

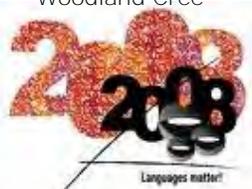
Spirit of Mamawetan



Languages Matter!

We're a cosmopolitan group. Here is a list of the languages spoken by region board, staff and physicians in this International Year of Languages. Are there more?

- Afrikaans
- Amharic
- Arabic
- Bemba
- Dene
- Filipino
- French
- German
- Greek
- Hindi
- Malayalam
- Michif
- Nyanja
- Spanish
- Swampy Cree
- Tamil
- Ukrainian
- Woodland Cree



Languages matter!

Leadership Grads



2008 Saskatchewan Institute of Health Leadership Graduates: (Left to right): Donovan Beaudin, Karien Haydukewich, and Curtis Skalicky.

The aim of the Saskatchewan Institute of Health Leadership (SIHL) Program is to bring together professionals from all disciplines and all levels within the healthcare system to foster leadership potential and skills. The program's goal is also to create a leadership community that works together to promote, support and sustain good health.

While participants continue with their regular jobs, over a period of six months, they participate in retreats, lectures and workshops, teleconferences and group projects.

This year our health region sponsored three staff members in the program. Each worked on different group projects. Donovan Beaudin's group topic was "Transcendental Leadership", Karien Haydukewich's group chose "Conflict in the Workplace", while Curtis Skalicky's group's theme was "Better Teams through Lean". Congratulations to all of you!

Previous graduates of the SIHL Program from our health region include Kathy Chisholm, Susan Halland and Ellen Klassen.

The SIHL program is an initiative of the Centre for Continuing Education, University of Regina, in partnership with a number of professional health associations.

Committed to clean hands

The "tree" on the right is more than just an autumn decoration in Nikinan. The colourful "leaves" are hands that carry an important message: "We are committed to clean hands."

It is a reminder to staff of the important role of proper hand hygiene in the prevention of infection and a reassurance to long term care residents that staff are prepared to take the time to wash their hands with soap and water, or clean them with Isagel.

Patient safety begins with clean hands!



Congratulations!



Cake and presents make for a party—and there is a good reason to celebrate. Twenty-four MCRHR employees have achieved long service milestones in 2008. Presentations took place this fall in Creighton and La Ronge, with a celebration in Sandy Bay still to be arranged.

A list of honoured employees, in addition to those pictured, is provided below.

A new Canadian company, R&D Corporate Services, was selected to administer the gift selection process this year. If you were a recipient of a long service award, Susan Halland, Director of Human Resources, welcomes your comments. Email her at Susan.Halland@mcrhra.sk.ca or phone 425-4849.



Celebrating 5 years, left to right: Dianne Dickens, Debbie Ermine, Victor Dufresne, Ken Brown and Donovan Beaudin.



Ten years: (Left) Kim Vancoughnett and Connie Mackenzie (right) with Creighton Board Member Charlene Logan and Board Chair Al Rivard.



Fifteen years: Stella Brown (Weyakwin) and Karen Storozuk



Twenty years: Jan Senik, Kevin Molnar and Bella Todd.

Twenty-five years: Donna Stockdale.

Congratulations, as well, to:

- 5 years:** Ruth Fikoloma, Michael Maier, Rosalie Morin (Sandy Bay) & Loretta Ross.
- 10 years:** Ramona Ray (Sandy Bay)
- 15 years:** Barry Giles, Sharon Natomagan
- 20 years:** James Taylor (Buffalo Narrows, PHU)
- 30 years:** Patricia Galloway



Thank you!



Thirty years: Board Chair Al Rivard presents 30 year certificates to John Zlipko, La Ronge and Bonnie Wilcox, Creighton.

Certificates and gifts are only a small way to recognize the combined years of experience of staff in the Mamawetan Churchill River Health Region. While some of that experience was gained prior to the formation of health districts and regions, it all contributes to the valued professionalism of our employees.

Your commitment is greatly appreciated. Thank you for making a difference in the lives of the clients we serve.



Farewell!

The Population Health Unit said goodbye to two retiring employees in October.

Jan Shewchuk, Chronic Disease Control Nurse, has been a nurse for 35 years, and with the Population Health Unit for the past ten. In addition to her other duties, Jan has played a significant role in the Northern Healthy Communities Partnership.

Jan's immediate plans are to enjoy retirement in La Ronge.

Following a career in South Africa, **Bernie Hesse** joined the Population Health Unit as a Public Health Inspector in 2005. Along with the usual duties, Bernie worked with communities in the North to create awareness of the need for pandemic planning.

Bernie and his wife have returned to South Africa.

Both Jan and Bernie were honoured for their contributions at receptions. Thank you and best wishes!



