

news **WPSH** CENTRE

weekly newsletter of West Parry Sound Health Centre

November 24 to 30 • 2014

'Thank you!'



The Toy Drive Barbecue last Thursday afternoon at West Parry Sound Health Centre brought in lots of toys and a generous total of \$1,400.50 in cash donations.

Pictured here with donations is Tammy Bartholomew of ACS, and EMS representatives Terrie Nielsen, Jason Predie, Pat Dixon, Lina Sexton, and Jerad Brownley.


The annual Toy Drive will continue up until next Saturday's Santa Claus Parade. See the back page promotion in this edition of News Centre for dates and locations where Paramedics and ACS Communication Officers will be out accepting donations from the community.

Merry Christmas and thank you to everyone who supported last week's Toy Drive Barbecue at WPSHC.




WE CARE FOR PEOPLE

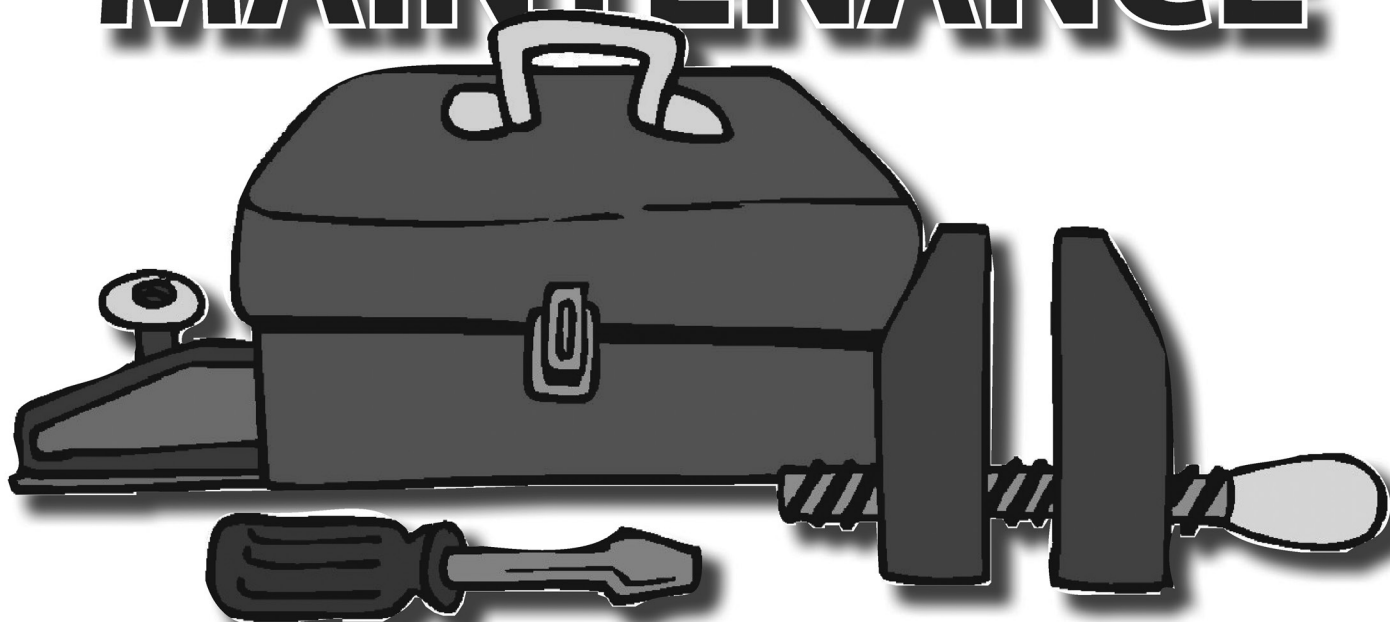
Compassion • Accountability • Rights & responsibilities • Excellence



Celebrate the people
who keep our health centre safe
and operating efficiently



MAINTENANCE



WEEK

November 24 to 30 at WPSHC

*"Thank you for your service
to health care!"*

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Thank you for compassionate care

I would like to thank the loving and professional nursing staff of the Transitional Care Unit for the dignity and care they provided to Leroy on his last journey of life.

