On September 10, 2010, the Provincial Government announced the purchase of a new computed tomography (CT) scanner that will serve residents of Labrador City and Wabush. The Honourable Danny Williams, Premier of Newfoundland and Labrador, was joined by the Honourable Jerome Kennedy, Minister of Health and Community Services; Zoë Yujnovich, President and CEO, Iron Ore Company of Canada (IOC); Jim Baker, MHA for Labrador West; and, Boyd Rowe, CEO, Labrador-Grenfell Health, for the announcement.

“A new CT scanner in Labrador West will result in a significant improvement to healthcare services to this region,” said Premier Williams. “Each year hundreds of people have to travel out of the area for a CT scan. The placement of a new state-of-the-art CT scanner will allow people to stay near their homes while receiving this diagnostic test, and will help alleviate the stress of traveling. We are particularly pleased to have IOC as a corporate partner in this investment and I thank them for their outstanding commitment to this community.”

The Provincial Government will invest approximately $1 million to purchase a new 64-slice CT scanner which will be housed in a temporary location adjacent to the hospital. IOC will invest $600,000 to build the temporary structure to house the CT scanner. Given that the lifespan of a CT scanner is approximately 10 years, the CT scanner will be moved to its permanent location at the new Labrador West healthcare facility upon opening.

“The Iron Ore Company of Canada is pleased to be working in partnership with the Government of Newfoundland and Labrador on this significant healthcare investment for the people of Labrador City and Wabush,” said Ms. Yujnovich. “IOC values the health and safety of our employees and we are committed to giving back to the communities in which we operate. We are honoured to be a part of this valuable investment.”

Recruitment for staff to operate the CT scanner will begin immediately. The new CT scanner is expected to be operational in March of 2011.

“Placing a CT scanner in Labrador City will help further
New CT Scanner Announced for Labrador West
(continued from page 1)

meet the needs of the people of this region,” said Minister Kenned. “We understand that this CT scanner is needed now and could not wait for the completion of the new health centre. This is a further example of how this government is working throughout the province to meet the healthcare needs of all people in Newfoundland and Labrador.”

Budget 2010: The Right Investments – For Our Children and Our Future included $9 million for the continued construction of the new regional hospital in Labrador West, with the overall investment for this new facility totaling approximately $90 million. Site preparation and the extension of municipal services are now complete. The main building construction package is expected to be tendered this fall, with construction to begin in June 2011. The new facility will have 14 acute and 14 long-term care beds.

“I am very pleased to see that a new CT scanner will be placed in Labrador City in the near future to serve all residents of this area,” said Mr. Baker. “I know this matter has been raised by the people in this region. It is great to see the Provincial Government continue to make key investments that will have immediate and long-term impacts on the people of Labrador West.”

“The introduction of CT services in Labrador West supports Labrador-

Grenfell Health’s mission of enhanced access to priority services,” said Mr. Rowe. “On behalf of the Board of Directors and our Health Authority, I thank both the Provincial Government and IOC for this investment in diagnostic services in our region.”

Adapted from Health and Community Services Press Release, September 10, 2010

NEW TECHNOLOGY

Going Live with Medinet

On Tuesday, September 21, 2010 at 2:00 p.m., the Charles S. Curtis Memorial Hospital “went live” with Medinet. Medinet is the Meditech Software that connects the Meditech System in St. Anthony with the Public Health Laboratory in St. John’s.

Medinet will allow for the transmission of orders and results between Labrador-Grenfell Health and a reference laboratory, namely, the Newfoundland and Labrador Public Health Laboratory. This system will eliminate the need to receive hardcopy results by mail, decreasing turnaround time for sent-out procedures. These results will now be available for physicians in Meditech PCI.

Medinet will soon be implemented in the northern part of the region, and will eventually include procedures currently sent to the Health Sciences Centre in St. John’s.

Joseph Stone, Laboratory Information System Administrator

Cutting the cake to mark Medinet’s “go-live” in St. Anthony were Deana Diamond, Laboratory Technologist and Bart Gilbert, Information Management Team Leader - Systems Analyst II.
FAMILY PHYSICIANS RECEIVE AWARDS

Teaching Award for Dr. Nemat Daraei

A physician at the Labrador Health Centre, Dr. Nemat Daraei, is the 2009-10 recipient of the Gus Rowe Clinical Teaching Award from the Discipline of Family Medicine at Memorial University.

The award is presented by Family Medicine Residents in honour of Dr. Gus Rowe, past chair of the Discipline of Family Medicine, for his contributions in promoting continued excellence in the teaching of examination, assessment and treatment of the whole patient.

The award was presented on September 30, 2010 during an awards dinner at the Community Preceptors Meeting in Gander.

The Family Medicine Residency Program described Dr. Daraei as an exemplary physician who is able to communicate knowledge and skills with sensitivity and humour. He also has an interest in sharing those aspects of his skills and ideas, which is described as particularly pertinent to good family practitioners.

“Congratulations on receiving this award from the Family Medicine Residents and for your continued valuable teaching contribution to the Family Medicine Residency Program at Memorial University,” stated Dr. William Eaton, Program Director with the Family Medicine Residency Program.

Dr. Neil Cheeseman (left) presented the Gus Rowe Teaching Award to Dr. Nemat Daraei on behalf of Family Medicine Residents.

Labrador-Grenfell Health is pleased to congratulate Dr. Catherine Penney, MD, CCFP, upon being named one of Canada’s Family Physicians of the Year.

The St. Anthony-based physician is one of 10 family physicians whose professional accomplishments have been deemed worthy of recognition. Each year, the College of Family Physicians recognizes one family physician from each province in honour of the meaningful contributions they make to the health and well-being of their communities, and dedication to research and teaching. Recipients of the Reg L. Perkin Award are nominated by their peers, patients, colleagues and community leaders.

Dr. Penney arrived in Newfoundland from the United Kingdom as a medical student in 1971. Prior to graduation from the Middlesex Hospital Medical School at the University of London, she spent a two-month elective period in North West River, Labrador, with the International Grenfell Association. This experience inspired her to return to Labrador as a ‘travelling doctor’, and later in 1977, to begin practicing family medicine in St. Anthony, Newfoundland.

Early in her career, Dr. Penney was largely responsible for outpatient care at the Charles S. Curtis Memorial Hospital. Since 2000 she has served as Chief of Staff and Chief of Family Practice. Dr. Penney works in the Emergency Department and looks after complex inpatient cases, provides clinical care to residents of the John M. Gray Centre, and runs family practice clinics. She is also an Associate Professor at Memorial University’s medical school.

