



SIoux LOOKOUT
Meno Ya Win
 HEALTH CENTRE

Meno Ya Win News

Summer 2013
 Volume 11, Issue 7

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

“What lies behind us
 and what lies before
 us are tiny matters
 compared to what
 lies within us.”

~Henry Stanley
 Haskins~

“Challenge yourself
 with something you
 know you could never
 do, and what you’ll find
 is that you can over-
 come anything.”

~Anonymous~

“If you cannot do great
 things, do small things
 in a great way.”

~Napoleon Hill~

“It is never too late to
 be what you might
 have been.”

~George Eliot~

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The Pink Tour comes to SLMHC



The Pink Tour bus was at the Sioux Lookout Meno Ya Win Health Centre August 22nd to inform the public about breast health and breast cancer screening information.

The Canadian Breast Cancer Foundation is touring Ontario this summer to empower women to improve their breast health and make informed choices about screening as part of a healthy lifestyle. The aim is to let women know that one third of breast cancers are preventable and that regular screening save lives.

While on site the group took a few minutes out of their busy schedule to tour the hospital and the mammography unit.

Breast cancer is the most common cancer among Canadian women over the age of 20; and one in nine Canadian women will be diagnosed with breast cancer in her lifetime. The Pink Tour brings critical breast health information to women where they live, work and play and will reach diverse communities across Ontario.

The Foundation encourages women to get on board to learn practical tips that can help reduce breast cancer risk and the benefits of screening with the Ontario Breast Screening Program.

For more information, or to see where the bus is going next, go to <http://www.thepinktourontario.com/>

Bacteria and Viruses at Work

Did you know that every 60 seconds, a working adult touches as many as 30 objects which may be contaminated by bacteria or viruses causing infectious disease? According to one recent workplace microbial survey, "desk top surfaces, computer keyboards, mouse and telephone receivers are more contaminated than restroom toilet seats."

Environmental microbiologist Dr. Charles Gerba from the University of Arizona, recently shared his tips on keeping your office clean and hygienic in the following video. We learn that the desktop is one of the germiest places in the office and that 20-30% of women's handbags have fecal bacteria underneath.

Dr. Gerba discovered that the average office toilet seat had 49 germs per square inch. Desktops had almost 21,000 germs per square inch, and phones had more than 25,000 germs per square inch.



Desks, phones, computer keyboards and your mouse are key germ transfer points because people touch them so often, Gerba said, adding that coughing and sneezing can leave behind "a minefield of viruses" that can live on a surface for up to three days.

Enclosed environments, where people are working or interacting in close proximity with one another, are particularly at higher risk of the spread of germs. With people often working or moving around public areas while ill, this can quickly lead to localized outbreaks among a larger number of people.

WebMD recently reported the 6 dirtiest places in your office. The study researchers swabbed some 4,800 surfaces in office buildings housing some 3,000 employees. Office types included manufacturing facilities, law firms, insurance companies, health care companies, and call centers.

1. break room sink-faucet handles
2. microwave door handles
3. keyboards
4. refrigerator door handles
5. water fountain buttons
6. vending machine buttons

Since our hands are responsible for the spread of 80% of common infectious diseases, effective hand hygiene continues to be universally recognized as the smartest, most cost effective means of infection control in the workplace.

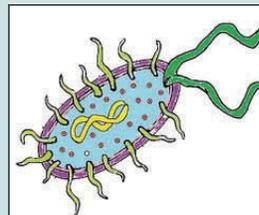
"Health promotion or wellness programs have been shown to be effective at reducing absenteeism, health costs, workers compensation claims and turnover but often, forget to address infectious diseases. Workplace infection control programs focusing on hand hygiene have been found effective at reducing absenteeism on average by around 40 %. An important component of prevention is hand hygiene training and supplies including soap, sanitizer, paper towels and tissues," comments Barry Michaels, an infectious disease expert.