Thank you all so very much.

Bill

STAFFING NOTE

Hospitalist and internal medicine physician assistants

I am pleased to announce that Elicia Augusto is the successful candidate for our new Hospitalist Physician Assistant position.

Elicia just recently graduated from the Michael G. DeGroot School of Medicine's Physician Assistant Education Program at McMaster University. Elicia's educational background also includes a Bachelor of Science in Psychology (Honours) from Algoma University, and a Bachelor of Education from Nipissing University.

Elicia comes to WPSHC with demonstrated skills in patient centred care, and a strong desire to excel in her new career. Her clinical experiences in Wawa, Sault Ste. Marie, and Thunder Bay presented learning skills to allow Elicia to work independently, as well as part of a team.

We are excited to have Elicia joining our team at WPSHC. Elicia will begin her new role on Monday, November 24.

Also, please join me in congratulating Kimberly Bauer (nee MacKay) to her new position of Internal Medicine Physician Assistant. Kimberly has been a tremendous asset to the Hospitalist program. Her skills, knowledge, and enthusiasm will truly be missed on the Acute and Transitional Care units.

Kimberly will begin her new role with the Internal Medicine team on Monday, December 8.

Congratulations to Kimberly and Elicia.

Welcome to new roles at West Parry Sound Health Centre.

Sincerely, Anne Litkovich

Chief Nursing Officer

and Director of Patient and Family Centred Care



Family, friends, volunteers, pets... everyone!

You are invited to join West Parry Sound Health Centre as we celebrate and promote healthy living during the annual Santa Claus parade. Join us as we walk along the parade route to share our message about Healthy Aging. The floats and participants stage along Gibson Street prior to the start of the parade.

Everyone is welcome!

**The parade is being held
Saturday, November 29
starting at 4:30 p.m.**

Please come to the...

Lakeland Spirit Gallery Christmas Art Show

**Saturday, December 6
10 a.m. to 4 p.m.**

Lakeland LTC Celebration Room

Free parking

*For more information please call
Mary Jane Zisoff at (705)- 732-1603*



ARTHRITIS EDUCATION

*Hope through
Education, Support
and Solutions*

**Have you been diagnosed
with osteoarthritis?**

**Join us to learn more
about:**

- **What is osteoarthritis?**
- **When should heat or ice be used?**
- **What assistive devices might be helpful to people with osteoarthritis?**
- **What exercises are recommended for people with osteoarthritis?**
- **How can fatigue be managed?**
- **What can be done about pain?**
- **What supplements and medications are available?**
- **What therapies are available to treat osteoarthritis?**

ARTHRITIS  **FIGHT IT!**



Osteoarthritis Education Series

The Arthritis Society, in partnership with the Ontario Telemedicine Network, is offering two sessions on Osteoarthritis management. The sessions will be led by Carole Gour, Occupational Therapist with The Arthritis Society. The class is designed to teach people about osteoarthritis and how to manage their condition. The class will be delivered from Sudbury to other sites using state-of-the-art videoconferencing technology.

Registration is mandatory.

Date: Wednesday, December 3, 2014
Management of OA of the Hands

Date: Wednesday, December 17, 2014
Management of Knee and/or Hip OA

Time: 1:00 p.m. to 4:00 p.m.

