CSCMH Dialysis Unit Celebrates Accomplishments at Open House Event

“It was all about lives,” said Mayor Ern Simms, “it was about the clients and their families – not about numbers”. He was reflecting on Council’s role in advocating for Dialysis Services at the Charles S. Curtis Memorial Hospital, St. Anthony. On Monday, March 1, 2010 Mayor Simms joined CEO Boyd Rowe, Board Member Doug Mills and Coordinator of the Provincial Kidney Program, Cheryl Harding, in addressing a group of clients, families and employees who gathered to celebrate the achievements of the Dialysis Unit since its opening in December 2007. The event also officially recognized the expansion of this unit to full equipment capacity, with the installation of two new government-funded dialysis machines.

The positive impact the Satellite Dialysis Unit and the services it offers has had on the lives of those referenced by Mayor Simms was evident in the smiling faces of the clients and their families. Most families availing of dialysis services had relocated for a period of time and were pleased to return to the region to receive their treatments closer to home.

With their families and caregivers at their sides, they celebrated how far the unit has come since its initial planning stages. Event emcee, CEO Boyd Rowe, took the opportunity to congratulate the dialysis staff and other health professionals who support the operation of this unit. These sentiments were echoed by Board member Doug Mills on behalf of the Board of Directors.

Mr. Mills noted that four years ago to that very day, many people in the room attended a news conference in the hospital Rotunda, where Trevor Taylor, former MHA for The Straits-White Bay North and the Hon. John Ottenheimer, former Minister of Health and Community Services, announced that Dialysis Services would be coming to St. Anthony. “We have come a long way since that day”, said Mr. Mills. “Thanks to our clients and their families, our community stakeholders, our partners in government and our professional staff here at Labrador-Grenfell Health, who have worked very hard to make this Satellite Dialysis Unit a reality.”

The Dialysis Unit opened on December 5, 2007 serving one dialysis patient. Today, ten patients receive service.

Cheryl Harding, Coordinator of the Provincial Kidney Program described the Satellite Unit as being equipped with the latest technology in dialysis delivery systems. She explained how kidney specialists in St. John’s provide care by distance that includes regular communication with the nursing staff and weekly patient rounds via teledialysis.

Continued on page 2
**Dialysis Open House** *(continued from page 1)*

“The quality of care is closely monitored and is equal to or better than in some circumstances, all units in the province and in the country,” she said. “What this unit really means to medically stable residents here affected by this disease is that they can live at home with the support of families and friends and have local access to this very specialized service.”

Labrador-Grenfell Health recognizes the efforts of those involved in implementing and sustaining this service. In particular, the health authority thanks the dialysis nursing staff, biomedical, pharmacy and support staff, in addition to the medical, clinical and technical support from the Provincial Kidney Program in St. John’s, as well as from Eastern Health. The health authority also thanks the Department of Health and Community Services for the ongoing financial support required to deliver this service.

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**Labrador Nurses Receive Visit from ARNNL**

James Feltham is completing a two-year term this June as president of the Association of Registered Nurses of Newfoundland and Labrador (ARNNL).

As a Registered Nurse since 1982, the St. John’s native was one of the few in that position who brought a front-line perspective on nursing to the board table. Generally, nurses in management positions have served as president.

Even more unique to his term as president was the insight he is gaining as a Regional Nurse, working for Labrador-Grenfell Health in the coastal community of Hopedale, Labrador.

“I think working on the coast brings new perspective to the board table, provincially and nationally,” says Mr. Feltham. “Nursing in remote communities is totally different.”

Earlier this year, Mr. Feltham was joined by Siobhainn Lewis, a Nursing Consultant in Policy and Practice with the ARNNL, during visits and meetings with nurses in Labrador. It was part of the linkage sessions, a process which brings the ARNNL to front-line nurses to listen to their questions, challenges, issues and hopes for the future of nursing.

“We were very happy with the feedback,” he states. “There are a lot of new nurses working in clinics and hospitals. The association learned of the challenges of transportation and weather.”

From February 16-18, 2010, Mr. Feltham and Ms. Lewis met with nurses at Happy Valley-Goose Bay and the Mani Ashini Community Clinic in Sheshatshui, and via teleconference with community clinics. Unfortunately, poor weather cancelled a planned visit to Natuashish. The visit also included a tour of facilities and a meeting with senior management of Labrador-Grenfell Health.

Mr. Feltham says he has enjoyed his four-year term on the board of the ARNNL and is happy about the opportunity to work in Hopedale. Much of his career has been spent in acute care, but in recent years he harboured a desire to pursue northern nursing.

“I really enjoy it and I thought I would enjoy it. It’s a real eye-opener,” he points out. “You have to change your mindset on the way things are done, such as simple things like doing bloodwork, when you move from a hospital to a community setting.”

Mr. Feltham says working in a community clinic and providing primary care, without the supports he is accustomed to, draws upon his assessment skills and the need to look at the person as a whole.

“It’s a different set of organizational skills,” he adds. “It has reinforced my belief in the principle and importance of self-regulation, which is something that the ARNNL adheres to, promotes and practices.”

The incoming president of the ARNNL is Beverly White.

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Participating in ARNNL meetings in Labrador were: Front, l-r – Heather Michelin, Anne Marie Tobin, Pat Careen, Janet Dumaressque; back – James Feltham and Siobhainn Lewis.
Partnership and Innovation in Eye Care

Dr. Christopher Jackman, MD, FRCSC and his assistant Cora Cull, LPN, beam with pride when they talk about the Charles S. Curtis Hospital Teleophthalmology Program… and so they should. It's one of a few of its kind in Atlantic Canada and is bringing a state-of-the-art service to the residents of the southern part of the Labrador-Grenfell Health region.

Dr. Christopher Jackman first came to Curtis Hospital as a medical student. “The people here were just terrific”, he said, “and I wanted to keep coming back”. Understanding the needs of the people and the region, including the growing rates of diabetes and its related complications, he has continued to deliver visiting ophthalmology services at Curtis Hospital since 2005.

Since initiating this service in 2005, Dr. Jackman has worked hard to advocate for service improvements and he is thankful for the support he has received. “The staff here are very supportive of this program”, he says. “Thanks to Labrador-Grenfell Health, the IGA and the Department of Health and Community Services, I am offering cataract surgery, laser surgery for diabetes and retinal problems, eyelid surgery and now teleophthalmology services, with the newest and best technologies available”.

Over the past couple of years, Curtis Hospital has witnessed a revamping of the eye program, with a complete refurbishment of the eye lane and the introduction of new equipment, thanks to its partners. From 2007-09 the Department of Health and Community Services funded a total of $216,046 to purchase a Phaco Emulsification System, Argon and YAG Lasers and ophthalmology examination equipment. In addition, in that same time period, the IGA donated $59,580 for the replacement of old equipment and the purchase of a TOPCON IMAGEnet Telemedicine System.

The Teleophthalmology Program began in the fall of 2009 and so far, over 100 patients have been screened. Using the new technology, digital images of a patient’s eyes are captured by Ms. Cull and Dr. Jackman reviews the images via a secure teleophthalmology link and makes a diagnosis. This allows people with diabetic eye disease to be examined by Dr. Jackman without the inconvenience and expense of traveling to a larger centre.

