

# newsCENTRE

WPSH

weekly newsletter of West Parry Sound Health Centre

March 6 to 12 • 2017

## Generous donation supports 3-D project

With the combined efforts of Shoppers Drug Mart, its store teams and customers, Parry Sound is getting closer to acquiring 3-D technology for the local Mammography Unit. The Shoppers Love You, Growing Women's Health fundraising campaign raised more than \$1,448 in 2016 for the West Parry Sound Health Centre Foundation.

With over 1,300 Shoppers Drug Mart/Pharmaprix stores across Canada participating in the four-week campaign, the 15th annual Growing Women's Health campaign will provide support to more than 500 Canadian women's health charities. National in scope yet locally based, the Growing Women's Health campaign offers patients, customers and employees the opportunity to donate directly to charitable organizations to ensure that resources and programming are available to meet the needs of Canadian women.

In Parry Sound, the donations by local Shoppers Drug Mart customers and employees at 90 Bowes Street benefit West Parry Sound Health Centre's Mammography Unit.

The donations will be added to the Foundation's account for our local Mammography Unit to help acquire ground-breaking 3-D mammography technology (tomosynthesis DBT) enhancing the performance of the unit.

With DBT, an X-ray beam sweeps in an approximate arc of 15 to 50 degrees across the breast, and an electronic detector digitally captures between nine and 25 X-ray projection images. The data from these projections are used

in computer algorithms to reconstruct a series of parallel thin "slices" (tomographic images) corresponding to 0.5 mm to 1 mm intervals through the breast.



Foundation Executive Director Lynne Atkinson with Shoppers Drug Mart staff Karen Heino, Lesa Quniton, Becky He, Mike Spillange, and Brenda Haskim.

The slices create a three-dimensional volume of data that represents the breast's tissue structures enhancing diagnostics.

This new technology is \$140,000.

"The success of the 2016 Growing Women's Health campaign can be attributed to the support and commitment of our loyal customers and staff," said BiQi (Becky) He.

continued on page 5

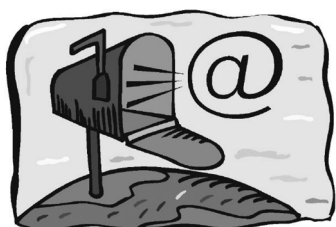
# WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety



West Parry Sound Health Centre is proud to be Accredited With Exemplary Standing, the highest measurement awarded by Accreditation Canada.

[www.accreditation.ca](http://www.accreditation.ca)



## Please tell us

Send us your compliments,  
questions, or concerns.  
Use the 'contact us' button at

[www.wpshec.com](http://www.wpshec.com)



This newsletter and other helpful  
information can be found on-line at

[www.wpshec.com](http://www.wpshec.com)

Contact News Centre editor Jim Hanna  
[jhanna@wpshec.com](mailto:jhanna@wpshec.com)

705 746-4540 extension 4144



*"I'm sorry deer, visiting hours haven't started."*

Thank you to Kit O'Brien for this photo and caption. She traveled up the driveway with these two visitors at around 7:30 a.m. on a recent Thursday morning.

## IF YOU'RE WITHIN 5 YEARS OF RETIRING, THIS SESSION IS FOR YOU

A HOOPP expert will be onsite to provide important information about  
your options - and answer your questions.

## HOOPP Retirement Seminars

WPSHC Classroom, second floor  
March 31 - noon and 2 p.m.



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*In Celebration of 90 Years of Service  
to Health Care in Our Community*

**WPSHC**  
**AUXILIARY**  
*In service to health care since 1927*

**Fashion Show  
Celebration**

*& Silent Auction*

**27 April 2017**

**Parry Sound Golf  
& Country Club**

Social 5:30

Dinner 6:30

Fashion Show 8

Limited tickets \$40 on sale  
at Whispering Pines Gift Shop

**A season  
& a reason  
to celebrate**

*Fashion from Whispering Pines  
and golf outerwear from PSG&CC*

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# 2017

## YOUTH BALL HOCKEY TOURNAMENT

Keeping Hospital Care Local

### BOBBY ORR COMMUNITY CENTRE SATURDAY, APRIL 29, 2017

COST PER PLAYER: \$50 TEAMS AGED: 6 - 15 PLEDGES: INCENTIVE PRIZES

Opportunity for 144 kids to play at the Bobby Orr Community Centre.