Boyd Rowe, Chief Executive Officer of Labrador-Grenfell Health, said the honour bestowed upon Dr. Penney is confirmation from her peers and patients that she has and continues to provide exceptional care.

“Dr. Penney’s outstanding work as a family physician is something which her patients and colleagues in Northern Newfoundland, Labrador, and indeed the province of Newfoundland and Labrador, have known for a long time,” he stated. “She has won respect and admiration for the indelible mark she has left on family medicine and the health care sector, and her influence and reach goes far beyond to include young doctors who have benefitted tremendously from her teaching.”

Dr. Penney and her husband, Roger, have two daughters. Nicola is a second year medical resident at McMaster University, and Victoria is studying education at Memorial University. A former Girl Guides leader, Dr. Penney enjoys cross country skiing, gardening and reading.

The awards presentation was made during a ceremony at the CFPC’s annual Family Medicine Forum in Vancouver, British Columbia, on Friday, October 15, 2010.

Since 1972, the CFPC has honoured family physician members who exemplify the guiding principles of family medicine. The CFPC says the 2010 recipients demonstrate the rich diversity of family medicine. They are teachers, researchers and clinicians. They care for patients in private offices and clinics, nursing homes and hospitals, and community health centres. They work in big cities and small rural communities. They provide care for newborn infants, elderly patients and all age groups in between.

Profiles of the 2010 Family Physicians of the Year and information about the Family Physician of the Year program are available at http://fpoy.cfpc.ca.
On Tuesday, September 21, 2010, employees and special guests at the Captain William Jackman Memorial Hospital gathered in the cafeteria for a celebratory tea to mark the hospital’s 45th year in operation.

Opened in September, 1965, the hospital was named in memory of Captain William Jackman of Renews, Ferryland District, who played a hero’s role in the rescue of twenty-seven persons from the wreck of the vessel Sea Clipper at Spotted Islands, in the great storm of 1867. It has been 45 years since the first patient was welcomed into the hospital, and since that time, the facility and its employees have served the health care needs of residents of Labrador West to the best of their ability.

“This time of celebration evokes many different responses inside us,” said Ozette Simpson, Chief Operating Officer and VP of Long Term Care Services. “We have great joy in being able to look back over 45 years of service – we have many memories. We feel tremendous thanks for being given this unique opportunity to serve the residents in Labrador West. We are extremely grateful to have had this time to work together.”

As the hospital reaches this milestone, and as construction of a new facility is underway, improvements still continue to be made to better serve the residents in Labrador West. Renovations are ongoing for a new satellite dialysis unit, and in September an announcement was made that a new CT scanner would be operational at the hospital by March 2011.

“A hospital like this can only serve to its potential with the support of community partners, and here in Labrador West, we have had very dedicated community support,” noted Ms. Simpson. “From stakeholder groups to corporate partners, our Hospital Auxiliary, Grenfell Foundation and individual volunteers, we have been very fortunate to have a strong commitment and a shared vision for quality healthcare.”

She also noted that employees at the hospital are very committed to quality care and to each other. “On behalf of the Board of Directors and Senior Executive Team of Labrador-Grenfell Health, I thank all employees who have worked at this facility over the years, as well as those who continue to provide dedicated quality services here,” she said. “We are proud to have served the healthcare needs of this community for nearly half a century and look forward to many more years to come.”
Annual Golf Tournament Raises $12,000

A golf tournament held on August 12, 2010 at the Amaruk Golf Club in Happy Valley-Goose Bay raised $12,000. Fifteen teams sponsored by various corporations and businesses took part in the 14th annual Air Labrador/Nasittuq Memorial Cancer Tournament.

The funds support the work of the Labrador East Chapter of the Grenfell Foundation. The chapter was established in 2007 to raise funds for the purchase of priority equipment and support programs and services at the Labrador Health Centre and community clinics on the north coast.

In particular, funds raised through the golf tournament are used by the Grenfell Foundation to support cancer awareness, education, and detection and prevention initiatives.

Anglican Church Women Donate $1000

The Grenfell Foundation’s South Chapter extends sincere thanks to the Anglican Church Women, Western Diocesan Board, for their recent donation of $1,000 for priority medical equipment. This is the third consecutive donation from this group, reaching a total of $3,000 over a two-year period.

At left, Evelyn Rumbolt of the Anglican Church Women presents a cheque to Wilfred Rumbolt, Foundation Chair (South).

Tree of Memories 2010

The Grenfell Foundation – South Chapter is pleased to announce that the Annual Tree of Memories display will begin in conjunction with the Christmas Tree Lighting on Wednesday, December 1, 2010 at 4:00 p.m. at the Charles S. Curtis Memorial Hospital in St. Anthony.

All donations to the Tree of Memories will be used to purchase priority medical equipment for this region. This year, red and white doves and cardinals will be displayed on a Tree of Memories, located in the Hospital Rotunda.

If any individual, group or business would like to make a donation to the Tree of Memories in memory of a family member, friend, or co-worker, please feel free to call the Foundation Office at (709) 454-0244 or mail your donation to: Grenfell Foundation, 178 West Street, St. Anthony, NL, Canada, A0K 4S0.

Ornaments may be purchased in memory of a loved one for a minimum of $2 and a registered charitable tax receipt will be issued for donations $10 and over.

Your contributions are greatly appreciated. Thank you for your anticipated support.

Agnes Patey, Coordinator
Grenfell Foundation (South Chapter)
Recognizing Contributions to Health Care Services

On Friday, August 13, 2010, Charlottetown residents and special guests gathered for the Calvary Temple’s 50th Anniversary celebrations. As part of these events, representatives of Labrador-Grenfell Health were on hand to recognize the long-time relationship between the Pentecostal Church and health care services in the community.

Throughout a special banquet held that evening, stories were told that brought this relationship to life. It was in the early 1970’s that the church and the community began to spearhead a fundraising initiative for a nursing station in Charlottetown. This initiative, championed by teachers Shirley Flewett and Joan Cartledge, soon saw each man in the community pulling 20 logs each, and other fundraising campaigns underway.

The church and the community were instrumental in establishing a medical clinic in Charlottetown and in October 1975, the Grenfell Mission sent the first resident nurse to the community.

“On your 50th Anniversary, I thank you for your longstanding partnership, for your key role in the beginning and for investing in health care,” said Board Member Lisa Dempster. Barbara Molgaard-Blake, Vice-President, People and Information acknowledged the unique relationship between the church and the Community Clinic in Charlottetown. She also spoke of her role in the transition of the building from the church to Labrador-Grenfell Health in very recent years. “Labrador-Grenfell Health values the commitment of the Calvary Pentecostal Church to health care in this area of the region,” she said, “and I thank Pastors Slade and Foster for your role in working through the clinic transfer with us.”