The technology is used to screen for and diagnose diabetic retinopathy, a serious complication of diabetes in which high blood glucose levels cause damage to the blood vessels supplying the retina, causing partial or total vision loss. “The process has been excellent so far”, notes Dr. Jackman.

“I am better able to prioritize clients who need to be seen on my upcoming visits – I can maximize the use of time in St. Anthony to see those clients who really need to be seen and possibly treated”.

Both Ms. Cull and Dr. Jackman are pleased with the service for clients, noting a significant reduction in their waiting lists. They have been receiving positive feedback from clients as well. “It is very rewarding to see the improvements in the system”, says Dr. Jackman. “This program is something we should all be proud of and is a dramatic change from five years ago”.

Dr. Jackman visits Curtis Hospital every one to two months. He notes that he plans to continue to deliver this service going forward.

Last year, similar teleophthalmology equipment was put in place at the Captain William Jackman Memorial Hospital in Labrador City. Labrador-Grenfell Health is pleased to be a partner in innovative eye care service delivery.
NEW YEAR’S BABIES 2010

Labrador-Grenfell Health welcomes the region’s New Year’s Babies! As part of this honor, the first child born at each of the region’s three hospitals received an infant car seat on behalf of the Newfoundland and Labrador Medical Association. The Association has been providing safe rides home for newborns at hospitals around the province for more than 20 years. The objective of the program is to encourage all parents to use approved car seats for their children from the moment they leave hospital as newborns. The NLMA acknowledges the retailers who generously donated seats for the babies born in their communities.

At 10:40 p.m. on January 7, 2010, Liam Patrick Rose became the first new baby of the decade to be born at the Charles S. Curtis Memorial Hospital, St. Anthony. He was welcomed by parents Jason Rose and Melissa LaVallee of Blanc Sablon and weighed 8 lb. 11.4 oz. He was presented with a car seat donated by the St. John’s East Walmart. L-R: Dr. Padma Guntamukkala (Pediatrician), Dr. Trudy O’Keefe (Family Physician), Liam Patrick Rose, Melissa LaVallee, Jason Rose and Andrea Phillips, Registered Nurse/Midwife.

January 1, 2010 brought the arrival of Kanani Nicole at the Labrador Health Centre in Happy Valley-Goose Bay. She was born at 3:50 p.m., weighing 8 lb. 13 oz. and her proud parents are Robyn Michel and Penote Ashini of Sheshatshiu. Presenting Kanani Nicole and her mom Robyn with an infant car seat from Goose Sales (Home Hardware) in Happy Valley-Goose Bay are Dr. Robert Forsey and Registered Nurse Nicole Boutiller.

The first day of 2010 ushered in a new arrival at the Captain William Jackman Memorial Hospital in Labrador City. Tammy Park gave birth to a 6 lb. 14 oz. baby girl, Alena, at 9:16 p.m. The proud father is Ivan Park. Dr. John Olarte, a Family Physician at the hospital, was on hand to present Ms. Park with an infant car seat donated by Walmart in Labrador City. L-R: Dr. John Olarte, Baby Girl Alena and Tammy Park (missing from photo is Ivan Park).

The Captain William Jackman Memorial Hospital Auxiliary also presented a silver cup to the newborn. L-R: Mary Winsor (Auxiliary Representative), Baby Girl Alena Park and Tammy Park.

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The Grenfell Foundation (South) Welcomes New Coordinator

The Grenfell Foundation (South Chapter) is announcing changes to its organizational structure that will bring the three Foundation chapters in the Labrador-Grenfell Health region under one uniform staffing arrangement.

All three chapters now have a part-time Coordinator in place under a stipend agreement. In St. Anthony, Ms. Agnes Patey assumed this Coordinator role on January 1, 2010. A former employee with Financial Services at the Charles S. Curtis Memorial Hospital, Agnes has a wealth of experience that will be an asset to her in this position. As well, her current involvement with the St. Anthony and Area Chamber of Commerce and the Grenfell Historical Society, in addition to a keen interest in volunteerism, make her well suited to this role. Along with Labrador-Grenfell Health and the Foundation’s community partners, she is currently planning fundraising initiatives targeted toward the 2010-11 capital equipment campaign.

Grenfell Foundation Chair (South), Wilfred Rumbolt, is optimistic about the year ahead. “We look forward to building on the past achievements of the Foundation and thank the residents in the southern part of our region for their ongoing partnerships and support”.

Since its inception, the Foundation, through the generosity of its donors, has contributed to the purchase of priority medical equipment valuing in excess of one million dollars. Work is under way to determine equipment priorities for the upcoming year and it is anticipated that campaign details will be launched in April, 2010. For more information, call Agnes Patey at 454-0244 or 454-3465 or visit the Grenfell Foundation web link on the Labrador-Grenfell Health website at www.lghealth.ca.

Royal Canadian Legion Presents Funds from Annual Telethon

On Thursday, March 25, 2010, the Royal Canadian Legion, Branches 47 and 57, presented funds from their 2009 Telethon to the Grenfell Foundation for the purchase of priority medical equipment in Labrador West. A total of $22,500 was donated from the Telethon, with matching funds provided by Labrador-Grenfell Health through funding from the Department of Health and Community Services. The following items were purchased:

• ENT Surgical Headlight  
• Surgicot Plus Dental Drill  
• Triple Infusion Pump  
• Colposcope  
• Sleep Apnea Recorder  
• PCA (Patient Controlled Analgesia) Pumps

Both Labrador-Grenfell Health and the Grenfell Foundation sincerely thank Branches 47 and 57 of the Royal Canadian Legion for their ongoing dedication to enhancing services to the people of Labrador West. In addition, visiting specialist Dr. Richard Greenwood, who has been providing ENT Services to people of Labrador West for over 30 years, expresses his gratitude and appreciation for the donation of ENT equipment.
Catherine Pilgrim, Physiotherapist at the Charles S. Curtis Memorial Hospital has been mentoring students from Dalhousie University for the past ten years. “I feed off their enthusiasm,” she says. Catherine thoroughly enjoys the opportunity to share her work experiences with students from across the country, and in return, she appreciates the opportunity to learn from them as well. “The students come with lots of new ideas and information,” she notes. “Mentoring keeps you current.”

In December 2009, Catherine was recognized for her commitment to physiotherapy students over the years, when she was chosen for the 2009 Dalhousie University School of Physiotherapy Clinical Education Award. She was nominated by the students who spent six weeks with her in 2009. They were impressed by the comfortable and rich learning environment she provided.

According to the students, “Catherine was an exceptional mentor and surpassed any expectations that we had. She was the key component in making our first clinical placement successful. Catherine was very generous in accepting two students to help hone our developing physiotherapy skills. She was responsible for both inpatient and outpatient physiotherapy care and still found time to answer our questions, develop ways to enhance our learning experiences and include us when making team decisions with other team members – all while maintaining a professional and positive attitude. Catherine was a model clinical instructor and always provided us with regular and timely feedback. She is an advocate for healthy living in all respects, as she is an active member of the community and participates in extracurricular activities. We believe that as physiotherapists, it is important to encourage others to practice healthy, active living and lead by example. Catherine exemplifies this as she gave up her own time and resources so that we could also get involved and participate in the community’s activities and events during our stay. We hope all our clinical placements are as valuable, educational and enjoyable as Catherine made ours in St. Anthony.”

