



SIoux LOOKOUT

**Meno Ya Win**

HEALTH CENTRE

# Meno Ya Win News

March 2013  
Volume 11, Issue 3

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

My Dad used to say,  
“Whistle while you  
work! And be good at  
it!” The more I did  
that, the more I  
became good at  
whatever it was I was  
working at!

~Biiwide-Kwe~

“Life is like riding a  
bicycle. To keep your  
balance you must  
keep moving.”

~Albert Einstein~

“Change will not  
come if we wait for  
some other person or  
some other time. We  
are the ones we’ve  
been waiting for. We  
are the change that  
we seek.”

~Barack Obama~

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## SLMHC holds its 9<sup>th</sup> year “Celebration of People” Event!



L-R: Krista Kowalow, Stephanie Hynds, Samantha Brooks, Emily Labelle, Carina Lopena, Melody Luteria and Bruce Siciliano.

The annual ceremony to honour and recognize staff for their years of excellent service at the Sioux Lookout Meno Ya Win Health Centre was held on Friday evening, March 22<sup>nd</sup>, at the Legion Hall. This is a special event where awards are presented to employees for their service in five year increments and, this year, there were a total of forty recipients and five retirees.

Displays lined the walls and tables loaded with photos of staff taken over the years at events or on the job. They took employees down memory lane. There were conversations about where people started in the organization, or where others moved within the organization. Then there are many individuals who have chosen to stay and grow in their career by taking the opportunities

that have come across their path while working at the health centre. It goes to show that everyone is a winner at SLMHC!

Dean Osmond, Vice President of Corporate Services, emceed the event and Kai Koivukoski, co-chair of the board of directors for SLMHC gave a motivational speech and thanked all the recipients for their years of service and good work. A buzz of excitement could be heard amongst family, friends and colleagues as they watched the individual employees walk to the podium to receive their awards.

Dr. Robert Minty and Dr. Terry O’Driscoll, were given a special thank you by Kai Koivukoski, for over 30 years of ser-

*(Continued on page 2)*

(Continued from page 1)  
vice in Sioux Lookout

The last speaker for the evening was Dave Murray, President & CEO of the organization. He had the audience laughing with his remark, "When I get my 30<sup>th</sup> year award, I will be 88 years old."

Live entertainment followed with a band called the Teflons, all the way from Dryden! They were a fabulous hit as they played familiar tunes and had people tapping their toes and others dancing! The drummer was none other than Bruce Siciliano, Director of CCAS, portraying his alter ego. It was an evening of happy celebrations and good cheer!

~Submitted by Renee Southwind  
C&CD Manager~



### 5 Years of Service

- Bruce Siciliano
- Stephanie Hynds
- Emily Monaco
- Karen Mulville
- Dana Hoey
- Cynthia Dwyer
- Carina Lopena
- Tammy Pelky
- Samantha Brooks
- Shawne Apland
- Marcie Vescio
- Melody Luteria
- Krista Kowalow
- Bobbi-Jo Huard
- Emily Labelle

### 15 Years of Service

- Erin Belmore

### 25 Years of Service

- Margaret (Fay) Jonasson
- Kathy Storey
- Helga Vanderwoude
- Mary Carson
- Michael Lorteau

Fay Jonasson, 25 year recipient & Renee Southwind



### 10 Years of Service

- Ludmilla Serson
- Sharon Wilson
- Rhea Rice
- Frances Osmond
- Holly Findlay
- Tracy Coughlin
- Colleen Fox
- Cindy Chawrun
- Lisa Hindy
- Daleann Brinkman
- Renee Southwind
- Myra Quequish

### 20 Years of Service

- Judie Hindy
- Katherine Greene
- Carmelia Agustin
- Karen Parent
- Kelly Wilson
- Ghislain Bruneau

### 30 Years of Service

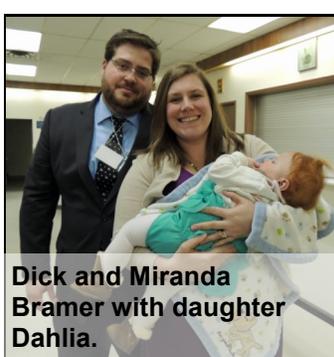
- Lori Donnelly

### Retirees

- Debra Whalen
- Elizabeth Daniels
- Margie LeGros
- Robert McClendon
- Al Weibe



Lori Donnelly, OR Nurse, 30 year recipient.