To recognize Labrador-Grenfell Health’s appreciation, the local church was presented with a Richard Gill plaque, illustrating the Charlottetown Community Clinic and its surroundings.

Off to the Right Start

In late summer, Major Raymond Janes of the Salvation Army approached Child, Youth and Family Services staff to enlist employees’ help in distributing backpacks and school supplies to families in the local area. These were collected through the Salvation Army’s Community Care Ministry, spearheaded by Sylvia Patey, Majors Raymond and Laura Janes and the congregation. Bell Aliant Pioneers also supplied extra backpacks. Social Workers Bev Patey, Elaine Hillier and Leslie Anthony-Clark, along with Child/Behavior Management Specialists Vickie Biles and Jennifer Strickland, coordinated distribution.

Twenty-nine backpacks were distributed. Given the financial burden on all families for back to school supplies and clothes, these were very much appreciated! Feedback from families was extremely positive. Thank you to all those who made this meaningful initiative possible.

Bev Patey, CYFS

Staff Participate in Fundraiser Bakesale

On August 18, 2010 the Black Tickle Community Clinic staff participated in a community bake sale to help a young couple who had to travel to Montreal for medical reasons. It was a fun day and a total of $600 was raised.
AROUND THE REGION

New Diagnostic Equipment Installed at the Labrador South Health Centre

Residents living in Southern Labrador will benefit from enhanced diagnostic services with the installation of new medical equipment at the Labrador South Health Centre in Forteau. The Provincial Government recently invested $200,000 for the purchase of a general x-ray unit for this facility.

“Our government is continuing to make significant investments in medical equipment for health care facilities across the province,” said the Honourable Jerome Kennedy, Minister of Health and Community Services. “The equipment recently installed at the Labrador South Health Centre will ensure people in Southern Labrador have access to essential diagnostic testing in, or as close to, their own community as possible.”

The general x-ray unit has made significant improvements in service as clients experience increased comfort and physicians have access to better quality images. A new chemistry analyzer was also recently installed, which will result in more advanced laboratory testing at the health centre.

“The enhancements in diagnostic equipment at the Labrador South Health Centre will bring marked improvements in access to quality care for the residents of this part of the region,” said Boyd Rowe, CEO, Labrador-Grenfell Health. “This equipment has broadened the range and number of diagnostic tests we are now able to perform at this facility, and has also reduced physician waiting times for results. This translates into improved quality and timelier care for our clients in the Labrador South area.”

Since 2003, the Provincial Government has invested approximately $1.6 million in the Labrador South Health Centre for the purchase of capital equipment such as two new defibrillators, a cardiac monitor, resident lifts and a hand-held ultrasound machine. This funding also includes upgrades and renovations, such as a new water filtration and fire sprinkler systems and a new staff duplex unit.

Adapted from Department of Health and Community Services News Release, October, 2010

Halloween Fun

Departments at the Labrador Health Centre took up the challenge to decorate their surroundings during Halloween week. On October 29, 2010, staff were also encouraged by the Social Committee to come to work dressed in their most ghoulish outfit. Rowena Hayden (left) and Wavey Montague (second from left) were judged to have the best costumes. They both work at the Happy Valley-Goose Long Term Care Facility. Also pictured were (l-r): Damien Simmonds, Melissa Yetman, Janice White, Cindy Barnett, Tracey McLean, Ann Wells, Sylvia Keefe, Bessie Michelin and Audrey Dunphy.

There were some frightful characters roaming around the halls of the Nain Community Clinic on October 29, 2010. Taking part in the Halloween festivities were: (L-R): James Feltham, Helena Kautjasiak, Pearl Saksagiak, Jane Rennison, Pat Cotty and Liz Pijogge.

Many staff at the Captain William Jackman Memorial Hospital in Labrador City participated in a Halloween Potluck. Among them were Vanessa Smith and Shelly Cormier.
Labrador-Grenfell Health is pleased to announce its scholarship awards for 2010-11.

Jessica Mouland of Labrador City is the recipient of the Dr. and Mrs. Gordon W. Thomas Scholarship of $3,000 and Louise Richards of St. Anthony and Calandra Lawlor of Labrador City are the recipients of the Grimes-Weld Scholarships of $2,000 each.

Jessica graduated from Menihek High School in Labrador City in 2007. She has completed three years at Memorial University and will begin the MUN Bachelor of Nursing Program this fall.

Louise has completed two years at Queen's College in St. John's and her program of study is a Bachelor of Theology. This fall she will begin her third year and for the first time in the history of Queen's College, she will complete an international placement in Edinburgh, Scotland.

Calandra graduated from Menihek High School in Labrador City in 2007. She is currently a fourth year nursing student at the University of Ottawa and plans to graduate with a Bachelor of Science in Nursing in April 2011.

The Dr. and Mrs. Gordon W. Thomas Scholarship is awarded annually to a student who is studying nursing, medicine or dentistry.

Grimes-Weld Scholarships are awarded annually in memory of Nurse Joy Grimes and Dr. Elizabeth Weld, who died tragically in 1984 while serving the people of Northern Newfoundland and Labrador.

PHOTO TRIVIA

This issue:
Q: Do you know this doctor? He was instrumental in advocating for the first telemedicine project at the Captain William Jackman Memorial Hospital, launched on April 7, 1977.

A: This is Mrs. Keddie's staff house in Cartwright. Kate Mary Keddie commenced employment with the Grenfell Mission in North West River in 1932 as a housekeeper. Shortly after she relocated to Cartwright where she was in charge of the Grenfell Mission's Industrial Department. She is best known for her smooth grass placemats, Grenfell parkas and many other interesting products. She retired from the Grenfell Mission in 1958 following 26 years of service.

Last issue:
Q: Name the building shown in this picture. In which community is it located?

A: This is Mrs. Keddie's staff house in Cartwright. Kate Mary Keddie commenced employment with the Grenfell Mission in North West River in 1932 as a housekeeper. Shortly after she relocated to Cartwright where she was in charge of the Grenfell Mission's Industrial Department. She is best known for her smooth grass placemats, Grenfell parkas and many other interesting products. She retired from the Grenfell Mission in 1958 following 26 years of service.
Mental Illness Awareness Week: October 3-9, 2010

Mental Illness Awareness Week is an annual national public education campaign. The goal of the national campaign is to end the stigma associated with mental illness and to ensure better understanding and access to diagnosis and treatment. Mental Health and Addictions staff throughout the Labrador-Grenfell Health region participated in a variety of local activities to raise awareness.

