

Spirit of Mamawetan



Two good reasons to get your flu shot!



Dray-Anna Ray



Ashlee McKay

As a healthcare worker, influenza vaccination will protect your clients —as well as your co-workers, your friends, your family and you! It's free for employees, volunteers, and Board members.

Looking out for youth

Submitted by Caroline Ohrn

"We look out for the younger dudes so the next generation doesn't go down bad."



Kick your shoes off, and come on in! "Project Hope" welcomes all youth.

That was one youth's answer to the survey question we posed - "What do you think our program does?"

A.P.R.S. Youth Services, or "Project Hope" as it is known to the youth of La Ronge, is an outpatient centre that offers a wide range of activities and services to youth and their families.

We are an MCRHR program located at 230 Boardman Street in La Ronge. Our building is connected to, but has a separate entrance from, the Kikinahk Friendship Centre.

We offer drug education and counseling services for issues related to drug and alcohol abuse to youth ages 13-17.

Our After School Drop In Program gives young people a place to gather, engage in fun activities and socialize in a comfortable, safe environment. Activities range from playing X-box games like Rock Band, to learning to sew, do beadwork, painting or pottery and a myriad of other possibilities.

We provide drug and alcohol education sessions to schools within the Health Region, working closely with the Churchill Community High School, CCHS Learning Centre, Weyakwin and Gordon Denny Schools. Integration of services with the schools is key since we must go where the youth are if we wish to gain their trust and let them know we are here to help.

Our programs are activities based, and focused on helping youth learn to make choices that will lead to a healthy, successful lifestyle.

Strategic plan revisited

The MCRRHA Board met with senior managers for a weekend retreat in Waskesiu in September to review the mission, vision and values and strategic plan.

Laura Soparolo (right), a Regina-based consultant, facilitated the event. Laura was involved with the region in the development of the current mission statement and strategic plan.

The strategic plan is a dynamic document and will be updated as the region responds to changing needs.



The Three Questions Approach

Submitted by the Ethics Committee

We all need to make ethical decisions on a regular basis in our daily work. The region's Ethics Committee has been exploring several different decision-making models than can guide us through this difficult process. We will be submitting to the newsletter summaries of these models. If you would like to explore any of them further, please feel free to contact any one of the Committee members. Below is a summary of one of these models.

A quick overview of the Three Questions Approach to Decision Making

The first question, **"On careful analysis, what is the right thing to do for you personally?"** asks you to identify and make transparent how you feel about the issue and

what values and biases you are bringing to the situation. It also asks you to identify who you most sympathize with in the situation (the patient, family member, medical personnel, etc.). Your decision is a product of your religious, philosophical, political and other biases that must be acknowledged when dealing with ethical issues. Once you achieve this awareness of yourself, then you will be able to know what option / alternative you would personally prefer if you were in the same situation and **WHY**.

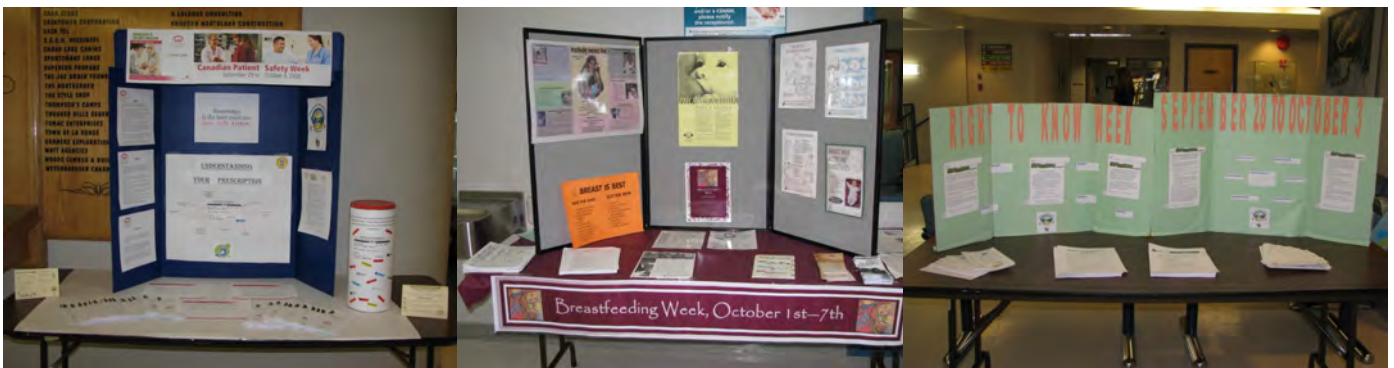
The second question, **"Whose decision is it?"** seems deceptively simple, but it can be very complex and difficult when there are conflicted parties. We, in Canada, and most

other western societies, acknowledge that the individual has the right to make his/her own decisions, providing they understand the medical facts and have the ability to make an informed decision. Having everyone agree on whether someone **"understands the medical facts"** or is able to **"make an informed decision"** is often a difficult process.

The third question, **"How should the resolution process be facilitated?"** asks us to seek next steps that best address the problem in a sensitive and compassionate way, such that the critical relationships of those in the situation are supported.

See the back page for a list of the current Ethics Committee members.

