

Spirit of Mamawetan

Volume 2, Issue 3

Together in Wellness

May 27, 2009



Achieved!

After many months of hard work, the Mamawetan Churchill River Health Region has achieved its Accreditation status from Accreditation Canada. The decision issued at the beginning of April: Accreditation with Condition (Report and Focused Visit). This means the region has met national standards for quality for health services.

The accreditation process is a continuous one, involving all staff in the region, with the Survey Week, which took place in June, 2008, only being one part of it. Surveys were completed, teams formed, and new policies and practices were developed and implemented. All evidence was documented.

The Board has commended staff for all their efforts in achieving this goal.

There is still work to do, but do take time to celebrate! An Accreditation Party will take place on June 9th. Join in the fun!

Preceptors honoured



Back row (l. to r.): Donna Stockdale, Carley Kostyshyn, Cathryn Abrametz, Blaire Schwartz, Jennifer Johnson, Chalsey Robinson. Front row: (l. to r.) Kim Schommer, Jennifer Radloff, Melanie Beal, Amanda Mayotte.

Absent: Greg Brakstad, Denise Legebokoff, Bryce Graham, James Irvine, Deena Slugoski, Joanne McKeen, Bill Cannon, Michelle Moore, Pat Wolkosky, Rediate Mesfin, Maxwell Young, Michael Fry.

Thank you!

Preceptoring students is a vital part of the training and education of new health professionals. Preceptors make time in their regular workloads to share their expertise and guide students.

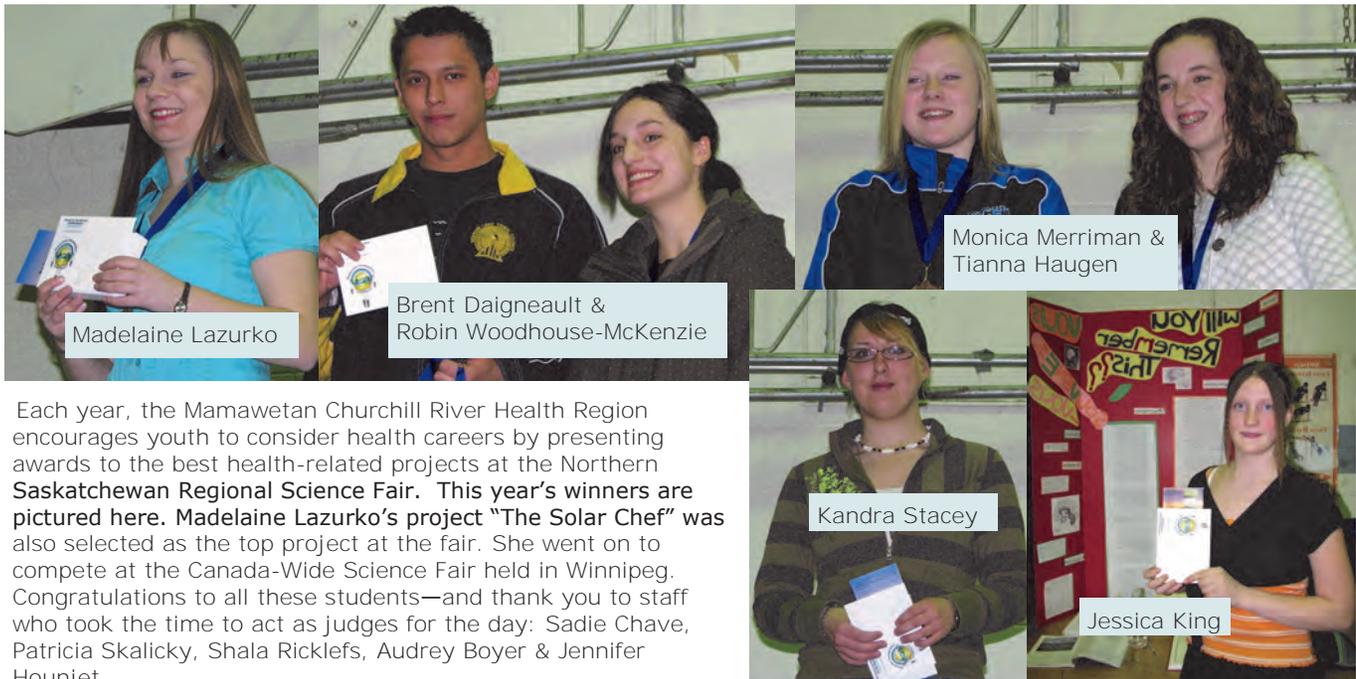
On April 21, 2009, a Preceptor Recognition Buffet Luncheon was held at the La Ronge Hotel & Suites to thank staff who have taken on the important role of mentoring students in the past year. Along with a gift, preceptors received a letter of commendation from the CEO, and a voucher for \$100 to be applied to a professional educational event, journal or other professional resource.