The Canadian Safety Council recommends the following additional tips to help you avoid those pesky germs and bacteria in your workplace.

Clean out your keyboard - Most office cleaning companies do not touch computers or keyboards because they don't want to risk causing any damage. Hygiene is left to the employee, and many don't bother. Gerba suggests using an alcohol-based sanitizer for cleaning the keyboard. Simply blowing compressed air over it is not going to remove bacteria clinging to the surface. The best practice is to disinfect AND use compressed air.

Protect your face - Office workers touch their hands to their faces an average of 18 times an hour. When we touch our faces, we bring all the collected gunk from our keyboard, desktop or phone right to our respiratory and digestive systems every three and a half minutes – bacteria and viruses couldn't ask for a better transportation system.

Dispose of unwanted food - People often eat at their desks or store food in the drawer. Crumbs can accumulate and provide a giant breeding ground for bacteria. Unclean work areas can pose hazards to a worker's health and a liability to the business.



Don't let germs crawl - Bacteria and germs can multiply and make their way from one cubicle or workspace to another. Gerba recommends taking note of your neighbor's hygiene practices, and to take precautions so that the sharing of bacteria doesn't occur.

Article retrieved from <http://info.debgroupp.com/blog/bid/270143/Bacteria-and-Viruses-at-Work>

~Submitted by Cathy Stanley & Andrea Stanley,
ARAMARK

A Walkers Attitude

I woke up early today, excited about the day ahead. My health and well-being are important, and it is my job to decide to take care of myself. It's up to me to find the time and the place and the reasons to go for a walk.

Today I can complain because the weather is rainy, or....

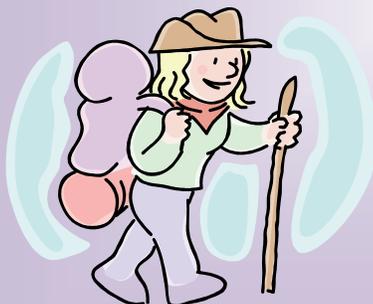
I can be thankful that my skin will be blessed with moisture.

Today I can feel sad that I have so many other things to do , or....

I can be happy that I'll have so much more energy to do them when I'm done walking.

Today I can grumble over the temperature, or....

I can be thrilled that I've got the right clothes to deal with it.



Today I can lament that I have too many responsibilities or.... I can feel grateful that I have a family and a job to stay healthy for.

Today I can cry because the roses on my path have thorns, or....
I can celebrate that those thorny bushes have roses.

Today I can mourn my lack of walking partners, or....

I can revel in my quiet time alone.

Today I can whine because I have to find the time to walk, or....

I can shout for joy that my body is able to keep pace with my spirit.



Today I can grumble about the time it takes to stretch, or....

I can delight in the sheer pleasure of my limbs reaching to the sky.

What my health and fitness will be like is, in great measure, up to me.

I get to choose my level of well-being. I get to lay the plans for a daily walk.

Have a great walk today.....unless you have other plans.

Adapted by Maggie Spilner from The Sculptors Attitude , Author unknown

~Submitted by the Health & Wellness Committee

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!

The parents and students of the Grade 8 Sacred Heart School Toronto Trip 2014 would like to send out a **BIG THANK YOU** to the Dietary Department especially Cathy Stanley, Andrea Stanley, Miranda Bramer, Adam Bruneau and also to Scott Dell in Material Services for all their help in making our year end barbeque a huge success.



SLMHC ACCREDITATION

October 21 - 24, 2013

"It's in your hands."

