



SIoux LOOKOUT
Meno Ya Win
 HEALTH CENTRE

Meno Ya Win News

May 2013
 Volume 11, Issue 5

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

The greatest glory
 in living lies not in
 never falling, but
 in rising every
 time we fall.”



— Nelson Mandela

Respect. Respect means
 "To feel or show honor or
 esteem for someone or
 something; to consider the
 well being of, or to treat
 someone or something
 with deference or cour-
 tesy". Showing respect is a
 basic law of life.

Authorship:
 "The Sacred Tree" by the
 Four Worlds Development
 Project .

I've been attending lots
 of seminars in my
 retirement. They're
 called naps.
 -- Merri Brownworth

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Books With No Bounds



Sharon Yule, Volunteer Coordinator and Helen Cromarty, Special Advisor for First Nations Health, show some of the books that were given to SLMHC by the Mogus sisters.

On May 15th, Ontario Regional Chief Stan Beardy along with two students from southern Ontario, sisters Emma and Julia Mogus, and their mother, Janet, toured the health centre during a brief stop over in Sioux Lookout. The two sisters were going home to Oakville, Ontario after a recent trip to Fort Severn. Last summer Emma and Julia formed 'Books with No Bounds', a project that sends new or like-new books to remote northern communities in Ontario. Since the pro-

ject began, they have sent more than 18,000 books to the NAN fly-in communities. The visit to Fort Severn gave Emma and Julia an opportunity to meet some of the readers in person.

Helen Cromarty, Special Advisor for First Nations Health, gave the visitors a tour of the health centre. Before heading back to the airport to catch their flight, the group was able to partake of some traditional foods prepared by the kitchen staff.

When asked about their trip to Fort Severn, Emma Mogus stated, "The weather was beautiful, the trees, the whole scenery was amazing! We don't have rivers where ice is breaking. It's a beautiful community. We were welcomed so warmly." Julia added "It's like a whole different world even though we're in the same province. The people are really nice and amazing."

After the sisters returned home they sent SLMHC three large boxes of books to distribute to area youth and youth in the hospital.

Keep up the great work!

~By Mary Spray, C&CD Assistant



NOTICE

The Summer Edition of the Meno Ya Win News will be published at the end of August. It will have July & August news.

Project Exchange

Development and Implementation of the Education Program (Mariea Spray)

Mariea started this month's Project Exchange with an explanation of the development and implementation of the new education program at SLMHC. She described the importance of a structured and specific orientation program for new staff and the importance of ensuring that all staff have access to education. She then outlined the planning and extensive consultation that the new education department has done to ensure that new staff are appropriately oriented to the hospital and to their department, and to promote and support timely and appropriate staff education across the hospital. She then talked about the specific actions being taken now, including revamping the orientation process and integrating education with other performance-management strategies.

Meditech Patient Care System documentation implementation (Samantha Brooks)

Next, we heard from Sam about the work they have done on the inpatient ward implementing the new Meditech patient care system documentation, a new module for our Meditech software that allows all multidisciplinary staff to document electronically. This was a big project and an important step in our progress toward a regional electronic health record. Sam walked us through the planning and the teams that worked to make it happen. After a brief discussion of change-management concerns like comfort with computers and resistance to change, she brought out one of the computers on wheels and showed us the touch screen interface and the patient-specific medication drawers integrated into the rolling cart that holds the computer.

Withdrawal Unit Five S's (Debbie Toppozini)

Debbie talked us through the sort, straighten, shine, standardize, and sustain of the 5S they did on the Medical Withdrawal Support Service recently to tidy and make the most of their limited storage space. They tackled everything, from their papers and files to their exercise equipment and ended up with a tidy and functional ward! Included in their lessons learned were: "we hoard office supplies, our patients love sugar, and not everyone is tidy!" Of course, now much of their ward has been torn apart and rebuilt because of the roof problems; I hope they remember all the changes they had made so they don't have to start over again when they get back into their area!