SRNA Award

Congratulations to the Primary Health Care Nursing Group who was recently awarded the **2009 Saskatchewan Registered Nurses' Association Granger Campbell Award for Clinical Excellence**. Included in the group are registered nurses who work in primary care throughout the region. Brenda Mishak Beckman, Director of Primary Health Care (right), accepted the award on behalf of the group at an awards ceremony in North Battleford on May 6, 2009.



Science Fair Health Award Winners



Madelaine Lazaruko

Brent Daigneault &
Robin Woodhouse-McKenzieMonica Merriman &
Tianna Haugen

Kandra Stacey

Jessica King

Each year, the Mamawetan Churchill River Health Region encourages youth to consider health careers by presenting awards to the best health-related projects at the Northern Saskatchewan Regional Science Fair. This year's winners are pictured here. Madelaine Lazaruko's project "The Solar Chef" was also selected as the top project at the fair. She went on to compete at the Canada-Wide Science Fair held in Winnipeg. Congratulations to all these students—and thank you to staff who took the time to act as judges for the day: Sadie Chave, Patricia Skalicky, Shala Ricklefs, Audrey Boyer & Jennifer Hounjet.

Health Risk Assessment—What's in it for you?

As of the end of April, more than 110 MCRHR employees have participated the MCRHR's Health Risk Assessment project. The purpose of the project is twofold: to provide MCRHR staff with the opportunity to receive their own, personal (confidential) health profile inclusive of health age, wellness score, health risk factor assessment, and recommendations for positive lifestyle changes, and to provide the region with an aggregate (de-identified, statistical) report that will be used to plan health promoting initiatives that seek to enhance the quality of our workplace.

The aggregate report will identify top health issues and concerns that are prevalent throughout the organization, the stage and level of readiness for change in these areas, and recommendations for actions to improve the health and well-being of our healthcare workforce. It will also include comparable provincial/national health data and a profile of a healthy company as outlined in the scientific literature.

Aside from receiving a personal health profile, staff who choose to complete their health risk assessments will:

- *Be eligible to enter the grand prize draw for a mental health and well-being break at Elk Ridge Resort in Waskesiu (value: \$500).
- *Have access to an extensive online health information library.

The MCRHR Wellness Team launched this quality workplace initiative in February and recently extended the deadline into June.

For more information, or to book a time to have your health risk assessment completed, please contact Amanda Mayotte, Diabetes Nurse Educator, Ashlie O'Grady, Youth Health Promotion Coordinator or Jacquie Hakes, Manager of Health Promotion Services.

What staff are saying about the Health Risk Assessment...

"It reinforced some of the things I already knew, but motivated me to start doing something about them. I've now started exercising more regularly."

"I was surprised to discover that I had diabetes, but was glad to be able to begin to address it."

"It's wonderful that the organization cares for employees' wellbeing."

"It was absolutely informative—and inspiring. I want to try to lower my health age."

"It was fun!"

Tribute to former Board Members



At a banquet on March 27, 2009, Board Chair Joe Hordyski paid tribute to Board Members who completed their terms of service to the Regional Health Authority. Hordyski presented framed photos of their respective communities to (left) Al Loke, La Ronge (2004-2009), (centre) William Dumais, Southend (1997-2009) and (right) Charlene Logan, Creighton/Flin Flon, SK. (1997-2009). Unable to attend the event were Larry Beatty, Deschambault Lake (2004 -2009), Peter Bear, Sandy Bay (2002-2009), Ida Ratt-Natomagan, Pinehouse (2004-2009) and Mary Denechezhe, Wollaston Lake (1997-2009). Denechezhe also served as Vice-Chair of the RHA. Their commitment has been very much appreciated.

Gavel presentation



Al Rivard (left) receives a gavel and engraved gavel stand, the symbol of office as former Chairperson of the Mamawetan Churchill River Regional Health Authority, from incoming Chairperson Joe Hordyski.

Al served as Chairperson from 2005 to February, 2009. He has been a dedicated board member from La Ronge since the formation of health districts in 1997, and was reappointed to another three year term in February.