Sue Anderson, Clinical Coordinator, honours the OR staff.



Melissa Ayotte (HR Assistant), Shelley Read (Finance), Bev Lelonde, HR Manager; Tina George, Michelle Beaulne, Materials Dept Manager; & Gord Hill, Director of Finance.

# Project Exchange

We had another batch of excellent presentations at our session held February 28th. While the board meeting undoubtedly drew away some potential attendees, we had quite a few front-line staff in attendance.

We started off with Sue Anderson (again, yay Sue!), this time talking about some of the projects that came out of the Lean OR evaluation done by Doleweerd Consulting in 2011. In particular, Sue spoke of the challenges the surgical team has had reducing cancelled procedures so that they can spend as much time as possible performing surgery. There have been some failed attempts and more than one trip back to the drawing board, but their persistence is paying off. Slowly, but surely, they are removing barriers to providing safe and cost-effective surgery.

Then we had Sonia Link, our new pharmacy manager, introduce the new pharmacist, Sara Berg, who will be providing pharmaceutical-related education as a part of her role here.

Sonia then explained the rationale and the expected outcomes of the new weekend/stat holiday tele-pharmacy program the pharmacy is starting March 2<sup>nd</sup>. This program is important because having a pharmacist checking medication orders is good both for patient safety and for Accreditation. To help fill the gaps when neither of our pharmacists is on duty, a pharmacist in a remote location will spend two hours each day checking orders for interactions with other medications and reviewing the appro-

priate lab work before our pharmacy releases the medication to the patient.

Next, Bobbi Groom, RN, told us how they are evaluating patient outcomes for the Medical Withdrawal Support Service (MWSS) and some of the results they have found. They follow up with their patients at two weeks, three months, and six months and the numbers are impressive. Twenty-two percent abstinent at six months may not sound like a great track record, but it is, and it's competitive with much longer running programs than ours. As well, it was encouraging to hear the positive and hopeful comments that they are getting as part of the feedback about their program.

Finally, Bruce Siciliano told us about how he is turning CCAS 'inside out' based on a value-stream-mapping exercise they did a couple of months ago. They are completely redesigning how they deliver service, including a move to shift work so they can provide 7 am to 10 pm service seven days each week. CCAS is already an integral part of MWSS and is in the process of partnering with the Integrated Prenatal Program to provide more addictions and mental health related services to expecting mothers and their families. They are working hard to become an integral part of the services we provide across the health centre in addition to their community based practice.

Thank you to our presenters, the staff who attended, and the managers who freed them up.

*~Submitted by Dr. Rob Cooper  
Project Lead - Innovation*

## Roof Leakage Update

Within the first few months of occupancy of the new hospital problems were apparent with significant ice damming, icicles, and leakage into the building.



As a result room closures were necessary starting in February 2011 which continued through the summer of 2011. Utilizing an approach supported by our legal counsel, SLMHC worked with the designer, Stantec, and the Contractor, Ellis Don, to address the issues. Ellis Don did work under warranty, at no cost to SLMHC, to remediate the affected areas of the hospital. SLMHC engaged Stantec to provide contract administration and inspection services related to the warranty work and to design additional measures to mitigate the problems. SLMHC paid Ellis Don to construct the additional measures which were beyond the scope of warranty work. This work was completed by the end of 2011.

In the second winter of occupancy, 2011/2012, the hospital did not experience the ice damming and leakage issues of the first year of occupancy. However the winter conditions, both snow fall and temperatures, were neither normal nor similar to the first winter.

Now in the third winter of occupancy, with relatively normal winter conditions, the hospital is again experiencing ice damming, icicles and leakages reminiscent of the first winter of occupancy. Room closures have become necessary. Removal of ice damming and snow from the roof has been undertaken to attempt to minimize impacts.