**MINIMUM PLAYERS:**  
1 goalie and 5 players. Teams with more than 8 players should consider 2 teams for more 'ice' time for players.

#### HOCKEY OUTDOORS!



#### WAIVERS & PLEDGES:

Please return all team packages with waivers and pledges to the Foundation office by Friday, April 21st, 2017.

#### HELP BUY:

Revenues will buy a \$14,000 timing system to sync transport monitors to our anesthetic machines

COACH & PLAYER PACKAGES AVAILABLE AT THE FOUNDATION OFFICE  
INCENTIVE PRIZES FOR PLAYERS THAT GO THE EXTRA MILE IN FUNDRAISING!

## Thank you for your generosity and support!

A Ball Hockey Tournament to Support Patient Care.

Helping to Keep Hospital Care Local!

FOUNDATION OFFICE  
6 Albert Street, Parry Sound  
1.888.262.0436  
705.746.4540 x3348  
www.wpshcf.com



west parry sound  
health centre  
**FOUNDATION**  
CARING FOR YOU  
IN COTTAGE COUNTRY

PLEASE CONTACT:  
Brooks Smith — 705-746-4540 x 3345 — bsmith@wpshc.com  
MAKE CHEQUES PAYABLE TO:  
WPSHC Foundation

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## Ball hockey tournament supports improved patient care

The 2017 Mosey & Mosey Youth Ball Hockey Tournament, chaired by WPSHC Board Vice-chair Tom Shultz, is helping our OR and getting us ready to connect through Electronic Health Records.

In 2017 revenues will be buying a \$14,000 timing gateway to sync our anesthetic machines (bought by donors in 2013) with the accompanying transport monitors. The timing gateway is used in our Operating Room and is critical both for patient safety and our eventual tie-in to the new Electronic Health Records (EHR) system.

Without this gateway, patient blood pressures and other information could not be transported to the provincial repository of patient records.

Our hospital is one of eight in the 154 hospitals in Ontario that does not have EHR. The Foundation has secured \$988,000 of the first million in \$10 million needed to install a working EHR system.

Pick up a 2017 Mosey & Mosey Ball Hockey team registration kit at the Foundation office.



## Laboratory News

In order to provide better and more efficient service to our clients, an automatic answering system has been put into place in the Lab.

When you call extension 3804 the message provides all the information you will need to get you quickly to the right department in the Laboratory.

REMINDER: When ordering STAT lab work, call pager # 519 first and then fax a requisition to the Lab.

## Donation directed to 3-D project

continued from front

“Shoppers Drug Mart has partnered with women’s health organizations at national, regional, and local levels, in order to provide direct support, ensuring that essential funding, resources, and education are available to meet the needs of Canadian women. We are pleased to present this year’s Growing Women’s Health campaign proceeds to the West Parry Sound Health Centre Foundation - Women’s Programs.”

.....

*The Shoppers Love You Growing Women’s Health campaign is a four-week program held across Canada each fall. In support of leading women’s health organizations, customers, staff, and associate-owners at more than 1,300 Shoppers Drug Mart / Pharmaprix locations raise funds through the purchase of the Growing Women’s Health paper icons.*

*Since 2002, the Growing Women’s Health campaign has raised more than \$32 million for Canadian health charities.*

*In 2016, over 500 Women’s Health charities across Canada benefited from the campaign’s proceeds with 100 percent of funds staying in the community where they are raised.*

GROWING WOMEN’S HEALTH



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## Driving Safety and Security with CAA Membership

- ✓ CAA Members benefit from Emergency Road Side Assistance 24/7.
- ✓ A CAA Membership is unique: Membership covers you no matter what vehicle you are driving in — even if you are the passenger.
- ✓ CAA Members can save on hotels, dining, and retailers such as Payless ShoeSource, Dulux Paints, Hertz and more!