Catherine is honored by both the students’ words and the award itself. She also notes that she is pleased to see the award go to a rural professional this year. “You don’t have to go to the big centres to have a varied and meaningful clinical placement,” she says. “It is really nice to see rural practice recognized.”

Earlier this year, healthcare professionals who completed more than 200 Pap Tests were recognized with a certificate of appreciation from the Provincial Cervical Screening Initiatives office. Among those receiving certificates in the Labrador-Grenfell Health region were: Dr. Thomas G. Costello, Labrador City; Georgina Couche, Nurse Practitioner, St. Anthony and Dr. Wieslaw Rawluk, Happy Valley-Goose Bay. Also among them was Karen Oldford, Nurse Practitioner, who had the distinction of completing 644 Pap Tests in 2009. This is indeed a noteworthy achievement and a significant contribution to the health and wellness of women in Labrador West, as it is well known that Pap Test screening can lead to early detection and treatment of cervical cancer.

Karen is a strong advocate for health and wellness and notes that her dedication to Pap Test screening goes beyond cervical health. “Here in the Women’s Health Clinic, our approach to health is a holistic one. We take this opportunity to also address healthy living issues such as diet, exercise, breast health, menopause and smoking cessation.” She also notes the impact on the whole family. “If you can educate a woman, you are educating the whole family – that is one of the reasons why I am so dedicated to women’s health.”

Karen states that she is both honored and humbled by this recognition, but also recognizes that women themselves are taking on a more active role in their health. “More and more women are talking about how important preventive health screening is,” she says.

Karen Oldford (left) receives her provincial certificate from Danyelle Lavers at an International Women’s Day luncheon in Labrador West.
In February, Labrador-Grenfell Health employees gave with their hearts to support relief efforts in Haiti. A January earthquake destroyed homes, public buildings and infrastructure, leaving three million people in need of emergency assistance. The regional health authority collaborated with the Canadian Red Cross to collect donations from staff at hospitals, health centres, community clinics and offices of Child, Youth and Family Services. Collectively, $3,283.15 was donated and forwarded to the Red Cross to provide much needed supports in Haiti such as shelter, clean water and medical supplies.
Curling Bonspiel Draws a Crowd

In February, the CWJMH Social Committee invited staff to a fun evening of curling and a steak supper. Sixteen teams registered and by all accounts, the evening was quite enjoyable. Whether there are any future Scotties Tournament of Hearts or Brier competitors on staff is yet to be determined! However, no matter the level of skill, shouts to “Hurry Hard” were deafening at times and we are proud to announce that there wasn't one fall that required medical attention! After each game, the curlers had a chance to compete in a Draw to the Button contest. It was hard to decide if the winners were truly skilled or just lucky!

Lisa Blackmore, Social Committee

New Audiology Booth for Labrador West

With the recent installation of a state-of-the-art audiology booth at the Captain William Jackman Memorial Hospital, testing for children less than six years of age is now available. Previously, children under six had to travel outside Labrador City to receive this service. Referrals for all ages are now welcome. To book an Audiology appointment in the Labrador City area, please call (709) 944-9370.

Regional Audiologist Joan Harron demonstrates equipment in the new audiology booth with Amandalee Smith (above) and Melvin Hillier (right).

Friends of Along the Coast to Labrador

Dear Editor,

My wife, Laurie Harding, and I were volunteers with IGA from September 1973 through February 1974, when I was a fourth year medical student at Boston University School of Medicine. The skills I learned from the talented medical, nursing and rehab staff in St. Anthony and North West River are part of me and have been passed on to the many medical students and residents I have taught during my long career in Family Medicine. The emphasis placed on listening to patients and using clinical diagnostic skills rather than relying on lab tests and x-rays have served me well in my subsequent work in such locales as Kosovo, Honduras and Nicaragua. Many vivid memories remain of our time spent with IGA: from air evacuation of three men from Mary’s Harbour after they were severely burned in an explosion of whale powder on a fishing stage to squidding at dusk in open boats in St. Anthony Harbour on a magnificent fall evening. We are grateful for the many opportunities we were given to learn and share a different way of life. It is wonderful to read in Along the Coast to Labrador of the amazing changes that have occurred since we were in Newfoundland. What a vibrant, up-to-date, effective organization you describe! I read each issue from cover to cover soon after it arrives.

Sincerely, and with warm regards to all who remember us from those days long ago,

Peter Mason, MD

Page 8 • Along the Coast to Labrador • January to March 2010
AROUND THE REGION

Postville

A Strange Winter for Weather

The unusual weather we’ve been having on the Labrador coast this winter may not be in the living memory of most residents: that’s what many people are saying. But the disruptions in communication, transportation and other support services that everyone has grown to depend upon brought back a lot of memories of how things used to be – both good and bad.

It was in the early 1970s when I first came to the Labrador Coast to work with the International Grenfell Association in Black Tickle. What is strikingly different between then and now, which the recent crisis highlighted, is the extent to which we’ve now become much more dependent on a constant flow of information services, a regular supply of medications, and other materials in order to maintain a general level of community practice. This was not the case at that time. We only had a radiotelephone and a more weather dependent and less reliable air service. As a nurse, we depended on talking to the pilots and asking them to take our patients to the hospital at North West River.

When both telephone and internet services were shut down for 10 days or so in January in many coastal Labrador communities, and the planes were on weather-hold for a two-week period in February, we found ourselves feeling as if we were somehow back in time. These days we have a satellite phone link to Happy Valley-Goose Bay to keep communications open. Even so, the support for ongoing patient care was clearly affected. Consultation was more prohibitive, as was reliance on laboratory results and other ‘normal’ day-to-day practices and protocols. Effectively, we were forced to rely more on our own judgment, ‘gut instinct’ and competence, which was the way it was when I was in Black Tickle.

It was not without a certain amount of additional stress. Postville, like Black Tickle, is a one-nurse station, and even at the best of times you feel a certain burden of responsibility, being a lone nurse and on call 24/7. And clearly this was not the best of times! On any given day, there could have been a serious emergency, which we would have had to deal with on our own within the community. At the best of times, Postville has very limited support services of its own – there is no RCMP and no counseling services in the community to call upon in crisis-prone situations like this.

If the heavy ice which damaged the communications tower at Double Mer wasn’t enough, a couple of weeks later, we faced another crisis when poor weather prevented planes from reaching Postville during two weeks in February. This also had serious implications for patient support. By the end of two weeks, we had to ration out a few of the more special medications, and throughout that time we had to maintain a higher level of support within the community for those patients who would ordinarily have gone out for additional care. This placed a greater demand on the services of clinic staff.

One of the positive outcomes of the two untoward situations we faced was the reduced level of information flow during the course of the day. It threw a spotlight on the amount of information we receive every hour in the form of e-mails, faxes and telephone calls. There is so much more paperwork involved since those early years. The reduced load provided a less hectic and more practice-focused environment in which to work. Interestingly, the absence of outside support enhanced a greater sense of community responsibility and self-reliance. People were quite aware they needed to pull together to support the clinic and themselves, and they really did.