Working with our legal counsel SLMHC has initiated legal actions related to the design and construction.

At this time SLMHC is moving ahead with different architectural and engineering professionals to determine causes, design solutions, and ultimately fully and finally construct fixes which eliminate ice damming and leakage.

*~Submitted by Doug Lawrence, Engineering Consultant*



# Lean Corner

**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.**

In the last few Lean Corners, I've been discussing the Plan, Do, Study, Act (PDSA) cycle, a key lean process. For the Plan phase of PDSA I described the five Whys as a simple method for getting to the root of a problem. For the Do phase of PDSA I presented a risk table as a way to think about whether it is a good idea to test your solution and, if it is, how big a test you should do. And for the Study phase of PDSA I reviewed evaluating your test or trial.

This month's topic is the Act phase of PDSA, the stage during which you will implement successful solutions. There are lots of considerations when implementing a solution, but you should always include a principle I call "Solve it Once."

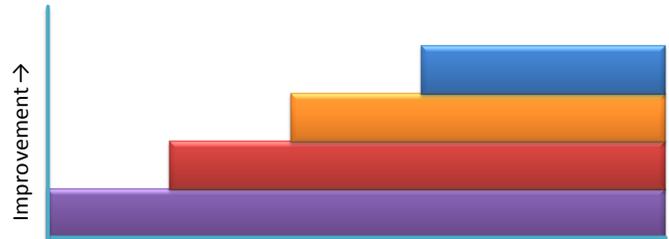
If you imagine that each coloured block in the diagram below is the improvement caused by the solution to a problem, a lot of the time we solve problems like this:



We develop solutions and we implement them but, after a while, people forget and go back to the usual way of doing things. What often ends up happening is that we put a lot of effort into improving but, because the improvements do not stick, we do not end up making very much long-term progress.

I should mention that this is not specific to our health centre, it happens almost everywhere and in all types of businesses.

The goal of "Solve it Once" is to make the improvement from our solutions look more like this:



As you can see, the best way to build long-term improvement is to make sure each solution you implement is maintained.

So how do you set about making sure that your solution is maintained? Think about as many reasons as you can that people will change to a different way of doing things and figure out how to stop those things from happening.

- New people need to know: include the process you improved in staff orientation so that new people will know about it.
- Talk doesn't last: put up a sign and/or think of another way to remind people, and make sure that follow-up is planned both in the short term and the long term.
- Needs change: set up a reminder to come back to this problem and solution in 6-12 months to make any adjustments that are needed

So give Solving it Once a try! If you see a problem, don't just solve it; think about what you need to do to make sure it will never come back. And if you are implementing a solution, think about how to maintain it so things do not drift back to the way they were before. Like many of my suggestions here in Lean Corner, Solving it Once is simple but not necessarily easy so, as always, if you have any questions or you would like some help Solving it Once, give Rob Cooper a call at x4360 or send an email to [projects@slmhc.on.ca](mailto:projects@slmhc.on.ca).

As always, if it is not working for you, or you would like some help, call me at x4360 or email [projects@slmhc.on.ca](mailto:projects@slmhc.on.ca).

~Submitted by Dr. Robert Cooper  
Project Lead - Innovation



**Your participation matters!  
Being connected keeps you informed!**



## Ethics Corner

### WORK ETHICS

Wikipedia defines work ethic as **“a set of values based on hard work and diligence”**. It is also a belief in the moral benefit of work and its ability to enhance character. They are also described as **a set of values, which involves the right attitude, correct behavior, respect for others and effective communication.**

*Carl Mueller, an Internet entrepreneur and professional recruiter, wrote:*

“Having a good work ethic can take you a long way in your career and goes hand in hand with having a good attitude meaning being professional, diligent and caring about your work and the people you work with. It is showing your colleagues and superiors that you care and have a good attitude with regards to your work can help you build a good reputation that carries you far. It can be easy to exceed the expectations of others simply by being someone who is reliable, diligent and professional. Conversely, having the opposite of these traits can be your quickest way to being seen as a lazy employee who is not held in high regard by others.”