Maternal Addiction Continuum of Care (Rachel Garrick)

Rachel Garrick from Shibogama First Nations Council finished up the session with her talk on the maternal addiction continuum of care, a seamless clinical pathway for maternal addictions care and their care of their families. She explained the importance of protocols, communication, and case management to outcomes for mother, baby, and family. She then explained how they were able to shift a desire within the community for control of the project into a healthy partnership and community engagement, and how careful planning allowed them to anticipate the need for external support to keep them on schedule. Rachel wrapped up with an outline of their plan going forward which was followed by lively discussion.

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

SLMHC is SCENT FREE



SLMHC ACCREDITATION

October 21 - 24,
2013

"It's in your hands."

ATTENTION ALL PHOTOGRAPHERS!

We are looking for great pictures of the Sioux Lookout area, nature shots, coworkers or whatever that would make a great calendar for 2014.

Please submit your digital pictures to Sharon Yule before September 2013.
**(high resolution only, please.)*





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 honour of the five S's that the Medical Withdrawal Support Service presented at the Project Exchange last month (see a summary of their presentation elsewhere in this newsletter), this month's topic is the five S's. This is a five-step process for permanently improving the functionality of a space and, yes, you guessed it, all of the steps start with the letter 'S.'

Sort: get rid of everything that is not essential, especially things that are out of date or infrequently used. Be a little ruthless; even if you have space for extra things they still create clutter and make it harder to access the items you do use every day. Sorting should be a group activity and can actually be a lot of fun. You'll be amazed by what you find!

Straighten: organize the remaining items and label their spots (think of tools hanging on the wall with an outline of the tool to mark it's spot). Make sure items that are used together are stored together. You'll spend less time looking for things when they all have a regular spot and it will be easy to see if anything is missing.

Shine: make sure everything is clean and in running order. Post instructions for use, assembly, or prep as needed.

Standardize: as soon as you turn your back on your storage area it will start to slide back to the old way unless you maintain it (this is true of any change you make). Develop a plan to maintain your new organization including a cleaning routine, expectations

about putting things back where they belong, and a schedule for checking that everything is as it should be. Post these plans somewhere visible and make sure it is clear whose responsibility it is to do each task.

Sustain: check to make sure your system is working and be ready to do the five S's again if it is not, or if your inventory changes. Are things where they are supposed to be and in the condition they are supposed to be in? Is this actually making it easier for you and/or your staff to do your work?

As with many Lean processes, the five S's are relatively simple to write about but challenging to actually do. If you have any questions or would like some help with this process, please give me a call at x 4360 or email projects@slmhc.on.ca.

Lean Central Website for Staff:

If you are a staff member and would like to learn more about Lean and project management, check it out! Click on Lean Central under 'Sites' on the main intranet webpage (reading the digital version? Click here <http://sls20030/lean/SitePages/Home.aspx>.)

The Project Exchange and the MD Update are part of our effort to share the projects that are going on across the health centre. Learn more on the [Project Events page](#).

Lean Central Events:

Project Exchange: Thursday June 27th 2-3 pm
(location TBA)

Strategic Huddle: This will be held on Tuesday afternoons. The start-date will likely be deferred to September. Watch this space for updates!

As always, if it's not working for you, or you would like some help, call me at x4360 or email projects@slmhc.on.ca.

~Submitted by Dr. Robert Cooper
Project Lead - Innovation



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



Welcome! Welcome!



Annette Schroeter

We are pleased to announce that Annette Schroeter has been hired to fill the Research Program Lead position. From her last position at Lakehead University as the Aboriginal Research Facilitator, she brings many skills in research and re-search facilitation. Annette has a Masters Degree in First Nations studies. She is a

member of Muskrat Dam First Nation and grew up in British Columbia.

The research program lead position is a joint venture between Sioux Lookout Meno Ya Win Health Centre and Sioux Lookout First Nations Health Authority.

Annette can be reached at Ext. 6578 or by cell phone at 738-4489. Her office is located in the research gathering area behind the donor wall.

Please join us in welcoming Annette to our organization.

~ Carole Slater,
Executive Assistant
to VP Clinical Services & Research



Julian Cospito

You may notice a new face in the Maintenance department over the summer. I am pleased to announce that Julian Cospito has joined us as a summer student. Julian's first task was to gather data for a parking survey, and now he will focus on

keeping the grounds clean, tidy, and well groomed for the remainder of the summer. Please join me in welcoming Julian to the Sioux Lookout Meno Ya Win Health Centre.



