

# news **WPSH** CENTRE

weekly newsletter of West Parry Sound Health Centre

February 18 to 24 • 2013



## 96%

We reached 96 percent of staff responding with immunization or a declination form and 83 percent of staff immunized. This is well above the provincial average!

**IT'S FLU SEASON**  
  
**I TOOK MY BEST SHOT!**

We have achieved some outstanding results this year with our Influenza Immunization Campaign. Though I have recently confirmed that our non-immunized staff and volunteers can safely remove their masks, it is important that we all remember:

- The masks will go back on if the flu re-emerges.
- It's not too late for your flu shot; there is still flu circulating.
- Hand hygiene continues to be the most important means of preventing the spread of infection.

Thanks for the great results!

*Lorraine Vankoughnett*  
*Manager Infection Control, Occupational Health and Safety*

**FLU SHOT %**  
**HELP US HIT OUR**  
**100% TARGET**

**Hospital Elder Life Program training**  
**February 19 and 25 • 10 a.m. to 3:30**  
**2nd floor classroom**

Contact Volunteer Services Coordinator Jim Hanna  
705 746-4540 ext 4144 or [jhanna@wpshc.com](mailto:jhanna@wpshc.com)



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Located beside Hava Java during Falls Prevention Month at WPSHC, a lot of helpful information for patients, families, and care providers is being made available at this display. Visit the display and see the wide range of resources that are available.

## Falls Prevention training

Check the February Education Calendar for falls prevention in-services. The falls prevention training is not mandatory and all staff members are welcome to attend! Clinical staff must complete the Falls Prevention Quiz.



## SAFETY & COMFORT

### *During your hospital stay*

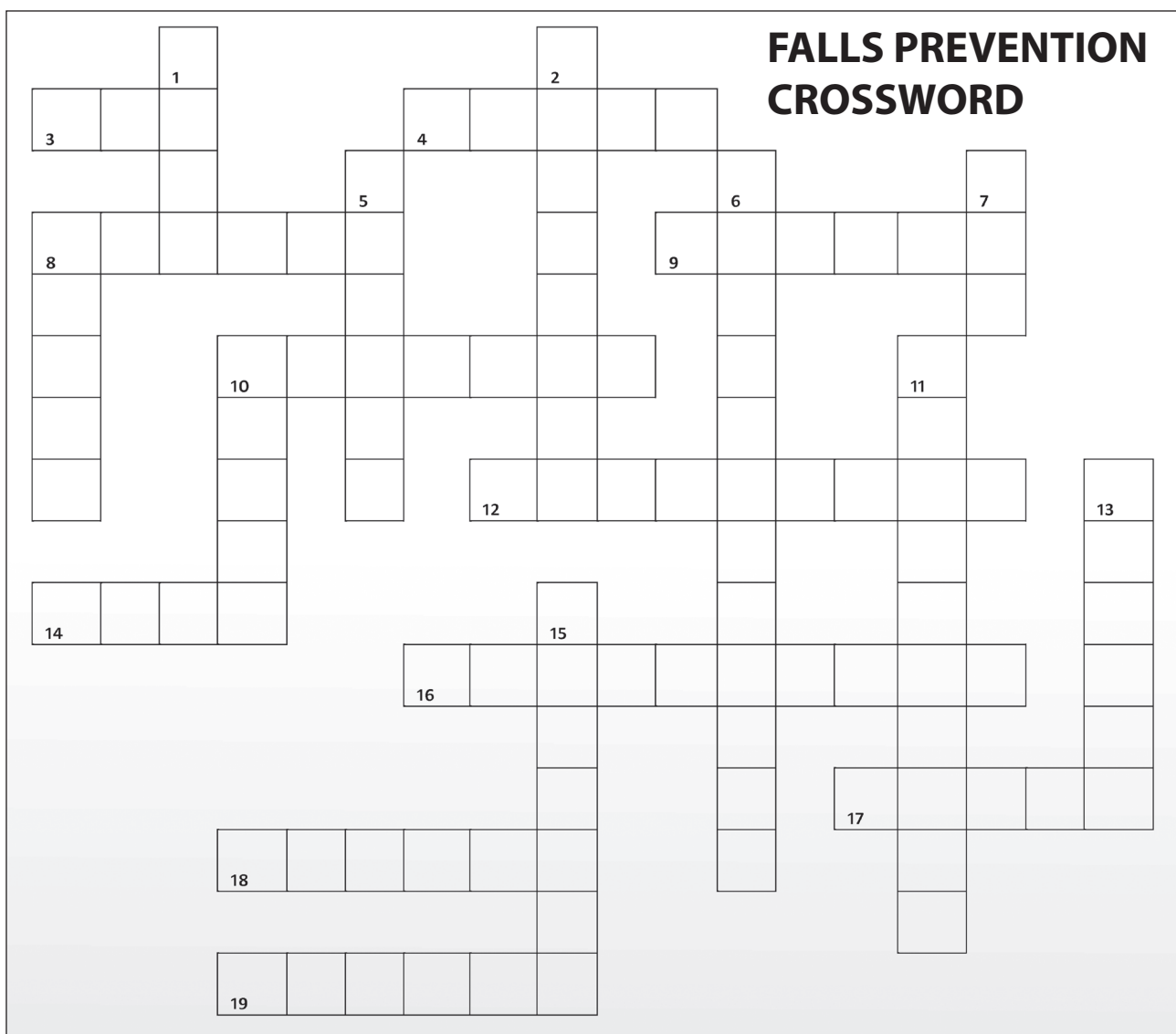
The West Parry Sound Health Centre Auxiliary supports Patient Safety. Purchases help to fund improved health care for our community.

