

# Spirit of Mamawetan

Volume 1, Issue 2

Together in Wellness

March 6, 2008



## Welcome!

Since the beginning of the new year, 12 new employees have joined our health region in La Ronge.

In no particular order, they are:

**Jacque Hakes**, Manager, Health Promotion Services

**John Bower**, Public Health Inspector (PHU)

**Melissa Jesney**, Health Information Management Coordinator

**Carley Kostyshyn**, Nurse A, General Duty Nurse

**Glenda Garcia**, Regional Dietitian

**Stuart Phillips**, Information Technology Senior Analyst

**Michelle Francais**, Licensed Practical Nurse

**Peggy Ratcliffe**, LPN, Working Supervisor, LTC

**Robert Manners**, LPN

**James de la Pena**, Occupational/Physical Therapist Assistant

**Annie McLeod**, Special Care Aide/Home Health Aide

**Gregory Phillips**, Environmental Services Worker

We're looking forward to working with you!

## Health Fair in Pinehouse



Pinehouse hosted their annual health fair on January 24, 2008. Representatives from MCRHR staff in Pinehouse and La Ronge joined with partner agencies to present information on topics such as: dental health, diabetes, water safety, Fetal Alcohol Spectrum Disorder, Kids First North, blood pressure and blood sugar level checks, literacy, addictions, pharmacy prescriptions, foot care, Acquired Brain Injury, nutrition, binge drinking and much more.

This is just one of many ways Pinehouse residents benefit from staff expertise and the partnerships that have been established with other service providers.

## Remembering Paulette Mehl



It is always hard to say good-bye to a colleague.

Paulette Mehl was a registered nurse for over 40 years and spent many of those years providing care for northern residents here at the La Ronge Health Centre and the former La Ronge Hospital.

Paulette passed away on February 8, 2008. Health region staff have contributed to a fund that will honour her memory at one of her favourite places, the Elk Ridge Resort.

Our deepest condolences to her family, her friends, and her co-workers. She will be missed.



Mamawetan Churchill River Health Region  
Fundraising Golf Tournament  
Saturday, June 7, 2008 Eagle Point Resort, La Ronge

# Swing FORE! Health

We have a new theme.  
We have a date and location.  
We need Golfers! Sponsors! Volunteers!

Contact: Chalsey Robinson @ 425-4828  
Chalsey.Robinson@mcrhra.sk.ca



As individuals, and as employees of the health region, we are challenged to increase our awareness of the impact of our actions on the environment. Simple things can make a big difference. Here are some ideas that are already being implemented in the workplace:

- Place recyclable paper in blue bins.
- Limit the number of handouts at meetings by using a data video projector to share information.

Submit your success stories for the next newsletter: Linda.Mikolayenko@mcrhra.sk.ca

## Safety & Cell Phones

"Cell phone driving is the drunken driving of the new millennium."  
*Dan Carney, Washington Post*

University of Utah researchers determined that motorists on the blood-alcohol threshold of being legally drunk (0.8) drove better than sober cell phone using drivers; therefore, cell phone drivers are **more likely to crash than drunk drivers.** (Scary isn't it!!)

Motorists who use cell phones while driving are four times as likely to get into serious crashes where injury is done to themselves.

The risk of a crash was the same whether hands free or hand held device was used.

As many as 40 countries restrict or prohibit the use of cell phones while driving, and many places in Canada are now doing the same.

What can you do?

- Turn off your cell phone and let your voice mail take incoming phone calls.
- If you need to make a call, pull over into a safe place out of traffic areas and then take or make your call when safe to do so.
- Even if you are using hands free devices, avoid stressful or emotionally upsetting conversations and do not make notes.

Please Work Safe Behind the Wheel!

For more information call or email  
Cindy Greuel  
Employee and Patient Safety Coordinator  
[Cindy.Greuel@mcrhra.sk.ca](mailto:Cindy.Greuel@mcrhra.sk.ca) Phone: 425-4821



## Tropical theme for March 13th

We're "getting together" on March 13th for some fun and learning.

There are two opportunities to join in: 1:30 p.m. to 3:00 p.m. and 6:30 p.m. to 8:00 p.m.

Our special guest is Doug Robertson, who will be in La Ronge for the event, but will be connected to staff in Creighton, Pinehouse and Sandy Bay via Telehealth.



Doug Robertson lives and works in Saskatoon as an organizational development consultant and has done many presentations over the past few years to a variety of groups. **Doug's mission** is to help people and groups enjoy their lives and achieve their goals.

Come prepared to laugh, and reflect with colleagues and friends on life and work at MCRHR.

Take a look in your closet and find something with a tropical theme to wear! Beverages and snacks will be provided.

All staff, regardless of occupation, are encouraged to attend. Board members have been invited as well.

**Let's leave winter behind, and move towards spring re-energized!**