Brett Kolisnyk

I am pleased to announce that Brett Kolisnyk has recently joined us at SLMHC. He has accepted two casual positions: as a porter in Materials Management and as a guard in the Security Department. He is a licensed Security professional who received his training and experience in Winnipeg. I know Brett will be a valuable addition to the team.

~ Bill Brazier
Facilities Manager

CONGRATULATIONS!

We congratulate Cameal Sinclair on her new adventure! Cameal will be leaving the Rehabilitation Department to start her own home-based private practice in town called Sinclair Physical Therapy Services.

Thank you for your support and care for almost four years. You have been a smiling face in the department and an encouragement. You'll be missed!

Best Wishes!! ~SLMHC Staff



New Faces at CCAS!

I am pleased to announce two new hires for CCAS, as well as a summer university social work field placement.

Clifford Mushquash began his position as a Program Assistant at CCAS on Monday June 3, 2013.



Clifford Mushquash

Clifford received his post-secondary business education at the University of Ottawa and Algonquin College, and has considerable work experience with the Non-

Insured Health Benefits office and as a parliamentary assistant for a former member of parliament.

Kim Lafreniere began her employment with CCAS as a Clerk II on May 20, 2013. Previously Kim was em-



Kim Lafreniere

ployed for one year as a clerk by our Health Records Department. Prior to her work with SLMHC, Kim was employed in Malawi, Africa as a program coordinator with the World University Service of Canada. There she did health research on HIV and AIDS. Kim is a graduate of the University of Ottawa, with an Honours Bachelor of Social Science in International Development and Globalization.



Renita Brubacher

Finally, I am pleased to announce that Renita Brubacher will be commencing her field placement with CCAS on June 3, 2013. Renita is a third year student from Lakehead University in the faculty of Social Work. Renita

will be working at CCAS four days per week for the next three months.

Bruce Siciliano
Director of CCAS



Congratulation to Janet Gordon!

Winner of SLMHC Foundation Canoe Raffle held on Saturday, May 18th at 3:00pm.
Thank you to everyone who purchased tickets in support of our fundraising efforts!



(L-R) Barb Linkewich, VP Clinical Services & Research, Helen Cromarty, Special Advisor First Nations Health, Rita Demetzer, SLMHC Board Member, Janet Gordon, raffle winner, Kaydi Kondra, SLMHC Foundation Assistant and Dave Murray, CEO.



Congratulations to Dr. Mike Kirlew for being voted **Family Medicine Preceptor of the Year**, as well as **Academics Teacher of the Year** by Family Medicine residents at NOSM-West.

CONGRATULATIONS!!



Joe Harding has passed his Central Service Association of Ontario technics course as of May 11, 2013 obtaining a mark of 92 percent! He attended the course in Thunder Bay from May 7 to 11.

The SLHC-SA Needs Your Help.

NEEDED:

People who want to take an active role in the Sioux Lookout Health Care Staff Association

About us:

The SLHC-SA was formed shortly after amalgamation in 2002. Membership is open to all health care providers who provide services in Sioux Lookout and our surrounding areas. Our general membership is quite varied and encompasses a broad spectrum of health care workers including nurses, doctors, housekeepers, kitchen staff, management personnel, pharmacists, rehabilitation specialists, paramedics etc.

Memberships are sold annually for a small fee and the executive maintain two pop machines and use these revenues to fund our events. The SLHC-SA is run by an elected executive who are dedicated to meeting the mission of the SLHC-SA, which is to help promote a fun, health oriented environment for its members and their families, both during work hours and outside of the work day. Some of these events over the years have included: staff barbecues, golf days, Ojibway park days and our annual Christmas dinner and dance. Events that bring a variety of individuals together (even for just a short period) to enjoy each other's company and have a

laugh or two. Senior management has always been a valued supporter of our association and on behalf of past, current and future members we would like to take this opportunity to say thanks.