### WEST PARRY SOUND HEALTH CENTRE EMPLOYEE PREFERRED RATES

#### CAA Plus® Membership

**\$80**

/year + HST  
Reg. \$130<sup>00</sup> + HST

#### CAA Plus® Associate Membership

**\$60**

/year + HST  
Reg. \$95<sup>00</sup> + HST

**Corporate Code: #WPSHC**

Melanie Sterling, Corporate Account Manager

Toll-free: 1.800.267.8713 Ext. 6297

Mobile: 1.613.299.8494

Corporate Line: 866.220.1205

Email: msterling@caaneo.on.ca

\*Offer available only through a CAA Corporate Representative. Offer valid to residents of North & East Ontario. Offer not available on a previously purchased or renewed Membership. Offer cannot be combined with any other promotion or discount. Renewing CAA North & East Ontario Members are eligible. All associate drivers must reside at the same address as the Primary Member. Other restrictions may apply.  
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**\*Premier Level Coverage  
Including extra-long tow of  
up to 320km available for  
additional \$15 +HST \* WPSHC  
includes renewing members**

**caaneo.ca**



Travel  
Insurance  
Rewards  
Auto

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## LIFE at Lakeland



Lakeland staff and Residents are welcoming PSW students from Canadore College (here with instructor Nancy Wallace). The students are participating in a three-week clinical placement working along with Lakeland's excellent care team.

### *Just a friendly housekeeping reminder!*

Upon entering Lakeland, please change from your outdoor to indoor shoes. Before leaving the building on break, remember to change back into your outdoor footwear.

Thank you for helping to keep our home clean from salt, sand, snow, and ice.



*spirit*  
**Lakeland**

### *Lakeland merchandise available in Town Center*

Lakeland merchandise is now available for purchase in the Town Center gift cabinets.

All proceeds go to the Lakeland Spirit Committee.

## Events this week at Lakeland LTC

**March 7**

**2 pm - Celebration Room**

Jack Craig Country & Western Band

**March 9**

**6:30 p.m. - Celebration Room**

The Pub Night Band

**March 10**

**2 p.m. - Celebration Room**

Bingo



### **You should be a Hand Hygiene Leader**

Use hand sanitizer every time you enter and leave Lakeland.

**LLTC**

**Living**

•

**Individuality**

•

**Family**

•

**Empowerment**

**SPIRIT**





## Bereavement Social Group

March activities

### Check In

**10 March - noon to 1 p.m.**

General conversation in a round-table format to check in with participants. Feel free to share anything you are struggling with or a coping strategy with the group.

### Show & Tell

**17 March - noon to 1 p.m.**

Bring in a photo, memento, or souvenir and share one of your best memories about your loved one with the group!

### Conversation Starters Reinvesting in life!

**24 March - noon to 1 p.m.**

A time to discuss your individual wants and worries as you cope with grief and the normal reaction to this devastating loss in your life.

### Yoga

**31 March - noon to 1 p.m.**

Show yourself some love and join us for some yoga! Meet at 92 James Street (use back door).

Buzz "Jacklyn F" to get in. Wear comfortable clothing.

All activities will take place at Hospice Office unless stated otherwise.

.....

Stay tuned...

New support programming will be launched in April and may consist of a walking group, caregiver support group, and more! Please provide us with your email address if interested in receiving updates as the new programming evolves.

For more information please call Jess Caux at 705-746-4540 ext. 1415 or email [jcaux@wps hc.com](mailto:jcaux@wps hc.com).