Cost: Free of charge

Registration: Space is limited



**Contact WPSHC Telemedicine
Coordinator Kathy Hamer
khamer@wpshec.com - 705-746-4540 ext. 1403**

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Celebrating excellence

Long Service Awards Ceremony in conjunction with the

Christmas Dinner & Dance

Saturday 13 December
Bobby Orr Community Centre

5 p.m. Social & Cocktails
6 Awards Ceremony • 7 Dinner & Dance

*Tickets for this event are available
at the Foundation Office*

\$37.50 for staff/volunteers
and one guest
\$45 for others

SWAT - Staff Welcoming
and Activities Team supporting
Quality Worklife at WPSHC

Quality Worklife Initiatives Committee



We're seeking volunteers who
can assist with our Christmas
Dinner & Dance. Please let us
know if you are able to help: set
up, clean up, and/or help work
in the bar (Smart Serve
is preferred, but not necessary.)
If you can help, please send a
note to qwic@wpshc.com



Register now for CPR classes

Health Care Provider CPR November 25,
2014 and January 20, 2015 in the second
floor classroom.

Cost \$27 payable to the instructor. Both
classes are 1530 to 1730hrs.

*Please email education@wpshc.com
to reserve a spot.*



Support our Foundation's Christmas draw

1st Prize

Napoleon BBQ (Value \$600)

2nd Prize

Historic CN Tower Bottle (Priceless)

3rd Prize

A Date Night!

(2 Tickets to the Leahy &
Family Concert - March 28, 2015 Value
\$72)

Draw tickets are now available
in the Foundation office
\$10 each or 3 for \$20!

*Draw to take place Friday, December 19 in
the front lobby.*



OUR DAILY LUNCH MENU

What's cooking this week...

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

MONDAY

Soup: Beef Barley • Sweet potato bisque

Entree: Beef dip sandwich • Pork souvlaki with rice and vegetables

TUESDAY

Soup: Mushroom • Tomato ravioli

Entree: Oriental style beef and vegetables with rice • Popcorn shrimp & onion rings

WEDNESDAY

Soup: Low-sodium chicken vegetable • Beef pasta

Entree: Meatball sub sandwich • Salad bar

THURSDAY

Soup: Potato bacon • Italian wedding

Entree: Taco pie • Chicken broccoli casserole

FRIDAY

Soup: Chicken wild rice • Pea

Entree: Fish & fries • Salad bar

SATURDAY

Soup: Tomato

Entree: Chicken burger

SUNDAY

Soup: French onion

Entree: Hot hamburger sandwich with vegetables

Delicious selection of made-to-order sandwiches available at our Sandwich Bar during lunch hours Monday to Friday



Meal Cards can be purchased in the Cafeteria, or from the Finance Department during regular office hours - Monday to Friday - 8 a.m. to 4 p.m.



DINNER menu

Open for dinner service
from 5 to 7 p.m.

MONDAY

Chicken & dumplings

Roast potatoes

French-cut green beans

TUESDAY

Turkey a la king

Tea biscuit

Diced carrots

WEDNESDAY

Spaghetti & meat sauce

Garlic bread

THURSDAY

Roast pork with gravy

Mashed potatoes

Peas

FRIDAY

Roast beef with gravy

O'Brien potatoes

Carrot coins

SATURDAY

Chicken broccoli alfredo

Herbed potatoes

Buttered corn

SUNDAY

Roast turkey with gravy

Garlic mashed potatoes

Herbed green beans

*All weekly menus
can be subject to change*

*Proceeds to the WPSHC Auxiliary
in support of health care for our community*



Main Lobby • West Parry Sound Health Centre
Friday, December 5
9:30 a.m. to 2 p.m.



'Christmas cards'

Send your department's Season's Greetings message to jhanna@wpshc.com for inclusion in the December 22 edition of News Centre. Please send PDFs or text content by the end of day on Monday, December 15.



Celebrating CARE

"My sincere thanks for the care I received last week while a patient in your hospital. The staff were all caring people from the doctors to the folks who brought me meals."

Celebrating CARE is a weekly feature presenting comments received from patients and families served by WPSHC.

Upcoming celebrations

Diabetes Awareness Month
November

Christmas Week at WPSHC
December 15 to 21

1 IN 2
PEOPLE WITH
DIABETES
DON'T KNOW THEY HAVE IT



www.idf.org

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You are cordially invited to participate in the celebration of International Day of People with Disability at the Charles W. Stockey Centre on December 3, 2014.