Our need:

Currently there are only two people on the executive who both have very limited time to run the executive, therefore, we are in desperate need of energetic, enthusiastic people to help carry on the great tradition of the SLHC-SA

So talk to your co-workers and spread the word, the SLHC-SA is still alive but it **desperately** needs **your help** in order to carry on. Unfortunately, if the current executive does not get some help asap, we will be forced to look at options, one being the dissolving of the SLMHC-SA and we are working very hard to keep that from happening.

If you're interested please email one of the two people listed below.

Thank you on behalf of the current Sioux Lookout Health Care Staff Association executive

David W Wilson
dwilson@slmhc.on.ca

Amanda Lelonde
alelonde@slmhc.on.ca

WHAT IS CROSS CULTURAL CARE TRAINING ALL ABOUT?

- It was designed to increase awareness of culturally competent care for all service providers at the Sioux Lookout Meno Ya Win Health Centre;
- The suggestions from the consultations with the Elders Committee has been fully incorporated into this training program;
- The focus in this training isn't solely on Aboriginal Culture, although it is a part of the training.

- And, all cultures that are a part of the Sioux Lookout Zone are included.



Keep an eye out for upcoming fall training sessions for

CROSS CULTURAL CARE TRAINING
Day One and Day Two!

IMPORTANT NOTICE TO ALL DIABETES PROGRAM CLIENTS

As of December 1, 2012, services provided through the former Northern Diabetes Health Network (Sioux Lookout Diabetes Program) were transferred to and are being provided through the Sioux Lookout Meno Ya Win Health Centre.

The Sioux Lookout Meno Ya Win Health Centre has a long and successful record of providing care to clients and is familiar with the services provided previously by the Northern Diabetes Health Network. **All client files will be transferred to the Sioux Lookout Meno Ya Win Health Centre to ensure continuity of care, security and privacy for all clients.**

During the week of June 17th the program will be re-locating from its existing location at 37 Front Street to the Sioux Lookout Meno Ya Win Health Centre Ambulatory Care area. **All clients with scheduled appointments will be notified by our staff as to where they should attend.**

New contact information for the diabetes program is outlined below and will be available on our website at www.slmhc.on.ca or by calling 807-737-3030 Ext. 6576.

Diabetes Program: # 1 Meno Ya Win Way, Box 909, Sioux Lookout, ON P8T 1B4

Beginning June 17, 2013:

To book appointments please contact: Colleen Fox @ 807-737-6576 or fax referral form to: 807-737-6266. Walk-in clients will be received at the Ambulatory Care Reception desk.

We look forward to continuing to provide these services to you.

Heather Shepherd
Director of Acute and Ambulatory Services
Sioux Lookout Meno Ya Win Health Centre

“LEANing” the Kitchen

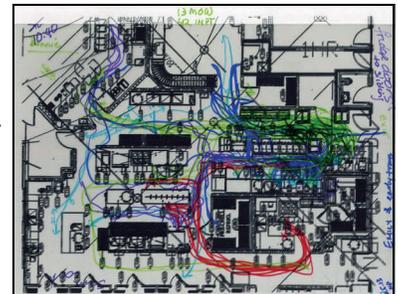
On Thursday, May 30th, the dietary patient tray-line staff participated in a LEAN evaluation process producing a “spaghetti diagram” of their patient lunch tray line assembly and preparation. The tray line staff were observed by several volunteers who tracked the physical flow and distances traveled as they prepared the meal trays to go up to the floor. Five key staff were followed and had their walking patterns tracked and documented as they assembled the patient meal trays for delivery.

The area where the trays are assembled is very small and can be congested which creates issues not only in completing their work but also doing it in a safe and efficient manner. On this day staff prepared 13 Meals on Wheels trays, 42 inpatient meal trays and also 11 Miichim meals, none of which contained spaghetti!!! We observed a very efficient, cohesive team which only included a portion of the staff

that were in the kitchen. Other dietary staff and cooks were in the background during the same period of time preparing for the next meal to be sent out, cafeteria meal for the day or catering requests.

Information that was gathered from the exercise will be reviewed and evaluated by the team to determine if there are any areas or opportunities that would help the staff to enhance the efficiency and work flow in this area. Attached is a sample of our “cooked spaghetti” diagram.