Another interesting aspect of this experience was the huge demand in time and energy it required to return to the normal level of activity currently required to maintain clinic services. Every message, whether it’s e-mail, fax or telephone call, has to be charted and accounted for. There was a significant backlog in the paperwork, blood work, medications, supplies, consultations, patient referrals and follow-ups which had to be cleared up. This, of course, was not the case when I was in Black Tickle. What was considered a normal level of activity then is not at all what it is now.

It was clearly a different time!

Sheila Wilson
Regional Nurse II, Postville

Happy Valley-Goose Bay

New Defibrillators

Labrador-Grenfell Health recently took delivery of five new defibrillators for use in community clinics and hospitals throughout the region. A defibrillator is used to shock a victim’s heart in an attempt to restore the organ’s normal rhythmic patterns. Craig Smith, a representative of CAN-med Health Care in Mount Pearl, demonstrated the operation of the Phillips MRX Defibrillator to staff at the Labrador Health Centre in Happy Valley-Goose Bay. Taking in the presentation were (l-r): Patty Gill, Mr. Smith, Tammy Smitheram, Donna Noble, Zoe Francis and Funmilola Adeagbo.
Valentine’s Day Party
Residents Olive Elliott and Ambrose Curl were crowned Valentine King and Queen during the annual Valentine’s Day Party at the John M. Gray Centre. Residents enjoyed dancing to traditional Newfoundland music performed by the Pumper Boys, as well as a special Valentine’s Day snack.

St. Patrick’s Day
During the annual St. Patrick’s Day party, the Irish spirit was alive at the John M. Gray Centre, with colorful decorations, singing and dancing to traditional Irish music. Residents and staff alike were dressed in their St Patrick’s Day attire and everyone enjoyed an assortment of festive Irish refreshments. A special thank you once again to local entertainers, the Pumper Boys, for doing such a fantastic job.

Crafty Creations and Baking Buddies Continue to be a Success
In partnership with the Recreation Department at the John M. Gray Centre, the Occupational Therapy Department at the Charles S. Curtis Memorial Hospital has been providing the Crafty Creations and Baking Buddies programs for the residents for the past two years. These programs help to improve the residents’ physical, mental and social well being. They are designed to encourage hand/eye coordination, fine motor skills, range of movement, help boost the residents’ self esteem, foster an environment to increase their self-confidence and provide an outlet to develop and maintain social skills. Often, the residents express that they enjoy the programs thoroughly and look forward to them each week.

New Woodworking Program Being Offered
Since March 2010, a new woodworking program is being offered at the John M. Gray Centre. The residents thoroughly enjoy the program, as it provides an avenue for preserving previous leisure lifestyle interests, along with an opportunity to reminisce about past experiences.
FROM THE HOMES

Harry L. Paddon Memorial Home, Happy Valley-Goose Bay

Knitting Group
A group of women from the Pentecostal Church in Happy Valley-Goose Bay visit the Paddon Memorial Home to visit residents and knit with them. Shown modeling Mary Ann Noah’s traditional Innu socks is Brooke Nattall (left), a Katimavik volunteer.

Celebrating the Irish were Tracey McLean (left), Food Service, and resident Lorraine Saunders.

Valentine’s Day and St. Patrick’s Day
Family, staff and residents enjoyed the musical talents of Hewlett Clark and Kirby Green on Valentine’s Day and St. Patrick’s Day. On Valentine’s Day, the Paddon Memorial Home crowned its last-ever king and queen as they get ready for the move to a new facility. A special lunch was enjoyed by all participants following the parties.

Crowned as the Valentine’s kings and queens were: Front, l-r – residents Mark Noggasak and Lizzy Zarpa. Back, Registered Nurse Steve Iduye and Scheduler Tina Combden.

Women’s Health Fair
Staff with Labrador-Grenfell Health (Health Promotion) and the Aboriginal Family Centre organized a Women’s Health Fair at Happy Valley-Goose Bay on February 26, 2010. The purpose was to educate women on the wide range of programs and services available in Central Labrador. A variety of agencies and community groups set up booths and displays at the Royal Canadian Legion. Approximately 50 women took advantage of the inaugural information fair.

Labrador-Grenfell Health was represented at the Women’s Health Fair by (l-r) – Janice White and Kelly Janes, Health Promotion and Education Co-ordinators; Elizabeth Michelin, Regional Coordinator of the Cervical Screening Initiatives Program; and Vickie Musseau, FASD Coordinator.
## Service Awards

### Central and Northern Labrador

<table>
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<td>Timothy Groves</td>
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<th>Lori Dyson</th>
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<td>Vyann Kerby</td>
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<td>Jeanette Kenington</td>
<td>Dr. Antonio Valdes</td>
<td>Gwen Michelin</td>
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<td>Edward Hedderson</td>
<td>Pearl Montague</td>
<td>Cathy Fewer</td>
<td>Cavell Bolger</td>
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<tr>
<th>Bernadette Carew</th>
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<th>Dr. Michael Jong</th>
<th>Delia Connell</th>
<th>John Holwell</th>
<th>Barbara Dyson</th>
<th>Janet Hamel</th>
<th>Darlene Mackey</th>
<th>Sally Penney</th>
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5-year Awards

Front, l-r: Mary Hughes, Vivienne Reardon, Marge Learning (VP Quality Management), Katherine Broomfield, Roxanne Cabot. Back, Grant Wheeler, Lenora Taite, Gwen Elliott and Ebert Edmunds.
10 and 15-year Awards

20-year Awards

25, 30 and 35-year Awards
Front, l-r: Marge Learning, Delia Connell, Sandi Jesseau, Barbara Dyson. Back, John Holwell, Dr. Michael Jong, Gloria Michelin, Sally Penney and Janet Hamel.

Certificates of Service
Retirees receive Certificates of Service (l-r): Patricia Kelsall, Janet Baikie, Olive Michelin, Joyce Furlott, Colleen Whitehorne and Boyd Rowe (CEO).
### Service Awards

