C&CD Manager



**The Third Annual Workplace Walking Challenge** team registration deadline is Sept 21. Contact Therese or Joanne at 737-2292 ext 3724 or 3730. More information on the walking challenge is available on our SLMHC intranet site. Get your department up and walking!



# Thank You!

A special thanks to all that helped out with the tours this summer. There have been people from across Canada and around the world that came to see our hospital and all the things that we do here. It is a wonderful chance to showcase our building, and more importantly, the work that SLMHC staff does for our patients.

~Sharon Yule, Special Projects



## Random acts of kindness are good for the heart.

It helps lowers blood pressure and brings and makes people smile. Over the next month take a few minutes to do a random act of kindness. Here are a few suggestions:

- Hold the door open for someone
- Bake a new recipe and share with your peers
- Write a letter, send a card or make a call to an old friend
- Make a pot of soup or stew and share it with an elderly neighbor, a busy young family or the Out of the Cold program
- Compliment or give a co-worker a hand

What can you do to make a difference for someone?



## CONGRATULATIONS!

The winner of the SLMHC Workplace Health and Wellness Blueberry draw was [Toni Miles](#).





## THE MEMORY CABINET

On July 16th, many clients and staff wandering through the canoe area took a double take and stopped to view a new cabinet filled with pieces of history. The beautiful cabinet was built by Craig Stewart of our Maintenance Department. The cabinet will showcase pieces of equipment and stories from the past and also showcase the new equipment and gifts that have been given to our organization as we continue on our journey to excellence.



We have been very fortunate to have many small pieces on loan from our Sioux Lookout Museum and we were able to save a few pieces of history from the 5<sup>th</sup> and 7<sup>th</sup> Avenue hospitals.

Some of the display pieces need to have descriptions created, so if you see pieces in the cabinet that you have information on, it would be appreciated if you would share your story with us. Also, if you have medical pieces that you would like to loan or donate to our memory cabinet, please contact me at 737-3030 ext. 4057.

I would like to thank the staff and doctors for their help giving names and stories to some of these pieces of equipment.

I hope you enjoy the cabinet and the memories it will share.

~Sharon Yule, Special Projects

## CONGRATULATIONS!



to **Jen Maki** who passed the National Certified Diabetes Educator Program at Lakehead University on May 26, 2012—a program of the Canadian Diabetes Education Certification Board.

~SLMHC board & staff

## CONGRATULATIONS!



to **Cindy Dwyer** who graduated from Athabasca University - Bachelor of Nursing!

We are very proud of your accomplishments!

May your journey take you to greater achievements and happiness.

~SLMHC board & staff

## CONGRATULATIONS

TO ALL THE WINNERS IN THE MAY / JUNE HEALTH AND WELLNESS DRAWS

Biking to work:  
**Kenneth Kamenawatamin**

Join a team:  
**Erika Fahey**

Walking to work or during breaks:  
**Marlene Leadbeater**



Community Pitch in:  
**Tammy Bailey**

Canada Day Draw  
**Lorraine Bolen**



SIoux LOOKOUT  
Meno Ya Win  
HEALTH CENTRE

**Patient Safety**  
is our responsibility.

Working hand in hand with our communities  
to build a healthier future.

# Question of the Month

## "What message do you have for students going back to school?"



**Joanie Gulka** (Admin Assistant)  
 "Good luck! Remember to work hard, as it will all be worth it in the end!"



**Tracy Coughlin** (Accounts Payable)  
 "Study!"



**Michelle Bong** (Social Worker)  
 "Study hard and enjoy the ride!"



**Sabrina Patterson** (Counsellor)  
 "Be open, stay engaged and nurture a passion for learning, because knowledge is power and the key to success."



**Amy Wall** (Education Assistant)  
 "Stay in school. Work hard but also take time to have fun."



**Melissa Ayotte** (HR Assistant)  
 "Be greedy and take as much as you possibly can from each course. Also, the library is a great place to get actual work done!"



Kristyn Kulchyski, Outreach Screening Coordinator & Dean Osmond, VP Corporate Services—tour guides for visiting first year students of the Northern Ontario School of Medicine, August 22.

