

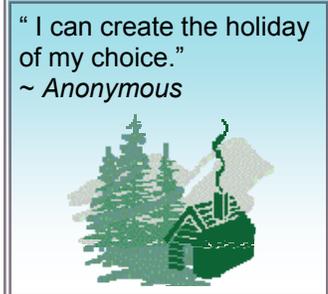


SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

Meno Ya Win News

December 2012
Volume 10, Issue 11

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



At Christmas, play and
make good cheer, For
Christmas comes but
once a year.
~ Thomas Tusser

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Biennial Elders Gathering at SLMHC



L-R: Tony Moonias, Isaiah Kanate, Innes Sakchekapo, Donald Sakanee, Eva Rae, Esther Beardy, Annie Cromarty, Emily Gregg, Albert Wassaykeesic, Damon Crowe, Josias Kakegamic, Maryanne Kakegamic Joseph Crow, Dinah Loon

Merry Christmas and Happy New Year! SLMHC held its biannual Elders Gathering that took place December 11 to 13, 2012.

Dean Osmond, Vice-President of Corporate Services & Performance, provided opening remarks and a presentation by Renee Southwind, Communications and Community Development Manager, before she was shuttled away to catch a flight. We continued with two presentations delivered by Clifford Mushquash, Chair of the Relay for Life committee. The first presentation was called

'Event and Partnership' and the second presentation was 'How the money is used' and was very dynamic. We saw how Sioux Lookout and other communities participate in the *Relay for Life* paying homage to those who passed away from cancer as well as the survivors.

An explanation was provided as to how the program works and how the funds are used in cancer research, advocacy and support services. The Canadian Cancer Society had a target of raising \$70,000 in Sioux Look-

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Our new web site was launched on November 27th!

Visit us at: www.slmhc.on.ca

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

Holiday Greetings from the Chief Executive Officer



Dave Murray, CEO

Once again the time of the year when there is so much hustle and bustle. It seems the days fly by and there just isn't enough time to get everything done. Interestingly enough whether we get all our chores done or not, there is that wonderful time during the holidays when we are able to relax, visit with friends and ponder the year that has gone by. We are indeed fortunate that we can enjoy family and friends and pause to be thankful for the many blessings we enjoy in this great country and in this community.

Meno Ya Win is a special place and the work we do is vitally important and it makes a real difference in the lives of the people we serve. This has been a busy year with many new services

and greater activity in almost every area. We continue to work with our partner organizations to better coordinate care and deliver services, but at the end of the day our true success comes from delivering professional and compassionate care. That is something no organization can do, but can only be done by each and every individual in our organization. It is also something which we can always do a little bit better! While we continue to grow and offer new services we need to make sure that we are providing the best service we can, this will be a major focus for all of us in the upcoming year. I am excited about our next twelve months and the many things I know we will achieve because of the commitment and dedication of each one of you!

Have a wonderful and safe holiday season. See you in the new year as together we continue our journey on the road to excellence!

Dave Murray, CEO

Aboriginal Health Forum, Toronto, December 12 & 13, 2012

A two day Aboriginal Health Forum in Toronto drew a good crowd where leaders of health service organizations, First Nation communities, representatives from the provincial and federal governments and experts working in the field shared their experiences and information on new developments in healthcare programs and services and the challenges and solutions. It also created an opportunity for everyone to discuss the topics and begin to network for the future.

The forum began with an opening keynote address by the Honourable Deb Matthews, Ministry of Health and Long Term Care, on the *Aboriginal Health and Ontario's Action Plan for Health Care*. Other topics by other speakers included Health Improvement through Research (CIHR); Screening to improve kidney health & prevent dialysis in Northern Manitoba; Working with Children; Cancer Screening, and Mental Health Challenges. The Sioux Lookout Meno Ya Win Health Centre was well represented with three



Helen Cromarty delivers a presentation during the Aboriginal Health Forum in Toronto, December 12-13, 2012

speakers presenting on Centre of Excellence Model for First Nations and Northern Healthcare; Culturally Integrated Health Care; and the Continuum of Care: Prenatal Services & Education.

