



SIoux LOOKOUT
Meno Ya Win
 HEALTH CENTRE

Meno Ya Win News

December 2013
 Volume 11, Issue 11

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

Fun Fact

The human body is estimated to have 60,000 miles of blood vessels. To put that in perspective, the distance around the earth is about 25,000 miles, making the distance your blood vessels could travel if laid end to end more than two times around the earth.

Have your say

Want to see something in the newsletter?

Have an idea for a story?

Send your ideas and submissions to:
 Mary Spray at
mspray@slmhc.on.ca

(put "newsletter" in the subject line of the email.)



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First Nations maternal support worker program first of its kind



New college program will train maternal support workers to help First Nations women

Meno Ya Win Health Centre Chief of staff Dr. Terry O'Driscoll says she hopes the new maternal support workers based at the Sioux Lookout hospital will help ease the isolation and fear often experienced by First Nations women who often have to travel from their remote communities — and give birth to their babies — alone.

(The following story was taken from CBC.ca)

Confederated College and Sioux Lookout hospital plan to launch a new program to help hundreds of First Nations women and their new babies every year.

Starting next year, they will train more than 30 maternal support workers in northwestern Ontario.

Officials say it will be a positive change for the more than 400 women who leave their remote communities to give birth at Sioux Lookout's Meno Ya Win Health Centre.

They wait in a hostel next to the hospital — often for weeks — to go into labour.

Chief of staff and family doctor Terry O'Driscoll described what happened to one 18-year-old expectant mother: "She was on her own, she was afraid,

she was crying."

Unless it's a higher-risk pregnancy, or the mother-to-be is under 16, there's no travel funding for family members to accompany them.

"I can't think of a worse ... way to ... welcome your baby into the world than being alone like that," O'Driscoll said.

"You're asking people to leave their homes, to leave their families, to come to a centre to and sit for a couple of weeks, up to a month potentially, to wait and have their baby. Away from other kids they might have at home ... and potentially even away from their spouse."

Easing isolation and fear

It is hoped the new maternal support workers based at the Sioux Lookout hospital will alleviate that isolation and fear.

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The program will also train at least one maternal support worker in each of the 28 First Nation communities in the region, who will help prepare expectant mothers before they leave for the hospital. In addition, the workers will provide any support they need in caring for the new babies when they return home.

About 450 babies are born every year in Sioux Lookout .

The vice-president of Regional Workforce Development at Confederation College says the school is in the process of developing the program in conjunction with the Meno Ya Win Health Centre as well as the Sioux Lookout Area Aboriginal Management Board.

"I think it's an incredible opportunity," Don Bernosky said, adding the program is the first of its kind in Ontario and one of the first of its kind in Canada.

CBC (2013, December 16). *First nations maternal support worker first of its kind*, Retrieved from <http://www.cbc.ca/news/canada/thunder-bay/first-nations-maternal-support-worker-program-first-of-its-kind-1.2466319>

Congratulations

Amy Smith, RPN, was the winner of the Samsung Galaxy tablet for the Patient Room of Horrors contest.

Way to go!



**Do not go where the path may lead,
go instead where there is no path and
leave a trail.**

~Ralph Waldo Emerson~

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

Visit us at www.slmhc.on.ca

SLMHC – Excellence Every Time

A True North expresses a need that must be achieved and exerts a magnetic pull. Think of it as our compass, everything we do should be done through the lens of the true north.

Our True North:

Excellence Every time

Excellence is when patients feel the service and quality they receive is extraordinary, employees feel valued and physicians feel their patients are getting great care.

Pillars of Excellence at SLMHC:

- Service
- Quality
- Innovation
- People
- Finance & Efficiency



**Senior Admin would like to wish all our staff a
Merry Christmas and a happy new year.**

**We would like to take this opportunity to thank our staff for the excellent
patient care you have provided to our patients over the last year.**

It is you that make us a centre of excellence.




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

EXAMINATION:

Sit on that chair. Namadabin imaa desabiwining.

Put this on. Owe bisikan.

Remove your clothing. Giichigoshkan gigigishkiganan.

Take your pants off. Giichidaasen.

Take your shirt off. Giichigoshkan gi-babagiwayaan.

Lie down here. Omaa izhi-bimishinin.

Does it hurt when I do this? Gi-wiisagendam na owe doodamaan?



DID YOU KNOW...?

You can purchase a SLMHC
Re-Loadable Cafeteria Swipe Card?