In the past he has served on the board of the Saskatchewan Association of Health Organizations, and is currently a member of the **region's Quality as a Business Strategy team.**

He continues to represent the interests of residents in the Mamawetan Churchill River Health Region on the board of the NOR-MAN Regional Health Authority.

Remembering Peter Bear

Condolences to the family and friends of the late Peter J. Bear who died tragically on March 28, 2009. Their grief is shared by the board and staff of the Mamawetan Churchill River Health Region, and, in particular, the staff of the Sandy Bay Health Centre.

Peter served on the board of the Mamawetan Churchill River Regional Health Authority from 2002-2009. He also acted as a First Responder for

many years. In addition, Peter was on the board of the Northern Lights School Division. He was committed to a better future for children in the North.

The happy photo on the right was taken in August, 2008, as Peter took his turn at the barbeque during the Honour Feast for employees held in La Ronge.

He will be remembered.



Thanks for a job well done!



Sherry Hornung (top, right) has been working as a casual nurse at the La Ronge Health Centre for the past six years. "One person I feel deserves recognition is Susan Sanderson," she says. "I have to commend her on the great job she does; it is obvious that she takes great pride in her work. She is always so pleasant and it is so nice to come in the morning and see her smiling face. Thank you, Susan, for making this an awesome place to be a part of."

Thank you, as well, to all the Environmental Services Workers who contribute to the cleanliness of our facility: Theresa Ulriksen, Bev Fleury, Deberah Durocher, Irene Sanderson, Gloria Dufresne, Sarah Schell, Patricia Morin, Coralee De Wall, Ruth Bacon, Lorna Charles, Shirley Ray and Leonard Walker.

Foot care clinics



Podiatrist Dr. Brian Brodie with LPN Bonnie Mahoney

Podiatrist Dr. Brian Brodie travels from Regina every four weeks to conduct three days of clinics at the La Ronge Health Centre. The waiting list for new referrals is six to nine months. A large number of his referrals seem to be ingrown toenails on young teens, and even on babies. This is a health education issue. Teens need education on proper nail cutting and the hazards of wearing footwear that is too small. Mothers need to know that babies should not wear sleepers and socks that are too tight. Dr. Brodie has hosted two clinics on basic foot care, proper nail cutting, and on the foot and diabetes.

The La Ronge Homecare program has been training assistants for Dr. Brodie and is now holding regular monthly foot care clinics in Sandy Bay, Pinehouse and Weyakwin/Ramsey Bay. In the near future, Homecare is looking to partner with the diabetes and baby wellness programs, in conjunction with the podiatry program, to deal with some of the above issues. Foot care/Wellness clinics are held in La Ronge the first Monday of every month, Pinehouse on the last Thursday of every month, Weyakwin on the last Wednesday of every month, Ramsey Bay on the third Monday of every month, and in Sandy Bay on the third Wednesday of every month. Creighton Home Care holds regular foot care/ wellness clinics in Creighton and Denare Beach.

Let's review...What is Ethics?

Submitted by Donna Stockdale on behalf of the Ethics Committee



Ethics Committee members with guest presenter at workshop in La Ronge:

Front row (l. to r.): Donna Stockdale, Denise Legebokoff, Sharyn Swann, Josie Searson.

Back row (l. to r.) Cindy Greuel, Victoria Seavilleklein (Alberta Provincial Health Ethics Network), Barry Giles.

"For every human problem, there is a solution that is simple, neat, and wrong." – H.L. Mencken

Ethics refers to standards of right and wrong that help people know what they ought to do. Ethics also means the continuous study of our own moral beliefs and our moral conduct, and striving to ensure that we and our health region live up to standards that are reasonable and solidly-based.

Your Ethics Committee has two main objectives:

Health region staff are knowledgeable about Ethics; and The Ethics Committee members have the knowledge, competency, and confidence to help health region employees make ethical decisions.

To help meet these objectives, an ethicist from the Alberta Provincial Health Ethics Network made two presentations on April 14, 2009. Victoria Seavilleklein, PhD presented *An Introduction to Health Ethics* for all interested staff in the morning and *Health Ethics Committees* in the afternoon for Ethics Committee Members, interested Board Members and Senior Management. The committee was glad to hear we are on the right track with our workplan. Ethics committee members are increasing their knowledge and honing their skills. After much hard work (and some fun!) we will have teams ready by the spring to help staff and managers sort through how they can decide what to do and avoid moral distress. Each situation will be different.