

# Spirit of Mamawetan

Volume 1, Issue 3

Together in Wellness

April 8, 2008



## Spotlight on local Occupational Health and Safety (OH&S) Committees

### Creighton

**Co-chairs:** Leigh Anne Trudeau & Wanda Finlay

**Members:** Gord Hill, JoAnne McKeen, Connie McKenzie

### La Ronge Band Office

**Co-chairs:** Bryce Graham & Brenda Bear

**Member:** David Sampson

### La Ronge Health Centre

**Co-chairs:** Ken Kowalczyk and Cheri Wolkosky

**Members:** Kendra Declare, Blair Schwartz, Greg Brakstad, Caroline Ohrn, Guy Mabee, Sadie Chave, Jim Williams, Michelle Mackay

### Pinehouse

**Co-chairs:** Phyllis Smith & Mary Maurice

**Members:** Jean Ratt, Beverly Iron, Carolyn Ratt-Misponas

### Sandy Bay

**Co-chairs:** Tanya Nateweyes & Clara Morin

**Members:** Joanne Ray, Bill Cannon, Daniel Bear, Veronica Merasty

## Get ready to swing!



Janet Gray (left) and Barb Biliske were awarded prize packs which included golf shirts for their entries in a contest for a new slogan for the region's fundraising golf tournament on June 7.

The golf tournament committee decided on "Swing FORE! Health", a combination of suggestions submitted by Janet and Barb.

The slogan will appear on publicity and letters soliciting sponsorship for the tournament.

Staff are invited to get involved as golfers, sponsors, and volunteers. Registration information will soon be posted on the website.

It promises to be a fun day with a repeat of the "commode event", and more surprises to be announced in the weeks to come!



# Swing FORE! Health

MCRHR Fundraising Golf Tournament - June 7, 2008

Currently, the members of the organizing committee are: Chalsey Robinson (chair), Kathy Chisholm, Doug Chisholm, Jason Macauley, Al Loke, Stephanie Young, Kim Vancoughnett, Curtis Skalicky, Linda Mikolayenko, Ken Kowalczyk, Jan Senik and Lisa Lindskog. **Thanks to Teresa Watt, last year's chair, who got things rolling for this year.**

## Leis, laughter & learning



About 40 staff from La Ronge and Creighton (via telehealth) took the opportunity to spend some time with consultant Doug Robertson (left) on March 13.

Doug lead two fun sessions designed to get employees thinking about achieving goals and enjoying life and work.



Enjoying some tropical refreshments are (l. to r.) Chalsey Robinson, Janet Gray, Audrey Boyer and Kim Vancoughnett.



It may have been by accident, but Dianne Dickens deserves recognition for observing Earth Hour, not once, but twice! Dianne saw a notice on TV about shutting the lights off to show symbolic support for action on climate change, so she immediately got her family to light a few candles. She didn't realize that she was a few days early until later, so they did it again during the official Earth Hour on Saturday, March 29. Dianne works in Public Health in La Ronge.



### It's a girl!

Congratulations to Teresa and Rob Watt on the arrival of a daughter, Jodi Elizabeth Maria. Jodi was born on April 6, 2008 at the La Ronge Health Centre. She weighed 7 lbs., 5 oz. Pictured here at

less than a day old, Jodi is a sister to Chad. Teresa is on leave from her position of Director of Quality, Safety and Health Information Services.

## Workers Compensation

Workers Compensation is a no fault system that protects employers and workers against the result of work injuries.

### What is a work injury?

A work injury is the result of any work-related event that causes a need for medical treatment and/or time away from work. The Workers Compensation Board (WCB) considers each work injury on an individual basis, but in most cases compensation would apply to injuries that occur while a worker is at work, on company premises or on company business.

### What to Do

If you are injured at work, take the following steps:

- Get medical attention if you need it.
- Have your doctor report the incident/injury to WCB.
- Report the incident to your employer immediately. Your employer is expected to submit an **Employer's Initial Report of Injury (E1)** within five days of being told about the injury.
- Complete and submit the **Worker's Initial Report of Injury (W1)** as soon as possible.
- Participate with your employer, doctor and WCB in setting up a personalized return-to-work plan. The plan usually includes treatment, employment services and suitable work duties.
- If you are off work due to your injury, please DO NOT record sick time on your work record/time sheet. To ensure proper pay while you are off on a work related injury you must use the time definer "IW" (or "XC" for 12 hour shifts).

### For more information regarding WCB, please contact: Karen Storozuk

Employee Benefits & Disability Management Coordinator  
Phone: (306) 425-4838 Email: [karen.storozuk@mccrha.sk.ca](mailto:karen.storozuk@mccrha.sk.ca)

# Ethics: The right thing to do submitted by Denise Legebokoff

## What is ethics?

Ethics is concerned about right and wrong. It is about studying the values that **actually do** guide our attitudes and behaviours, and exploring what values **ought to** guide our attitudes and behaviours.

## Why is ethics important?

Examining the values that guide our attitudes and behaviours helps us understand why we do what we do. Ethics helps uncover assumptions that we make, but that may not be obvious. It also allows for discussion about the right thing to do.

This can be important in the health care system. The health system and, in particular, health care providers have a responsibility to advance the health of people who come into their

care. In carrying out this responsibility, health care providers are often faced with ethical issues.

## The Purpose of the Ethics Committee

The Ethics Committee is a Board appointed committee and consists of representatives from the Board, medical and health region staff, and a diverse group of community members. Its purpose is to:

- Be an advisory committee for the region on ethical issues.
- Educate members, staff and others interested in health care ethics.
- Assist in developing policies, procedures, rules and regulations for ethical issues.

The Ethics Committee would like to hear from you!! If you have a comment, please contact any committee member.

## Committee Members:

Anne Dorion  
Josie Searson  
Dr. Betty Spooner  
Barb Biliske  
Sharyn Swann  
Barry Giles  
Louisa Sanderson  
Denise Legebokoff  
Teresa Watt  
Phyllis Smith  
Rev. George Fry  
Wendy McKenzie

