

Spirit of Mamawetan



Welcome!

Welcome to the following employees who have joined the health region during June and July. Best wishes to the summer students who have returned to their studies.

- Pamela Martin**, Social Worker
- Nicole Carter**, Prenatal Nutrition Coordinator
- Sandra Charles**, Office Clerk
- Eldon Bird**, Environmental Services Worker
- Carol Merasty**, Detox Attendant
- Lorna Charles**, Client Attendant (Summer Student)
- Meaghan Beatty**, SCA/HHA
- Jamie Iron**, Client Attendant (Summer Student)
- Chelsea Iron**, Client Attendant (Summer Student)
- Joanne Natomagan**, Client Attendant (Summer Student)
- Raegen Street**, SCA/HHA
- Heather Moebis**, SCA/HHA
- Sandra Horne**, SCA/HHA
- Patricia Morin**, Environmental Services Worker
- Robin Hanson**, Unit Clerk
- Patsy Natomagan**, Recreation Worker
- Amelia Irene Sanderson**, Client Attendant (Summer Student)
- Paula Lock**, Nurse A

Camp Healthy Bear

Submitted by Jacquie Hakes



(Above) Joan Olsen was one of many volunteers at Camp Healthy Bear. Others included:
 Amanda Mayotte
 Glenda Garcia
 Jeannie Coe
 Irene Venne
 Jacquie Hakes
 Colleen Clark
 Sadie Chave
 Brenda Mishak Beckman
 Kim Schommer
 Stephanie Young
 Jennifer Johnson
 dianne hallberg
 Krista Ray
 Jennifer Radloff
 Jody Roy
 Karien Haydukewich
 Jeff Irvine
 Cindy Greuel
 Sandi Charles

Over 250 children registered their teddy bears and plush animals at the first Camp Healthy Bear held in conjunction with the La Ronge Children's Festival at Patterson Park on July 1, 2008.

It was a great opportunity for them to learn about diagnostics, summer safety, the importance of good nutrition, physical activity, dental care, water safety,

public health clinics and visits, and mental health and well-being.

The Adoption and Book Den stations were hopping all afternoon thanks to the ample supply of books and animals that were donated.

Building on the success of this year, plans are already in the works for a Camp Healthy Bear 2009.



Festival visitor Brandt and his bear Justin stop by at a safety station, while KayLyn Beckman surveys the plush toys.

New Deputy Minister

Dan Florizone was appointed Deputy Minister of Health effective August 1, 2008. He was formerly the Chief Executive Officer of the Five Hills Health Region and Chairperson of the Saskatchewan Health Quality Council.

He holds a Master of Business Administration degree from the University of Regina and a Bachelor of Commerce degree from the University of Saskatchewan. He has almost 25 years experience in the health care sector across the province.

Gren Smith-Windsor, who served as Acting Deputy Minister since November, is Associate Deputy Minister.



Swing FORE! Health Success



With the enthusiastic support of sponsors, donors, golfers and volunteers, the Mamawetan Churchill River Health Region hosted another successful fundraising golf tournament on July 26, 2008 at Eagle Point Resort in La Ronge.

Fifty golfers, including three teams from Pinehouse, participated in the event which included 18 holes of golf, lunch, an awards banquet, and musical entertainment by James Irvine and Company.

The winners of the draw for an Elk Ridge golf getaway were Doug Chisholm, Graham Calow, Donna Stockdale and Jim Andrews.

A [news release](#) with more details is posted on the region's website.



(Top left) Dan Chegus tries his luck at chipping. (Centre) Donna Stockdale managed the shortest drive.



(Top right) Phyllis & Tommy Smith had the women's and men's longest drives.

The top scoring team consisted of William Woytowich, Chris Pacey, Mitchell McPhail, & Franklin Carriere.

Every dollar counts



(Above) dianne hallberg signs the donor board.

The fundraising golf tournament raised over \$13,000 towards the purchase of new ultrasound equipment at the La Ronge Health Centre. This will benefit residents throughout the region.

The money was raised through corporate sponsorship, golfer registrations and pledges, the purchase of mulligans, and a "chipping-into-a-commode" contest, including a pre-tournament chipping event at the Health Centre.

Major sponsors were Investors Group and La Ronge Royal Purple #342. A complete [list of sponsors](#) is on our website.

Greg Phillips (right), who was unable to golf due to the change in date, raised \$575 in pledges and received the prize of a new TV.



Thank you, tournament volunteers!



(Left) Curtis Skalicky; (Right) Trudy Connor, Stephanie Young, Jeff Irvine, Daniel Irvine, James Irvine and Andrew Carolus. Other volunteers who helped out before, during or after the tournament: Chalsey Robinson, Doug Chisholm, Kim Vancoughnett, Kathy Chisholm, Linda Mikolayenko, Jan Senik, Teresa Watt, Lisa Lindskog, Ken Kowalczyk, Donna Doucet, Reggie Doucet, Wayne Kuffner, Cindy Greuel, Cherise Chrispen, Glenda Garcia, Wendy McPhail, Nicole Carter, Sarah Homberg, and Barb Biliske.



