



# Spirit of Mamawetan

## Dr. Sharma Founder of Canadian Obesity Network Visiting La Ronge

Staff and local residents will enjoy presentations from Dr. Arya Sharma, an outspoken advocate both for better obesity treatments and better societal 'treatment' of individuals with obesity.

Well known in the weight loss community for presenting a more light hearted look at the ups and downs of weight loss, Dr. Sharma is considered an expert in his field.

On September 26<sup>th</sup> Dr. Sharma will target health care staff, dieticians, and the general public in three workshops tailored to each group. Presentations given to medical staff will include gaining a better understanding of the complex, socio-psycho-biological causes of obesity.

The evening presentation, open to community members, will address the struggle of losing or maintaining weight. This is a great opportunity to learn about weight loss from a scientific perspective.

Dr. Arya M. Sharma, MD/PhD, FRCPC is a Professor of Medicine & Chair in Obesity Research and Management at the University of Alberta, Edmonton, Canada. He is also the Clinical Co-Chair of the Alberta Health Services Obesity Program.

### Public Event

**Date:** September 26th, 2013

**Time:** 7:00pm — 9:00pm

**Location:** Jonas Roberts Memorial Community Centre

**Cost:** Event is Free for LLRIB and MCCRHA Community Members

*To Register for the evening program, Please Contact:*

**Tarene Condie, RD  
Community Nutritionist  
tcondie@llribhs.ca  
306-425-1717**

## MCRHR Surges Ahead with Lean

On August 5<sup>th</sup> and 6<sup>th</sup> MCRHR welcomed John Black, Lean consultant hired by the Ministry of Health, and Bonnie Brossart, CEO of the Health Quality Council to tour three facilities in our region. The visit served as a check-up to see how our community is progressing through its Lean journey.

Staff members from key departments in our region presented ongoing projects and received feedback on the improvements they have made with this learning management system, as well as suggestions for further organization and streamlining of services. John provided some positive feedback on the work we had done, but indicated we had a lot more work to do, particularly in ensuring we had improved measurement and accountability for our improvement work.



*Pictured here: Lean leaders John Black and Bonnie Brossart are providing feedback on value stream maps with Andrew McLetchie, CEO.*

The goal of the Lean initiative is an overall improvement to the Health Region, and those it serves. By focusing on the interaction between relationship and the expertise of those closest to the work, good working relationships can be created through "standards of work" and "opportunities to learn." Each department engaged in "value stream mapping," a key tool of the Lean philosophy, allowing departments to analyze how patients proceed through their system, and where improvements can be made.

The Health Region is currently using Lean tools to better track improvements, and to monitor progress towards priorities and goals. While the region is still in its initial stages of learning to map progresses, and how to tackle existing pain points, or frustrations found in daily work, it is well on its way and already enjoying some of the successes that Lean provides.

Teresa Watt, Executive Director of Operational Support, said one of the region's biggest successes thus far "is having us all realize that improvements often are simple and inexpensive." She said their CEO, Andrew McLetchie has thrown his support behind this by encouraging staff to "just do it" and also leading by example. Lean methods focus on the most important person in the health care system, the patient. By following this set of operating philosophies, maximum value for patients is achieved by reducing waste, including the waste of time waiting for service.

## Honour Feast & Long Service Recognition



*(pictured above: Donna Stockdale  
Director of the Population Health*

On August 28<sup>th</sup>, the Board of MCRHR acknowledged their appreciation for the La Ronge area staff and Physicians with their annual Honour Feast.

The Honour Feast is an appreciation to celebrate all staff and their contributions to the organization. The board takes advantage of this opportunity to not only brush up on their barbecuing skills, but to also spend time getting to know staff members.

In appreciation of the long service of our employees, 46 employees throughout the Health Region will be recognized with awards for long service, and celebrations will take place throughout the region.

### This year, we are pleased to honour:

- 40 La Ronge employees
- 3 Creighton employees
- 1 Weyakawin employee
- 1 Buffalo Narrows employee
- 1 Pinehouse employee

## Flu Season is coming!



Stay home when you're sick

Clean your hands

Cover your cough

Get your flu shot

Reference:  
**PICNet**  
Public Health Information  
Network of Saskatchewan  
[www.picnet.ca](http://www.picnet.ca)

## Flu Clinic Dates and Times

A calendar of dates and times for La Ronge flu clinics are now available and can be found at:

<http://www.mcrhealth.ca/media/files/fluclinics.pdf>

Scheduling for all other locations within our region will be posted on this calendar as they become available.