## WPSHC CARES

*Patients and Families experiencing our values in action*

*"Often times we hear complaints, but I wanted to take a moment to offer compliments on my experience from start to finish. Upon arrival I received timely attention from triage to a thorough diagnosis by Dr. Gray.*

*The hospital was clean and orderly and a nice looking site, with good curbside appeal."*

**WPSHC CARES** is a regular feature presenting comments received from patients and families served by WPSHC.



**WPSHC AUXILIARY**  
WEST PARRY SOUND HEALTH CENTRE  
*In service to health care since 1927*

**Whispering Pines Gift Shop**

Sales of no-slip socks support patient safety

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# YOUR HOSPITAL PHARMACY TEAM: YOUR TRUSTED MEDICATION EXPERTS



## MARCH IS PHARMACY AWARENESS MONTH

Your pharmacy team, consisting of your hospital pharmacists and pharmacy technicians, is making a difference in **FOUR KEY AREAS**:

### 1 As your medication experts

The hospital pharmacy team members are your medication experts who evaluate patient medicines to ensure they are needed, effective, and safe, based on individualized information and evidence-based assessments of the treatments.

### 2 As an integral part of your health care team

The pharmacy team works in close collaboration with other health care professionals in the hospital to ensure the most appropriate care is provided to patients. The pharmacy team empowers their patients by highlighting the importance of their treatments so patients can take charge of their health. The pharmacy team ensures patients take their medications properly thereby reducing unnecessary hospital admissions and saving millions on health care spending.

### 3 By providing patient-centered care

Your hospital pharmacy team provides care that respects patient preferences, needs, and values. Your pharmacy team partners with patients to ensure they have medication information that is based on the best quality evidence to achieve their health care goals. By educating patients on medication therapy, the pharmacy team empowers patients to be involved in their own care.

### 4 By providing effective communication and education for patients

Beyond managing patients' current and new medications, your pharmacy team also informs patients about how to use and care for new medication devices, creates personalized care plans, identifies medication options, and enables patients to make decisions regarding their health beyond medication needs.

Using the four key points above, start conversations and talk about what being a pharmacist means to you on Facebook and Twitter (@CSHP\_SCPH)!

For further information or how your facility can get involved, please contact:

**Anne Stacey**

Ontario Branch & Advocacy Executive Assistant

E: [astacey@cshp.ca](mailto:astacey@cshp.ca)

**EXCELLENCE**  
IN HOSPITAL PHARMACY • EN PHARMACIE HOSPITALIERE

 **Canadian Society of Hospital Pharmacists**  
**Société canadienne des pharmaciens d'hôpitaux**

**#PAM2017**  
**[www.cshp.ca](http://www.cshp.ca)**

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# Take the Fight out of Food!

Visit [NutritionMonth2017.ca](http://NutritionMonth2017.ca)



## Digestive Woes: Eek! What's causing all this gas?



Belinda

Meet Belinda. She is fighting with an embarrassing problem – excess gas. She burps a lot and often feels gassy and bloated. She wants to solve her problem, but is not sure where to start. After some online research and opinions from friends, she thinks a gluten-free diet may help, but isn't sure. She tries the three-step approach:

### Spot the problem.

Belinda says: "Everything I eat seems to give me gas – my friend says to stop eating wheat and gluten. Will that help me?"

### Get the facts.

After reading a medical website, Belinda learns that gas, bloating and burping may be caused by:

- Swallowed air
- Certain food or drinks
- Medicines
- Supplements

She is relieved to learn that gas, bloating and burping are all common and can be normal. She also notes that they can be the sign of a condition, such as lactose intolerance, irritable bowel syndrome or celiac disease. She is unsure of the reason for her symptoms, and reads that it's important not to self-diagnose.



Dietitian Pro Tip

**Emily Mardell**  
RD

- Digestive woes are unique to the person who is having the issues. Self-diagnosing, without the care and support of a dietitian, can lead to unnecessary food and nutrient restriction. Don't miss out on amazing nutritious food if you don't have to!
- A dietitian helps guide your journey to better gut health. Our aim is to maximize variety, nutrition and the enjoyment of eating.

