

Spirit of Mamawetan

Volume 3, Issue 2

Together in Wellness

December 30, 2010



A special guest



Chief Executive Officer Kathy Chisholm had occasion to greet a number of visitors to the health region over the past few months, including Dan Florizone, the Deputy Minister of Health, and the CEOs of the Saskatoon and Prince Albert Parkland Health Regions, Maura Davies and Cecile Hunt, respectively. But perhaps the most special guest was her first grandchild who stopped by for a visit in November. Ronan Calow was born in July to Kathy's daughter Carina and her husband Graham. Congratulations!

Partners in motion



The new Seniors' Hall on La Ronge Avenue is a perfect venue for a program that focuses on exercise and wellness education for seniors, punctuated by lots of fun and laughter. The photo above was taken at the end of June to celebrate the first series of sessions in a program that began as a partnership between the La Ronge Seniors' Club, the Mamawetan Churchill River Health Region, the Town of La Ronge and Pre-Cam Community School. The purpose is to provide socialization, increase strength, and prevent falls through exercise and movement. Several education sessions on topics of interest to the senior population were also provided. The exercise program started up again in the fall and continues through the winter on Wednesday evenings. Everyone is welcome!

Sweetgrass ceremony

The mind, body and spirit are cleansed through a smudging process using sweetgrass. In August, staff in La Ronge had the opportunity to participate in such a ceremony in the Healing Room of the La Ronge Health Centre. For Addictions Counsellor Dave McDonald, who led the ritual, the sacredness of the act begins when he personally gathers and braids the sweetgrass. The belief is that as the smoke from burning sweetgrass is brushed towards one's body, it attaches itself to negative energy. When the smoke clears it takes the negative energy with it, releasing it into another space where it will be regenerated into positive energy. Dave makes a gift of the sweetgrass by ensuring there is always some in the Healing Room for use by clients and staff. Thank you, Dave!



2010 employee recognition

Long service recognition presentations were held in La Ronge in August, Pinehouse in September, and Creighton and Sandy Bay in October. In 2010, 30 employees achieved employment milestones, from 5 years to 35 years! Congratulations!



Cindy Greuel, Bradley Greuel, Wendy Ahenakew



Shala Ricklefs, Linda Mikolayenko, Bryce Graham, Andrew Carolus & Audrey Sanderson



Patricia Skalicky & Karien Haydukewich



Board Chair Joe Hordyski (centre) congratulations Kathy Chisholm (left) and Barb Biliske on 35 years of healthcare service in the North.

2010 La Ronge Long Service Award recipients absent from photos:

- 5 years: Audrey Boyer, Evelyn Hennie, Brenda Mishak Beckman
- 10 years: Larene Bratberg, Helen Croissant
- 15 years: Guy Mabee, Crystal Myslicki, Curtis Skalicky
- 20 years: Cory Haberman
- 30 years: Debbie Taggart



Community celebrations for long service



In conjunction with the Board meeting of the Mamawetan Churchill River Regional Health Authority in Pinehouse in September, Community Health Manager Phyllis Smith was presented with a certificate and gift in honour of 15 years of service. Pictured at left: Susan Halland, Director of Human Resources & Operation; Joe Hordyski, Board Chairperson; Phyllis Smith; and Kathy Chisholm, Chief Executive Officer. Phyllis also received a token of appreciation from Rosalina Smith on behalf of the Pinehouse Interagency Group for her contributions to the group. Rosalina (pictured below), who is also a member of the Pinehouse Community Advisory Network, collaborated with Phyllis to make a presentation to the Board on some of the challenges and successes in the community, as well as new initiatives.



All Creighton staff receiving long service awards for 2010 were able to attend a celebration in October. Pictured below, left to right, are: Brenda Tessmer (5 years); Gord Hill (35 years); Wanda Finlay (20 years); Leigh Anne Trudeau (20 years); and Cheryl Turpin (10 years).



Sandy Bay Community Health Manager Tanya Nateweyes marked 5 years of service with the health region in 2010. Missing from the photo is Myrtle Morin of Sandy Bay, who also has completed 5 years of service.

Congratulations!

Welcome, new Board Members!



In August, the Honourable Don McMorris, Minister of Health, announced the appointment of Ron Pratt of La Ronge and Lorraine Bear of Sandy Bay to the Board of the Mamawetan Churchill River Regional Health Authority. Their appointment brings the number of board members to eight.

You can read their biographies on the Ministry of Health website at: <http://www.health.gov.sk.ca/mamawetan-board-member-bios>

F O R E S T E R S O C I E T Y



The home page of our website features the natural beauty of our region with a rotating photo gallery. While the above photo was taken by Patricia Skalicky outside the region (in Candle Lake), it was too beautiful not to share!



Reflection of sunrise in La Ronge Health Centre
by Pam Martin

Welcome, new employees!

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

- Shirley Sanderson** – Environmental Services Worker
- Rachel Carlson** – Receptionist/Office Assistant
- Krista Gunning** - Licensed Practical Nurse - Acute Care
- Ashtin Burym** - Licensed Practical Nurse - Acute Care
- Kayle Brown** - Environmental Services Worker
- Heather McCallum** - Office Clerk - Sandy Bay
- Shirley Wieler** - Home Health Aide - Creighton
- Mark Crowe** - Nurse A - Acute Care
- Meaghan Helary** - Social Worker
- Robert Ralph** - Nurse C - RN(NP) - Pinehouse
- Curtis Joyal** - Dental Therapist - Creighton
- Laura Kuley** - Health Educator - Community & Youth Asset Coordinator
- Maya Neumann** - Environmental Services Worker
- Bonnie Hamilton Trottier** - Detox Attendant

- Trent Brock** - Licensed Practical Nurse - Acute Care
- Sabina Ross** - Environmental Services Worker
- Jennifer Bird** - Home Health Aide - Sandy Bay
- Sussan Millstead** - Grad Nurse - Acute Care
- Nicole White** - Public Health Inspector (Trainee)
- John Anderson** - Maintenance Services Worker
- Laureen Spence** - Receptionist/Office Assistant
- Carol Arnott** - Health Records Clerk
- Lori Fourstar** - Office Clerk - Sandy Bay



A special welcome to Cheryl Elliot, who, through a special arrangement with the Prince Albert Parkland Health Region, will be providing Chief Financial Officer duties to the Mamawetan Churchill River Health Region for the next while. If you see Cheryl here on her occasional visits, give her a smile!