New Employees

Welcome to new employees who have joined the MCRHR team in October and November:

Mary Sayazie, LPN (Casual)

Candace McKenzie, Environmental Services Worker (Casual)

Effie Misponas, Office Clerk, Pinehouse

Erin Carter, Prenatal Nutrition Worker (PHU)

Brandi-Jo Langan, SCA/HHA, Creighton

Gloria Durocher, SCA/HHA, Pinehouse

We hope you enjoy working with the region and look forward to honouring you for long service in the years to come.

Orientation

The next regional Orientation sessions will be held in La Ronge during the first week of February. These are open to new employees as well as employees who have never attended an Orientation presentation or are looking for a refresher. Speak to your supervisor for registration information.

Friday night fun



One of the many community activities for November's observance of National Addictions Awareness Week, was a "blind" volleyball tournament. In this game, a sheet over the net does not permit the teams to see their opponents. A challenge, but a lot of fun! The activity was intended to promote active living and demonstrate alcohol and drug-free social activities.

MCRHR's team entry in the tournament consisted of: (left to right) James de la Pena, Dan Chegus, Jim Williams, Ruth Bacon, Jan Senik, Chalsey Robinson and Justin Galloway.

National Addictions Awareness Week throughout the region is an interagency initiative that involves schools and community groups. In La Ronge, special presentations by Detective Steve Walton on street drug awareness brought valuable information to professionals and the general public. Congratulations to the organizers and all who participated.



Hallowe'en smiles

Costumes and prizes inspired folks to wear their **best smiles on Hallowe'en in Nikinan at the La Ronge Health Centre**. Residents and their families and friends joined staff for an afternoon party. Board members who were meeting at the Health Centre that day also dropped by for a visit.

Pictured (left) are Andee Sanderson and her great-grandmother, Marguerite Rediron. (Right) Mariana Mercredi gets all dressed up to serve punch.



In the know...

Did you know that the Minister of Health, the Honourable Don McMorris met with Project Hope staff and toured the program area prior to opening the Diabetes Conference at the Kikinahk Friendship Centre on October 2, 2008? It was a brief, surprise visit—no one had time to get out the camera.

Did you know that the Health Region's revised website has been online for a year now? Thanks to everyone who has submitted photos for the home page. They showcase the north and keep the website looking fresh. Keep submitting them, and if you have comments on the website, or suggestions for improvement, send them to: information@mcrha.sk.ca

Did you know that there is a virtual Bulletin Board located in the Mamawetan Churchill River Health Region section of the Public Folders in Outlook? Staff are welcome to post non-work related classified notices, as well as community events, and view them at their leisure. There is also a calendar indicating upcoming training events. Another great way to be in the know...

Babies, Books & Bonding

Submitted by the BB&B Literacy Advisory Committee of the Northern Healthy Communities Partnership

Parents, how many times have you had your child ask you to read the same book over and over again? Sometimes it seems like you know it off by heart without even looking at the pages! That is absolutely perfect!!! And do you know why? The more times your child asks you to read to him or her, the more you will know that he or she hears the words, sees the pictures, and loves you for the time you spend with them.

The more this happens, the more your baby will begin to understand your words and use them when learning how to talk. This works in any language you choose, Cree, Dene, Mitchef, English or any language there is.

This all begins to happen at about 12-15 months but before that babies need to hear your quiet, soothing voice!! Start as soon as possible, during pregnancy or as soon as you come home from hospital. And Dads have a very important part to play, too. Babies learn to talk from those **around them, so don't be afraid to jump right in and help out!**

The **Babies, Books and Bonding** program for Northern Saskatchewan provides board books for all 6, 12 & 18-month old northern babies at Child Health Clinics, both on and off reserve. For more information, please check with your local Community Health or Public Health Nurse.



