

# Spirit of Mamawetan

Volume 4, Issue 1

Together in Wellness

August 5, 2011



## Accredited: 2011-14

The Mamawetan Churchill River Health Region has been recognized by Accreditation Canada for its commitment to meeting national standards for safe, high quality health care. Of 1631 applicable criteria, 92% were met. We have been awarded Accreditation status, with a condition to report on action taken to address unmet criteria. There is still work to do, but thanks are due to all who worked to achieve this.

Surveyors, in their report, observed that our region has "dedicated, caring and creative staff". Congratulations!



## Sandy Bay staff smiles



(Front, left to right): Jan Cannon, Cynthia McDonald, Michelle Moore, Diane Roesler, Stephanie McDonald, Reva Bear, Gwen McCallum, Sabina Ross, Crystal Bonin  
(Back, left to right): Verna Merasty, Pauline Morin, Valerian Nefedow, Tanya Nateweyes, Sam Nateweyes, Nicole Protz, Edna Morin, Joanne Ray, Myrtle Morin, Bill Cannon

The photo above of health region staff that work in Sandy Bay was taken to go on a poster that is part of our region's quality improvement initiative. "How can we do better?" posters invite staff to look for better ways to provide service, and encourage dialogue between clients and staff.

By sharing it in this newsletter, the photo also serves the purpose of introducing the staff to the rest of the region, allowing us to put faces to names. Nice to meet you!

## Minister officially launches RIS/PACS



The Honourable Don McMorris, Minister of Health, was at the La Ronge Health Centre on May 6, 2011 to celebrate the implementation of the Radiology Information System and Picture Archiving Communications System. This means that diagnostic images (x-rays and ultrasound scans) are transmitted and stored digitally and easily accessed by radiologists and physicians - enhancing patient care!

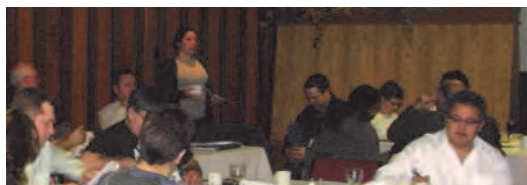
Thank you to all staff who worked hard to make this a reality. It required the collaboration of physicians, medical clinic staff, and employees from many areas including diagnostic imaging, information systems, health information, reception, maintenance and management. Every contribution is greatly appreciated!

# Dialogue Day

On January 18, 2011, the Mamawetan Churchill River Regional Health Authority hosted a stakeholder Dialogue Day. Invitations were issued to a wide range of representatives including First Nations, municipal governments, educational institutions, and health care providers. Along with health region management, they listened to presentations by Medical Health Officer Dr. James Irvine and Nurse Epidemiologist Brian Quinn on different models of determinants of health and the most recent health status report for the population within the Mamawetan Churchill River Health Region. The day also included discussions facilitated by consultant Laura Soparlo on what the findings mean, and how they may influence strategic initiatives within the health region.

The insights that were shared were used by the Board and management the next day to inform discussion on updating the strategic plan for the health region.

The contribution of the diverse group of participants is greatly valued. Thanks to all!



Above (l to r.): Brian Quinn, Laura Soparlo and Dr. James Irvine take the lead in the presentations and discussions during the stakeholder Dialogue Day.



## New faces - old partnerships

(Left) Dr. Veronica McKinney became the new Director of Northern Medical Services in January. The health region has had a longstanding association with Northern Medical Services regarding the provision of physician services in the region.

(Right) Dr. Rose Roberts is the new Chief Executive Officer of the Northern Inter-Tribal Health Authority, which is a First Nations' partnership organization comprised of Meadow Lake Tribal Council, Lac La Ronge Indian Band, Prince Albert Grand Council and Peter Ballantyne Cree Nation.



## The fine art of fairness



Joni Sereda, Saskatchewan's Deputy Ombudsman, and Kelly Chessie, Assistant Ombudsman, made a presentation to the Board in January on their office's role in promoting and protecting fairness in the design and delivery of government programs and services, including health services. In addition to investigating complaints, the office is available for training and consultation.

In April, Board and staff members also had the opportunity to attend a two-day session presented by their office at the La Ronge Health Centre on "The fine art of fairness". This valuable training was an initiative of the Ethics Committee.



# New Board appointments



Joe Hordyski resigned as a member and Chairperson of the Mamawetan Churchill River Regional Health Authority at the end of February to pursue other interests. Vice-Chairperson Ron Pratt was the Acting Chair until Health Minister Don McMorris announced the appointment of long-time Board member Ron Woytowich as the new Chairperson on April 5, 2011. Pictured at left is Ron (right) presenting a souvenir gavel to Joe. Thank you to Joe—and best wishes to Ron.



La Ronge resident Miles Bean (pictured at right) was appointed to the Board in April as a new member. Welcome!