“Some hallmarks of people with a strong work ethic may include completing your work on time, not wasting the time of your colleagues, sending professional emails without typos, offering your help to others when they require it.” Carl Mueller

### **Here are some Work Ethics:**

#### Honesty

Any job assigned to you should be done with the utmost honesty, without cheating, lying or stealing. This is good for your conscience.

#### Dependability

Those who are dependable are considered reliable as well. It is necessary to develop the quality of being a responsible person. This will, in turn, foster excellent results and set you as a good example for those around you.

#### Efficiency

Efficiency is vital for your own growth as well as the betterment of the organization where you are working. It is very easy to spot inefficient employees, who waste a lot of time and resources. However, efficiency is still a hallmark of good workers.

#### Positive Work Habits

Inculcate good working habits what will impress the people you are working with and your superiors as well. Coming to work late, dressing inappropriately and shuffling jobs are considered as signs of not following good work ethics.

#### Initiative

To be successful in whatever you do, it is vital to take initiative on your part. Don't wait to be told what to do. If you are doing the right thing in an acceptable manner, do not hesitate to initiate.

#### Humility

Humbleness and modesty are amongst the necessary elements of good work ethics. Only a fool is arrogant, while a wise person always shows traits of humility.

#### Positive Attitude

Maintaining a positive attitude at work is very important to accomplish your tasks successfully. This is because your colleagues are affected by your mannerism and respond accordingly.

#### Teamwork

Always remember that you are a part of the team, no matter what role you play in it. Do what is not only good for you, but also beneficial for the team as a whole.

(<http://lifestyle.iloveindia.com/lounge/good-work-ethics-3842.html>)

Essentially, work ethics regulate what an employee would do in different situations in the workplace. The habit of following good work ethics is intrinsic - it comes from within. It involves our morality and other values, apart from what our parents have taught us.

Workers exhibiting good work ethics are considered eligible for better positions and more responsibilities. So it becomes important to be honest, responsible and dependable

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

# NEWS FROM OUR PAST!

## Unveiling of Signage for New Hospital Site



March 4, 2004.

People gathered together on the afternoon of March 4<sup>th</sup>, to witness the unveiling of the new signage indicating the new landmark of the new hospital. SLMHC Board of Directors, staff and guests (town council, media) were some of those who participated in the unveiling ceremony. Another step accomplished toward the building of the new hospital!

## HELP KEEP THE TRADITIONAL FOODS PROGRAM GOING.

Looking for a way to help us make a difference in patient satisfaction? Please think about donating some traditional food items. We are looking for Blueberries, Wild Rice, Wild game and fish. These need to be locally harvested items. We use these items to serve patients at the hospital, William George Extended Care, and the hostel. We give them the option of having a traditional meal for lunch every Thursday. We also keep frozen meals on hand for patients who are used to eating a more traditional diet.

The Sioux Lookout Meno Ya Win Health Centre has worked very hard to get the legislation passed so that we can be the only hospital in Ontario to serve uninspected meats to patients. We want to make sure we have a steady flow of donations to keep this program going. If you are interested in helping please contact Miranda Bramer at extension 4161 or [mbramer@slmhc.on.ca](mailto:mbramer@slmhc.on.ca) to fill out the required paperwork for donations.

~Submitted by Miranda Bramer,  
Manager, Dietary Dept



**Rob Martin, RN, gives touring students a brief lesson in CPR.**

## Quality News

The Worklife Pulse Tool and HR Survey results are in! Thank you to all 163 employees who took the time to participate. Your feedback matters and has identified some strengths and some areas for improvement.

A few highlights...respondents reported:

- They would recommend this organization to friends and family who require care;
- Being satisfied with their job; and
- Looking forward to going to work.

Check out the Quality Improvement blog on the Intranet to see the results.

If you have any questions please contact Jennifer Maki at 737-6575 or by email [jmaki@slmhc.on.ca](mailto:jmaki@slmhc.on.ca).