## A Visit from the La Ronge Library Summer Reading Program



*Jan Senik, Employee Patient Safety  
Coordinator uses a black light to  
show a participant from the Summer  
Reading Program the spots that  
were missed after cleaning her  
hands with hand sanitizer.*

Imagine if we could check how clean our hands really are? Well, the children who participated in the La Ronge Library's Summer Reading Program got to find out! The participants not only learned proper hand cleaning techniques through a variety of exercises, they also learned about healthy habits from a variety of experts in the health region. This included a visit from George the Clown and his sidekick Dennis from the Mental Health Department. George and Dennis talked to the children about the different emotions we feel. Children were taught that when they were sad or feeling down, that it's okay to talk to mom, dad, their teacher, or even come to counseling where they can be taught how to cope with their sadness.

The tour went on to include a visit to the Public Health Nurse where they learned all about the importance of immunizations. The Dental Clinic gave them a lesson on how to properly care for their teeth

and keep the "sugar bugs" away. The children left with treats and a new found knowledge of some of the things that go on at the La Ronge Health Centre.

Organizer Millie Goulet, Representative Workforce Coordinator, was pleased with the participation of staff in the event. Goulet said, "by creating an awareness of different health care professions, children are better able to understand the different health careers that are available to them in the future."



*George the Clown and Dennis Nowolsky,  
Mental Health Counselor talk  
to the children about emotions we  
feel.*

## Social Media is Coming to MCRHR!

It's pretty difficult to ignore the Social Media trend...and how many of us use this option not only for a social venue, but we also use it as a means of staying aware of what's going on in our communities.



This fall, MCRHR is launching it's new social media campaign to keep the community in the know! Information from various departments within the region will be updated on a regular basis. We have just unveiled our Facebook page and invite you to "Like" us! Our listing can be found at, <https://www.facebook.com/MCRHealth>.

*This is a great opportunity to stay up to date on what's going on in our region!*

## Applied Suicide Intervention Skills Training (ASIST)

ASIST training has been offered within the region on several previous occasions however there has been a bit of a break in training due to limited trainers. We are pleased to announce that two individuals will be attending the T4T (train the trainer) course in Prince Albert in late September which will increase our Health Region trainers to four.

We plan to offer a round of ASIST training in the community of Sandy Bay in the late fall/early winter utilizing our new trainers. As well, another training session will be offered in La Ronge later in the year.

## Staff Orientation

The week of September 16th was a busy week at the La Ronge Health Centre. More than 20 employees took part in staff orientation, an event that happens throughout the year. Training courses included General Orientation, Respect and Dignity, Service Best-Showing We Care, Aboriginal Awareness, TLR (transfer, lifting, and repositioning of objects and clients), and WHMIS.



*Pictured above, Bill Anderson, Aboriginal Awareness Consultant from Regina gives a powerful presentation on Aboriginal Awareness to participants.*

Introductory and ongoing training keep all staff at the same level of knowledge, and following consistent procedures.

## Breast Cancer Screening at the La Ronge Health Centre

The Screening Program for Breast Cancer (SPBC) is coming to La Ronge. Women 50 years and older are eligible for free mammograms, which will be held in the La Ronge Health Centre parking lot from September 23rd to October 8th.

To book an appointment, call the Saskatchewan Cancer Agency at 1-855-584-8228.



## Pinehouse Staff Re-certify WHMIS:



*As part of the ongoing process to remain current, staff are required to complete a variety of OH&S classes. Along with initial training, staff are also required to demonstrate their knowledge of a topic on an ongoing basis. Pinehouse staff are pictured here writing a quiz to recertify their WHMIS credential.*

## Directors Team Meets for Lean Review

As part of the ongoing Lean journey, the Directors Team met to evaluate where we are and where we need to go in our Lean journey.

This process is part of Provincial Hoshin Kanri or Strategy Deployment process. Hoshin Kanri is a Japanese term roughly translated "point of the compass" and has been adopted by many to indicate the purpose of the process: to focus us on the core goals that we need to pursue in the next year.

The Hoshin Kanri process involves five steps of "catchball", ideas and discussions being handed between Regions and the Provincial Leadership. This process will tie the areas being pursued across the Province with those that we are pursuing regionally and in many departments.

From September 16<sup>th</sup> to 20<sup>th</sup>, our second team of Lean leaders are participating in the North American Tour. This is part of the Lean Leader Training that introduces leaders to how three companies in the US have used Lean to improve their services to customers. The tour also allows teams to develop and work on "mistake proofing" projects; these projects are one of the core elements of the Lean implementation where they look at how to prevent incidences that can or have created harm to patients by focussing and improving the processes we use that allow for this harm to occur. Genevieve Armstrong, Cindy Greuel, Michelle Mackay, and Laurie Zarazun were part of the team from various health regions that participated in this North American Tour.