Submitted by
~ Michelle Beaulne
Director, Environmental Services



Spaghetti diagram of kitchen staff movements



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.

NEW MULTI-CULTURAL ROOM LOCATION

Please be advised, that the multicultural room has been relocated to the open space behind the main entrance.

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



The next Nonviolent Crisis Intervention Training Date will be in September

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.

Flea Market and Bake Sale

The Activation Department will be holding a Flea Market and Bake Sale on **Friday, June 14th** from **12-1:30 pm** at the William "Bill" George Extended Care Unit. All staff are welcome to browse the tables, eat some treats and help support our Activation programming. See you there!

Donations for the Flea Market will be taken at ECU until 3:30 pm on June 13th.

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

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 Facility, 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 to fill out the required paperwork for donations.

~Submitted by Miranda Bramer,
Dietary Manager~

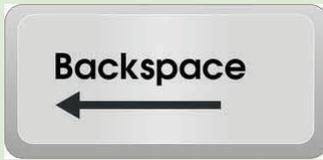
The Meno Ya Win News

is prepared by the

Communications & Community Development Department, at SLMHC.

Send your stories/announcements to:

Mary at 737-6586 or email at:
mspray@slmhc.on.ca



Back Space

by Adrienne Crosby, BKin, CK, CSEP-CPT

For this edition of Backspace, I have sourced an article that talks about the challenges of an aging working population. Please have a read and note some of the interesting points made in the article.

The Challenges of an Aging Working Population **Nancy Black, Université de Moncton**

With the elimination of mandatory retirement at age 65 and fewer workers entering the workforce since the “baby boomers”, workplaces are seeing an increase in the number and proportion of workers over 65 years of age. In Canada, it is estimated that by 2021, 17.9% of the workforce will be 65 and older compared to 14.4% in 2011 and 12.7% in 2001 (Human Resources and Skill Development Canada).

Aging is associated with a reduction in functional capacities, starting well before the traditional retirement age. For example, at about 30 years of age, muscles begin to weaken and body tissues become less elastic. As we move into our 40’s, the eye’s lens becomes less elastic, announcing the need for reading glasses, sleep quality worsens, reaction time slows and short-term memory is reduced. Whether aging is seen as positive or negative in the work environment depends greatly on the work you do and your working conditions. For example, typical strength reduction can be offset by accumulated experience where individuals compensate by developing alternative, equally efficient and safe methods of doing the same work. Furthermore, older individuals assimilate new information better in their work context, making them more likely to be aware of problems prior to implementation. Indeed, despite some limitations associated with aging in the workforce, there has been no increase in workers compensation claims and worker productivity is increasing! As well, no significant overall difference in job performance has been found between older and younger workers (Human Resources Development Canada, 1999). Older, experienced workers are also more likely to step in and become involved with co-workers to improve the quality of the latter’s work (David, 2001). However, with increasing physical limitations, organizational changes that result in tighter time constraints and standardization in industry can place so many constraints on how the work can be done, that alternative strategies available to workers to compensate are reduced or eliminated (David et al. 2001). New production standards that force workers to adopt faster work methods also limit the available compensatory strategies

that allow older employees to keep working and may be inappropriate for their abilities. With younger workers being able to physically adapt more quickly, this can polarize younger workers against older ones creating frustration for all (Pialoux, 1996).

Despite the appearance that younger workers experience fewer problems with imposed work standards, by designing work which anticipates various worker abilities, at any age, it is easier to maintain a healthy and productive workforce for longer. After all, everyone is aging! We need to appreciate the value that comes with experience. Our workplaces will be better for it. Ergonomists, being aware of human physical and mental limitations, can work with other designers and engineers to make workplaces more accessible for all ages. (Recall that the remote control for your television was designed initially for people with mobility limitations, and is now used by all of us.)

Given the high costs of replacing workers and the limited number of replacement workers available (who will age as well, of course), it is more beneficial to adapt one’s workplace to people of all ages rather than to count on the fountain of youth.

References • Références

David, H., Volkoff, S., Cloutier, E., Derriennic, F., 2001. “Aging, Work Organization and Health.” www.pistes.uqam.ca/v3n1/articles/v3n1a5en.htm.