The forum is a great vehicle for information sharing and also created opportunities for future linkages in service provision for Aboriginal peoples.

~Submitted by Helen Cromarty,
Special Advisor for First Nations Health

(Continued from page 1)

out in 2012 and any amount over that was contributed to the SLMHC Foundation.

We also received education about cancer awareness and its impacts on society. The elders were moved by the presentation and shared their experiences with each other about cancer and wanted to see northern First Nations communities participate with the Relay for Life program immediately.

Kathryn Davidson, Administrator of the Foundation, informed us that new chemo chairs have been acquired for the patients that are receiving treatment.

We remembered the accomplishments and activities of the late Josias Fiddler who was the health centre's traditional healer and sat on the SLMHC board of directors and committees. We also remembered his work with other organizations, including the fact that he had also been a past chief of Sandy Lake First Nation. His spouse, Terry Fiddler, was in attendance and the elders offered their prayers in dedicating the conference room which has been named the 'Josias Fiddler Conference Centre'. Mrs. Fiddler was presented with a Norval Morriseau print later in the conference.



Vince Ostberg, Manager THMFS and sound technician from Wawatay radio during ECU Christmas broadcast.

We continued with our meeting and Doug Semple, Special Advisor for First Nations – SLMHC, reviewed the terms of reference of the draft policy 'Elders Council Policy' a governance document that also identifies the Elders Council as an advisor to the Sioux Lookout Meno Ya Win board of directors on issues and policy development on cultural sensitivity to First Nations and other cultures within SLMHC.

The resolution we passed on Wednesday was

the acceptance of the Elders Council. The representatives are:

- Joan Elsie Winter, Chair, Wapekeka First Nation, Shibogama Tribal Council
- Tony Moonias, Vice-Chair, Eabematoong First Nation, Mattawa First Nations
- Esther Beardy, Muskrat Dam First Nation, Independent First Nations Alliance
- Tommy Spade, Mishkeegogaming First Nation, Independent
- Damon Crowe, Sandy Lake First Nation, Independent
- Agnes Ningewance, Lac Seul First Nation, Independent First Nations Alliance
- Isaiah Kanate, North Caribou First Nation, Windigo First Nations Council
- Eva Rae, North Spirit Lake, Keewaytinook Okimakanak

The Elders-in-residence as approved by the Elders Council and sit on the Elders Council are:

- Clara Carroll, Lac Seul First Nation
- Emily Gregg, Kasibonika First Nation

Douglas Semple made another presentation on the Mushkiki and to provide an overview of the program objectives and development and gathered input from the elders.

Everyone attended the Wawatay Radio Network Christmas Sing along at the William George Extended Care Unit. People gave their greetings to the radio audience and there was much singing. We had Kenneth Kamenawatamin played guitar as did Margie also played guitar.



Kenneth Kamenawatamin plays guitar during the ECU Christmas broadcast.

That evening we participated in the Meechim Feast. Everyone recognized the achievements of the Meechim hunters, remembered Josias

(Continued on page 4)

(Continued from page 3)

Fiddler, and also offered our support and recognition for Peter Barkman from Sachigo Lake First Nation for his work with SLMHC. We also



Vince Ostberg, Manager THMFS, and Margie Kimball, ECU activity worker, sing carols during the live ECU Christmas broadcast, December 12, 2012.

had the Thunder Mountain Drum Group sing and drum for us at certain intervals of the ceremony. We had a great meal as provided by Aramark. We ate a variety of dishes that were a fusion of traditional First Nations

cuisine with the Caucasian style. Following our meal we had a presentation by Neil Michelin, Meechim Cook, and gifts were given to the various providers of Meechim who have provided fowl, fish, wild game, and berries for the SLMHC clients that want to eat traditional food. Eighty-six people attended the feast, including the mayor of Sioux Lookout, representatives and providers from the Ministry of Natural Resources and others.