It's the **QUICK & EASY** way to pay at the till.
Just one swipe and you are done.
No counting change, no entering pins!

To set one up, simply come down to the cafeteria and ask the cashier for a Re-loadable Swipe Card.

You can load any amount onto the card at the time of purchase, and as the balance gets low, just let the cashier know you want to re-load more money on to it.

Help us serve you faster by purchasing your card today.

Please see our cafeteria staff for further details.



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 2015.

Please submit your digital pictures by email to Mary Spray before September 2014. Put "calendar" in the subject line of the email.
(high resolution only, please.)



Monthly Grand Rounds #1 MRSA: The Sioux Lookout Experience



Our first monthly grand rounds were held at the health centre on December 12th from 4-6pm. We were very pleased to see over 20 doctors, residents and nurses in attendance. Dr. Len Kelly presented

literature and local research on MRSA (methicillin-resistant staphylococcus aureus). Dr. Mike Kirlaw presented a recent case from our area. A brief discussion followed among all in attendance. This session was recorded; anyone interested in obtaining a recording along with the slide presentation may email Kristyn Kulchyski at kkulchyski@slmhc.on.ca

A big THANK YOU goes to Dave and Rob from our IT Department for setting us up with videoconferencing which allowed us to include physicians working out of town or unable to attend in-person.

Our next monthly grand rounds will be February 13, 2014 in Boardroom A/B. An email with more details will be sent out closer to this date. All are welcome to attend.

~Submitted by Kristyn Kulchyski
Medical Education Coordinator~

Public Notice

In order to address the accessibility and safety of our patients, clients and staff please be advised that as of Sunday, December 1st, 2013, all access to the hospital after 6pm and on weekends will be through the emergency entrance only.

The Emergency Department clerk is on hand 24 hours a day, seven days a week to assist and direct any visitors and clients who access our building after 6pm.

Official visiting hours still remain from noon until 9pm with visitor access through the ER entrance after 6pm as indicated. Client access to the Sioux Lookout First Nations Health Authority through the link will remain the same and open until 9pm as it is now. Weekend staff will continue to access through the staff entrance using their card swipe.

Fun Fact

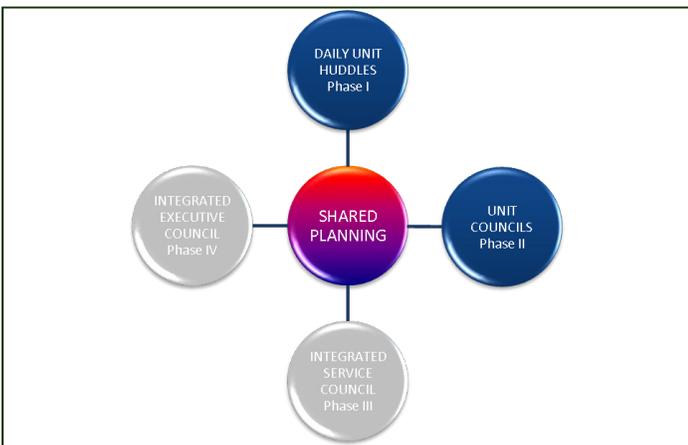
The brain operates on the same amount of power as 10-watt light bulb.

The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.

Beginning in February... SHARED PLANNING FRAMEWORK

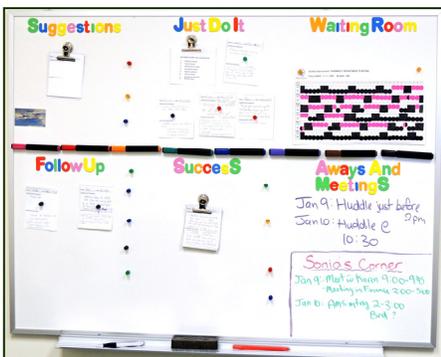
At the Sioux Lookout Meno Ya Win Health Centre, we are committed to creating an environment in which stakeholders providing services in the facility are appropriately involved in service delivery decision-making. Planning structures create spaces that can be used to develop and enhance positive collaborative relationships and to do the work of creating and maintaining a healthy work place. Shared planning is our internal approach to integrate staff and physicians from all departments in this process. As well, external stakeholders may be consulted for specific planning.

There are four specific phases which require implementation to complete this framework. The implementation of the first two phases is outlined below.