1 p.m. to 1:45 - Walk with community leaders

Commences at 1 p.m. at the Town Office, 52 Seguin Street, travel up James Street to the four-way stop, cross and travel down James Street, to the fitness trail and concludes at the Charles W. Stockey Centre.

1:45 p.m. to 2 - Refreshments and displays

Visit the local vendors and service providers displays.

2 p.m. to 2:30 - Talk the Walk

What was your experience? Discussion pertaining to the walk and any accessibility concerns in the Town.

2:30 p.m. to 4 - The Chatter box

Local guest speakers

- The safe operation of assistive devices and the Highway Traffic Act.
- Emergency Preparedness - The importance of being prepared.
- Out in the community with wheelchair; what is your back up plan for an emergency?
- Maintenance for assistive devices during the winter season.
- Checking the weather and road closures before heading out for the day. Which websites to use.
- Day and life of a service dog.

The donation of a food item or toy to attend the event would be appreciated. Thank you.

RSVP November 30, 2014, Tammy Purdy
email bylaw@townofparrysound.com; fax (705)746-7461
or phone, (705)746-2413, please leave a message.

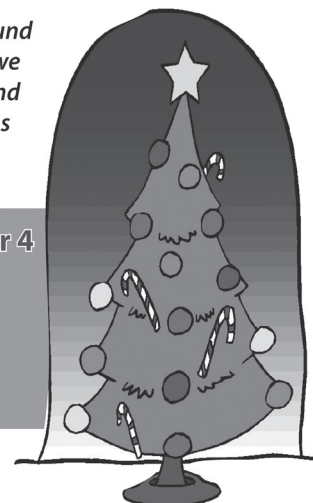
Volunteer Appreciation Tea



Please join the Parry Sound Volunteer Network as we celebrate the unique and powerful contributions you have made as a volunteer

Thursday, December 4
1 to 3 p.m.

Celebration Room
Lakeland
Long Term Care



SWAT news

No euchre games in December

SWAT's monthly euchre games will not be played during December. The games will begin again in 2015.

Please watch News Centre for more information in the new year.

Best wishes to all of our regular card players.

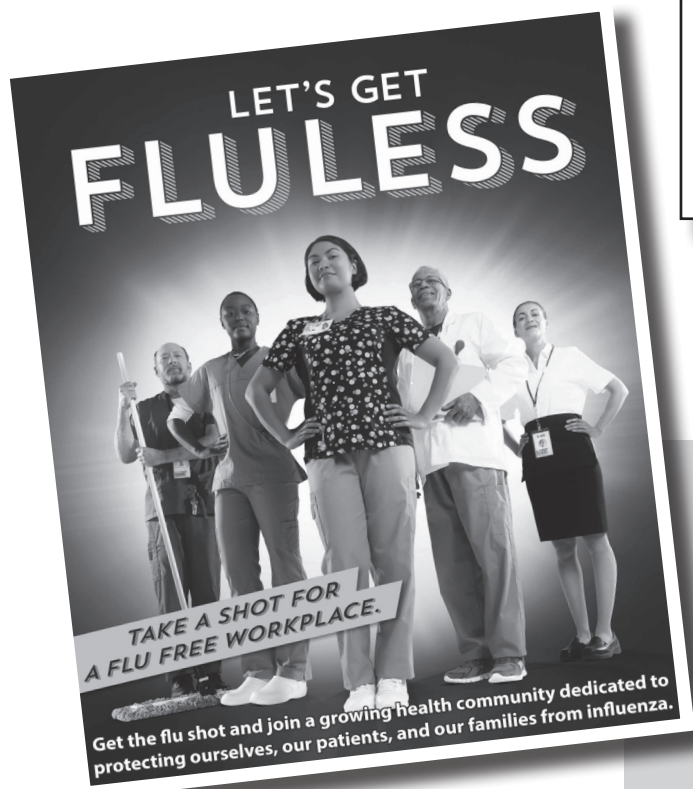
SWAT - Staff Welcoming and
Activities Team supporting Quality Worklife at WPSHC

SAFETY & COMFORT During your hospital stay

The West Parry Sound Health Centre Auxiliary supports Patient Safety. Purchases help to fund improved health care for our community.