The next day we had a presentation by Debbie Topozini from the Medical Withdrawal Unit which provides services for clients who are battling addictions.

The Elders Council also passed resolutions to accept the Joan Winter and Tony Moonias as chair and vice-chair, respectively, to lead the Elders Council and to accept the Elders Council Policy.

After my presentation to the elders and Elders Council, Heather Fukushima, Director of Long Term Care and Service Development made a presentation on Shibogama First Nations Council and SLMHCs joint program and other ser-

services rendered by SLMHC. Following her presentation, Heather Shepherd, Director of Acute and Ambulatory Services made a presentation. There was a discussion between Ms. Shepherd and the Elders Council



Table setting at the first annual Miichim Hunters Feast. December 12, 2012.

concerning ambulatory services which provided information to assist SLMHC in efficient services and concerns raised with local health care.

Charles Brown, Lorraine Loonfoot were instrumental in planning the Elders Gathering. Many other staff and managers, in several departments worked hard to put everything together to make this a pleasant and meaningful time for the elders.

In conclusion, we ensured that all of our guests made it back to their communities. Overall, the gathering was a success as we made important strides for the betterment of the Traditional Healing, Medicines, Food and Services Program.

~Submitted by Vince Ostberg, Manager of Traditional Healing, Medicine, Foods and Supports





Lean Corner

Welcome to Lean Corner, where you can learn a bit about Lean and find out how we are implementing it at SLMHC. Here is a description of what Lean is:

Lean is a philosophy and a set of tools for identifying good solutions to problems and then successfully implementing those solutions. Most of the tools can be applied to any problem, but there are a few tools that are used specifically to help improve processes and make them more efficient.

Last month in Lean Corner, I outlined the steps of Lean problem solving: Plan, Do, Study, Act (PDSA). I also said I would discuss the tools that you can use as you start to include PDSA in your work, and this month I'm going to start with the 5 Whys.

The five Whys is a simple technique for better understanding a problem before trying to solve it, and it is a good topic to start with for two reasons. Firstly, we'll be beginning at the beginning: the five Whys fit in to the Plan (P) part of PDSA. Secondly, it is among the most important steps of successful problem-solving because it can help to make sure you are tackling the right problem, or the root cause of a problem.

five Whys is asking "why" five times to gain a better understanding of what is really at the root of the problem. This sounds pretty simple but it can be challenging to get right. The following example is a long one, but please read it through anyway; it's a good example.

Let's start with the problem: "my car doesn't work." If we refuse to think about this question any more, the reason-

able solution would be to get a new car. However, if we ask "why," we will find out that my car doesn't work because the battery is dead and the reasonable solution would change to replacing the battery. If we ask a second "why," we will find out that the battery is dead because the alternator isn't charging it and, if we stopped there, we would replace the alternator. However, if we ask "why" a third time, we will find out that the belt that drives the alternator is broken and the reasonable solution would change again to just replacing the belt.

This sounds like a pretty reasonable solution but we are determined to ask "why" five times, so we persist.

When we ask why a fourth time, we find out that the belt broke because it is old and worn and, when we ask "why" a fifth time, we find out that the belt is far beyond its intended service life and that it should have been replaced a while ago as part of regularly scheduled maintenance.

If you are still reading, many thanks! That was a long example. It is also not a perfect example, but it does show how asking "why" can improve our understanding of a problem. It also shows how that improved understanding of a problem can improve the solution we implement. In this case, not only does asking "why" shift our thinking from replacing the car to replacing a belt in the engine, but it suggests a way to never have this problem again (by keeping up with regularly scheduled maintenance).

Asking "why" five times does not always lead to the perfect solution, and many problems in healthcare are more complicated than an alternator belt, but experiment with asking "why" five times before you try to solve a problem and, as always, if it is not working for you or you would like some help, call Rob Cooper at x4360 or send an email to projects@slmhc.on.ca.

