

Spirit of Mamawetan

Volume 1, Issue 5

Together in Wellness

June 30, 2008



Special Summer Edition

The restrictions that came with the by-election in Cumberland constituency prevented the publication of an issue of this newsletter at the beginning of June, so this edition tries to capture some of the many activities during the past two months. As you can tell, it was a busy time! A time of hard work, learning, and celebrating.

This issue contains quite a number of photographs with the hope that this will help us become more familiar with the **colleagues we don't see** every day.

Thank you to all who have contributed stories and photos. Please continue to send them in.

And have a great summer!

Keep smiling, Kim!

Northern Health Leadership Excellence Awards

As the Mamawetan Churchill River Health Region's Senior Dental Therapist, Kim Christiansen delights in **other people's smiles**. Now, she, herself, has a good reason to keep smiling. On June 11, 2008, she was recognized for her dedication to her profession by being awarded a Northern Health Leadership Excellence Award.

An initiative of the Northern Health Strategy, the awards were presented for the first time this year at a Northern Leadership Forum in Prince Albert.

When the call for **nominations came out, "I immediately thought of Kim,"** said colleague Maureen Howell.

Kim has provided dental services to children throughout Northern Saskatchewan for over 31 years. She currently provides direction to the dental team which consists of three dental therapists and three dental assistants



Joining in the celebration of the award are: (left to right) Jody Roy, Kathy Chisholm, Maureen Howell, Sadie Chave, Kim Christiansen, Brenda Mishak Beckman and Patricia Skalicky.

throughout the region. In her letter supporting **Maureen's nomination of Kim, Brenda Mishak Beckman emphasized Kim's leadership qualities** including her commitment, adaptability and strong personal and professional values.

Congratulations, Kim!



Pinehouse Partnership

On behalf of the Pinehouse Interagency Committee, Ida Ratt-Natomagan (left) and Rosa Tinker accepted a Northern Health Leadership Excellence Award in the Partnership Development category from Northern Health Strategy CEO, Nap Gardiner. Pinehouse Community Health Manager Phyllis Smith submitted the nomination as a way of recognizing the collaborative approach in the community to health issues. Keep up the good work!



North American Occupational Safety and Health Week

True or False? Health care workers compliance with hand hygiene is considered to be less than 40%. That was one of the questions on a quiz



that employees were encouraged to complete during NAOSH Week. With the added incentive of prizes, staff got into the spirit of the week, learning a lot about hand hygiene and personal protective equipment in the process. In the photo on the left, Wanda Findlay stands beside a display that she and Joanne McKeen created in Creighton. On the right, Jan Senik and Colleen Clark check out the results of what bacteria grew from the various swabs taken at the La Ronge Health Centre! The week was a good reminder for everyone to become familiar with the region's Infection Control policies, and, of course, emphasized the importance of washing hands.



The cost of injuries



Did you know that injuries outside the workplace far exceed those that occur on the job?

Gord Moker, Chief Executive Officer of Safe Saskatchewan, made a presentation to staff and the public in La Ronge on May 26, 2008.

His message highlighted that while the annual cost of

unintentional injuries to the provincial economy is \$1 billion, the human cost of pain and suffering is immeasurable.

Every individual has the power to make a difference when it comes to injury prevention in the workplace and in the community. **Let's make safety a part of a better way of life!**

Welcome New Employees

Welcome to the following employees who have joined the health region between March 5 and May 31. A special welcome to the summer students. We hope you enjoy your work experience with us.

Francis Venne, Environmental Services Worker

Mariana Mercredi, Recreation Worker

Cathryn Abrametz, Nutritionist, PHU

Melanie Beal, Public Health Nurse

Danya Schooley, Environmental Services Worker

Jackie Natomagan, Summer Student—SCA/HHA—Pinehouse

Aaron Stockdale, Detox Attendant

Carol Charles, Receptionist/Office Assistant

Sandra Charles, Office Clerk, PHU

Shaun Skogstad, Food Services Worker

Lynn Brown, Medical Office Assistant, Creighton

Lynnette McCallum, Summer Student, Client Attendant, Pinehouse

Rance Ball, Detox Attendant

Brock Senik, Maintenance Services Worker

Jayne Robertson, Summer Student, SCA/HHA

Florence Sanderson-Turner, Environmental Services Worker

Faster! Higher! Stronger!

Northern Physical Activity Month



Alice Nasselquist of Creighton submitted these photos of her children, Lia (left) and Tory (above) participating in Track & Field events.

Congratulations to everyone who made a special effort to get active during the month of May!



Glenda Garcia (left), our dietitian, was one of the recipients of a prize pack courtesy the Northern Healthy Communities Partnership. Glenda is a certified fitness instructor, and, in addition to being active herself, volunteered her time on Saturdays to hold free "core conditioning" classes at Pre Cam Community School in La Ronge.

Thank you, Glenda!

Breastfeeding Education



Linda Wright simply wants to get the message out that "breastfeeding is normal". Linda is a lactation consultant at Royal University Hospital in Saskatoon, but she was in La Ronge to share her message and her expertise with health professionals and interested members of the public. In an open evening presentation, she was assisted by moms who shared their own personal experiences.

Pictured here are (back row) Jeannie Coe, Primary Care Nurse, Colleen Clark, LPN, Kids First/Breastfeeding Promotion, Patricia Skalicky and son Cooper. (Front row) Joanne Merasty and Linda Wright, holding a doll, not a real baby!

Welcome New Baby ...and how quickly they grow!