**NO-SLIP socks are
available in our Gift Shop**



Influenza Immunization Clinics this week for staff, volunteers and physicians

Monday, November 24

11:30 a.m. to 12:30 p.m.

Tuesday, November 25

10 to 11 a.m.

Wednesday, November 26

1 to 2 p.m.

Thursday, November 27

1:30 to 2:30 p.m.



The N95 mask is part of your Personal Protective Equipment (PPE) issued by the health centre. As per Section 10 (1) of the Occupational Health and Safety Act you are required by legislation to participate in the training and instruction of PPE. Failure to participate in this, or any other, PPE training may result in your inability to be scheduled to work.

N95 fit testing must be done every two years. Staff who are due, or overdue, for their N95 fit testing will be receiving notice from their manager and/or director this week to schedule themselves into an upcoming N95 fit testing clinic.

N95 mask fit testing schedule

Please contact: Meghan Inch at extension 2414 to book your testing time.

November 06, 2014	November 07, 2014	November 10, 2014	November 11, 2014	November 21, 2014	November 28, 2014
0700 to 1600 hours	0700 to 1600 hours	0930 to 1600 hours	0930 to 1600 hours	0800 to 1600 hours	1200 to 1600 hours
Classroom 2314	Classroom 2314	Room 2403 (old nursing admin office)	Room 2403 (old nursing admin office)	Classroom 2314	Classroom 2314

Safety First

Workplace Safety

We CARE For People
WPSHC 

Safety News and Information

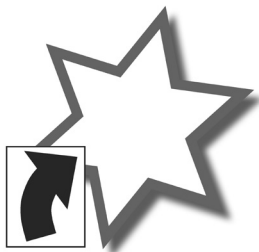
Mandatory training on the Prevention of Workplace Violence (Bill 168 and Policy OHS 8-5)

An education slide deck and quiz for Prevention of Violence in the Workplace has been added to the education folder under the shortcut icon on the desktop. All staff members are being encouraged to complete the self-learning package and quiz by December 15.

Please provide completed quiz sheets to our Human Resources Department.

All workers at West Parry Sound Health Centre are personally responsible to:

- Work in compliance with policy 8-5 and the supporting procedure.
- Report any incidents of workplace violence and/or threats.
- Complete training on prevention of violence in the workplace.



WPSHC Shortcuts

Find the mandatory training and education quiz available on every desktop in the Education Folder under the WPSHC Shortcuts button.



Remember that the bottom of Ernie Eves Way can become icy during some winter conditions.

Please make safety a priority

Our winter weather has arrived with surprising force. Please take an extra moment to keep you and your passengers safe while driving. Our Environmental Services team works hard along with Adams Brothers Construction to keep our sidewalks and parking lot surfaces clear and safe. However, weather conditions change very quickly and we all need to use extra caution to avoid a slip, fall, or collision.

Use caution and reduced speed when traveling along Ernie Eves Way. Make sure to keep far back from other vehicles to allow for safe stopping distances under slippery conditions.

Wearing appropriate winter footwear with good gripping surfaces will help to reduce the chances of slips and falls in our parking lots and sidewalks.

Thank you for your extra efforts to stay safe.

Regards, Donald

OPP tips for winter driving

- Install four winter tires before the first snowfall.
- Have an ice scraper or snow brush in your vehicle to keep your windows, signals and lights clear.
- Top up your windshield washer reservoir and keep an extra container handy.
- Keep your fuel tank at least ½ full, (so you are not running out of gas and stranded, and to prevent condensation in your gas tank.)
- It's always good to keep a fully stocked emergency kit in your vehicle.
- Have your vehicle serviced to avoid unnecessary breakdowns.