#### South

<table>
<thead>
<tr>
<th>Years</th>
<th>Employees</th>
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<tr>
<td>5</td>
<td>Gaye Barney, Heather Bromley, Nicole Burke, Shelley Decker, Ellen Eddison, Sharon Gill, Sabrina Hancock, Sheila Hillier, Durwin Jacque, Charlene Kearney, Jessica Keats, Sherry Leyte, Victoria Paul, Blanche Pilgrim, Denise Reardon, Dr. Devika Roopram, Kimbley Rose, Maurice Simms, Monica Sinyard, Christa Tucker, Ivy Way, Shawna Wiseman, Wayne Alyward, Bernice Bartlett, Donna Carter, Tina Coombs, Melissa Dredge, Sheila Fitzgerald, Nadine Genge, Bart Gilbert, Shawna Normore, Dr. Sarada Paladugu, Kenneth Patey, Gary Richards, Marcella Simmonds, Shirley Young</td>
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<td>15</td>
<td>Cathy Bennett, Bonnie Decker, Daphne Dredge, Patsy Hancock, Veronica Lewis, Catherine Pilgrim, Danette Rose, Todd Fowler, Muriel Hedderson, Sterling Noseworthy, Darl Scott, Elsie Slade, Diane Alyward, Joanne Bailey, Freda Hancock, Ruby Kean, Dale Richards, Karen Simms, Gaye Colbourne, Keith Greene, Donna Colbourne, Winnie Budgell, Mary Ellen Cull, Randy Pynn, Olive Rumbolt, Sandra Sinyard, Dr. M.G. O’Keefe, Dr. William Fitzgerald, Kathleen Patey, Donald Sampson, Gladys Sampson, Zita Budgell, Thomas Simms, Gloria Coates, Hilda Best, Anne Quinlan, Rosarii Patey, Felix Simmonds, Katie Rowsell, Marie Hillier, Cora Snow, Carol Roberts, Donna Simms, Gertie Pilgrim, Mary Flynn, Gary Newell, Lorelie Cull, Norma Cull, Donald Sampson, Lois Eddison</td>
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<td>35</td>
<td>Dr. William Fitzgerald, Kathleen Patey, Donald Sampson, Gladys White</td>
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### 5, 10 and 15-year Awards

Morning Service Award Tea for 5, 10 and 15 years service. L-R: Julie Nicholas (VP Acute Care Services and COO South), Heather Bromley, Shawna Normore, Sheila Hillier, Tina Coombs, Blanche Pilgrim, Donna Carter, Melissa Dredge, Wayne Alyward, Catherine Pilgrim, Dr. Sarada Paladugu, Bart Gilbert, Bonnie Decker, and Boyd Rowe (CEO).

### Certificates of Service

Retirees Receive Certificates of Service:

Back, l-r: Tom Simms, Felix Simmonds, Don Sampson, and Gary Newell.

Front, l-r: Gloria Coates, Donna Simms, Gertie Pilgrim, Carol Roberts, Marie Hillier, and Lorelie Cull.

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Page 14 • Along the Coast to Labrador • January to March 2010
### Labrador West

**SERVICE AWARDS**

<table>
<thead>
<tr>
<th>5 YEARS</th>
<th>10 YEARS</th>
<th>15 YEARS</th>
<th>20 YEARS</th>
<th>25 YEARS</th>
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<td>Christina Dillon</td>
<td>Evelyn Clarke</td>
<td>Corry Lee Rogers</td>
<td>Lorraine Mitchell</td>
<td>Joan Wicks</td>
<td>Alvin Manuel</td>
<td>Gail Moores</td>
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<td>Theresa Anderson King</td>
<td>Maisie Hoben</td>
<td>Chantelle Gillis</td>
<td>Patricia Moores</td>
<td>Tina Elliott</td>
<td>Calvin Cooper</td>
<td>Cluney Penney</td>
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#### 5, 10 and 15-year Awards


#### 20, 25, 30 and 35-year Awards

(l-r): Paulette Mulrooney, Karen Oldford, Beverly Whalen, Cluney Penney, Ozette Simpson, Sharon Miller, Roxanne Brett and Judy Russell.
AROUND THE REGION

MEDEVAC TRAINING

It is said that experience is the best teacher, but when it comes to dealing with emergency situations in Northern Newfoundland and Labrador, a little bit of preparation goes a long way.

That’s what a group of physicians, nurses and paramedics discovered when they enrolled in a Medevac Workshop. The three-day course was held at the Labrador Health Centre in Happy Valley-Goose Bay from February 1-3, 2010.

“We get positive feedback from participants; they just wish it was longer,” says Cathy Fewer, Emergency Co-ordinator at the Labrador Health Centre. “But it gives them a good idea of the situations they might face when called out on a medevac.”

The medevac course has been offered on an annual basis for several years. Completing the course is a requirement for health professionals wishing to do medevacs.

Ms. Fewer, a Registered Nurse who has been doing emergency calls for some 23 years, says she enjoys doing medevacs. “It gives you a lot of self-worth,” she states. “You’re making the decisions in a variety of situations. I love the autonomy.”

The three-day workshop was organized by Ms. Fewer, Dr. Michael Jong, Dr. Dennis Rashleigh, Ruth Cull, Angie Lawrence and Jackie Mullaly. The opening session involved theoretical training on such things as documentation, oxygen safety, equipment review and stabilization, and transfer of patients during flight. Participants were oriented to aircraft and outdoor winter survival training on the second day. The third day involved participation in scenarios that illustrate the challenges of responding to an emergency in coastal areas. The workshop concluded with a debriefing of the scenarios.

Among those who enjoyed the course was Tammy Smitheram, a Registered Nurse who works in the emergency department at the Labrador Health Centre. “I had been told by others that it was a great course so I wanted to do it,” she says. “It’s a totally different system here in terms of the way patients are moved. I’m not used to having a snowmobile and a komatik waiting for me when I get off the plane in a coastal community.”

A certified emergency nurse with the Canadian Nurses Association who has a background in the military, Ms. Smitheram has credentials from the Wilderness Advanced Life Support program in Ontario. “I was impressed with everyone who did the course. The doctors had to think in the woods instead of what they would have in a clinic or a hospital,” she adds. “You get to know some of the people who you could be working with on a medevac.”

During the survival training component, temperatures dipped to a frigid -26 degrees Celsius, but if the frost bothered Dr. Francis Adeagbo, he didn’t let on. The native of Nigeria, who arrived in Labrador last May, joined team members in gathering sticks and boughs for their lean-to.

“The cold weather simulates the real practice and that’s good because most of the time it’s cold,” he states. “And sometimes we have to go to bring patients long distances, so that’s very real.”

Mr. Adeagbo, a C-SAT student who requires medevac training to work in the North, enjoyed the course, in spite of the cold, calling it well-packaged and organized. “For me, with the cold weather, it was very different from where I came from. Yet, I dressed very warm so I was able to cope.”
One of the best ways to give an infant the best start in life is simple and natural. Breastfeeding establishes a bond between a mother and child that provides the nourishment so vital to life itself. In spite of its benefits, it might be surprising to learn that Newfoundland and Labrador, at 63 per cent, has the lowest rate of breastfeeding among mothers in Canada. Among health professionals, there is a desire to encourage more mothers to provide their babies with breastmilk.

It’s not an easy task, given the varied obstacles that result in mothers resorting to nourishing their babies with formula, but there are indications that success can be achieved with a lot of effort and love. In Happy Valley-Goose Bay, Judy Voisey is the Resource Mother at the Aboriginal Family Centre. She takes it upon herself to work closely with mothers-to-be and help them understand what is involved in breastfeeding their newborn. She has been doing this for the past year and a half and in that time, the Healthy Baby Club has grown.

Dee Dee Voisey says that is a remarkable achievement. As a Breastfeeding Consultant with Labrador-Grenfell Health and a member of the Regional Breastfeeding Network, she notes that mothers who are part of the Healthy Baby Club have limited supports in most cases.

“It’s very exceptional what Judy has been doing,” says Dee Dee Voisey. “Her approach works. In a sense, she’s like a big sister who knows how to reach these young mothers.”