~Submitted by Rob Cooper, Project Lead - Innovation



**Seasons Greetings
from the Vice President
and Directors of
Corporate Services & Performance**

ECU Updates

The month of December has been quite busy! Seven residents attended the Community Senior Christmas Banquet at the Legion via the Handi-transit bus accompanied by the activity worker and several volunteers. Everyone enjoyed the lovely meal and visiting with long time friends.

On December 5th, the music class from the Pelican Falls High School and their two teachers came to entertain us by playing a variety of songs, including Christmas carols with their violins and a keyboard accompaniment. We all had a great time!



The following day we had our annual ECU Family Christmas supper. Judie Hindy opened the beauty salon and did her magic with hair products and make-up to dress everyone up. June Wynn added her loving touches by cooking two turkeys and serving her famous pies and tarts. Santa Claus dropped by to visit and greeted each resident and presented each with a treat bag. Twenty-seven family members joined their loved ones and enjoyed a delicious

meal together. A special thanks to everyone who made this a very special evening!

The annual Wawatay Christmas Greeting radio show was held on December 12th.

This is a time when residents send their Xmas greetings to family & friends in the north and surrounding area. We've had a few school groups coming in to bake with us, sing to us, and to visit everyone. We are also anticipating a visit from the St. Andrews caroling group who are expected to arrive in a horse-drawn carriage on December 20th around 6:00 p.m.

On Christmas morning, each resident will receive a gift bag filled with personal gifts to enjoy. Many thanks to all for the fundraising throughout the year and donations made to the Activity fund.



Volunteer-Cindy Phillips and Santa Claus.

We wish everyone a Merry Christmas and a Happy New Year — from the staff and residents of the Extended Care.



Albert Moose, Resident.

~ Submitted by: Margie Kimball, Activity Worker Extended Care Unit

Quality News

Incident Reporting goes Live at SLMHC! SLMHC is excited to announce online reporting of incidents will begin in the New Year.

SLMHC is committed to the safety of our patients, visitors and staff. We continually strive to improve our practices and create a safer environment. Online incident reporting creates a more responsiveness and efficient system.

Incident reporting and monitoring is essential to identifying risks, potentially harmful situations and practices. Identifying problems or potential problems enables us to improve patient safety, the patient experience and the work environment at SLMHC.

Employee training will begin January 2nd.

SLMHC continues to prepare for Accreditation in 2013.

Accreditation is a voluntary process used to evaluate and improve patient safety, ethics, the work environment, leadership, governance, and community partnerships.

Accreditation is driven by our commitment to continuous improvement. It is facilitated by Accreditation Canada, a not-for-profit, independent organization. Accreditation Canada provides health care organizations with performance standards, self-assessment tools and an external review.

Accreditation certification is awarded to organizations that meet or exceed outlined standards. 2013 marks the third year of our current Accreditation cycle, and the year of our on-site survey. Meno Ya Win is striving to achieving full Accreditation certification.

The on-site survey will occur October 21-24, 2013.

If you have any questions please contact Jennifer Maki at 737-6575 or by email jmaki@slmhc.on.ca.



SLMHC's Organizational Goals

This is our third month of sharing the goals that we have set for SMLHC. We have already presented descriptions of "Safe, Patient-Centred Care," and "High Performing and Learning Health System," and this month you can read about "Efficient, Effective, and Service Oriented." For those who did not see the previous articles, here is what we said about where these Goals and the descriptions below came from: :

As many of you know, we spent the summer and part of the fall working on developing a better understanding of what our organizational goals mean and how they can direct activity for both our management team and our front-line staff.

SLMHC's four organization goals were developed by our board of directors and they are intended to guide all of our activities at SLMHC. Senior management broke down those four goals into eight objectives,

and we asked you to describe those eight objectives for us so we would have a clearer idea what we are working towards. We did a staff survey, and asked for your opinions on the wards and in front of the cafeteria, and we had a series of meetings to gather your opinions.