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 was 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 Immediately:

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

Project Exchange

M.Y.P.A.T.H. (Presented by: Michelle Turner)

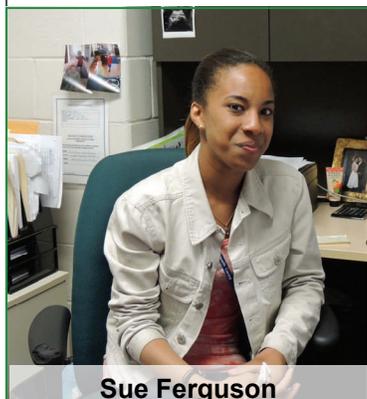
For those of you who did not attend last month's project exchange, what is now known as M.Y.P.A.T.H. began humbly; as a an interdisciplinary working group composed of caring SLMHC staff members. The group began when these staff members noticed and felt the need to address the existing gap in services for expecting mothers suffering from substance abuse. This working group quickly transformed into an extensive project: the development and facilitation of programming for prenatal women in our communities who require additional mental health support.

What is now Meno Ya Win Prenatal Addictions Teachings for Healing consists of six group sessions

all expecting mothers can choose to attend in order to learn about addictions, pregnancy, parenting, relationships, mental health, and healthy lifestyle choices. Facilitated by Community Counseling and Addictions Services, the sessions are offered three times weekly on a continuous rotation to ensure all women have an opportunity to attend each session. Binders filled with session information and additional resources will be provided for each woman to be able to refer to anytime and hopefully share with others in her community. Graduation gifts will also be given to women who have attended all six sessions.

For women who require additional support or feel uncomfortable attending group activities, individual counseling sessions are offered as an alternative. This much needed, innovative programming is offered free of charge, free of admission requirements, and free of judgment.

Welcome!



Sue Ferguson

Welcome Sue Ferguson!

Sue will be filling in for Miranda Bramer, Dietary Manager, while she is on her maternity leave.

I am an energetic Scorpio born and raised on a little island known as "Jam rock Jamaica" known for its tropical climate and reggae music.

I enjoy swimming, reading, volunteering and doing out-door activities and, of course, meeting new people.

I moved to Toronto to complete my Food and Nutrition diploma at Centennial College so that I could gain experience in becoming a registered clinical dietician.

NEW LAB TECHNICIAN AT SLMHC!



Shelby Thompson

My name is Shelby Thompson. I was born and raised in Sioux Lookout. I recently graduated from Confederation College. I enjoy fishing, going to the beach and hanging out with friends.

Workplace Health and Wellness Draw Winners

Thanks to all the staff that participated in events and draws.

Blueberry Events: Cathy Stanley (ARAMARK)

Blueberry Recipe: Sam Hill (Dietary)

Wearing Blue: Erika Roberts (Security)

2nd chance draw: Sheryl Melnichuk (Admitting)

Benefits of Walking: Darci Belmore (Health Records)

Benefits of Walking: Anna Wellwood (Admitting)

More events are planned for the fall so stay tuned!

~Submitted by Sharon Yule~

Did you know?

Telemedicine may provide you with an opportunity to stay close to home and not have to travel for medical appointments?

Many health care providers use Telemedicine so...



Ask your health care provider if

TELEMEDICINE

is right for you!



We'll Miss You!

Join me in saying farewell to Ramona Quequish as she departs from the Sioux Lookout Meno Ya Win Health Centre, after seven years of service, to complete her bachelor's degree.

~Kathy Loon
THMFS Manager



Ramona Quequish

Congratulations!



Congratulations to Brad Caughell from the SLMHC Lab staff. Brad married Judi Simpert on August 21st.

Good Luck and all the best Brad & Judi!

CCAS Update



Vanessa McMillan

We are pleased to welcome Vanessa McMillan to the team at Community Counselling and Addiction Services. Vanessa hails from Dryden where she previously worked in crisis response, residential

addiction and withdrawal management. Vanessa completed her BSc in Psychology in May 2011 at Acadia University before obtaining her Ontario Graduate Certificate in Addictions and Mental Health with Honours from Durham College this past June. Vanessa commenced employment July 29.