Judy is humbled by the praise. She says her approach isn’t special or extraordinary. It is rooted in creating an environment that is realistic and educational.

“I’m really proud of what we’re doing,” she says of the new mothers who have accepted her encouragement. “We get good feedback. We know what we’re doing is effective and we spend a lot of time with mothers providing a wide range of supports.”

Perhaps more important for Judy is her revelation that new mothers have helped each other without actually realizing it. She beams with pride when she talks about the mentoring that goes on. “It’s fine to hear it from me, but when a young mother hears it from someone just like them – the challenges that they face – they learn and understand that they have made a positive decision to breastfeed their child.”

Judy illustrates her point by referring to a billboard she once saw in a big city. “It said ‘Bloom where you are planted’ and that is so true. We treat everyone the same. We never make anyone unwelcome.”

The Regional Breastfeeding Network and the provincial umbrella group were so impressed with the strides that Judy Voisey was making that they named her a ‘Breastfeeding Support Champion.’ The award, a new initiative which is destined to be an annual event, was presented to her last fall during the annual breastfeeding challenge in Central Labrador. Dee Dee Voisey says it’s important to promote and recognize people who advance the cause of breastfeeding.

However, Judy says it’s the mothers who should be praised. “I don’t feel that I have done anything that any other Resource Mother wouldn’t have done, but I accept the award with pride,” says Judy.

Judy Voisey says she loves her job because the rewards are so enriching. “Breastfeeding is that immediate bond that a mother has with a child… it’s the start of everything.”

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A Collaborative Effort

A collaborative effort among community partners in Labrador West increased accessibility to Pap Tests in lower-screened areas of the community last fall. In partnership with the Labrador West Status of Women, Newfoundland and Labrador Housing, Curves and the Labrador Regional Wellness Coalition, employees at the Captain William Jackman Memorial Hospital held a Pap Test blitz over the course of several days. The partnering agencies contributed free transportation and childcare for the clinic participants and volunteers went door-to-door in under-screened areas of town to promote the clinic. As a result of this collaboration, 68 women attended the clinic and availed of this service. Prizes were drawn, including grocery store gift certificates ($50 each) and a Cervical Screening Initiatives fleece.

Hulda Lampe was among the lucky participants to win a prize in the Labrador West Pap Test blitz last fall.
GETTING THE MESSAGE OUT

Recruiting Health Professionals in India

Northern Newfoundland and Labrador has always attracted people looking for adventure, the wide open spaces, and a challenging work environment. It has been that way since Dr. Wilfred Grenfell first started luring doctors, nurses and other health professionals to outposts in the North more than 100 years ago.

Various methods have been used to bring attention to opportunities in the healthcare sector. While the modern-day approach has the benefit of technological advances, it has always been about getting the message out.

These days, there are health professionals in India who are looking to travel and work abroad. Della Shouse was recently part of a recruiting mission that took her to the Asian country. As a Recruitment and Retention Officer with Labrador-Grenfell Health, she joined a delegation which collectively laid out the opportunities and benefits of working in Newfoundland and Labrador to prospective nurses.

“We had a phenomenal response with at least two sessions a day for 10 days,” she says of the January excursion. “We provided information regarding our geography, the economy and the climate.”

That was followed by details on nurses’ salaries, the cost of living, and the steps involved in becoming registered to work in Newfoundland and Labrador as a Registered Nurse. “During the sessions, I received the opportunity to explain what we have to offer that is unique. This gave me a chance to highlight our positive lifestyle, the wide open spaces, our towns and family life, and the opportunities for spouses to work.”

The province is currently facing a shortage of experienced nurses. Recent efforts to retain nurses have been successful, but filling vacancies still presents a challenge for regional health authorities.

With direction from the Department of Health and Community Services, the recruiting mission to India was aimed at reaching nurses who have specialized training in areas like the Intensive Care Unit and the Emergency Room. Leading the mission was Della Shouse, Provincial Chief Nursing Officer. In addition to Della, other members of the delegation included: Maria Yablon, Senior Policy and Program Specialist with the Office of Immigration and Multiculturalism, and Carole Dalton, Director of Nursing with Central Health.

During an assessment of a group of nursing schools in India, the Department of Health and Community Services determined that institutions in the states of Kerala and Karnataka met the licensure standards as set out by the Association of Registered Nurses of Newfoundland and Labrador (ARNNL). Prior to arriving in India, an advertising campaign launched in local newspapers informed Registered Nurses of information sessions that were planned. “The sessions were well-received with a great turnout in each area,” adds Ms. Shouse. “Nurses were very interested in our province. They were curious about our seasons and the wide open space, since their country is very populated and hot year-round.”

She notes it was interesting that many of the nurses attending the sessions knew much about the province through their research. In fact, some had already applied for registration through the ARNNL. “They were very impressed with our pay scale as their wages in India are much lower.”

Ms. Shouse says it was interesting to visit India and observe the people, their lifestyle, and the way of life. “The people are very gentle and calm. They walk slowly but drive very fast,” she explains. “Walking in the street was very scary – there didn’t seem to be any set rules of the roads.”

She was accustomed to seeing small three-wheeled vehicles – rickshaws – as a major mode of transportation on busy streets. “We all experienced a ride in a rickshaw, as well as taking in the local shops – beautiful silk scarves, hand-made rugs, fresh spices and amazing restaurants. The food was excellent – tasty, healthy and interesting with very distinct aromas. We also got to experience the warm ocean water of the Arabian Sea.”

Ms. Shouse adds that it was also very beneficial to spend time with her colleagues and talk about their work and their respective challenges. “It was a great opportunity for all of us to learn from each other.”

Della Shouse models a traditional saree, a garment worn by Indian women.
Safer Healthcare Now! offers Canadian healthcare organizations the opportunity to participate in and support a campaign dedicated to improving patient safety. Labrador-Grenfell Health is a participant in this national campaign, with teams enrolled in “Prevention of Adverse Drug Events (Medication Reconciliation)” and “Prevention of Surgical Site Infections” initiatives.

**Prevention of Adverse Drug Events:** Prevent adverse drug events (ADEs) by implementing medication reconciliation. Medication Reconciliation (Med Rec) is defined as “a formal process of obtaining a complete and accurate list of each patient’s current home medications - including name, dosage, frequency and route - and comparing the physician’s admission, transfer, and/or discharge orders to that list. Discrepancies are brought to the attention of the prescriber and, if appropriate, changes are made to the orders. Any resulting changes in orders are documented.” The reconciling process has been demonstrated to be a powerful strategy to reduce ADEs as patients move from one level of care to another.

**Prevention of Surgical Site Infection:** Prevent surgical site infection (SSI) and deaths from SSI by implementing a set of interventions in all surgical patients. These include appropriate hair removal, appropriate use of prophylactic antibiotics, maintaining normothermia, and surveillance of 30 day post-op infections.