Flower’s Cove

Labrador-Grenfell Health staff and local residents of the Flower’s Cove area participated in a walk on October 4, 2010 for Mental Illness Awareness Week. Shown in picture sitting left to right are Tara Perry, Phyllis Moores, Cassie Way, Nancy Diamond, Barbara Gould, Tammy White and Nadine Genge. Standing left to right are Cst. James Perry, Melissa Dawson, Chris Humby, Cpl. John Dawson, Cst. Kevin Bowes, Janna Poole, Kit Lavalee, Carmel Chambers, Marilyn Gould, Trudy Coles, Janice Genge, Angela Way, Heather Coles, Trudy Matchim, Sherri Coates and three little participants Sadie Dawson, Taylyn Perry and Laura Coates.

Roddicton

Employees at the White Bay Central Health Centre in Roddickton participated in Mental Illness Awareness Week with fun activities and refreshments. Community Mental Health Nurse Tammy White says that activities were thoroughly enjoyed by staff members. She notes: “It is very important to recognize this awareness week to help decrease stigma attached to mental illnesses which sometimes creates barriers for clients”.


Happy Valley-Goose Bay

Staff at the Labrador Health Centre in Happy Valley-Goose Bay and supporters from the community came together on October 4, 2010 for a walk in support of Mental Illness Awareness Week. Following the walk there was a coffee break in the Atrium of the Labrador Health Centre with cake, refreshments, an information booth and a trivia contest.

St. Anthony

L-R: Rhonda Green (RN, Team Leader, Mental Health and Addictions -South) and Tina Coombs (Addictions Counselor) invited employees to drop by their display booth at Curtis Hospital for refreshments and prizes, as well as an opportunity to test their knowledge in mental illness awareness trivia. Shown here visiting the booth is Cora Cull, Licensed Practical Nurse (right).

Labrador City

On October 4, 2010 a walk was held in Labrador City in support of Mental Illness Awareness Week. Approximately 15 people attended and enjoyed snacks and prizes after the walk. Shown here are Aldena Hillier-Legge, Mental Health Case Manager (left) and Vanessa Smith, Mental Health Counsellor.
Community and Hospital Infection Control Association-NL Holds Annual Provincial Conference in St. Anthony

On September 27 and 28, 2010, the Grenfell Interpretation Centre in St. Anthony hosted the annual Community and Hospital Infection Control Association Newfoundland and Labrador (CHICA-NL) Educational Conference. The theme of the conference was Teamwork and Collaboration: Meeting the Challenges of Infection Control.

“All of us here today acknowledge that infection control is everyone’s business and could not happen without teamwork and collaboration” noted Beverly Pittman, CHICA-NL President Elect and conference organizer. “Infection control is a great link in creating a culture of patient safety. A conference like this allows for sharing knowledge and ideas and is the cornerstone to delivering excellent safe patient care.”

The conference was a great success. Many Labrador-Grenfell Health staff that attended noted that they enjoyed having the conference in their region, as it allowed an increased number of staff from various departments the opportunity to attend.

The organizing committees, both the Provincial Planning Committee and the on-site planning committee, thank the guest speakers, exhibitors and sales representatives, and all those who attended, with a shared goal of improving infection control in our workplaces and our communities.

Beverly Pittman, Regional Patient Safety Officer

Fall Symposium a Success Again This Year

The Fall Symposium is an educational event that is held once a year in the Labrador-Grenfell Health region. Predominantly for physicians, and open to all health professionals, its purpose is to update knowledge and skills to current standards.

This year’s Fall Symposium was held from September 15 to 17, 2010 at the Charles S. Curtis Memorial Hospital in St. Anthony, and by all accounts, was very successful again this year. Special thanks are extended to members of the organizing committee: Dr. Kweku Dankwa (Chairperson), Dr. Padma Guntamukkala, Dr. Devicka Roopram, Dr. Kofi Amu-Darko and Denise Pilgrim.

Some of the presenters at the Fall Symposium were (l-r): Dr. John Barnhill, Dr. Palinder Kamra, Dr. Chander Kamra, Dr. Geoffrey Smith and Dr. Ravi Vatturi. Missing from photo are Dr. Jeremy Hillyard, Dr. Paul Woolfrey, Dr. Janet Nuth, Dr. Christopher Jackman, Dr. Irving Tiong, Dr. Atamjit Gill, Gail Spurell, Kathy Siersmar, and Janice Hickey Scharf.
Laboratory Accreditation Training

From October 12-15, 2010, Laboratory Staff throughout the region attended a specialized training workshop in quality assurance and laboratory accreditation. Held in St. Anthony, the focus of the session was to help laboratory staff gain the knowledge required for the ISO 15189 Certification Accreditation site visits in their laboratories, and to support ongoing Quality Assurance and ISO requirements needed to maintain their certificates.

Port Home Simpson

Promoting and Supporting Breastfeeding Through Education

On September 16, 2010, Pamela Browne, Midwife/Lactation Consultant with Labrador-Grenfell Health, facilitated a Breastfeeding Workshop in Port Hope Simpson to address the nurses’ concerns regarding supporting breastfeeding clients in their communities. Pamela is an excellent resource and provided the nurses with much educational material throughout the day to help them better prepare expectant moms for breastfeeding and to help nurses build skills to support breastfeeding during the postpartum period.

Family Resource Centre and nursing staff from neighbouring communities took part in this educational day. Everyone felt it was a very worthwhile session and thank Pamela for visiting and sharing her knowledge and skills.
World Breastfeeding Week: October 1-7, 2010

From October 1-7, 2010, World Breastfeeding Week was celebrated for the 19th year with the theme *Breastfeeding: Just 10 Steps. The Baby-Friendly Way.*

Breastmilk promotes brain development, contains many substances that help protect baby from some infections and diseases and is easier on baby’s stomach. Breastfeeding may help protect babies against Sudden Infant Death Syndrome (crib death), can help prevent obesity, Type II diabetes and heart disease in later life and promotes healthy development of baby’s jaws, gums and teeth. Breastfed babies have fewer ear infections and are less likely to develop an allergy to breastmilk.