While we value and have kept all the suggestions that you gave us, we have had to make generalizations based on your suggestions to create these descriptions.

We hope that you will see the spirit of your suggestions reflected in what we have produced.

As you know, the four organizational objectives at SLMHC are:

- Safe, Patient-Centred Care
- High Performing and Learning Health System
- Efficient, Effective, and Service Oriented
- Working Toward Integrated Services and Being Collaborative

Organization Goal #3: Efficient, Effective and Service Oriented

1. Organizational Objective:

- **Ensure financial health and fiscal accountability.**

Patient Perspective

Make clear that patients and community will benefit from this in that effective use of resources will allow more patients to be served and more services offered at SLMHC.

Organization Perspective

All staff must understand that financial stewardship is part of everyone's job and that using resources efficiently is the key to sustainability and the only way to protect services during this time of fiscal uncertainty. The organization must be transparent in its financial dealings.

Meno Ya Win must review its financial results as compared to other organizations that have a similar mandate and size to ensure that we are achieving necessary efficiencies.

We must encourage and support volunteer efforts to allow us to direct resources to patient care.

2. Organizational Objective:

- **Improve service excellence by developing a culture of outstanding, team-based customer service.**

Patient Perspective

Patients will be treated in a friendly respectful manner by all staff. We will seek to make their stay at Meno Ya Win as pleasurable as possible under the circumstances. We will make sure that as patients move between services there is good communication and smooth hand-offs that don't leave the patient or their family "dangling".

Organization Perspective

We must ensure that we start by hiring people with then right attitude and outlook.

Each individual has a role to play through their attitude and approach to make their team or department and collectively the organization successful.

We must with input from staff develop the "Meno Ya Win way" of serving patients, realizing that there are often times that are incredibly stressful and difficult.

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

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

Welcome to SLMHC



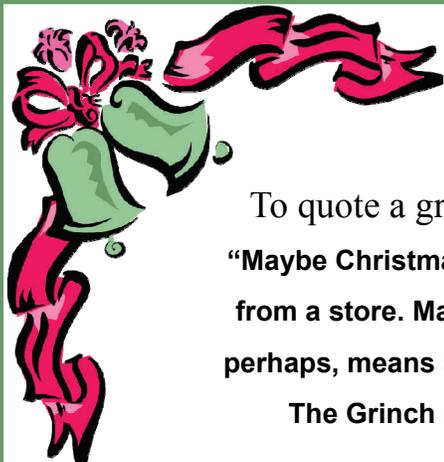
Rebecca Seibel and Ross Bruce

Welcome!!

The Rehabilitation department would like to welcome Rebecca Seibel and Ross Bruce.

Rebecca and Ross are physiotherapy students completing a three week global elective placement in our Rehabilitation department for their 2nd year Doctorate of Physiotherapy program from the University of Melbourne, Australia. They are very interested in experiencing and learning more about the use of telemedicine services and physiotherapy practices in rural northern settings.

We are so honoured that they elected to travel from the sunny warm climate of Australia to experience the beauty of northwestern Ontario in winter and to the SLMHC for their clinical placement studies!



To quote a great educator:
"Maybe Christmas doesn't come from a store. Maybe Christmas, perhaps, means a little bit more."
The Grinch (Dr. Seuss).

May peace, health, happiness and learning, come to you throughout the year.

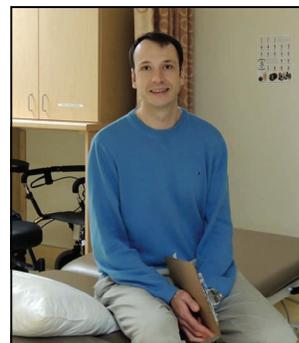
From the Staff Education and Professional Practice Department

Mariea, Terrie, and Laurence

Welcome to the Rehabilitation Team!

The rehab team is excited to announce the addition of two new employees, Glen Smith, Occupational Therapist and Kim Hooper, Speech Language Pathologist.