Winter Driving Survival Kit

It's a good idea to keep a winter survival kit in your vehicle. Having essential supplies can provide comfort and safety for you and your passengers should you become stranded.

Recommended items include:

- Ice scraper/snowbrush
- Shovel
- Sand or other traction aid
- Tow rope or chain
- Booster cables
- Road flares or warning lights
- Fuel line antifreeze
- Flashlight and batteries
- First aid kit
- Fire extinguisher
- Small tool kit
- Extra clothing and footwear
- Blanket
- Non-perishable energy foods – e.g., chocolate or granola bars, juice, soup, bottled water
- Candle
- Matches or lighter

Did you know? Candles that provide light will also generate some heat for drivers and passengers while awaiting assistance.

A winter driving brochure can be found online at: www.ontario.ca/winterdriving



- Please walk with care, remain on designated walkways, and avoid shortcuts that are not maintained.
- Proper footwear must be worn outside when on breaks, and when walking to and from your vehicle.

Adjust your driving habits during winter conditions

- Drivers should slow down! (Speed is the number one cause of winter collisions).
- Drive to the road and weather conditions.
- Leave extra space between vehicles (stopping distances are at least double on snowy roads and even longer in icy conditions).
- Know where you are (if you require help in an emergency it could be embarrassing and dangerous if you don't know your location when asked).
- Monitor road and weather conditions (plan your trip check local weather before heading out).



WPSHC and Lakeland Long Term Care Children's Christmas Party!

(Children and Grandchildren welcome)

Saturday December 20th 2014
Humphrey Community Centre and Arena
1:30 – Crafts, Pizza/snacks
3:00 – 5:00 Skating (Tim Horton's Skate)

RSVP

chughes@wpshc.com

Or on the flyer in the Cafeteria (SWAT board)



Communications Officer joins celebration of North Star history

News Centre editor and WPSHC Communications and Community Relations Officer Jim Hanna was recently recognized for his editorial leadership over 17 years with the Parry Sound North Star. Jim was presented with a commemorative scroll on November 22 during the official launch of a special exhibit celebrating the community newspaper's 140 years of publishing.

Editor-in-Chief Jack Tynan said that during Jim's 17-year tenure as editor of the North Star, he always put the community first.

"In 1874 founding publisher Thomas J. McMurray inscribed 'The columns of the North Star shall be cheerfully thrown open to our subscribers for the discussion of all matters calculated to promote the public good' as the paper's mission statement."

"In his role as editor Jim took that statement seriously," Tynan said. "And if there's a single, perfect example of how a community newspaper can promote the public good, it was the West Parry Sound Health Centre. The hospital, built by a community and championed



by the North Star, remains one of the most state-of-the-art small-town hospitals in Ontario."

Jim is shown in this photo with Editor-in-Chief Jack Tynan, former General Manager Fred Heidman (WPSHC board member), current General Manager Janice Heidman and the mastheads that have adorned the North Star over its 140 years.

For more information about the exhibit go to www.museumontowerhill.com.

View the show until May, 31 2015.



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AUXILIARY
In service to health care since 1927

Proceeds to the WPSHC Auxiliary in support of health care for our community

FOR PEOPLE
Accountability • Rights & responsibilities • Excellence

WE CARE
Compassion •



Let's fill an Ambulance with toys!

During the last week of November, Paramedics and Communication Officers from Parry Sound District EMS will be collecting donations for their annual EMS Toy Drive.

Ambulances will be placed at:
Parry Sound Mall • November 29
Canadian Tire • November 27, 28, and 29
Downtown • November 29
Walmart • November 28 and 29

*Parry Sound EMS will also be collecting new,
unwrapped toys along the Santa Claus Parade route.
Please help us fill an ambulance with toys!*