Breastfeeding helps a woman’s uterus (womb) return to its normal size more quickly after birth and assists new mothers with returning to their pre-pregnancy weight sooner. Breastfeeding also provides protection against breast and ovarian cancers. It provides a special time of closeness for mom and baby; it is convenient, always available, “ready to serve”, clean and at the right temperature. Breast milk is economical (free!) as well as environmentally friendly (no bottles, nipples or plastic bags).

More and more studies have shown that implementation of the Ten Steps to Successful Breastfeeding with continued postnatal support contributes to increased breastfeeding initiation and exclusive breastfeeding at local, national and global levels. Labrador-Grenfell Health is working toward implementing the Ten Steps to Successful Breastfeeding in its facilities, and appreciates the hard work of all those in the Health Authority, as well as community partners, in providing support for breastfeeding families.

According to the Ten Steps, every facility providing maternity services and care for newborn infants should:

- Have a written breastfeeding policy that is routinely communicated to all health care staff.
- Train all health care staff in skills necessary to implement this policy.
- Inform all pregnant mothers about the benefits and management of breastfeeding.
- Help mothers initiate breastfeeding within a half-hour of birth.
- Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
- Give newborn infants no food or drink other than breastmilk unless medically indicated.
- Practice rooming-in - allow mothers and infants to remain together - 24 hours a day.
- Encourage breastfeeding on demand.
- Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Moms and their babies in the Upper Lake Melville area demonstrated their support for breastfeeding at the Annual Quintessence Breastfeeding Challenge on October 2, 2010. A total of 12 moms and their babies took part. They included:

Front (l-r) – Brianna Blake, Holly and Addison Joy, Hillary and Maeve Snow, Francine and Reid Carew, Jennifer and Maeva Snow, Bethany and Brooklyn Blake.

Back (l-r) – Crystal and Caleb Andersen, Norma and Lila Huxter, Robin Hillier and Carter Clark, Jill and Rachel Parsons, Allison and Alyssa Earle, Bernadette and William Greey, and Karla and Gallagher Shaffer.
Breastfeeding mothers and babies also need community support in order to make breastfeeding a success. This support can be obtained from many sources such as partners, family members, family resource centers, public health nurses, nutritionists, lactation consultants, midwives, physicians and the community.

**Family Support.** It is paramount that breastfeeding mothers receive support from their partners as well as other family members. This can be done easily by encouraging the mom and offering her praise for her breastfeeding efforts and helping her gain self-confidence. Lack of support from family members to a tired, frustrated mother will often lead to early discontinuation of breastfeeding. Bringing a new mother a prepared meal or offering to wash her dishes are also ways of offering support to the breastfeeding family.

**Mother-to-Mother Support (Peer Support).** It is vital for breastfeeding mothers to have support from other breastfeeding mothers. This gives the mother an opportunity to share success stories and challenges, as well as learn ways to meet these challenges. Breastfeeding support groups are an excellent source of support as it gives both mom and baby the opportunity to meet and socialize with other breastfeeding moms and babies.

**Community Support.** Breastfeeding mothers and babies benefit from communities that recognize the importance of supporting the relationship of the mother and baby. The community as a whole needs to be educated about the benefits of breastfeeding as well as the risks associated with NOT breastfeeding. Communities can also support breastfeeding moms and babies by providing them with a comfortable space to breastfeed as well as privacy to those moms who want it (NOT PUBLIC WASHROOMS). In addition, workplaces and schools can also provide support through the provision of comfortable feeding areas, as well as time for breastfeeding employees and students to nurse their babies. Restaurants and other public areas should welcome mothers to breastfeed within their establishments. Many of these areas can be identified as “Breastfeeding Friendly” by displaying breastfeeding friendly decals on the door of their establishment, available through your local Public Health Nurse.

Submitted by members of the Labrador-Grenfell Regional Breastfeeding Network

Fourteen moms and babies turned out for the Breastfeeding Challenge in Labrador City, held at the Wee College located in the Pentecostal Church.

Members of Labrador-Grenfell Health’s Community Health and Wellness team joined Wabush Mayor Ron Barron (left) and Labrador City Mayor Janice Barnes in a proclamation signing for World Breastfeeding Week (l-r): Heather Blackmore, Karla Richards and Meaghan Milley.

Bev Simms, Public Health Nurse, talks with St. Anthony Elementary School students Emily and Liam Carroll about how humans, like other mammals, breastfeed their young.
Environmental Services Week 2010

Environmental Services (EVS) Week was recognized at several sites throughout the Labrador-Grenfell Health region during the week of September 20-24, 2010. This was the first time that a regional event was held and though not all sites were able to participate in all planned activities, the "Question of the Day" and the Friday “Afternoon Tea” were well received.

We are hoping to make this an annual event and discussions have already started on how to expand this to include the whole region next year. Thanks to all who participated and helped with this year’s events. Your time, effort and words of encouragement were greatly appreciated.

Debbie Fudge, Regional Manager
Environmental Services (Aramark)

I consider EVS to be part of my department (or myself a part of their department) because what they do has a direct impact on Infection Control and Patient Safety as a whole. EVS plays a very important role in our organization. It is probably the only department that has direct daily contact with every other department within Labrador-Grenfell Health. The work is heavy and demanding and unfortunately it is often not recognized for the important role it plays in healthcare.

I believe that the fact that we have very few patients acquire infections while in our care, and the fact that those who do come to us with infections heal so quickly, can both be linked to the fact that we have a dedicated staff who do their job well.

So, I thank the EVS staff for not only making my job easier, but more importantly, for making the environment safer for our patients/clients.

Cindy Williams RN CPN*
Infection Control/Risk Management Coordinator
Pap Test Awareness Week: October 25-31, 2010

“*I'm a little too busy right now. …*” If this sounds like you and you think Pap Testing can wait, remember—cancer doesn't wait, and neither should you. A regular Pap Test can save your life.

**A Pap Test Saved My Life**

In 1979, at the age of 31, after my annual regular Pap Test, my doctor had some concerns about abnormal cells in my cervix. He informed me that I would need at least two consecutive Pap Tests to determine whether these cells were cancerous. Immediately after these tests, a biopsy of the cervix was performed through a procedure called a colposcopy.

The results were abnormal and showed that I had cervical cancer. Unfortunately, the only option for me was surgery. I was devastated. I knew Pap Tests identified precancerous changes in the cervix and I knew they were important to my well-being, but little did I realize that they would save my life.

There are a lot of misconceptions and fears about Pap Tests. I’m so glad I didn’t pay attention to any of them. Early detection is the key and I can’t stress it enough that every woman, young and old alike, MUST do this for themselves. Have your Pap Test today.