Find a dietitian in your area:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)

### Try This!



**Spiced Yogurt  
Chicken Tikka**



**Lemon Almond  
Sauteed Greens**



**No-Bake Coconut  
& Banana Lentil  
Energy Bites**



**Avocado, Roasted  
Squash and Black  
Bean Tacos**

Find all 12 feature recipes at  
[www.NutritionMonth2017.ca](http://www.NutritionMonth2017.ca)



Track eating and activity on the go with **eaTracker**.  
Get inspired with recipe ideas from **Cookspiration**.



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# Digestive Woes!

Visit [NutritionMonth2017.ca](http://NutritionMonth2017.ca)

## Get the facts (cont'd).

She needs the help of her doctor or dietitian.

She wants to learn more about her friend's suggestion to give up gluten in case she has celiac disease, so she visits the Canadian Celiac Association website ([www.celiac.ca](http://www.celiac.ca)). She learns that if she needs to be tested for celiac disease, she needs to be eating gluten (a protein found in wheat and other grains) before the test to get accurate results. If she took her friend's advice to remove gluten from her diet, she could get a "false negative" result.

She also learns that she should work with a dietitian before eliminating foods, since they can help her plan a balanced diet and ensure she meets nutrient needs. She also finds helpful advice by searching the term "gas" on these trusted websites:

- [www.dietitians.ca](http://www.dietitians.ca)
- [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- [www.eatrightontario.ca](http://www.eatrightontario.ca)

## Seek support.

Now Belinda knows not to self-diagnose or rely solely on advice from the internet or well-meaning friends. She will talk to her doctor about her symptoms. If necessary she will see a gastroenterologist (digestive health doctor). She is eager to see a dietitian to help figure out which foods may be causing her discomfort. She will find support from a dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find).

If she is diagnosed with a digestive disorder, she learns that there are not-for-profit organizations, which offer support groups where clients can talk to others with the same condition (in meetings or online).

## Take the Fight out of Food!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

### 1. Spot the problem.

Define what's causing your fight with food first.

### 2. Get the facts.

Use facts from credible sources to decide what needs to be done to solve the problem.

### 3. Seek support.

Put the plan into action with support from a dietitian, family and friends.

Find all 5 fact sheets at  
[www.NutritionMonth2017.ca](http://www.NutritionMonth2017.ca)

Official  
Sponsors:



Fact Sheet  
Sponsors:



This fact sheet is distributed compliments of:  
The Diabetes Education Centre at WPSHC

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# What's cooking this week...

## OUR DAILY LUNCH MENU

Open for lunch service from 11:30 a.m. to 1:30 p.m.

### MONDAY

Soup: Homemade beef noodle, Pea

Entree: Chicken fingers with French fries

### TUESDAY

Soup: Mushroom, Chicken rice

Entree: Steak melt sandwich with sautéed peppers and onions

### WEDNESDAY

Soup: Tomato macaroni, Cream of broccoli and cheese

Entree: Macaroni and cheese

### THURSDAY

Soup: Cream of potato, Beef barley

Entree: Taco pie

### FRIDAY

Soup: Bean and bacon, Chicken noodle

Entree: Fish and fries

Meals served in our Cafeteria

Hours of operation are:

Monday to Friday - 11 a.m. to 1:30 p.m.



All weekly menus can  
be subject to change



## You can pre-order tonight's dinner meal

- All dinner orders must be placed before 2 p.m. by calling extension 2510.
- There will be no custom orders.
- Dinners are \$5, payment due at pick up.
- Pick up is between 4 and 6 in Dietary.

### Monday

Meatloaf, mashed potatoes  
and beans

### Tuesday

Turkey, stuffing, mashed potatoes  
and carrots

### Wednesday

Pork chops in mushroom sauce,  
mashed potatoes and corn

### Thursday

Macaroni and meat sauce

### Friday

Roast beef, mashed potatoes,  
and California mixed vegetables

### Saturday

Glazed ham, scalloped potatoes,  
and broccoli

### Sunday

Roast pork, mashed potatoes,  
and mixed vegetables

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# 'Thank you' donors for generously supporting our delivery of Patient and Family Centred Care



west parry sound  
health centre  
**FOUNDATION**  
CARING FOR YOU  
IN COTTAGE COUNTRY

Last week's Payroll Prosperity  
50-50 Draw winner:

**Lisa Hobourn**  
**\$437.50**

Our Foundation's payroll deduction 50/50 draw takes place every two weeks - and you can sign up to participate any time.