## Anishinaabemodaa

**Lesson:** There are 2 kinds of vowels in the Ojibway language: long and short vowels. It's important to recognize the difference between these 2 sets of vowel sounds so that you can follow the set grammar rules.

**Short vowels:** i as in pit (**abin**—sit)

o as in book (**ozaam**—too much)

a as in cup (**animooosh**—dog)

**Long vowels:**

e as in bed (**miigwech**—thank you)

ii as in peek (**niin**—me)

oo as in between soup and soap (**boozhoo**)

aa as in doctor's "say ah" (**omaa**—here)

*Reference: Talking Gookom's Language, by Patricia M. Ningewance*

**Mino** means good, nice, wellness

**Mino-ayaa** – lives well, has good health, (he/she)

**Mino-giishigan** – nice day, (it is)

**Mino-jinge** – eats well, (he/she is)

**Mino-pojige** – likes the taste of (whatever (he/she) is eating)

**Mino-pogozi** – tastes good (eg. waabooz minopogozi – rabbit tastes good)

**Mino-bimaadizi** – lives well, lives a good life (he/she)

**Mino-chige** – does good things (he/she)

**Mino-bizo** – runs well, (eg. a car—odaabaanes)

**Mino-naagozi** – looks good, (he/she)

**Mino-gin** – grows well (it) - (refer to a plant growing well)

**Mino-maate** – good aroma (from something cooking....*like Neil's moose stew*)

**Mino-maagozi** – smells good, (he/she)

**Mino-tam** – likes hearing good news, likes the sound, (he/she)

**Mino-taagozi** – sounds nice (he/she) (eg. Bineshinz minotaagozi – the bird sounds nice)

### Foundation Activities at SLMHC



QEDHS reunion class of 1960— 65

On Thursday August 2<sup>nd</sup>, the Foundation partnered with SLMHC to offer tours to Queen Elizabeth District High School's graduating classes of 1960-1965. Out of town visitors attended to see first hand the many accomplishments at the Sioux Lookout Meno Ya Win Health Centre. It was a great opportunity to showcase our services and to let former Sioux Lookout and area families know about our current and future needs.



Marnie Hoey, SLMHC Foundation President; Blueberry Bert; Barb Linkewich, VP of Clinical Services and Research; Kathryn Davidson, Foundation Administrator; & Shiela Suprovich, Foundation Admin

On August 8<sup>th</sup> the Foundation partnered with SLMHC to honor Medical Field Heroes as part of the 30<sup>th</sup> Annual Blueberry Festival. The celebration included displays in the main lobby, tours of the facility and fresh baked blueberry tarts prepared by Neil Michelin in SLMHC's Miichim kitchen. Thank you to all who submitted information for the displays. We were pleased to see so many of our past and present

health heroes honored and given recognition. A special thank you to Sharon Yule for coming in on her days off to lead the tour groups.

~Kathryn Davidson, Foundation Administrator

## 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)

### KUDOS

Just a short note from Nipigon Hospital. I certainly enjoy receiving your newsletter each month. It is a wonderful read and easy to tell a great amount of effort has been made to put it together. Congratulations!

Judy Jean,  
 Executive Assistant  
 Nipigon District Memorial Hospital



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



Lorraine Miles, Receptionist, CCAS, shares her many good & funny memories about working with Margie Legros during Margie's retirement dinner party, Thursday, August 23rd.



SLMHC Elder in Residence, Clara Carroll, rocks out for the Equay-wuk Women's Group "Flower Power" at the *bannock* bake off August 3rd.



Dean Osmond, President, Rotary Club, presents Althea George with the Sioux Lookout Rotary Club's Jack McKenzie Memorial Award for Volunteerism.



Helen Cromarty, Special Advisor First Nations Health, riding on the SLMHC Canada Day float.



Ernie Buswa, Information Systems, finds a little relief in the shade while waiting for the Canada Day parade to begin.



Dr. Robert Cooper, Project Lead-Innovation, helps a friend cool off during the Blueberry Festival.



Bruce Siciliano, Director, CCAS addresses Margie's family & friends.



Dinner at Foxie's, NOSM Year 3 students & friends, Aug 30th.



NOSM Year 3 students out Sweet Water cruising, August 30th.



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: \_\_\_\_\_