## 5km Beginner Run/Walk Program



This free program is open to *both walkers and runners*. If you want to run or walk 5km, but need more help getting there, or you just want to run or walk with a group, this program is for you.

**When:** Wednesdays, starting April 10, 2013  
**Where:** Travel Information Centre

Registration forms can be picked up and dropped off at the Northwestern Health Unit. For more information call 737-2292



\*(All participants must fill out a Par-Q and a consent form.)

## Project Exchange

To improve communication throughout the hospital, we will be holding monthly sessions to talk about ongoing projects and research. These sessions will be held the last Thursday of every month.

Everyone is invited to come and share their thoughts and/or projects that they are working on.

For more information, contact Rob Cooper at ext. 4360 or email at [rcooper@slmhc.on.ca](mailto:rcooper@slmhc.on.ca)

## Notice to patients:

Please do not wear any scented products including perfume, cologne, soaps, hand cream, hair products, deodorants, etc, to your appointment as Sioux Lookout Meno Ya Win Health Centre aims to be a scent-free environment for the safety of our staff and patients. If your scented products cause an allergic reaction to our staff and/or patients, you may be sent home and have your test rescheduled.



Upcoming Nonviolent Crisis Intervention Training Dates

**April 26**  
**May 24**

**May 10**  
**June 7**

If you:

- have not taken this course
- haven't taken it in over a year

Please notify your manager and have them contact Mary Spray with your request.

Mary Spray, Ext. 6586

**Remember!!!** courses runs from 9am—4pm. Please wear comfortable clothing and footwear as there is a mild physical component.

## Request for Donations

The Activity Department is looking for donations of magazines for our activities. ( National Geographic, Health, Fashion, Readers Digest, etc).

If you have items to donate, please contact Gina Nikolic at [gnikolic@slmhc.on.ca](mailto:gnikolic@slmhc.on.ca)

# Germ Farm



# Scrub'em!



Backspace



# Back Space

by Adrienne Crosby, BKin, CK, CSEP-CPT

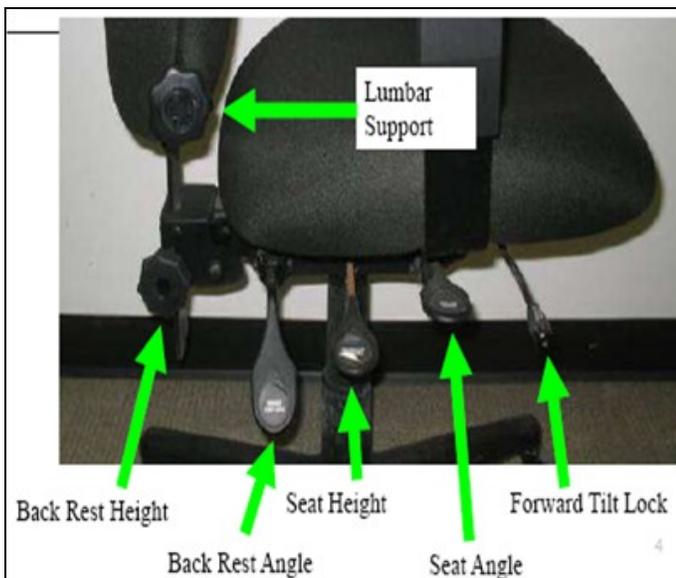
Happy April! Spring is almost here! For the April edition of Backspace, I'll be helping you to get to know your chair. Chairs probably don't sound very exciting, but when you look at the features and options that many chairs have now, it really is quite amazing!

Adjusting your chair properly will improve your comfort level, increase your productivity, and lessen your risk of Muscular Skeletal Disorders on the job. In order for you to make the adjustments, you need to get to know your chair!

Take a look at this space-aged chair! Even though we don't have these, and aren't planning to have them in the next few millennia, it demonstrates what is available on the market today! Quite fantastic, isn't it?



When you look at your chair and the chairs of others around you, they have standard options and features. The photo below demonstrates what the levers



on your chair commonly do, although different brands and different styles may function slightly differently.