*W.B., a long-time resident of Happy Valley-Goose Bay*

**Let’s Send Pap Screening Rates soaring!**

October 25-31, 2010 marked Pap Test Awareness Week in Newfoundland and Labrador. This year’s campaign included a community balloon launch in each region with a vision of sending Pap screening rates soaring! At 12:00 noon on Monday, October 25, 2010, participants released balloons into the sky, raising awareness of the importance of regular Pap Testing and sent a united message by staff, partners, survivors and communities that we are united in our goal to send Pap screening rates soaring in the coming year. These rates will mean women are hearing the message and being screened for a preventable cancer – cervical cancer.

*St. Anthony: Public Health Nurse Bev Simms joined students of the College of the North Atlantic Campus in St. Anthony, as they raised balloons in recognition of Pap Test Awareness Week.*
Senior’s Day in Canada/International Day of the Older Person
The residents of the John M. Gray Centre celebrated Senior’s Day in Canada in conjunction with the International Day of the Older Person on October 1, 2010 with an afternoon social. This day is set aside annually to honor, recognize and acknowledge seniors for their contributions to society. Residents enjoyed traditional Newfoundland music provided by staff member Alma Green, followed by pie and ice cream.

Cecil Burt was one of many residents enjoying music performed by Alma Green, Licensed Practical Nurse.

Making Home Made Ice Cream
Residents Evelyn Andrews and Ambrose Curl enjoyed an afternoon of making traditional Homemade Ice Cream with Teena Patey, Physiotherapy/Occupational Therapy Assistant.

Halloween Party
Resident John Green enjoys a dance with Recreation Specialist Heather Bromley, at the annual Halloween Party, held on October 25, 2010. Special thanks to the United Church Women and the Pumper Boys for providing musical entertainment.

An Afternoon Walk in the Great Outdoors
During a sunny afternoon in October, residents Gordon Alyward (left) and Ambrose Curl enjoyed a walk in the great outdoors. On their walk, they took a few minutes to feed a couple of ducks near St. Anthony harbour.
**Senior’s Day**
Residents at the Happy Valley-Goose Bay Long Term Care facility celebrated Seniors Day on October 1, 2010 with a trip to the municipal building for an afternoon of food, fun and fellowship. Jodie Michelin (LPN student), served a cookie to resident Kathleen Blake, while nursing student Cassandra McLean (LPN student) helped Lorraine Saunders get comfortable for her snack.

Once the music started, it didn’t take long for residents Pearl Baikie (left) and Mary Heard (right) to get on the dance floor with partners Stephanie Almon-Drake (Social Worker) and Mary Abbass, a board member with Labrador-Grenfell Health.

**Tasty Treats**
Volunteers with the Katimavik program assisted residents at the Happy Valley-Goose Bay Long Term Care facility with baking tasty treats. (L-R) Emma Cooney of Katimavik, residents Dorothy Fequet, Jacko Obed, Mary Clarke, Sarah Voisey, Rhoda Voisey and Marilou Simard of Katimavik.

**Halloween**
Eliza Edmunds and Sam Pottle were among many residents who donned costumes for the annual Halloween Party.

**First Hair Cuts**
When you move into a new home, there are a lot of firsts that take place. Such was the case for residents when they moved from the Paddon Memorial Home to the new Happy Valley-Goose Bay Long Term Care Facility. Licensed Practical Nurse Vivian Davis (centre) gave hair cuts in the new beauty salon to: (L-R) Pearl Baikie, Rhoda Voisey and Daphne Mesher.
Governor General Impressed with Mary’s Harbour Clinic

The Mary’s Harbour Community Clinic received a special visit on August 20, 2010. Canada’s Governor General, Michaëlle Jean and His Excellency, Jean-Daniel Lafond, arrived at the clinic and were greeted by all staff before receiving a brief tour of the building.

The visitors were very interested in the history of the building and the stories that were told. They were also interested in the present services offered and were pleased to see the medical equipment and the ways in which community clinics keep pace with technology through video-teleconferencing and the use of computers.

Olive Rumbolt, Personal Care Attendant and an employee of Labrador-Grenfell Health for more than 30 years, and Marilyn Kippenhuck, Clinical Coordinator for the South, conducted the tour. They explained to the guests some of the many changes that have been made to the building since it was completed in 1930 and how it has evolved from a hospital to a community clinic. Olive also presented Her Excellency with a pair of moccasin slippers that she had made herself. She immediately tried them on and was thrilled that they fit her so well.

Finally, Their Excellencies completed their clinic visit by signing the guestbook, which carries as its first signature that of Dr. Wilfred Grenfell. They also reviewed a logbook of some of the staff that was written from 1931-35 and detailed the observations of nurses from that era. It was a lovely visit and enjoyed by all.

During their regional visit to Newfoundland and Labrador, Their Excellencies also toured St. John’s, Cupids, Red Bay, Battle Harbour, Happy Valley-Goose Bay and North West River.

Marilyn Kippenhuck, Clinical Coordinator (South)
Operation Tooth Making Big Impact in Labrador

Children and youth in Labrador are receiving much-needed dental care, thanks to a program that is continuing to grow.

Operation Tooth was launched three years ago as a pilot project to address the long wait list for pediatric dental surgery. The partnership involved the Department of Health and Community Services, Labrador-Grenfell Health, Eastern Health and a pediatric dentist, Dr. Geoff Smith. During a four-day period in January, 2008, 38 surgeries were completed, which addressed 95 per cent of the wait list at that time.

Under the program, children from Labrador were able to receive surgery closer to home. Rather than young patients travelling to the Janeway Children’s Hospital in St. John’s for treatment, surgeries were done at the Labrador Health Centre in Happy Valley-Goose Bay.

“Every day my office would be inundated with calls from parents in tears because their child could not be seen promptly, and the child was in pain,” he explained. “So we undertook a process to decrease the number of kids on our wait list.”

Since that time, Operation Tooth has evolved. More than 150 children have been treated by Dr. Smith over the past two years, including 40 who were seen during a five-day period in October. He said similar programs are in place in Gander and Burin, but pointed out the need in Labrador is more acute.

“Most of the cases that we’re seeing here have decay rates that are much higher,” he noted in an interview with the media. “The use of the baby bottle is more extensive and for a longer period of time than it is in other populations, and this can result in a very rapid decay pattern and large numbers of cavities.”

Rather than just treat problems associated with dental decay, Dr. Smith would like to see a determined effort towards prevention. He said dental professionals recommend the removal of the baby bottle at 12 months. He added that children should be brushing their teeth on a regular basis and limiting the number of sweets they eat.