Human Resources Development Canada, 1999. “Older Worker Adjustment Programs: Lessons Learned, Evaluation and Data Development, Strategic Policy.” SP-AH093-12-99E, December.

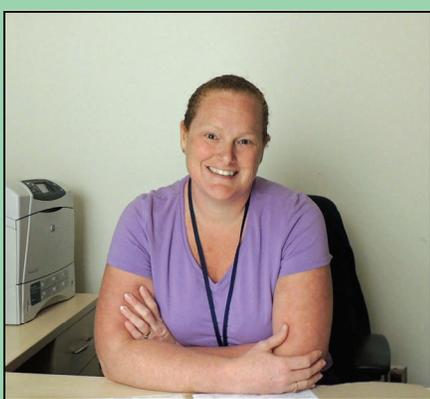
Human Resources and Skills Development Canada. “Overview of the Aging Workforce Challenges: Diagnostic.” www.hrsdc.gc.ca/eng/lp/spila/wlb/aw/08overview_diagnostic.shtml.

Pialoux M., 1996. “Stratégies patronales et résistances ouvrières.” *Actes de la recherche en sciences sociales* 114:5-20.

If you have any topics that you would like to see in upcoming Backspace editions, or you would like to have a feature article done for your specific job or department, please email Adrienne Crosby at acrosby@slmhc.on.ca

Question of the Month

"What was your favorite part about Relay for Life?"



Amber Brohm, Nutrition Services
"Watching the kids participate in the activities of the Fight Back Zone."



Tammy Bailey, Finance
"Luminary ceremony."



Adrienne Crosby, Rehab
"Visiting teams and hearing their stories about their Relay for Life experience!"



Gordon Hill, Finance
"The luminary ceremony."



Glen Smith, Rehab
"Hearing participant and survivor stories/journeys and meeting personal goals."



Tee Flemming, Health Services
"Meeting up with fellow survivors."



Congratulations!

Congratulations to the following winners of the April SLMHC Workplace Health and Wellness draws.

Volunteer Draw
Jessica Morton (CCAS)

Cancer Draw #1 - For wearing yellow
Denise Tilberg (Nursing)



Cancer Draw # 2 - Support for Relay for Life
Tracey Coughlin (Finance)

Look for our wellness activities in May!

We will be holding two Lunch and Learn draws in partnership with Mental Health Week and Physio Month, another "Pitch in for Pizza" day and an exercise challenge!

Thank you to everyone who participated.

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)

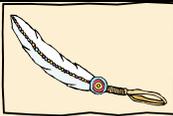
oo as in between soup and soap (**boozhoo**)

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

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

WORDS/PHRASES IN OJI-CREE ROMAN ORTHOGRAPHY

Can you lift yourself up?.....	Gigagii-obindiz na?	
Lift your leg up.	Obikaadetaan	
Lift your arms up.	Obiniketaan	
Lay down.	Bimishinin	
Lay on your side.	Obemishinin	
Turn over to the other side.	Kwekishinin	
Are you warm enough? (as being in bed under the covers?)	Gigiishooshin na?	
Do you want a blanket?	Waaboyaan na ginadawendaan?	
Are you cold?	Gikawach na?	
Do you have a temperature?	Gigishidewise na?	
Have you had a temperature, (as in - above the normal?).....	Aasha na gigiigishidewise?	
How long have you had this temperature?	Aan minikok aasha ewijigishidewiseyan?	
How long have you felt sick?	Aan minikok aasha ewiji-aakoziwamajihoooyan?	



STORYTELLING & TALKING CIRCLES

Source: E. Delores Wawia (Frog Lady), August 18, 2008



Story Telling:

- Has been the first form of entertainment since the beginning of mankind;
- Has been around before television and the printed word;
- Has been used for teaching purposes;
- Has been used for putting children to bed before books came along;
- Has been used for teaching morals;
- Has been used by Native Culture to pass down culture & history;
- Has been used to give advice by Native people;
- Has been used to pass down legends & myths;
- Has been used for healing purposed & therapy;
- Has been used for problem solving exercises;
- For recording historical facts;
- To help pupils to gain verbal skills;
- To help develop listening & appreciation skills;
- To help students develop their creativity;
- To pass on wisdom;
- For transposing into books, plays, songs and drumming, and poetry;
- Has been enacted on television and stage;
- Has been broadcasted on radio.