A week of Weeks



Part of the team

Four new employees joined our health region during August and September. Welcome to:

Laurel Mackie, Mental Health Therapist, Creighton (Casual)

Ashlie O'Grady, Youth Health Promotion Coordinator

Chelsea Iron, Dental Aide, Pinehouse

Sarah Schell, Environmental Services Worker

Welcome, as well, to **Dr. Monika Dutt**, who joined the Population Health Unit as the Deputy Medical Health Officer.

Dr. Dutt has a Masters of Public Health degree from Harvard and her experience includes work in a variety of locations, including Toronto, Uganda and Nunavut.

(Right) Dr. Dutt delivers a "Break & Learn" presentation during Infection Control Week on "Inequities and Infections".



Play Therapy

Submitted by Pam Martin



Puppets, coloured blocks and a box of dress-up clothes are among the tools used by Child and Youth Mental Health Worker, Pam Martin.

Play therapy is a modality of therapy which uses the process of play to resolve emotional issues. Clients express themselves through a variety of means including art, sandplay, dramatic and fantasy play. Play therapy allows the client to work through trauma at the developmental stage at which the trauma occurred. Using metaphor in play, the client is also able to work

length" from the trauma, thereby rendering it less threatening. The client is able to give expression to experiences and emotions for which they frequently have no words. The

"The play therapy room is a safe place where the client is given complete acceptance..."

play therapy room is a safe place where the client is given complete acceptance, support and the opportunity to heal. In addition to children, Play Therapy can be used with adults who have experienced trauma or abuse as children. As part of the Mental Health/APRS team, I do not take direct referrals. All referrals go through our Intake Supervisor, Jim Williams.

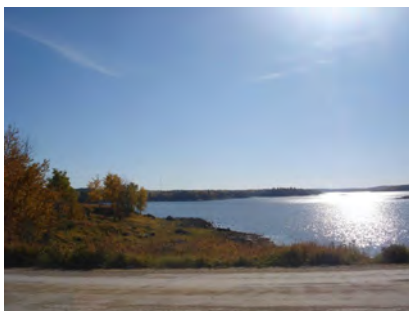
For the safety of clients and workers



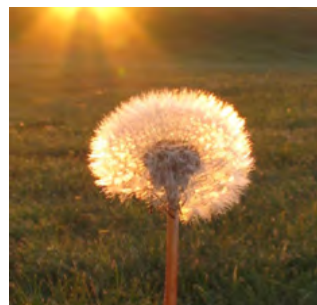
Staff at the La Ronge Health Centre listen attentively as Scott Gray of Schaan Healthcare demonstrates new safety equipment.



In our own back (or front) yard



There is beauty in every season, and we don't need to go far to see it. Gwen McCallum of Sandy Bay says the photo on the left is the view from her front door! The two pictures on the right were taken on the grounds of the La Ronge Health Centre by Linda Mikolayenko.



Ethics Committee Members

Dr. Betty Spooner	Sharyn Swann
Barry Giles	Donna Stockdale
Cindy Greuel	Phyllis Smith
Gordon Hill	Tanya Nateweyes
Josie Searson	Denise Legebokoff

Ethics Committee members are appointed by the Board. The Committee has had representation from other groups, such as the Lac La Ronge Indian Band, Métis community, and La Ronge Ministerial Association. It is currently recruiting to replace those members who are no longer able to serve.

Give Thanks—Give Blood

When you give blood, within days, your donation will improve or save the lives of Canadians. And **if you've ever wondered just what kind of difference your donation makes, you'll know** when you read some of the stories at www.ThankYourDonor.ca

The Canadian Blood Services says patients need 880,000 donations this year. While there are no blood donor clinics within our health region, **if you're attending a meeting or planning a shopping trip to Prince Albert or Saskatoon, why not plan to give blood, as well?**

To book an appointment, call 1 888 2 Donate (1-888-236-6283) or go to www.blood.ca

First Responders: *Volunteers that could save a life*



Seated: Thomas Ross Front Row: Karyn Steinke, Grace Goertzen, Susan Morin, Nancy Ballantyne, Selena Hancheroff, James Gosman Back Row: Lorna Charles, Flora Ninine, James Ballantyne, Roy Eninew, Mavis Clarke, Lamarr Oksasikawiyin

Volunteer first responders from Southend, Hall Lake, Stanley Mission, Deschambault Lake and La Ronge, completed a week long College of Paramedic program instructed by Karyn Steinke, Emergency Planning Coordinator for the health region. First Responders are dispatched to an emergency only after the local ambulance service has been notified. They provide Basic Emergency Treatment and support for the patient while awaiting the ambulance. There are currently 28 active first responders in the health region. The program operates in cooperation with Lac La Ronge Indian Band Health Services and Peter Ballantyne Cree Nation Health Services.

The heart of the community

As the Volunteer Coordinator at the La Ronge Health Centre, Cheri Wolkosky matches the time, talents and energy of individuals with tasks that complement the work of staff or other community services. Here are just a few examples of how volunteers contribute to the well-being of our clients.

United Church Minister Heather Wyatt takes a turn at conducting worship services at Nikinan, and also takes time to visit with clients at the Health Centre.

Conexus Credit Union, as an organization, for many years has made a **commitment to deliver "meals on wheels"**.

"Volunteers—the heart of the community" was the theme of an appreciation luncheon in September. Thank you, volunteers!

Pictured (left to right) are Cheri Wolkosky, Heather Wyatt, (top right) Doris Evans and (bottom right) Shelly Radloff and Coralie Ylioja.