## Taking quality to the next level

*Submitted by the QBS Team*

The Quality as a Business Strategy Team was formed with the express purpose of enhancing the quality of services we provide to our clients by integrating quality into all aspects and functions of MCRHR.

**We are a new committee and are evolving to meet the clients', staff, and health region's needs. We are trying to be transparent and open in leadership and governance in the health region. We want everyone to share equal ownership of our health region including clients, staff, leadership, and executive. We are committed to improving and enhancing direct client care through teamwork at all levels, celebrating excellence in practice, and participating in new strategies and initiatives from the Ministry of Health.**

We greatly value having customers on our committee. Taking their expertise and learning from their experiences within our health region to make improvements and learn from them. We recognize through Accreditation that staff have achieved major milestones improving quality care and customer outcomes across the continuum of care.

We look forward to hearing from staff, customers and stakeholders to make Mamawetan Churchill River Health Region the best we can be. If there are suggestions for improvements or interest in participating on the committee please contact any one of us.



QBS Team Members (left to right): Josie Searson, Loretta Stryde, David Watts, Teresa Watt and Kathy Chisholm.



### Health Quality Summit

The first annual Health Quality Summit, a collaboration between the Saskatchewan Ministry of Health, Saskatchewan Association of Health Organizations and Health Quality Council, was held in Regina in April.

Jan Senik, Employee and Patient Safety Coordinator, was selected to present her poster on the Falls Prevention Program in Long Term Care. Her presentation, entitled "16 Beds = 16 Reasons" was also chosen for display at a Falls Prevention in Seniors across the Continuum of Care Conference in Saskatoon in March.

**It's great to share our challenges and successes with others. Good work, Jan, and the members of the Long Term Care team!**

## To warm your heart...

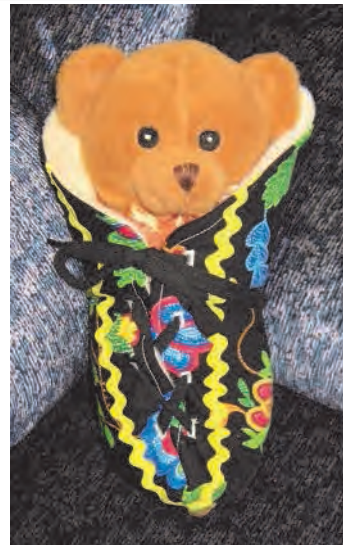


Left: Ella Mayotte, born to Amanda and Adam Mayotte on December 18, 2010.  
Above: Diya Anil Jacob, born to Jisha George and Anil Jacob, on November 5, 2010.  
Right: Aliyah Anna Patrice Galloway, born to Justin and Rebecca Galloway, on March 18, 2011. Adored by big brother Cohen, and grand-daughter to MCRHR employees Patricia Galloway and Colleen Clark.



Caroline Ohrn surprised Pam Martin with a teddy bear in a "moss bag" that she created. Pam was pleased to have this "new addition" to assist her in her therapy work with children!

*Congratulations!*



Above: Dawson Hancheroff born to Loretta Ross and Metro Hancheroff on November 19, 2010.

Far Right: Dr. Monika Dutt cradles her newborn son, Kailish Jyoti Dutt, born July 25, 2011.

## Notes from the Ethics Committee

### Did you know...?

-The Ethics Committee is now ready to receive referrals for consultations. You can find the referral forms on the S-drive in the Ethics Folder or from any Ethics Committee member.

-Members of the Ethics Committee are available to attend your staff meeting to talk to you more about Ethics in general and the work of the Committee. Again, just contact any member of our Committee and we will arrange for someone to attend.

-The Ethics Committee is looking for interested staff members to join our committee. We meet on the first Thursday of the month from 9:30 a.m. to noon. Please consult with your supervisor and then contact our chairperson, Sharyn Swann if you are interested in joining.

Current members of the Ethics Committee include: Sharyn Swann, Denise Legebokoff, Andy McLetchie, Donna Stockdale, Dr. Betty Spooner, Gord Hill, Phyllis Smith, Stephanie McDonald, Cindy Greuel, Josie Searson (Board Member), and Jane Patterson (Community Member).



# New members of the MCRHR team

(January to July - in no particular order...)