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



## FALLS PREVENTION CROSSWORD

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### Across

3. Brrr, in Canada we need to be extra cautious around this!
4. Get a cordless \_\_\_\_ to avoid rushing to answer incoming calls.
8. Remaining \_\_\_\_ will help prevent against the risk of falling.
9. Falls can happen to \_\_\_\_.
10. Do not let these drag on the ground.
12. Most falls can be \_\_\_\_.
14. Having a clutter-free environment will decrease your risk of falling. Do not have scattered or loose \_\_\_\_ around the house.
16. When stationary, make sure that your wheelchair is locked and these are up before getting out.
17. Poor lighting will increase your risk of falling. Keep one of these on during the night.
18. If you have suffered from a fall in the past you are at a higher risk for these types of falls.
19. Oops, what a mess! Clean up these as soon as they happen.

### Down

1. If you are beginning to feel tired, allow yourself to \_\_\_\_.
2. This needs to be adequate in the home and outside of the home to prevent the chances of falling.
5. Falls are ranked as the \_\_\_\_ leading cause of injury-related hospitalization for all ages in Canada.
6. Educate yourself about fall prevention, as a fall could take away your \_\_\_\_.
7. Make sure that your \_\_\_\_ is at a comfortable height to allow for easy movement to and from.
8. Falls should not be viewed as a natural part of this.
10. Walkers or \_\_\_\_ will aid you in fall prevention.
11. Direct healthcare costs relating to falls among seniors are estimated at \_\_\_\_ every year.
13. When changing positions it is important that you allow your body time to \_\_\_\_.
15. Keep your pennies here, but not your hands when you are walking.



## 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*





## SWAT *news*

WPSHC & Lakeland LTC

### Family Ski Night

Georgian Nordic Ski Club

**Tuesday, February 26**

6:30 to 9 p.m. • \$2 per person  
Ski rentals available: \$5

**What to bring:** Warm clothes, head lamp, marshmallows? **Club rules:** No dogs, no walking on trails, skiing or snowshoeing only.

RSVP to extension 3442  
or Heather Zschogner  
hzzschogner@wpshec.com



### Bus trip to Rama

**March 28**

**(Easter weekend)**

**Tickets \$10 each  
(includes \$15 cash back)**

The Doobie Brothers are playing on this date. Tickets must be purchased separately, but soon if you plan to go.

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

## Winterwhirl Weekend March 2 & 3

**Health Centre & Lakeland LTC**

Staff, volunteers, Auxiliary, and family members from the health centre and Lakeland LTC are all invited to these events.



### Saturday, March 2 • Outdoor Skating

Nobel Public Beach

11 a.m. to 4 p.m.

Barbecue lunch, hot chocolate and roasted marshmallows.

*To register, please e-mail Barb (blangford@wpshec.com).*

*Note: We will need to know in advance for food supplies.*



### Sunday, March 3 • Snow Tubing

Horseshoe Valley Resort in Barrie

2:30 to 4:30 p.m. - Fee is \$18 + tax. (payable at the resort).

We will be travelling in individual vehicles.  
Dinner available at the Crazy Horse Restaurant afterwards for anyone interested.

*Please call ext. 1302 to register or e-mail Tish (lburns@wpshec.com)*

*Numbers are necessary to get the group discount.*

## 2nd Semi-Annual Bingo Bowling

Saturday, April 20 • 7 to 10 p.m. • \$50 per team

Deadline for sign up is March 15

Please call Debbie at (705) 746-2848

Donald's team are currently the reigning champions.  
The challenge is on!



*Note: If there is an overwhelming response,  
we may be able to offer an additional time slot in the afternoon.*

**P** *an extra step to show we CARE*  
**PARK for PATIENTS**  
*Travel with safety*  
*... and remember to Park for Patients*

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**SOME SPOTS STILL AVAILABLE**

## Health Professional Education Series

In partnership with The Friends and The Labour Market Group, Canadore is pleased to present an education series for all health care professionals.

Date	Time	Topic	Description
Feb 8 2013	9-12 pm	Documentation/Charting	If it's not written down, it doesn't exist.
	1-4 pm	Client Boundaries	Understanding professional boundaries and client relationships.
Feb 22 2013	9-12 pm	Assistive Devices	Workshop on appropriate adaptation of common items to enhance client function.
	1-4 pm	Medication Administration	Medication administration: identifying, measuring, administering, documenting.
March 1 2013	9-12 pm	Dealing with Grief	Dealing with grief and loss, personally and professionally.
	1-4 pm	Communication: Clients with Communication Challenges	Learn about communication strategies to deal with disorders resulting from injuries (e.g., stroke).

For full session descriptions, please visit [www.canadorecollege.ca/wps](http://www.canadorecollege.ca/wps)

**Cost:** \$45, for each 1/2 day session

**Location:** Canadore College, West Parry Sound Campus



**To register today, contact:**

West Parry Sound Campus  
1 College Drive, Parry Sound, ON P2A 0A9  
Jocelyn Shipman  
705.746.9222  
[jocelyn.shipman@canadorecollege.ca](mailto:jocelyn.shipman@canadorecollege.ca)

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