## Hand Hygiene Facts: Did you know...

- *Damp hands spread 1,000 times more germs than dry hands.*
- *The number of germs on your fingertips doubles after you use the toilet and germs can stay alive on hands for up to three hours.*
- *Right handed people tend to wash their left hand more thoroughly than their right hand, and visa versa.*
- *We have between 2 and 10 million bacteria between our fingertips and elbow.*

*Facts provided by foodlink, c/o Food and Drink Federation, 6 Catherine Street, London, W C2B 5JJ, main sponsors of the 2005 National Food Safety Week.*

## Creighton Long Service Award

On September 16th, Creighton Celebrated their Long Service Awards with an afternoon tea.

Pictured here, Andrew McLetchie is presenting Bonnie Wilcox with an award and gift for 35 years of service. Bonnie is best known as the voice of Creighton Health. Congratulations to Bonnie for 35 years of service!



Congratulations also goes out to Connie McKenzie, and an honourable mention goes out to Lynn Brown who came out of retirement just to get her George Foreman Grill!

### Article From Our Region...

This is the first in a series of articles that will deal with many mental health topics including: Coping with stress, dealing with depression, relationship enhancement techniques, insight into strategies to cope with grieving, and enhancing health by leading healthy lifestyles. Keep an eye on our Facebook page for future feature articles!

## Mental Health: What is it? What are the steps to enhance it?

Dennis Nowoselsky, Mental Health Counselor, MCRHR

"How are you feeling today? How are you?" These are common questions we ask family, friends and work



colleagues. Often, we receive a brief response, such as fine, okay, tired, or sad. Seldom do we take the time to follow up with the reasons or events that influenced the response. The multitude of work or school tasks, family and community responsibilities, and the realities of life such as; financial problems, relationship or parenting issues, or perhaps health concerns can influence our feeling of self-worth our abilities to cope with life stressors.

Many citizens know that if you receive a severe cut or break on your arm or leg, you immediately seek medical attention. But what if your life partner left you, or perhaps a close friend or family member died, and you feel confused, frustrated, fearful, angry, sad, or hopeless? We often hesitate to seek help with our emotional or mental well-being. This is where mental health counselors and pastors can help. They are trained to listen to personal and family problems, and have skills to assist you to discover strengths and coping mechanisms to cope in a positive manner.

There are many definitions of mental health. Personally, I like the one by the World Health Organization which states, "Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

There are steps we can take to improve our emotional mental health. First, surround yourself with positive relationships. People that are overly negative or rude towards others create an unhealthy environment. This includes people that abuse alcohol or illegal drugs and encourage you to join them.

Second, good mental health is influenced by our efforts to achieve and maintain good physical health. Find ways of exercising that are appropriate to your age, interests, physical condition, and place of residence. Walking is an efficient, inexpensive physical activity. Others forms of exercise include picking mushrooms or blueberries, or perhaps taking advantage of local sports fields, ski trails and tennis courts. Another option is physical and mentally stimulating activities such as camping, fishing, hunting, boating and canoeing.

As a long-time mental health counselor, I often hear clients say, "It's hard to avoid my negative friends," or "I can't find time to exercise or enjoy a hobby." This is when we have to remind ourselves that we make choices. Do we want to care for our own well-being? Do we want friends and family who support and encourage us? The choice is ours. The mental health of everyone concerned blossoms when we associate with caring, loving and grateful people. Why not share this experience with the joy of giving flowers, blueberries, bannock, fish or a smile to family friends, acquaintances and strangers in our lives!

Similarly, we need to make a plan to exercise on a regular basis. When we ask a family member or friend to join us, we receive the emotional and social benefits of companionship. It's a win-win situation for everyone – both physically and mentally! The mental health of everyone concerned blossoms when we exercise regularly.

Mother Theresa has a mental health suggestion for you and me, "Let us always meet each other with a smile, for the smile is the beginning of love."

## Our Autism Program is Going Strong!

August 2013 marked the second anniversary of specialized services for people living with Autism in our region. This successful program, is designed to identify the prevalence of Autism Spectrum Disorders within the Mamawetan Churchill River Health Region. The current case load for Autism services in our health region is approximately 85 people ranging in ages 2-18 years.

Initially, a diagnosis of Autism is not required for families to access Autism programs. However, through development of Individualized Family Service Plans, the service strives to support and raise the capacity of children and/or families to address challenging behaviours faced daily.

David Turner, consultant and Virginia Gardiner, ASD Support Worker work as part of the Autism Spectrum Disorders team to conduct a screening process for ASD candidates using the Autism Spectrum Rating Scale (ASRS). The screening results in potentially flagging of suitable candidates for a Centralized Services Team (CST) diagnostic process. The CST is mandated by the ministry of health to provide diagnostic services to rural health regions. For those candidates where Autism is ruled out, Autism services assist the families to find more suitable support services for their child and family.

Congratulations to the Autism Program for two successful years of service!