Glen's work experience has offered him many opportunities in various regions of Canada from Calgary, Kingston, Cobourg and most recently in Hamilton, Ontario. He brings five years of experience to our team in both hospital and community settings. He can also offer our community another avid Men's League hockey player, position of defense, and will be ready to sign up in January!



Glen Smith



Kim Hooper

Kim is a recent graduate with her Masters of Health Science in Speech-Language Pathology from the University of Toronto. She has a strong interest in working with adults with swallowing and communication disorders as well as with children experiencing language delays, impairments, autism, and

Downs syndrome. Kim's outside interests include a love of music. She has her Masters of Music Literature and Performance, has worked for the Canadian Opera Company and was a member of the Queen's Student Opera Company starting in the chorus, then as a lead, up to the position of Vocal Director.

Glen and Kim are keen to experience all of the outdoor opportunities available in SLKT and are enjoying the 5 – 10 minute commute to work!



Merry
 Christmas



Happy Holidays from the OR Department

Back Row (L-R): Dr. Touzen, Dr. Minty, Blair Winstanley (RN), Joe Harding (CPD), Erin Ranta-Oiala (RN), Kim Coughlin (RN), Christine Tavares (Clerk), Jen Stableford (RN)

Front Row (L-R): Glendine Shardt (RN), Ashley VanRamshardt (RN), Lori Donnalay (RN), Mabelene Borja (Housekeeping), Erica Mulville (CPD), Jessica Houtz (CPD) and Dawn Lapworth (Clerk)

Missing: Colleen Mackillop (RN), Brenda Ropek (RN), Donalda Carlton (RN), Debbie Whalen (RN), Lorena Tamson (CPD), Elizabeth Bernier (CPD/Clerk), Sue Anderson (Clinical Coordinator), Heather Shepherd (Director of Acute and Ambulatory Services), Dr. Morgan, Dr. Jakubow, Dr. Hales, Dr. Chaudhuri, Dr. Macleod.

We would like to wish all our staff, volunteers, patients and community members a very healthy and safe holiday. We hope you have a wonderful time with family and friends and take time to recharge your batteries as we all get ready for another exciting year.



From the SLMHC
Health & Wellness Committee

Have a Safe Holiday Season
From all the Staff at Medical
Withdrawal Support Services

Photovoice December 11, 2012

On December 11, 2012, the A-Frame gallery hosted a presentation by the Ontario Native Women's Association. Aboriginal Sexual Assault Worker, Brenda Dovick, commented; "For the project, 'The hurt of one is the hurt of all; the honour of one is the honour of all', the topic being presented is sexual violence toward women. We have chosen to create this photovoice through the eyes of women and girls who have directly experienced sexual violence; sharing their perspectives anonymously with the community as a whole. The title of the project is based on an Aboriginal teaching that we are all affected when



Brenda Dovick performs an honour song before the presentation.



another person suffers; just as we need to celebrate each other's successes. The main objective of this project is to encourage women and girls to tell the community, through photography and accompanying narratives, that this is an issue which exists not only in Sioux Lookout, but all communities. We also want to strongly convey the message that sexual violence is not just about the victim; this is a community problem and everyone needs to help address it."



"The most important thing was that it needed to come from the participant's perspective and for us as professionals not to come in and make it the way we thought it should be... We kept stressing to participants that you are creating social change. You're going to be giving a message to the community, to decision makers in the community, to government in the community. Be change makers. They embraced it and they did an awesome job."

~Brenda Dovick, Aboriginal Sexual Assault Worker,
Ontario Native Women's Association

SLMHC Foundation provides funding to enhance rehabilitation services at SLMHC



Back: Ross Bruce (Physiotherapy Student/University of Melbourne) and Glen Smith (Occupational Therapist)
Middle: Kathryn Davidson (Foundation Administrator), Amanda Lelonde (Clerk), Adrienne Crosby (Kinesiologist), Nicole Wooden (Physiotherapist), Karen Parent (Director of Clinical Support Services) and Kim Hooper (Speech Language Pathologist)
Front: Seppo Myyer

The Sioux Lookout Meno Ya Win Health Centre Foundation has provided \$7200 in funding for the purchase of an additional NuStep Cardio Exerciser for the Rehabilitation Department at the Sioux Lookout Meno Ya Win Health Centre.