Health Records—more than just files

Submitted by Melissa Jesney



Chalsey Robinson, Health Information Management Practitioner, & Melissa Jesney, Health Information Practitioner Coordinator

A health record contains documents regarding the health of an individual. The primary purpose is to provide a means of communication among health care providers. However, in addition to that, once the data in the health record has been processed, there are a variety of uses for the data, including:

- * Epidemiological studies
- * Research
- * Teaching and training
- * Utilization management
- * Fiscal planning within a hospital
- * Monitoring the health of a population
- * Evaluating and allocating funding for health facilities and services
- * Legal processes
- * Financial reimbursement
- * Statistical purposes.

Did You Know...?

For the month of May, at the La Ronge Health Centre, there were

- 966 clients who accessed the Emergency Department;
- 105 inpatient discharges.

For safety's sake

Cindy Greuel (left), Director of Quality, Safety and Health Information Services, and Jan Senik, Employee & Patient Safety Coordinator, welcome the arrival of a shipment of new equipment. With the assistance of Schaan Healthcare Products representative, Scott Gray, the equipment will be put into service at the La Ronge Health Centre. The centres in Pinehouse, Sandy Bay, Creighton and Weyakwin received their orders earlier in the summer.

Electric beds, bariatric wheelchairs and patient lifts were among the items purchased with \$140,000 in funding dedicated to making facilities and home care safer for clients and staff. The equipment will reduce the risk of lifting injuries to health care workers and assist in safe moving of clients. An additional \$50,000 in funding is forthcoming.



Degree by distance ed

Morley Hewison, Program Manager for Telehealth Saskatchewan, received a Bachelor of Management degree from Athabasca University in June.

All the courses were completed online by distance education; exams were written at Northlands College in La Ronge. He started his first course in May, 2005 and completed the last in April, 2008.

"This meant plenty of evenings and weekends studying while working full time," says Morley. "The benefits of learning while working are that you can apply your studies to real life situations. Perhaps the greatest learning of all was the sheer process of working towards the degree itself, as you must learn that discipline and organization are key to **goal achievement.**"

Congratulations, Morley!

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Congratulations to Jennifer Hounjet (APRS Youth Services) & Djiba Fofana on the birth of a son, Musa Rene Thomas Fofana, born on July 16, 2008, weighing 8 lbs. 12 oz.

They did it! Congratulations!



Imagine swimming for 3.8 kilometres, then biking for 180 kms., and following that with a 42.2 km. run. Jeff, James and Daniel Irvine had already proved they could do it last fall in Montreal, but for Stephanie Young (in yellow) participating in

Canada's official Ironman competition in Penticton, B.C. in August was "a mental challenge". "You learn more about the power of your mind," she said, "your body will physically do what you tell it to." While she wanted to see if she could finish it, "half the goal is to get to the point where you're comfortable starting it, because of the training the past year," said Stephanie. That training, which included a half Ironman in July, paid off, as all four completed the course, despite the heat and hills of the Okanagan. James even declares that the view on the bike from the summit of the highest hill was spectacular! James is the Medical Health Officer for the three northern health authorities. Until recently, Jeff was a summer student with the Population Health Unit, and Stephanie was the region's Youth Health Promotion Coordinator; they're now both in medical school. Daniel is studying at McGill University. While their job was to "swim, bike, run," they give credit to Trudy Connor, in the support crew role of "watch, wait, cheer." "She's been so helpful, so supportive," says Stephanie.

Geocaching



Equipped with GPS units on loan from *in Motion*. La Ronge staff participated in a high tech scavenger hunt on July 15. The goal was to be the first to find the items in the various caches, and correctly answer questions related to health promotion. Janet Gray, Brian Quinn and Jay Vincent were the winning team.

Honour Feast

Members of the Mamawetan Churchill River Regional Health Authority took time from their monthly meeting on August 22, 2008 to show their appreciation to La Ronge and Weyakwin staff.

Despite uncertain weather, Board Members took turns at the barbeque, while staff enjoyed burgers, cheese, vegetables, fruit and cake in the comfort of the La Ronge Health Centre.

Chairperson Al Rivard, on behalf of the Board, thanked the staff for all their hard work.

Similar events are planned for Pinehouse, Sandy Bay and Creighton.



Left: Board Member Louise Wiens
Below: Draw winner Jisha George

Above: Board Member, Charlene Logan, Creighton
At the grill: Earl Cook, Director, Northern Health Services and Al Rivard, Board Chair
Centre: Board Member Al Loke, La Ronge
Bottom left: Board Members, Peter Bear, Sandy Bay, and Josie Searson, La Ronge
Far Right: Staff enjoy the Honour Feast indoors.