Dr. Peter Hornett, Chief of Dental Services with Labrador-Grenfell Health, noted that in other areas of the region, children have been receiving dental services and surgeries at the Charles S. Curtis Memorial Hospital in St. Anthony. He said Dental and Operating Room staff in St. Anthony have worked together over the years to ensure that children from Southern Labrador and Northern Newfoundland also receive treatment close to home. Dr. Smith said he appreciates the support he has received from the staff, nurses and administration of Labrador-Grenfell Health. “They’ve worked hard with me and I truly appreciate their efforts.”

Dr. Geoff Smith performs dental surgery on a child at the Labrador Health Centre, Happy Valley-Goose Bay. PHOTO COURTESY OF CBC
Dr. Robert Pealing Retires

Dr. Robert Pealing, Family Physician, retired on September 24, 2010, after providing seventeen years of service with Grenfell Regional Health Services and Labrador-Grenfell Health. Dr. Pealing first came to the region as a locum in Churchill Falls. He then completed a short locum in Forteau and later moved on to Flower’s Cove, where he decided to stay, along with his wife Dr. Vivien Pealing and their two daughters, Susan and Beth. They settled in Bear Cove, where they bought their own home and became very active members of their community.

The Pealing family members are outdoor enthusiasts and the rural setting suited them very well. They have been active in many outdoor activities such as kayaking, canoeing, skiing, hiking, etc.

Dr. Pealing was very dedicated to his profession and was always available to help out his colleagues when needed. He loved to educate and would share his knowledge willingly with colleagues and students alike. He is very much missed by his friends and co-workers. We wish him and his family all the best as he and Vivien spend more time doing what they enjoy most these days, which is spending time with their grandchildren.

Rob and Vivien – enjoy all those outdoor activities, your grandchildren and think of us once in a while. Feel free to visit at any time.

Staff at Strait of Belle Isle Health Centre

Carol Colbourne

Carol began her career as a Nursing Assistant in 1978 at the Charles S. Curtis Memorial Hospital. She went on to further her education by completing the Operating Room Technician course in 1981 in Grand Falls. Carol provided relief in the Operating Room and in various other areas of the hospital.

She obtained a permanent Operating Room Technician position in March 1997 and worked there until her retirement in May 2010.

Carol has been a dedicated worker, providing excellent care to the clients we serve. We wish her a long happy, healthy retirement – enjoyed with her family and friends.

Sharon Penney, Nursing Site Manager

Veronica Cull

On June 30, 2010, after 37 years and 9 months of service, Veronica Cull retired from her position as Licensed Practical Nurse in the Ambulatory Care Department at the Charles S. Curtis Memorial Hospital. Veronica has been a loyal employee who demonstrated obvious pride in her work. She was cheerful and considerate and always treated her patients with kindness and respect. When walking through the department, no matter how busy, Veronica always took time to say hello. Her friendly disposition and laughter will be missed by patients and co-workers alike. We wish her a long, healthy, happy retirement.

Sharon Penney, Nursing Site Manager
Marge Learning

It was with mixed emotions that we said good-bye to Marge Learning, VP Quality Management, as she retired on July 27, 2010. As a friend and colleague who contributed so much to the health system in our region over many years, it is sad that we will no longer benefit from her stable and compassionate leadership in so many areas of Labrador-Grenfell Health. We are hoping that she will now have more time to enjoy life with loved ones, which we know will bring her great joy and happiness.

Marge trained as a Registered Nurse at the General Hospital in St. John’s, but even before that at the early age of 17, worked as a Nurse’s Aide at the North West River Hospital. After her graduation from nursing school, she returned to Labrador as a brand new proud nurse, ready to care for anyone who needed help. She has spent a full career in Labrador with the International Grenfell Association, Grenfell Regional Health Services, Health Labrador Corporation and most recently Labrador-Grenfell Health.

Over the years, Marge took on ever-increasing challenges in nursing leadership and administration with the same compassionate attitude and professional approach. She was a mentor and counsel to many - including myself. On a personal note, I consider myself very fortunate to have worked with her over so many years.

Marge can take comfort knowing that her contribution to the health and well-being of residents in our region will long be remembered. We wish her every success, good health and much happiness in her retirement.

Boyd Rowe
Chief Executive Officer

TRIVIA

This issue:
Q: Who was the first Registered Nurse to begin working in the community of Churchill Falls? Where was she from?

Last issue:
Q: When was the last edition of the IGA magazine, Among the Deep Sea Fishers published?

A: The last edition of Among the Deep Sea Fishers was published in July 1981. Thank you to Violet Patey Decker, St. Anthony, NL and Alwyn Sansford, Bridgewater, NS for submitting correct responses.

Annual Performance Report now online

The Annual Performance Report for 2009-10 is now available on the Labrador-Grenfell Health website www.lghealth.ca under News and Publications. The report outlines the Health Authority’s highlights and accomplishments, shared commitments and progress with achieving its strategic goals in 2009-10.
**Pastoral Care Week: October 24 – 30, 2010**

This year marked the 25th anniversary of celebrating Pastoral Care Week, held from October 24-30, 2010. This year’s theme was **HEALING PRESENCE: Let the beauty we love, be what we do.**

Pastoral Care Week provides an opportunity to recognize the importance of spiritual/pastoral care in providing holistic care for patients and residents. Labrador-Grenfell Health has three Pastoral Care Committees in the region, and would like to thank the Committee Chairs, members, and all Pastoral Care workers for their commitment and dedication during the past year.

Several members of the Pastoral Care Committee were on hand for a tea in St. Anthony. These included: Elaine Hillier, Social Worker; Rev. Stephanie McClellan, United Church; Heather Bromley, Recreation Specialist and Rev. Ralph Moore, Anglican Church.

**Chapel Dedication**

An official dedication service was recently held at the new Long Term Care Facility in Happy Valley-Goose Bay, with many staff, residents and clergy in attendance. Back (l-r): Kim White (Regional Director of Long Term Care Services), Sam Pottle (resident), Ann Wells (Head Nurse), Major Stan Higdon (Salvation Army), Glenna Teasden (Moravian Minister), Rev. Jean Shears (Anglican), Regula Shule (Lay Pastor, Moravian), Pastor Terry Snow (Pentecostal Church) and Sally Penney (Secretary). Front (l-r): residents Marjorie Penney, Mary Clarke and Muriel Andersen.