A chair should have as much adjustability as possible. Adjustability should include:

- The height and angle of the seat
- The depth and height of the lumbar support and backrest
- The angle of the back rest
- The height, width and swivel feature of the armrests

Here is a great link to the Washington State Department of Labor and Industries that you can look at about all the adjustability of your chairs. [http://www.lni.wa.gov/Safety/TrainTools/Online/Courses/courseinfo.asp?P\\_ID=184](http://www.lni.wa.gov/Safety/TrainTools/Online/Courses/courseinfo.asp?P_ID=184) Once on the website, click "Click here to launch the course", then click on "chair adjustment" and it will take you through all the features of most ergonomic chairs. The interactive website allows you to select the features of the chair you're currently in and will tell you how to adjust them. It's a great way to learn about your chair.

If you're sitting in a chair that doesn't have any or all adjustments, it may be time for you to have an ergonomic assessment completed to find a chair that works for you! If you notice that your chair doesn't have good adjustability or if it's not fitted appropriately to you, let your manager know and you can be set up for an ergonomic assessment with me!

I am looking forward to hearing your ideas for upcoming editions of Backspace. If you have any ideas or would like me to complete a feature article on your specific job or department, please email Adrienne Crosby at [acrosby@slmhc.on.ca](mailto:acrosby@slmhc.on.ca).

See you next month!

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

*ΓΝΩΣΗ ΣΤΗΝ ΕΡΓΑΣΙΑ ΚΑΙ ΣΤΗΝ ΚΟΙΝΩΝΙΑ ΓΙΑ ΜΙΑ ΥΓΙΕΡΑ ΚΑΙ ΑΝΑΠΤΥΣΣΙΜΗ ΚΟΙΝΩΝΙΑ.*

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

# Question of the Month

"It's the first day of spring. What do you look forward to?"



Douglas Semple, Special Advisor to the Board & CEO: "Warmth and no more snow storms."



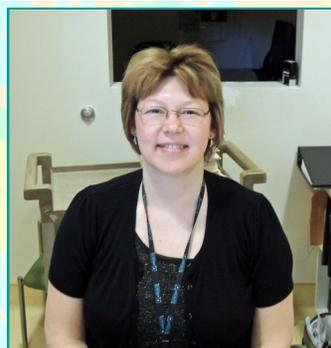
Vanessa Younes, Physio Therapy Student: "BBQ season!"



Curtis MacDonald, Rehab Assistant: "My favorite t-shirts and spring jackets and no icy sidewalks!"



Jessica Huynh, Physio Therapy Student: "Wearing light, pretty jackets while walking the dog."



Christine Tavares, OR Clerk: "Sunshine and warm weather! Being able to start my car and go, no more scraping ice!"



Cameal Sinclair, Physiotherapist: "Sunshine, flipflops, the sound of birds, budding flowers, green grass, my birthday and my trip to Israel." with Nicole Wooden, Physiotherapist.

## Traditional Teachings for a Healthy Pregnancy – amongst the Ojibway.

*"In the Anishnawbe culture, life begins at the time of conception". Alice Littledeer, Lac Seul First Nation, September 2005.*

It is important to get lots of rest during your pregnancy. Go to bed early and rise early.

Get enough exercise, but no heavy work. This will help with the placenta coming away from the womb after the birth of your new baby.

Eat well, whatever you eat, Baby eats too. Drink lots of water, Baby drinks it too. Get lots of sunshine, Baby gets



healthy too.

Talk to your unborn child. It is also important the whole family talks to your unborn child. Tell your baby what you are doing, eg. "Baby, (or their name if you've already chose one) the sun is shining today and we are going blueberry picking with Kokoom and your sister Laughing Water." The baby hears your voice and everyone else's, and will recognize the voices already when they are born. Laugh a lot, Baby will learn this good medicine and your laughter will relax Baby too.

## 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

## At the Hospital

(Section 7, page 89, "Pocket Ojibwe, A Phrasebook for Nearly all Occasions", by Pat Ningewance)

Sit on that chair.

Namadabin imaa desabiwining

Put this on.