**Tiffany Rohel, Shanna Jackson, Tex Bernabe** – Nurse A - Acute Care

**Jamie Kosmenko** – Medical Office Assistant—Creighton

**Renee Morin** - Health Records & Medical Transcriptionist

**Albert Franks** - Cook

**Kimberly Robertson, Ruby Laliberte** - Client Attendant/Summer Student

**Trina Holmstrom** - Licensed Practical Nurse - Acute Care

**Caroline Bailey** - Nurse A Home Care - Creighton

**Myra Daigneault** - Dental Aide

**Pearlene Neethling** - Corporate Services Coordinator

**Veronica Cook-Yurach, Priscilla Gale** - Environmental Services Worker

**Shirley Nelson** - Nurse B Public Health

**Jason Loke, Christopher McKenzie** - Maintenance Services Worker

**Rose Ashiru** - Addictions Counsellor - Diploma

**Erin Hennie** - Community Outreach & Education Worker - Timber Bay

**Melissa Walker, Melaney Woods, Larissa Norgaard, Therese Dzeylion** - LPN Grad

**George Yurach, Flores Knife** - Detox Attendant

**Saeedeh Chinichian** - Director of Primary Health Care

**Lindsay Thompson, Julia Bird** - Special Care Aide/Home Health Aide

**Jayne Robertson, Lynette McCallum** - HHA/SCA Summer Student

**Alicia Doyle** - Receptionist/Office Assistant

**Carol Wilson** - Health Information Management Practitioner

## Running in Rome - Team Diabetes

*Submitted by Kimberly Smith*



Note: In March, Kimberly Smith, Addictions Counsellor in Pinehouse, participated in the Maratona di Roma. Her travelling companions were fellow Pinehouse Health Centre co-workers, Jackie Natomagan and Sharon Maurice, and two other community members. Kimberly shares her story in her own words:

“There were over 16,000 entries for the 42K (full) and 85,000 for the 4K. Team Diabetes Canada sent over 100 participants; other teams sent runners also. This is the first year Canada has made the top ten countries represented in the marathon.

I finished in 6 hours and 50 minutes; the time limit was 7 hours. I had a strong first half, then at 28K a problem with my knee stopped me from running. With time running out, I hobbled at a quick pace; at about 30K I didn't think I would be able to finish it under the allowable time. Then at 35K the Pinehouse girls were waiting for me. Jackie saw me struggling and she joined me for the last leg of the marathon. By then I was able to increase my pace by enough to bring me under the allowable time. I would love to do another marathon in the future (not anytime soon!).

I joined Team Diabetes to promote healthy living, and raise awareness of diabetes. Jackie and I did radio shows and had a Diabetes Conference in town. My message to people is to keep trying. Having doubts is normal; having struggles is to be expected. In the end, continue DOING and you will get somewhere.”



Left to right: Betty Ann Durocher, Jackie Natomagan, Kimberly Smith & Sharon Maurice

Congratulations, Kimberly!



## Role Models

Calyn Burnouf (left) and Millie Goulet participated in an event in Prince Albert for students of the Northern Lights School Division hosted by the University of Saskatchewan Pre-Health Professions Club.

Millie also accompanied Wendy McPhail to a U of S Native Access to Nursing Program Health Science Fair, where Wendy facilitated activities for Aboriginal high school students from the North.

For more on how our health region fosters health career training, see the special education issue of the Spirit of Mamawetan, dated August 6, 2011.

## Scholarship winner

Congratulations to Zaviene Kowalczyk who was awarded an MCRHR scholarship at the La Ronge and Area Music Festival. The region supports the festival with a Wellness Grant. Guy Mabee presented the award on behalf of the region.



## June - a good month for celebrations



Volunteers were honoured at a barbeque in June at the La Ronge Health Centre. The lunch and gifts are just a small way to recognize the valuable contribution that volunteers, including youth volunteers, make in areas such as assistance with activities, meals on wheels, transportation and palliative care. Thank you for your generosity!

National Aboriginal Day was celebrated on June 21 at the La Ronge Health Centre with a smudging ceremony led by Don Caisse, a delicious lunch, and an informative presentation by Dave McDonald. The organizers for the day were (l. to r.) Erin Carter, Kim Opikokew, Mille Goulet, Dave McDonald, and (missing from photo) Wendy McPhail.



## Mamawetan Merge and Purge



Merge and Purge winners: (l. to r.) Laurie Zarazun (Home Care), Denise Legebokoff and Caroline Ohrn (Mental Health & Addictions), Chalsey Klassen and Curtis Skalicky. Thanks to the organizers and stay tuned for future events!

(Right) Patricia Skalicky, Cindy Greuel and Jan Senik show off some of the unusual items turned in.

Are you a office "hoarder"? Do you have too much "stuff" in your work area? Do you need an "intervention"?

The new year began with a contest with a great name and creative categories. It may have sounded like fun, but it also inspired staff to give their work areas a serious look and dispose of, recycle or pass on to someone else, items in their area that no longer served a purpose for them.

The results were phenomenal. As an example, 500 pens, pencils and markers were turned in to be used by someone else.

**"The Biggest Loser"** was a team event and the prize was awarded to Mental Health & Addictions for purging the most "stuff" out of their area.

**"Hoarders"** was an individual event and the prize went to Chalsey Klassen who successfully removed over 25 binders, two huge boxes of paper for recycling and two garbage bags of garbage from her office.

**"Ancient Civilizations"** drew out a number of antique items. Again, Mental Health & Addictions captured top prize with a projector and reels and eons of dust! Runners up were Home Care with TV Trays from a bygone era, and Curtis Skalicky with a classic wooden coat rack.