Catherine Hutchison

Catherine Hutchison, also of Dryden, began her employment with CCAS on August 13. Catherine has spent her life in northwestern Ontario and brings with her a vast array of experience in the

social services, having worked with both youth and adult populations for over 20 years. Catherine has recently come from the Dryden Hospital, Crisis Response Unit. She was previously contracted by Firefly as a facilitator in the EBBS Key Workers Project for FASD, providing F.A.S.D. workshops and training in the area and also in the north. Catherine has also been employed for many years with the Keewatin Patricia District School Board and N.N.E.C..



Ellie McGoldrick

Please join me in congratulating Ellie McGoldrick on her new job in Withdrawal Management Services for the Sault Area Hospital. Ellie started her employment with CCAS on June 4, 2012. During her time here, Ellie

provided mental health and addiction services to our clients in a very caring, compassionate, and highly professional manner. We are so happy and so proud to see Ellie progress in her career! At the same time we will all miss her energy, enthusiasm for her work, her wonderful sense of humor, and dedication to the people that she served.



Kim Lafreniere

Congratulations are also in order for Kim Lafreniere. Kim has recently accepted a posting with Tikinagan Child and Family Services as a Family Support Worker for the community of Kasabonika. Kim began at CCAS this past May, having been

employed for one year in Health Records. Though only with our department a short time, Kim slid right into her role as Clerk II, taking great pride in her work, and always having a positive "can-do" attitude. Her dedication to the department and smiling face will be greatly missed. We wish her the best of luck in her new endeavour.



Renita Brubacher

Finally, our team wishes to congratulate and thank Renita Brubacher for completing a three month summer placement with our department. Renita returns to Lakehead University this fall for the fourth and final year of her Social Work degree. Through-

out the summer, Renita completed outreach to the Out of the Cold Shelter in the morning, and the Day Program in the afternoon each day. She also had the opportunity to conduct client intakes and initial assessments, shadow clinicians in session, and orientate to Medical Withdrawal Support Services. We sincerely thank Renita for choosing SLMHC and CCAS for her placement and wish her continued success in her studies.

~Submitted by:
Bruce Siciliano, Director of CCAS & Integration and
Dan Smith, Clinical Supervisor.



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 is September 13th

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, Communications Assistant, with your request. Or by email at mspray@slmhc.on.ca

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

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.)



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

Backspace



Back Space

by Adrienne Crosby, R.Kin, CSEP-CPT

Welcome back to Backspace! Did you garden over the summer? Did you remember the last Backspace article about Ergonomic Gardening?

For the summer edition of Backspace, I will be discussing "Sitting Disease". Have you heard of it?

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle. However, the medical community does not recognize Sitting Disease as a diagnosable disease at this time.

Researchers have linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome — a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels.

How do I avoid "Sitting Disease"?

- Have an alarm or timer set to go off every 20 to 30 minutes to remind you to get out of your chair at work – walk to the photocopier, get a drink of water or even just a lap around the office!
- Does your office have a sit-stand workstation? Maybe try alternating sitting and standing throughout the day

Here are some suggestions for increasing your movements throughout the day:

Instead of this:

Sit at your desk

Riding the elevator

Calling for take-out/
delivery

Talking on the phone
seated

Emailing a co-worker

Playing a seated video
game

Try this:

Stand at your desk

Take the stairs

Cook at home or walk to
the restaurant

Walk around or stand
while chatting

Walk to their office

Play an active Wii or
Xbox 360 Game

Doing these simple things make small differences that add up through the day!

If you have any topics or suggestions for upcoming Backspace articles, or you would like a feature done on your specific job or department, please email acrosby@slmhc.on.ca

TELEMEDICINE DEPARTMENT AT THE 2013 BLUEBERRY TRADESHOW!

On August 8th and 9th, the Telemedicine Department participated in the annual Blueberry Festival Trade Show to promote the program. Many visitors stopped by our display to ask questions and 210 people put their names in a draw.