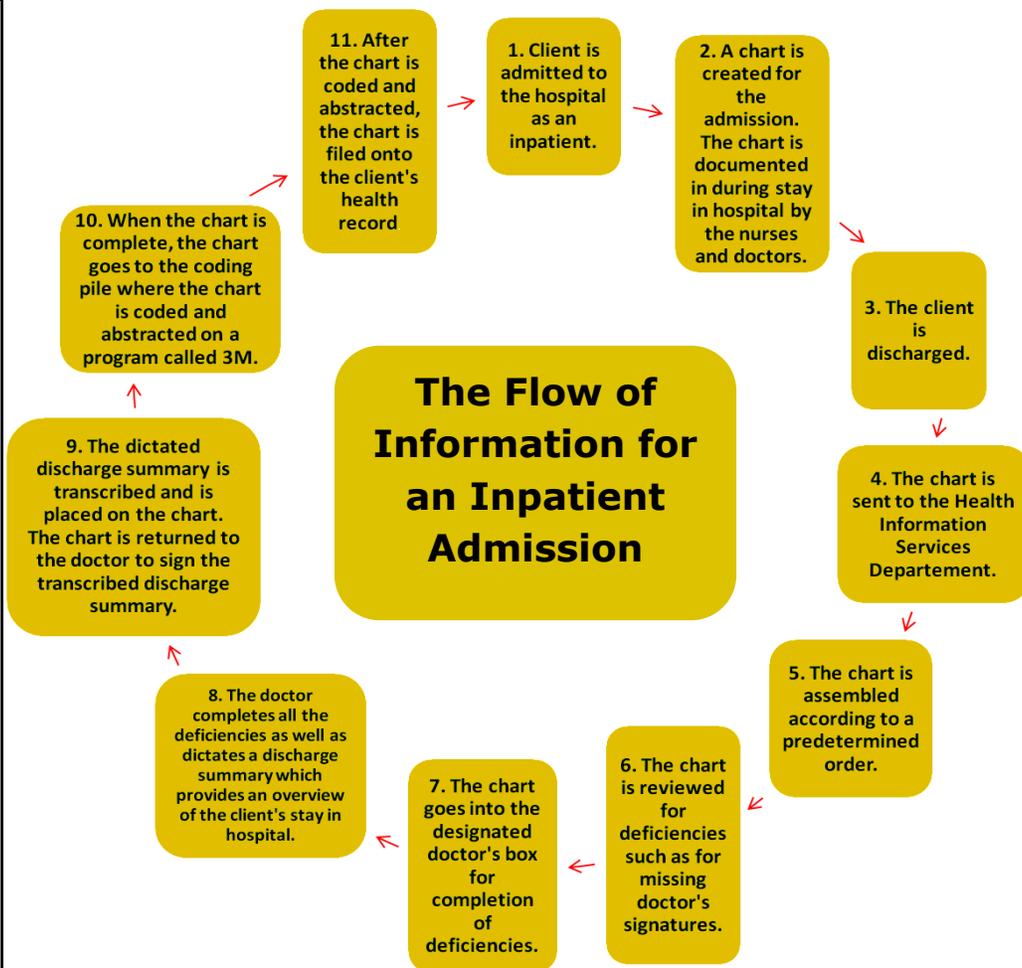
(Left) Public Health Nurse Melanie Beal shares a board book in August with 6-month old Jordyn Pelly and his mother Christina Lindskog. (Above) Jordyn enjoying a book.

Submitted by
Melissa Jesney



Have you ever wondered what happens to your health information once you leave the hospital?

The diagram at the right outlines the flow of information for an inpatient admission, which is someone who stays in the hospital at least overnight.



AED Training



Ryan Cossette (left) and Darcy McPhail demonstrate the techniques they learned in a session conducted by Karyn Steinke, Emergency Planning Coordinator for the Health Region, and TJ Biemans of the Health & Stroke Foundation of Saskatchewan.

An Automated External Defibrillator (AED) is now located in the Mel Heglund Uniplex in La Ronge, the first public access defibrillator in northern Saskatchewan. Thirteen volunteers were trained in its use.

Having quick access to a defibrillator, combined with CPR, greatly increases the likelihood of survival of someone experiencing sudden cardiac arrest.

Go, team, go!

Pictured here are three of the volunteers who responded to a call to help at the La Ronge Ice Wolves game at the beginning of November: (right) Brenda Mishak Beckman and Amanda Mayotte and (below) Cathy Azzopardi.



(Right) TJ Biemans of the Heart & Stroke Foundation and MCRHR's Karyn Steinke spread the word about the new AED at the Uniplex.



Ethics in Accreditation Canada's Standards

Submitted by Cindy Greuel

Ethical issues in health care have increased significantly. New technologies, medications and growing consumer demands along with constrained resources, create the recipe for a rise in ethical questions.

Accreditation Canada's program recognizes these issues and encourages health care organizations to find appropriate methods to address them.

The purpose of the ethics accreditation standards is to ensure that there are processes and structures that facilitate and support:

- Making values and value judgements explicit.
- Encouraging open and informed discussion, deliberation, and decision making about value conflicts and ethical issues.
- Assigning accountability for value judgements and ethical decisions throughout the organization.

Two examples of ethical standards that are embedded into all programs are as follows:

1) The organization has processes for addressing ethics issues and concerns.

- Staff, service providers, students and volunteers are aware of ethics issues surrounding services, the organization's policies and processes available to support ethics decision making.

- The organization sets and uses criteria to guide discussions and decision making concerning ethics issues.
- The organization has a process for investigating and acting on non compliance with the code of ethics.

2) The team has a process to help staff handle ethics-related issues.

- Ethics related issues include decisions about providing, forgoing, or withdrawing life-sustaining treatment, and the use of advanced directives.
- The process should include guidelines and training for staff and service providers to make ethical decisions. It should include guidelines for handling disagreements, both between clients and service providers, and among service providers.
- The team shares its process with client and families.
- Ethics related issues may be addressed by an ethics committee or an ad hoc consultation team. The consultation team may include health service professionals, clergy, or ethicists. An ethics consultation is recorded in the client's file. In addition to clinical consultation, the ethics committee may be involved in policy review and ethics education.

For more information on Ethics and Accreditation, please contact Cindy Greuel at 425-4823.