Labrador-Grenfell Health was pleased to host a visit from the following Safer Healthcare Now! faculty during the week of March 22, 2010:

- Virginia Flintoft – Central Measurement Team
- Theresa Fillatre - Atlantic Node Leader
- Dannie Currie – Safety and Improvement Advisor for the Atlantic Node

The visit began at the Charles S. Curtis Memorial Hospital (CSCMH) on Monday, March 22, 2010, where the SHN faculty met with the Med Rec Team to provide support for their ongoing work with Med Rec on admission, and to offer direction regarding implementation on transfer and discharge. They also met with the SSI Team to discuss progress to date and again offer further support/direction in moving forward. Both these teams have been ongoing at CSCMH since early 2008.

Tuesday was spent at the Labrador Health Centre (LHC) with a focus on Med Rec on transfer and discharge. Healthcare providers from across the continuum of care were in attendance, including Acute Care, Home Care, Long Term Care, and Community Clinics. The SHN faculty indicated that this was their first experience working with a group which included the full continuum of care, and encouraged us to move forward with LGH’s implementation plan for Med Rec across the continuum.

Prevention of Surgical Site Infections was the focus of Wednesday’s group meeting at the LHC. The SHN faculty worked with the Operating Room staff, Infection Control and Home Care in an all-day session which included an overview of the SSI initiative, data collection for the interventions, surgical population groups, and submission of the data to the national measurement team. The last stop for the visit was the Captain William Jackman Memorial Hospital (CWJMH) on Thursday afternoon and Friday morning. The focus was again on the Prevention of Surgical Site Infections, with an overview of the SSI initiatives.

Members of the teams worked collaboratively to enhance processes already in place to minimize surgical site infections. The SSI teams have been instrumental to the success of this initiative. Although this initiative is in early implementation stage at both the LHC and CWJMH, SSI teams are positive regarding the benefits of the SSI interventions. The guidance of the SHN faculty was invaluable to the success of the teams.

Theresa, Dannie and Virginia commended all the teams within the region on the excellent work that has been done to date with both Med Rec and SSI. Implementation of the interventions illustrates Labrador-Grenfell Health’s commitment to making healthcare safer for our clients, and the data collected indicates that we are often meeting, and sometimes exceeding, the national benchmarks.
FOCUS ON STAFF

Cora Foster
Cora previously worked with the Nunatsiavut Government, Department of Health and Social Development in Nain, Labrador. From 2006 to 2007 she worked as a Home Care Nurse and from 2007 to 2010 she worked as a Public Health Nurse.
Cora has accepted the Communicable Disease Control Nurse/Parent-Child Health Coordinator position with Labrador-Grenfell Health and will be working out of the Mission Store in St. Anthony. Welcome, Cora. We hope you enjoy living and working in St. Anthony.

Dean Simms
Born and raised in St. Anthony, Dean completed the Heavy Equipment Operator Program at the Central Training Academy in Badger, NL. For the past three years he has worked in Ontario as an Equipment Operator/Truck Driver.
Dean has accepted an Equipment Operator/Labourer position (temporary call-in) with Labrador-Grenfell Health and will be working in St. Anthony. Welcome Dean. Good luck in your new position.

Eric Power
Eric is a native of Grand Falls-Windsor. He has had considerable experience in the health system, having most recently worked with Capital Care in Edmonton as Director of Finance and prior to that, with the former Central West Health Board and Central Health. He has recently joined Labrador-Grenfell Health as VP Financial Services and will be based at the Administartion building in Happy Valley–Goose Bay. He is joined by his wife, Janice, and their dog, Marley. Welcome, Eric. We hope that you enjoy working and living in Labrador.

Gordon Tucker
Gordon has spent the last ten years in Fort McMurray and Calgary, Alberta, working in IT for an oil and gas company. He has accepted an IM&T Project Manager (Temporary) position based in St. Anthony. He notes he is looking forward to working with Labrador-Grenfell Health and facing new challenges.
Welcome Gordon, and all the best in your new position.

JaneTara Oliver
Originally from St. John’s, JaneTara just completed a placement towards a Masters Degree in Speech Language Pathology at the James Paton Memorial Hospital in Gander. Prior to that she obtained a Bachelor of Science Degree from Memorial University.
JaneTara has accepted a Speech Language Pathologist position with Labrador-Grenfell Health and is based in St. Anthony. She will be providing services to both inpatient and outpatient populations. Welcome to St. Anthony, JaneTara. Best wishes in your new job and your new home!

Joan Gallant
Joan comes from the Codroy Valley on the West Coast of NL. She retired after thirty years working with Western Health in Corner Brook.
Joan has accepted a Laboratory Technician I position with Labrador-Grenfell Health and will be working at the Charles S. Curtis Memorial Hospital. She notes that she is looking forward to working with the people in St. Anthony.
Welcome Joan. Best wishes in your new position.
Originally from Great Harbour Deep, Dayna moved to St. Anthony in 2002. She recently graduated from the Licensed Practical Nursing Program at the College of the North Atlantic in Corner Brook, NL. Dayna has accepted a casual/call-in position as a Licensed Practical Nurse with Labrador-Grenfell Health in St. Anthony. Welcome Dayna. All the best in your new position.

Along the Coast to Labrador • January to March 2010 • Page 21
Denley Blake

Denley Blake started his career in the healthcare sector on July 15, 1977 at the North West River Clinic. He worked in the maintenance department with responsibilities for painting and plastering and whatever else had to be done. When the clinic closed its doors in August 1982, he relocated to the maintenance department at the former base hospital in Happy Valley-Goose Bay. When the Labrador Health Centre opened in 2000, he also made the move from the base. Everyone knew when Denley was working, as his six-foot plus frame in white coveralls and a ball cap could be seen moving throughout the building. During his many years of service, Denley would occasionally do work terms on the coast of Labrador and assist the community clinics with maintenance activities. Fellow employees and friends wish Denley all the best in his retirement.

Wayne LeBlanc
Maintenance Manager, Labrador Health Centre

Denley Blake received best wishes and congratulations during a retirement tea held in his honour. On hand were his co-workers and senior executive. They are: Front, l-r – Wayne LeBlanc, Denley Blake, Marge Learning, Boyd Rowe. Back – Harold Pilgrim, Mark Brown, Junior Hodder, Corwin Hayter, Roger Briffett, Damian Simmonds, Grant Wheeler and Lorenzo Webber.

Donald Sampson

A retirement tea was held for Donald Sampson at the Port Hope Simpson Community Clinic to wish him luck and happiness in his retirement, after working with this organization for over 35 years. Don initially worked on construction of the clinic and was hired in 1974 when the clinic was opened. He remained with the organization until his retirement from the Maintenance Repairer position in October 2009. An official “retirement tea” was held in January, 2010. In attendance were staff from each of the four southern community clinics, MHA Yvonne Jones and many family and friends. It was a great event enjoyed by all and a wonderful send-off for Don, as he begins this next phase of life. Good luck, Don.

Marilyn Kippenhuck, Clinical Coordinator (South)

Denley Blake received best wishes and congratulations during a retirement tea held in his honour. On hand were his co-workers and senior executive. They are: Front, l-r – Wayne LeBlanc, Denley Blake, Marge Learning, Boyd Rowe. Back – Harold Pilgrim, Mark Brown, Junior Hodder, Corwin Hayter, Roger Briffett, Damian Simmonds, Grant Wheeler and Lorenzo Webber.