**Obituary**

Wilbourne (Wilb) Fillier

It is with sadness that Labrador-Grenfell Health notes the passing of Wilbourne (Wilb) Fillier on September 1, 2010. He was 58 years old. Wilb started working with the International Grenfell Association in August 1973 with the Maintenance Department as a full-time employee, having worked with them previously as a summer student for a few years. In October of that year, he moved to the Regional Transportation (RT) Office as an Assistant RT Operator. In 1980, he assumed the role of Supervisor.

In his job, Wilb coordinated medevacs and patient and staff travel, both by air and ground transportation. He was one of the first people to meet new staff, and if he sensed that they shared his passion for hunting and fishing, they had made an instant friend. He truly was a people person, who did whatever he could to see that patients arrived at the hospital safely, and back home again, once released.

Wilb retired on June 21, 2002, and enjoyed fishing, hunting and time at his cabin. He is survived by his wife Rosemary, daughters Cassandra and Heather, two grandchildren, and a large circle of family, friends and former co-workers.

Gary Newell
**WELCOME TO:**

**Flower's Cove**
Connie Way  
Dental Assistant

**Forteau**
Cynthia Skinner  
Lab/X-ray Technologist

**Happy Valley-Goose Bay**
Erika Cullen  
Nurse I/Midwife
Marcia-Lisa Dennis  
Occupational Therapist I
Michelle Ford  
Adolescent Addictions Counselor (Temporary)
Dr. Mohammad Hosseininejad  
Family Physician
Kelly Morrissey  
Switchboard Operator I (Part-time)

**Hopedale**
Melissa Delaney  
Regional Nurse (Casual)
Darlene Nochasak  
Community Service Worker
Mary Ann Spearing  
Social Worker II

**Labrador City/Wabush**
Boyd Abbott  
Power Engineer, 4th Class
Adrienne Edwards  
Computer Support Technician (Temporary)

**Mary's Harbour**
Kelly Harvey  
Addictions Coordinator
Gale Parsons  
Regional Nurse (Temporary)

**Nain**
Carol Ann Caines  
Behaviour/Child Management Specialist

**Roddickton**
Meghan Byrne  
Dental Hygienist
Charles Humby  
Emergency Medical Responder (Temporary)

**Sheshatshiu**
Melinda Osmond  
Clerk I

**St. Anthony**
Dr. Simon Byrne  
Psychiatrist (Temporary)
Sarah Crawford  
Personal Care Attendant (Temporary)
Harrison Cull  
Trades Helper
Justin Devis  
Registered Nurse
Lavina Monis  
Registered Nurse
Shara Noble  
Physiotherapist
Lisa O'Leary  
Paramedic
L. Gwynn Smith  
Laboratory Technologist
Jerry Young  
Clinical Efficiency and Utilization Manager (Temporary)

**St. Lewis**
Cheryl Sovereign  
Regional Nurse

**GOOD-BYE & GOOD LUCK TO:**

**Flower's Cove**
Dr. Robert Pealing  
Physician (Retired)

**Happy Valley-Goose Bay**
Dr. Muna Ar-Rushdi  
Medical Officer of Health
Krista Bailey  
Laboratory Technologist I
Teresa Clove  
Licensed Practical Nurse
Elaine Condon  
Mental Health Case Manager
Patricia Gill  
Nurse I
Melissa Parsons  
Nurse I
Megan Riggs  
Nurse I

**Hopedale**
Brenda Ward  
Social Worker II

**Nain**
Basil Todd Hynes  
Child/Behaviour Management Specialist
Emily Lampe  
Personal Care Attendant
Regina Scholte  
Social Worker II

**St. Anthony**
Marie Byrne  
Licensed Practical Nurse (Temporary)
Jody Canning  
Clerical Support Worker (Temporary)
Roxanne Mitchellmore  
Clerical Support Worker (Temporary)
Baxter Pilgrim  
Laboratory Technologist (Retired)
“Memories”  
By Phoebe Nicholas-Ford-Leroux

I was born on June 7, 1909, in South West Cove, a tiny fishing village just inside the entrance to Great Harbour Deep which was then called Orange Bay. I was one of ten children born to Caroline and David Nicholas. My father died when I was five years old. There were no doctors to diagnose diseases in outports in those days, and I've been told that he died from TB, better known back then as “galloping consumption,” probably because of how fast it consumed the strength and life of anyone unfortunate enough to get it.

My mother did the best she could, but no mother, however much she cared or tried, could raise a family alone back then without a man as a breadwinner to provide food and shelter for her and the children. There were no social welfare programs or Government assistance in any form in those days, so if a man died or got sick, even the children had to be given out to anyone willing and able to take them in. Older children, aged nine, ten and up would be accepted into other families as another pair of hands to help with chores, in return for food and shelter. Children were forced to grow up very fast back then, and there was little space between babyhood and adulthood.

The older children in my family were placed with other families, while the younger ones like myself were placed in the care of the Grenfell Orphanage at St. Anthony. Dr. Wilfred Grenfell had established a hospital and orphanage there, for the care of people from Northern Newfoundland and Labrador in 1916. I, along with four other siblings, was raised at that orphanage, something that I will always be grateful for. In those days, outport children often didn’t have a chance to go to school, but every child entering the Grenfell orphanage received food, clothing, medical care and an education.

Our schooling was not only the academic kind, but each one learned life skills as well, everything to help us become responsible adults in the world outside the orphanage walls. The girls were taught how to sew, cook, mend, knit, etc., everything needed to help us become homemakers. At the same time, we learned writing, reading and math, all this before the age of fourteen. After we reached that age, we were put to work outside the orphanage. In school the boys learned carpentry, masonry, mechanics, etc., and if any of us showed a keen interest in any one thing, we were given a chance to learn more about it.

At age fourteen, I was put to work in the hospital as a Nurse’s Aide, where I received direct on-the-job training, from delivering babies to assisting in the Operating Room, to sewing up cuts, etc. After two years of that work for which I was paid seven dollars per month, I was asked to work at the local hotel that catered to many British and American tourists. They were invited in by Dr. Grenfell to see how their generous contributions were being spent, for that was where the funding came from for all Grenfell’s work.

For the next two years I cooked, and did everything required at Newell’s Hotel, where the wages were nine dollars per month. At the end of two years I got a month's holiday, my first one ever.

I decided to go to Jackson’s Arm on the coastal steamer to visit my older brothers and a sister living there at that time. While there, I married and settled down for the next thirty-eight years.

I have no bad memories of my years spent at the Grenfell Orphanage and to the late Dr. Wilfred Grenfell, whose children, Rosamond, Pascoe and Wilfred I attended school with, I say a heartfelt thank-you, for raising me, and giving me a home when my parents could not.