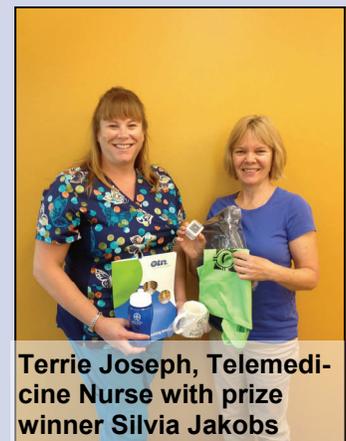


AND THE WINNER IS...

CONGRATULATIONS!!!!

Go out to Silvia Jakobs, the winner of the Sioux Lookout Meno Ya Win Health Centre Telemedicine prize bag, which included an iPod shuffle.

Thank you,
The Telemedicine
Department



Terrie Joseph, Telemedicine Nurse with prize winner Silvia Jakobs

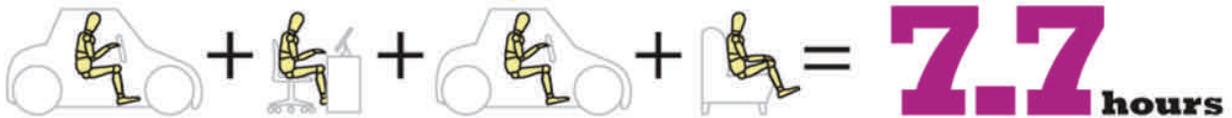
WE ARE SITTING TOO MUCH

“Sitting Disease” by the numbers

Our modern sedentary lifestyles,
both at home and in the workplace,
are costly for us and for our employers.



Average hours of seated commute
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.

IT IS KILLING US

94% more likely to die

The 2010 *American Cancer Society* study published in the *American Journal of Epidemiology* followed 123,216 individuals (69,776 women and 53,440 men) from 1993–2006. The alarming results:

- Women who were inactive and sat over 6 hours a day were **94% more likely to die** during the time period studied than those who were physically active and sat less than 3 hours a day.
- Men who were inactive and sat over 6 hours daily were **48%** more likely to die than their standing counterparts.

Findings were independent of physical activity levels (the negative effects of sitting were just as strong in people who exercised regularly).

MEDICAL EXPERTS HAVE STARTED REFERRING TO LONG PERIODS OF PHYSICAL INACTIVITY AND ITS NEGATIVE CONSEQUENCES AS “SITTING DISEASE.”



A January 2010 *British Journal of Sports Medicine* article suggests that people who sit for long periods of time have an increased risk of disease.

In 2010 the University of Queensland, Australia, School of Population Health reported, “Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.”
www.medscape.com/viewarticle/72534



3 out of 4

Full-Time Employees of Large Companies

Wish They Didn't Spend Most of Their Working Hours Sitting (Ipsos study)

67% of U.S. office workers wish their employers offered them desks that could be adjusted so they could work either seated or standing. (Ipsos study)

WE WANT CHANGE



OVER HALF (~60%) OF EMPLOYEES SURVEYED WERE CONVINCED THEY WOULD BE MORE PRODUCTIVE IF THEY HAD THE OPTION TO WORK ON THEIR FEET. (Ipsos study)

Standing a little more each day tones muscles, improves posture, increases blood flow, ramps up metabolism and burns extra calories.
Join the Uprising at www.juststand.org

Question of the Month

"What was the best part of your summer?"



Colleen Fox, Booking Clerk:
"Working in an air conditioned building"



Brad Lance, Nurse:
"Spending time with my family"



Jen Power, Health Records:
"My trip to Newfoundland to see my family"



Dan Smith, Clinical Supervisor:
"Spending time on the lake"



Stephanie Hynds, Lab:
"Family BBQs"



Mariah Turtle, Clerk:
"Camping & going on holidays"

Get Involved in Fall and Winter Activities

As you read this newsletter the kids are back to school, jackets are coming out and you are wondering where the summer went. Just as we get comfortable with one season, it ends and it's time to gear up for fall and winter activities.