- The cost to enter the 50/50 draw will be \$5 per pay - only available through payroll deduction.

- The winning participant and the Foundation equally share the amount of money collected through the entry fee.

- Pick up a form from the Foundation office.

*The Foundation's Payroll Prosperity Program is helping to raise thousands of dollars annually for our Foundation to purchase much-needed equipment along with support for the Staff Education Fund... and thousands will be shared by lucky Payroll Prosperity participants.*

## Our Foundation Transforms Health Care in Parry Sound

In Ontario, government funding no longer buys new equipment. Only donors do. 100% of new equipment at the Health Centre is bought by donors to the Foundation. Charitable giving is critical to hospital operations. The West Parry Sound Health Centre Foundation puts your donation to work immediately buying equipment our medical professionals desperately need to provide superior patient care. A tax-deductible donation keeps hospital care local!

## Donors have bought our:

|   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>▶ CT scan</li> <li>▶ telemetry patient monitoring system in ICU</li> <li>▶ ultrasound</li> <li>▶ digital mammography</li> <li>▶ C-arm</li> <li>▶ 3 new anesthetic machines with transport monitors</li> <li>▶ tissue processor in the Lab</li> </ul> | <ul style="list-style-type: none"> <li>▶ pharmacy system</li> <li>▶ bi-PAPP machines in ICU and ER</li> <li>▶ telemetry cardiac rehab monitoring system</li> <li>▶ end of life suites</li> <li>▶ cardiac stress test machine</li> <li>▶ ECG machines</li> <li>▶ IV pumps</li> </ul> | <ul style="list-style-type: none"> <li>▶ 10 defibrillators throughout the Health Centre</li> <li>▶ optivue for eye care</li> <li>▶ 10 patient controlled pain pumps</li> <li>▶ washer decontaminator</li> <li>▶ medi-patient server</li> <li>▶ flexible cystoscopes</li> </ul> |
|---|---|--|

... in fact, there is not a department that would be operating today without donor generosity. The Foundation averages \$1,000,000 in equipment purchases for the Health Centre annually. All of it donated to save lives locally!

## Donors are the Difference!

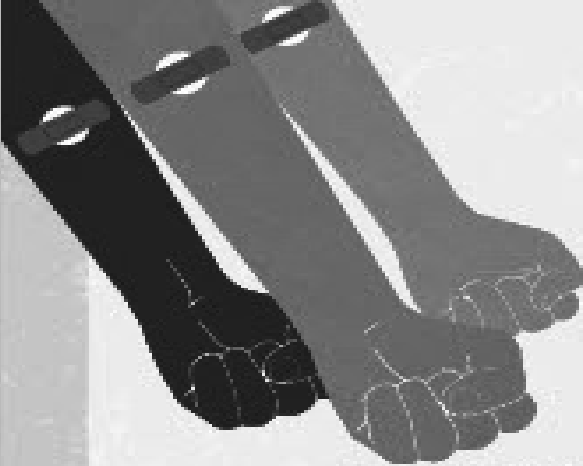


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health centre  
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**YOU HAVE THE POWER  
TO GIVE LIFE**

Donate blood and join the movement today.

**120 DONORS ARE NEEDED**






**PARRY SOUND COMMUNITY  
BLOOD DONOR CLINIC**


**Friday, March 24th  
2:00pm - 7:00pm**

**St. Peter's Church - Knights of Columbus Hall**  
Main Hall - 52 Church Street

**#GiveLife to help hospital patients**

Book your appointment at [blood.ca](http://blood.ca)

  
**Canadian Blood Services**  
*It's in you to give*

**Partners  
For Life**

*Whenever you donate blood, please register  
to help WPSHC meet our commitment  
to support the Partners for Life Campaign.*

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