Phase I:

Shared planning begins at daily unit huddles where frontline staff engage in process and quality improvement opportunities while collaborating on solutions. Huddles have been underway across the departments for several months with many successes attributed to front-line staff engagement. Many of the successes have removed waste from our processes/ activities which do not add value to the client experience. For instance, we have



Huddle Board

seen improvements to excess processing (paperwork), overstocking, errors and non-value added movement of people (clients and staff).

Phase II

The next phase of Shared Planning involves the creation of “Unit Councils”. The purpose of each council is to provide a collaborative, inter-professional forum in which unit decisions are made that enable quality, evidence-based, patient centered care for our clients and their families. As well they support the development of high quality, collaborative practice and a healthy work environment.

Unit Council membership includes a cross section of frontline staff from the specific unit, physician representation and individual representatives from each of our support services across the facility. Department managers will be part of the council; however, they are a non-voting member. With this membership all staff groups are represented and the expertise of each is respected and valued during the decision-making process. Each Unit Council has a specific Terms of Reference outlining accountability and authority.

In the creation of the seven unit councils listed below, the organization was able to dissolve approximately 18 stand alone committees; the result of which will be a more streamlined approach to decision-making.

Unit Councils

1. Ambulatory Care/Chronic Disease Management
2. Emergency
3. Long Term Care/Palliative
4. Medicine (Inpatient)
5. Mental Health & Addictions
6. Obstetrics/Integrated Pregnancy Program
7. Surgical

Unit Council meetings will begin throughout February 2014. We encourage you to speak with your department manager if you wish to participate in huddles or a unit council. Your involvement is valued and will assist in moving the organization toward our True North of **“Excellence Every Time”**.

Watch for upcoming information regarding the implementation plans for Phase III and Phase IV in next month’s newsletter.

PHOTO GALLERY



Marsha Hamilton, Staff Health Nurse, poses in front of the maternity baby board with a donation of baby quilts sent by her sister who is part of a quilting group in Kincardine Ontario.



The SLMHC Ladies Auxiliary spent the afternoon on December 10th wrapping up Christmas gifts for people that have to spend the holidays in the hospital.



Telemedicine staff adopted a family for Christmas. Here they pose with gifts that were purchased. (L-R) Terrie Joseph, Nicole Rosiak, Allison O'Dell and Bobbi-Jo Huard.



Staff that supported the Meno Ya Win Family giving campaign enjoy a hot breakfast served by senior management.



Alyne Harel, Foundation Assistant, helps out during a staff breakfast as part of the Foundation's Meno Ya Win Family giving campaign.



VP of Quality & Support Services, Jenn Maki and Dean Osmond, VP of Corporate Services & Performance, serve up pancakes and eggs for staff during a breakfast put on by the Foundation on December 6, 2013.



Notice to patients:

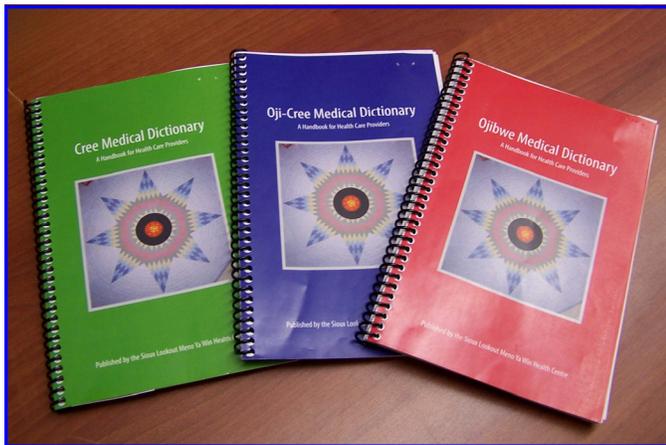
Please do not wear any scented products including perfume, cologne, soaps, hand cream, hair products, deodorants, etc, to your appointment as Sioux Lookout Meno Ya Win Health Centre aims to be a **scent-free environment** for the safety of our staff and patients.

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.



Medical Dictionaries

Available in 3 languages—Cree, Oji-Cree & Ojibway, (in dialects spoken in the northern First Nation communities within the SLMHC service area.) Visit our website at www.slmhc.on.ca to view the dictionaries.

Interpreter Services

are available 24 hours / 7 days per week at Sioux Lookout Meno Ya Win Health Centre. Just ask! We are mino'ayawin.

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 Sue Ann Ferguson at extension 4161 or sfurguson@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



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: _____