The exerciser is very popular with patients and offers safe, effective and adaptive exercise. The equipment can adjust to meet individual needs bringing the benefits of life transforming exercise to more users. Marnie Hoey, Foundation President commented, "It is through the generous support of our donors that we are able to make this donation. We are very pleased to be able to increase capacity for patient care exercise programs at SLMHC."

Karen Parent, Director of Clinical Support Services at SLMHC expressed her gratitude for the donation, "On behalf of our patients, the Rehabilitation Department would like to offer a sincere thank you to the Sioux Lookout Meno Ya Win Health Centre Foundation for their funding support in purchasing the NuStep Cardio Exerciser. This piece of equipment allows our patients to exercise both their arms and legs, is adjustable to fit all body types and sizes and is adaptable to suit numerous exercise programs. The NuStep is the most popular exercise machine in our gym, thank you so much!"

Organizational Changes

In order to meet the changing needs of the organization, I am announcing some changes to reporting relationships and new activities. Effective immediately, Staff Education and Professional Practice will be led by Mariea Spray and will report to Bev Lelonde at Staff Resources. This expanded role will see a coordination of all education activities from across the organization within a single department.

Heather Shepherd will take on responsibility for Ambulatory Care as Director of Acute and Ambulatory Services. Also effective December 1st, responsibility for the Northern Diabetes Program has been transferred from the Northern Diabetes Network to the Sioux Lookout Meno Ya Win Health Centre. This service will remain at its location at 37 Front Street and will report to Heather Shepherd. We see an excellent opportunity to bring together our diabetes services to provide a continuum of care and im-

prove the services to the northern communities. We welcome the staff from the program who are joining the Sioux Lookout Meno Ya Win Health Centre team.

Heather Fukushima will take on additional responsibilities in planning as Director of LTC and Service Development. This will allow us to fulfill our role as a partner within the LHIN-designated Integrated District Network (IDN) serving the north. The LHIN has provided a blueprint to guide service delivery development for the region and, as part of that work, the LHIN has identified local health hubs that link into five Integrated District Networks. The Networks are 1) area east of Thunder Bay, 2) City of Thunder Bay, 3) Rainy River District, 4) Kenora, Red Lake and Dryden and 5) Sioux Lookout and northern communities. This is a great opportunity to coordinate and integrate service delivery for our area. Heather will provide the clinical leadership for this work and will be assisted by Douglas Semple who will be an important liaison with the northern communities and their leaders.

~Submitted by Dave Murray, CEO



Best wishes for a wonderful Holiday Season
and a New Year filled with Peace and Happiness!



THANK YOU!

To Lorraine Bolen and Terry Adam for creating the beautiful holiday planters located at our entrances and a Big Thank you to Ron Capar for once again providing the boughs and branches for our planters.

From Michelle Beaulne,
Director of Environmental Services

Merry Christmas to all my friends and fellow co-workers.

Have a safe and Happy Holidays.

From Anna Wellwood, Admitting Clerk

THANK YOU



(L-R) Sharon Schinke, Christa Schultz, Bonnie Jefferson, Doug Switzer, Dianne Martin, unknown, Susan Hochstetler and Ellen Bell.

Thank You!

I wanted to extend my thanks to Staff Health and Cameal Sinclair, Physical Therapist. I was referred to Cameal for long-standing neck and back pain that interfered in simple tasks like putting on my boots and brushing my hair. While I have worked alongside physical therapists for several years it was not until I was a "client" that I realized the level of expertise that guides their practice. We are fortunate to have access to such skills therapists in Sioux Lookout. Thank you, Cameal, for your ongoing compassionate and skilled care! I couldn't believe it when I had my first pain-free day – I had forgotten what it was like! Also, thank you to the staff health program for providing access to this service.