Now is the time to look around your home at all of the sports equipment that is there. What equipment are you still using or plan on using this year? What equipment have you or your kids outgrown and will never use again? Have you thought of donating it to others so they can try new sports? Check with

schools, the recreation centre or post a sign in Johnny's about your unwanted equipment.

Over the last year we have had lots of new staff come on board in every department, so why not find out what they are interested in. Invite them to join a team or join you in doing something fun. Challenge yourself this year, but be careful when starting new sports. Learn how to stretch properly, and remember to cool down afterwards.

Summer is only nine months away so have a great winter while you're waiting!

~From the Health & Wellness Committee~


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

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

Aniin enamaji'oyan? How are you feeling?

Nigaa-giijinoogane I have a sore hip.

Niwiisagendaan I am in pain.

Aandi mayaa? Where exactly?

Omaa nake Right here!

Aaniin dash wenjiwisagendaman?..... Why then are you in pain?

Nigii-bagideshin, nigii-bangishin..... I tripped, I fell down.

Nigii-banadagokii I missed a step!

Nigii-ozaami gichi-niim! I danced too hard!

Aandaawi'wi'ishin Heal me.

Maano giyaabi gichi-niimin! Go ahead and *boogie* some more!

Gibaapi-ish na? Are you laughing at me? (in reference to, "are you making fun of me?")

Gaawiin, debwe osha, wawaakawiiyan eta, giga-mino'aya ... No, it is a fact, by keeping (your body) moving, is the only way you will heal.

Maamakaach! Amazing! or Unbelievable!

Wawaakawiiyan eta, giga-mino'aya! By keeping (your body) moving, is the only way you will heal.



Community Counseling & Addiction Services is pleased to offer: safeTALK – Suicide Awareness for Everyone.

This 4 hour workshop alerts one to warning signs indicating risk of suicide. The workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.

safeTALK is meant for anyone who wants to promote suicide safety regardless of previous experience or background. It is especially appropriate for any front-line hospital workers with direct access to clients and patients in our facility such as Clerks, Security, Dietary and Housekeeping Aids.

safeTALK sessions will be offered on the following dates and times:

September 19	4pm – 8pm	Education Boardroom
September 26	8am – 12pm	Education Boardroom
October 23	12pm – 4pm	Education Boardroom
November 4	8am – 12pm	Education Boardroom

Space is limited per session. If interested, please obtain the appropriate approval of your manager to attend, and register by contacting Clifford Mushquash, Program assistant at cmushquash@slmhc.on.ca or at extension 4855.



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.

Whenever you are trying to improve a process, it is worth looking for waste to eliminate. It's good to get rid of waste because, well, it's waste. Waste is bad for patients and caregivers too: amongst other things, waste usually means more waiting and lower quality, which neither patients nor caregivers enjoy.

Sometimes waste is obvious, but once you have gotten rid of obvious waste, it helps to have a reminder to look for different kinds of waste, one at a time. DOWNTIME is an easy way to remember the 'eight Wastes' of Healthcare. They are:

- Defects - any mistake, especially ones that need to be fixed afterwards
- Overproduction - doing more than is required, for example, making six and only needing four
- Waiting - waiting of patients, clients, caregivers, and other staff
- Not-used abilities - people working below their scope, or who are unable to contribute all of their talents and abilities to the tasks at hand
- Transportation - travel between areas of the hospital
- Inventory - more than necessary of anything (usually supplies)
- Motion - similar to 'T' but on a smaller scale, within departments or even within a room
- Excess Processing - similar to 'O' but refers to having more steps than are necessary for a task, for example, having to record the same piece of information in more than one place

Those definitions are probably too short to help you start using DOWNTIME to find waste in your processes but I hope they give you a sense of what the eight wastes of healthcare are about. I will review the eight wastes of healthcare in Lean Corner over the next couple of months.