Owe bisikan

Remove your clothing.

Giichigoshkan gigigishkiganan

Take off your pants.

Giichidaasen

Take your shirt off.

Giichigoshkan gi-babagiwayaan

Lie down here.

Omaa izhi-bimishinin

Does it hurt when I do this?

Gi-wisagendam na owe doodaman?



## New Mentorship Program

Beginning March 25<sup>th</sup>, 2013, a mentorship program began on the acute inpatient nursing unit. Brad Lance, RN, will assume the role of mentor and will be working Monday through Friday. Brad will be working alongside the team leader and other staff to assist in creating and maintaining a supportive healthy nursing environment. Research has shown that when nurses feel more confident and supported in their roles, they are more likely to exhibit increased job satisfaction which leads to a rise in retention of staff. Along with this, patients are more satisfied with

their care when it is provided by nurses who feel confident and supported.

The role of the mentor is to provide guidance to the team leader and staff related to roles and responsibilities, accountability, prioritization of care, time management and development of skills. The mentor will not be expected to receive a patient assignment, be counted in the daily staff, accompany medivac patients or be assigned as team leader.

Please join me in welcoming Brad to the mentorship role.

**Heather Shepherd, RN**  
**Director of Acute & Ambulatory Services**



## Project Office News

- There is a bunch of new content on the Project Office site. Check it out by clicking on Project Office in the list on the left-hand side of the intranet home page.
- Project Exchange is going strong (see summary of last month's in this newsletter)
- Next Project Exchange is April 25<sup>th</sup> (see summary in the next news letter)

~Submitted by Dr. Rob Cooper  
 Project Lead - Innovation

## 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

Meno Ya Win News  
is prepared by the  
Communications & Community  
Development Department, SLMHC.

Send your stories/announcements to:

Mary at 737- 6586 or email at:  
[mspray@slmhc.on.ca](mailto:mspray@slmhc.on.ca)

## MULTI-DENOMINATION ROOM LOCATION

Please be advised that the multi-denomination room has been relocated to the area behind the main entrance fire pit.

This quiet room is open to all patients, visitors and staff.



SIoux LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

### Slogan:

*Working Hand in Hand with our communities to build a healthier future.*

### Mission:

**We are more than a hospital!**

We provide culturally responsive acute, long term and ambulatory care, mental health and addiction services, community-based and traditional healing services to the Sioux Lookout area and to the northern First Nations.

**We are *Meno Ya Win*:**

We stand for: *Health  
Wellness  
Well-being  
Wholeness*

### Vision:

**We will be a *Center of Excellence* for health through**

*Enhanced Services  
Partnerships*

**and Care that is**

*Patient Centered  
Service Oriented  
Performance Focused*

### Values:

**We value compassion, fairness, integrity and teamwork.**

**We celebrate diversity.**

**We recognize different pathways to health.**

**... We do care!**

# Photo Gallery



Amber Brohm & Rylee Blasky, Registered Dieticians, serve up a delicious lunch on Dieticians Day (March 20) under the watchful eye of Aramark employee Julio Luteria.



A sneaky squirrel steals seeds from one of the bird feeders around SLMHC.



Corbiere & Finnway staff work hard to clear snow from around the courtyard windows.



A huge THANK YOU to the Legion Ladies for a delicious meal at the Celebration of People event.



Terry Brezinski, Pharmacy Distribution Specialist, was on double duty during Pharmacy Week, dispensing daily medications for patients and tasty muffins for staff!



Clifford Mushquash delivers a Relay for Life presentation to SLMHC staff at a Lunch & Learn session, March 27th.



Operating room staff at the Celebration of People event, L-R: Debbie Whalen, RN, retiree; Dr. Eric Touzin, Surgeon; Glendene Schardt, RN; & Lori Donnelly, RN, 30 year recipient.



Bimaadziwin Training group, March 17 & 18, 2008.



10 year recipients (L-R): Tracy Coughlin, Fran Osmond, Rhea Rice, Renee Southwind & Sharon Wilson. Congratulations!



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: \_\_\_\_\_