Thanks!
Niki Kiepek



The foundation is very grateful for the support of volunteers at the gift shop! Proceeds totaling \$5000 were donated to the foundation to help support programs and services at SLMHC. This could not be done without the very generous support of volunteers who donate their time and energy to make this happen!

~Kathryn Davidson, Foundation Administrator

Service Catalogue Announcement:

The Information Technology & Services Steering Committee are proud to announce the official launch of the SLMHC Service Catalogue. A one stop shop for all SLMHC's services, how to access them, when they are available and who to talk to if you have comments or concerns with the service.

A link to the Service Catalogue can be found on the main page of the Intranet.

~Dave Hildebrand, IS Manager

Barb Linkewich, VP Clinical Services & Research, presenting at the Aboriginal Health Forum, Toronto, Dec 13, 2012.



Question of the Month

"What are your wishes for Christmas?"



Dean Osmond (VP Corporate Services and Research) "A safe and happy Christmas and New Year!"



Leslie Marshal and Bev Marciniv (Health Care Aids) "Peace on earth!"



Barb Linkewich (VP Clinical Services and Research) "Be with family and friends and especially grand baby and grand girls."



Rachel Tremblay (Medical Laboratory Technician) "Happiness!"



Deanna Lance (Diagnostic Imaging Technologist), "To spend quality time with family and friends."



Sharon Yule (Volunteer Coordinator/Special Projects) "Fun times with family and friends....and world peace."

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'ayawin— health, wellness, well-being, wholeness



Giga mino gichi anama-egiishiganishimin—we will all have a very good Christmas!

Giga mino'ayamin—we will all be well (*health, wellness, well-being, wholeness*)

Niga mino'aya— I will get well

Giga mino'aya— you will get well

Da-mino'aya— she/he will get well

Da-mino'ayawag— they will get well

Gagwe mino'ayag—work toward being well, all of you



Christmas tree at the Extended Care Unit



Sally Shewaybick from Webiquie sends Christmas greetings during the ECU Christmas broadcast.



Margie Kimbal (ECU activity coordinator) and Judie Hindy (ECU Clerk).

Joy & Peace is yours today! Accept it.

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



**PIZZA
FRIDAYS
ARE
BACK!**

7¢ OF EACH SLICE SOLD IS DONATED TO THE SLMHC FOUNDATION



May the Peace and Joy of this Holiday Season be yours through the New Year



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



Staff enjoy snacks on December 5th—Employee Giving Campaign. (F) Jessica Trout;(L-R) Daleann Brinkman, RN; Ernie Buswa, Information Systems; Maureen Oakley, Executive Assistant; Kathryn Davidson, Foundation Administrator; Kathy Storey, Clerk; Terri Brezinski, Pharmacy; Barb Linkewich, VP Clinical Services & Research; far back—Rita Demetzer, Executive Assistant to CEO.



Senior Management team serve breakfast of pancakes and sausages to staff—Employee Giving Campaign. (L-R) Helen Cromarty, Special Advisor for First Nation Health; Dean Osmond, VP Corporate Services & Performance; Dave Murray, President & CEO; Barb Linkewich, VP Clinical Services & Research.



Al Wiebe, Manager-Pharmacy & Ernie Buswa, IT Dept enjoy pancakes & sausages!



Bill Brazier, Facilities Manager, volunteered by cooking up the delicious pancakes.



Joyce Timpson, board member, SLMHC, at the Out of the Cold shelter Open House, Dec 14th.



Elder in Residence, Clara Carroll sings along at the ECU Christmas broadcast

There was a full house during the ECU Christmas broadcast on December 12. There were approximately 50 people in attendance. →



Jessica Trout, enjoying breakfast!



SIoux LOOKOUT
MENO YA WIN HEALTH CENTRE

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.**

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

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: _____