It is worth mentioning at the outset that, like many Lean 'rules,' reducing these wastes only works if you apply a good helping of common sense along with the rule and, even then, some trial and error will almost certainly be required to get it right.

For example, I'm sure we can all think of processes that, if we tried to reduce 'inventory' would just stop working. You would constantly be running out of things that you need, right? So reducing inventory often not something that you can just do, it is something to be worked towards by figuring out how to tweak your processes until you can reduce inventory without running out of the things that you need.

I hope you are always looking for ways to improve your processes. As you learn more about the eight wastes of healthcare, take some time to look for each of the wastes. As with most Lean tools, finding and eliminating waste is simple but not easy. If it's not working for you, or you would like some help, call me at x4360 or email projects@slmhc.on.ca.

Project Office Website for Staff:

If you are a staff member and would like to find out more about Lean and project management, click on Project Office under "Sites" on the main SLMHC intranet page (reading the digital version? Click [here](#)).

Check out the growing library of project management and Lean tools! Once you get to the Project Office website, click on "[Project & Lean Tools](#)."

You can also check out past project exchanges and MD Updates by clicking on the "[Project Events](#)" link.

Project Office Events

Project Exchange is taking a break for the summer! The next one will be Thursday September 26th 2-3 pm

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

Photo Gallery

Blueberry Bert visits SLMHC!



Joel Anderson, Foundation Assistant



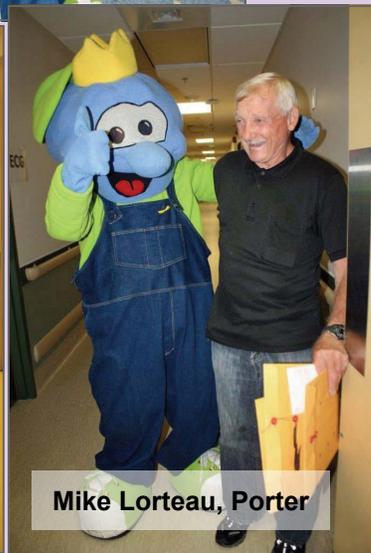
CCAS Counsellors, Renita Brubacher and Catherine Hutchison, during the Day Program BBQ



Visitors enjoy a BBQ put on by the CCAS Day Program, August 16, 2013



Glendene Schardt, ER Nurse



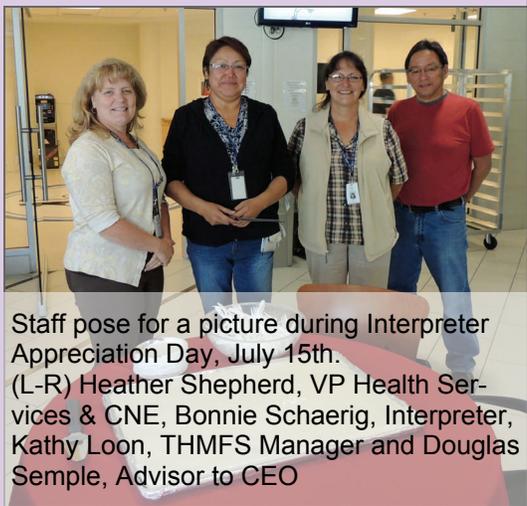
Mike Lorteau, Porter



Thousands of signatures cover the Pink Bus. Everyone that visits gets to sign the bus.



The Pink Tour staff, with SLMHC Technologist Tracy Cryderman (left), takes time out of their busy schedule to visit the SLMHC Mammography Unit.



Staff pose for a picture during Interpreter Appreciation Day, July 15th. (L-R) Heather Shepherd, VP Health Services & CNE, Bonnie Schaerig, Interpreter, Kathy Loon, THMFS Manager and Douglas Semple, Advisor to CEO



The Diabetes Program was in the canoe hallway on August 22 handing out information and doing blood sugar checks to promote diabetes awareness.

The Pink Tour bus was filled with interactive informational stations to educate the public on breast health





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: _____