Why is your mental health so important?

Mental health is an essential part of your overall health. We all have mental health, just as we all have physical health. Mental health is more than just the absence of mental illness. It's a state of well-being in which you realize your own abilities, can cope with the normal stresses of life, can work and study productively and are able to make a contribution to your family and community.

Being aware of your mental health is important because it affects every single aspect of your daily life and ability to function. Without awareness, it's difficult to pinpoint why you are so stressed or having problems coping.

Maintaining your mental health is a lot like staying physically fit: it requires a little effort every day.

But the rewards are great! Mostly, it's about finding balance in your life. Everyone has to face stresses and demands, but we all need and deserve a break sometimes. Devote a little of each day to improving your mental health. You'll reap the benefits in the same way that daily physical exercise makes you stronger and fitter.

Asking for help

While family and friends are important supports, there are other resources out there to help you as well. Many communities have information centres that can provide lists of available services. Or a public library might help.

Other possible sources of information and inspiration include:

- websites of reputable mental health organizations such as CMHA
- books about specific mental health problems
- audio and video resources

- courses and workshops offered through community centres, schools and universities
- people you admire for their ability to find balance

Build your support system for positive mental health

- **Good relationships at work:** Supportive relationships in the workplace are important to your mental health. Reach out to others around you. Listen to the concerns of co-workers. Share a laugh with them. You'll find it reduces stress, and brings more satisfaction and security to your professional and personal life.
- **Neighbourly relations:** Look across the road or across the hallway. Most of us live close to others but we rarely talk to them. A simple gesture is all it takes to build support with a neighbour. Say hello. Welcome newcomers to the neighbourhood. Be there for your neighbours and help build strong neighbourly connections.
- **Ties to your community:** Joining community groups, clubs and organizations makes you a part of something bigger. Contribute to your community and it will be part of your social network. You will reap the rewards by feeling connected and having a sense of purpose.
- **Caring relationships:** When we care for others and others care for us we feel valued. You may find this caring relationship in a best friend, a family member, neighbour or caregiver. These relationships can be the most rewarding parts of our lives, but sometimes we forget to maintain them. Do you always wait to be contacted by friends? Do you only connect with friends when you need a favour? Make contacting friends first a priority. Make a plan to reach out a few times a month.

Retrieved from: <http://mentalhealthweek.cmha.ca/your-mental-health/maintaining-mental-health/>



GET BACK

your independence after
illness or injury with a
physiotherapist

Physiotherapy makes you Stronger...

Physiotherapy is a health care profession that offers a wide range of specialized services, from expert diagnosis to treatment and disease prevention. Ontario's 7,000 registered physiotherapists help their patients grow stronger and more independent by focusing on the systems of the body related to movement and muscle strength.

By helping your body move and function to its fullest, physiotherapy can improve the quality of your life and make you stronger by improving your flexibility, freedom, mobility, vitality and so much more.

Photo Gallery



Gina Nikolic, Activation Worker, and Alisha Holbik, Volunteer, working in the memory garden.

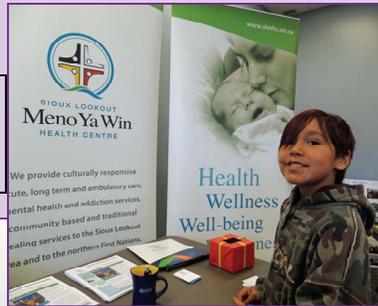


Retired Nurses Tea at Extended Care, May 8, 2013.



Teri Fiddler, wife of late Josias Fiddler, speaks to visitors & community members during Memorial Feast, May 30th in Sandy Lake.

Career fair at Lac Seul First Nation, May 9, youth interested in becoming a doctor....



Josias Fiddler Memorial Feast, May 30



Rehab Dept staff—wheelchair races event.



Happy kitchen staff smile for the camera..



Wheelchair races in the canoe area, May 29th.



Lindsay & Jessica - Lunch & Learn event, early May



Curtis nears the finish line...



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

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: _____