A daughter for Audrey & Dan Boyer
Mackenzie Wanda Gisele
Born June 9, 2008; 5 lbs. 13 oz.

Patricia & Cooper Skalicky & Benjamin & Shala Ricklefs share a special moment.



Leadership Team Development



Denise McIntyre (left) of The Learning Edge, based in Saskatoon, spent two days with the Leadership Group in June. She presented a program entitled "Leading to the Next Level". The time spent away from day to day

responsibilities gave the group members an opportunity to reflect on their strengths as team members, and to explore ways of enhancing the way they work together. The insights gained will also be helpful as managers work with their own program teams.



Break and Learn

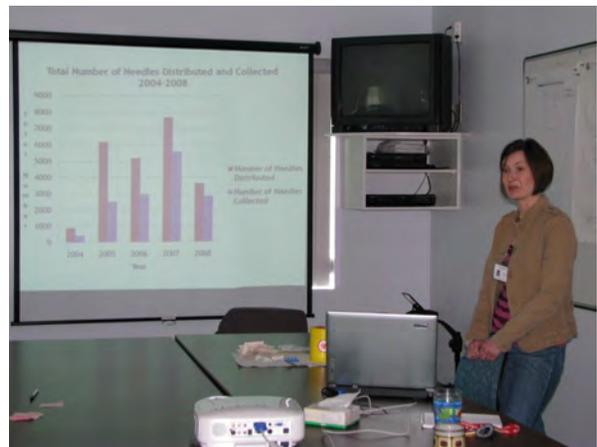
How much can you learn in half an hour? **You'd be surprised!**

For the last number of months, the Health Promotion team has organized a range of information sessions presented in La Ronge and made available across the region via Telehealth. Some have had professional application, and some have had personal benefits, as we strive to be models of wellness in the community.

A break in the morning or afternoon provides an opportunity to meet with colleagues, share a snack and be inspired to learn more.

Thanks to all who have shared their expertise!

(Right) Deanna Bartok explains the Needle Exchange Program.



Sadie's Walk

Sadie's Walk is an annual event designed to raise awareness of diabetes in communities, to stand together with all people living with diabetes and to remember those who have passed on due to diabetes. Most importantly, it is to encourage active living and a positive, healthy lifestyle for all ages. A number of health region employees participated in this year's walk.



National Nurses Week



Food, flowers, cards, cakes, and a simple word of thanks were among the ways nurses throughout the region were recognized for their contributions during National Nurses Week in May.

Licensed Practical Nurses, Registered Nurses, Registered Psychiatric Nurses and Registered Nurse/Nurse Practitioners perform a wide variety of roles in many different settings.

Thank you for all that you do!

Photos from the National Nurses Week!
(Top Left) Patricia Wolkosky joins fellow co-workers in the cafeteria (Top Right) Ellen Klassen, Director of Nursing frying up Burgers. (Right) Laurie Senft and Jody Wilson, enjoying a break, sponsored by MCRHR in recognition of National Nurses Week.

Northern Hospitality Conjoint Meeting

The "conjoint meeting" is an annual meeting of MHOs, Public Health Nurse Managers, Public Health Inspection Managers and Population Health Promotion leads, including representatives from the Ministry of Health, Health Canada and the Northern Inter-Tribal Health Authorities.

From May 27-29, La Ronge hosted 60 attendees from across Saskatchewan.

In addition to meeting, networking, collaborating, evaluating and planning programs, they had an opportunity to see our community, experience the beauty of our area and enjoy northern hospitality!

Jim Wallace of Sunrise Health Region, right, was the lucky recipient of a northern print, courtesy Garry Thompson.





Just because Earth Hour and Earth Day have come and gone for another year, that doesn't mean that we can forget to look for ways to save energy and resources.

What has your area done lately to "go green"?

Did you know that the La Ronge Health Centre has a box for collecting dead batteries? It is located in the Front Reception area. Use it rather than throwing batteries in the garbage.



Connected!

The Creighton Health Centre received its **Telehealth** capability in January and since then it has been extensively used for meetings and education sessions—a great time & cost saver!

New Date
July 26!

Live music before and after the banquet featuring James Irvine and Company! Extra banquet tickets available for \$30.

Swing FORE! Health

Mamawetan Churchill River Health Region

**Fundraising
Golf Tournament**
for New Ultrasound Equipment
Saturday, July 26, 2008
Eagle Point Resort, La Ronge

Lots of other great prizes!
Chipping Contest!

"Texas Scramble" Format—18 holes
Grand Prize: Elimination Draw
Golf Getaway for 4 at Elk Ridge
Hole-in-One Prize: \$10,000

Entry Fee: \$100/golfer; \$400/team
Lunch and Banquet included.
Forms available online: www.mccrha.sk.ca
or at your local Health Centre.

Call Kim Vancoughnett at 425-2422

Together in Wellness



Accreditation Survey Week



The Accreditation Survey team of (above, from left) **Lee Hall of British Columbia, and Kelly O'Brien, Sylvia Young and Joan Whalen of Newfoundland** spent the week of June 15-20, 2008 in the health region. They met with staff, clients and community partners as part of a process of assessing how the region measures up to national standards.

At the end of the week, the team presented an initial overview of their observations, including strengths and opportunities, and we are now awaiting a detailed report. Thanks to all who made an extra effort during an intense week!

There will, no doubt, be work ahead, but Friday was a good time to celebrate with some ice-cream!

(Left to right)

Francis Venne,
Evelyn Hennie,
and Florence Sanderson-Turner