Back (L-R): Claudine Foster, Don Sampson, Elizabeth Hicks, Beverly Russell, Joanne Bridle, Shane Bridle and Rhea Manning. Front (L-R): Betty Sampson, Donnie Sampson, Yvonne Jones and Marilyn Kippenhuck.

Ken Brinston

Ken started his first job in 1942 when he was just 13 years old. He first started working at the Captain William Jackman Memorial Hospital in 1976. In 1982, he left to pursue other employment but returned in 1987, until his first retirement in 2000. After a few years, Ken felt it was time to come out of ‘retirement mode’ and he decided to return to work at the Captain William Jackman Memorial Hospital and help out in the boiler room. Ken has continued to work as a Power Engineer ever since.

I met Ken in 1980 when I first started work here at the hospital. I was smart to listen and learn from Ken back then and I still pay close attention to what he has to say to this day.

We will all miss Ken, but he promises to drop by from time to time. Congratulations, Ken and we all wish you a happy retirement.

Harold Butt, Manager
Plant Maintenance and Operations, CWJMH
Gladys Peach

February 24, 2010 was a day of mixed emotions for residents and staff members at the Paddon Memorial Home in Happy Valley-Goose Bay. Though it was a day of laughter and excitement, it was also one of sadness and tears. On this day, we said goodbye to a dear friend, confidante, advocate and extremely hard worker, Gladys Peach, as she has taken a well-deserved retirement.

Gladys began her career in 1969 when she completed a course to become a Licensed Practical Nurse (LPN). Upon graduation she gained a wealth of knowledge working with a variety of healthcare facilities within the province, including St. Anthony, Corner Brook, Carbonear and St. John’s.

Luckily for us, she moved to Happy Valley-Goose Bay in 1975, where her main focus at that time was raising her family with her husband, Cyril. She later decided to go back to school to do a refresher LPN course. She started working at the former Melville Hospital in 1990 and in 1991, she began working as an LPN at the Paddon Memorial Home.

I have had the privilege of working with Gladys since 2001. During this time, she has demonstrated the true meaning of the word ‘caregiver’. With her loving and dedicated nursing abilities, she has touched the lives of many residents and staff members through the years. It has been the utmost pleasure knowing Gladys on both a personal and professional level. I speak on behalf of every staff member and resident, past and present, when I say, the Paddon Memorial Home will truly not be the same without her. Gladys, we wish you the best during your retirement.

Melissa Yetman
Long Term Care Co-ordinator, PMH

Norma Diamond

Norma began her nursing career in Grand Falls, NL, where she completed Nursing Assistant training through sponsorship by the IGA in 1972. She began working at the Charles S. Curtis Memorial Hospital in October 1973.

She then moved to Labrador City and worked at the Captain William Jackman Memorial Hospital from February to August 1974. She returned to St. Anthony as a casual Nursing Assistant in 1980 and then to permanent status in December 1980. She worked on both the Medical and Surgical Units and over the years has acted as preceptor to both RNs and LPNs.

Norma worked in the Laundry Department from 1994 to 1997 and returned to her LPN role at the John M. Gray Centre in 1997. She retired in December 2009.

Norma was a valued and dedicated worker who was always there to help. She will be missed by her co-workers and friends at the John M. Gray Centre. Happy retirement Norma!

Barbara Elliott, Resident Care Manager, JMGC

Gloria Michelin

Gloria graduated from the MUN School of Nursing with a BN in 1974. She then began her employment with the International Grenfell Association as a staff nurse in North West River. Since that time, she has held a variety of nursing positions including public health, staff nurse at the Melville Hospital Outpatients Department, Group Home Nursing Coordinator at the Paddon Home, and Psychiatric Nurse. In 2006, Gloria was appointed Team Leader of Mental Health and Addictions Services at the Labrador Health Centre. It was from this department that Gloria concluded her productive career as a nurse in Labrador in January 2010.

During her time with Mental Health and Addictions Services, Gloria took great pride in her work, and continually strived to do the right thing. She had an admirable tendency to always find the positives in the people and situations she encountered. Her calm and friendly presence was a great asset in a sometimes high-stress working environment.

Gloria, you are missed. We hope that your retirement is bringing you all the best life has to offer.

Deanne Costello, Regional Director
Mental Health and Addictions Services
AROUND THE REGION

OBITUARIES

Helen Dyson

A retirement tea was held for Helen Dyson on February 26, 2010 at the Mission Store Building in St. Anthony.

It is impossible to measure what Helen has meant to Labrador-Grenfell Health, and especially to Community Health, for the last 38 years. This is a bittersweet moment for us, saying good bye to a friend and co-worker who has meant so much. We are happy that Helen will now have time to enjoy her pastimes, pursue new dreams and just kick back. We wish her happiness and good health in her retirement.

Diane Porter, Clinical Coordinator, Community Health

The following poem, written by her colleague, Diane Alyward, provides a snapshot of Helen’s life and career.

As Helen ends her career as a nurse, I figured I would give her a tribute in verse.

From England she came across the big sea With her trunk, her RN and midwifery. It was 1970, when Miss Sanderson Started work as a nurse in Roddickton.

After a short time on the coast, she left IGA To look for greener grass, but only found hay. It took some time, but soon we would see She would return to St. Anthony.

In 1980, she went back to MUN A Public Health Nurse, she soon would become. New moms and babes, assessments and shots I don’t know how many, but I am sure there were lots.

In the early 90’s she got her degree Then she worked with Child Health and CDC. If you had a question about kids or TB She definitely was the person to see.

With Healthy Beginnings and NoBody’s Perfect Your wealth of knowledge we’ve grown to respect. From STI’s and who can forget the head lice We know all too well, some bits weren’t so nice.

I bet you didn’t know she could sing and could act Performing hits, sowing seeds and even some rap. If someone was sick or in need of a lift She would be the one ordering flowers and gifts.

She liked to eat healthy and to keep fit She used to walk while I would sit. She would eat her salad without any dressing While I always did think that fat was a blessing.

Her last big challenge was H1N1 Boy, we were glad when that was all done. For the last 25 years it has been a pleasure to work Even though there were times, we drove each other berserk.

I will miss you, both as a colleague and friend As this new part of life which you begin After 44 years you deserve a good rest So, congratulations and we wish you the best.

A Tribute to Helen as she Retires

Lewis Pilgrim

It is with regret that Labrador-Grenfell Health recognizes the passing of Lewis Pilgrim, a former IGA employee. He was 91 years old.

On March 25, 1968, Mr. Pilgrim commenced employment as an Engineer and later as First Mate on the hospital ship Strathcona III, which delivered medical services along the coast of Northern Newfoundland and Labrador. He also spent some time working in the Machine Shop. He is predeceased by wife Violet and son Doug and survived by his nine children and family and friends.

Alma Hazel Davis

With sadness, Labrador-Grenfell Health notes the passing of Alma Hazel Davis on February 16, 2010, at the age of 83. Alma was born on December 11, 1926 in the tiny settlement of Goose Cove, near Cartwright, where she spent her childhood years. At the age of 15, she went to work as a live-in Ward Maid at the Cartwright Hospital, where she worked for five-and-one-half years.

At the beckon of new horizons, Alma later moved to North West River to work with the IGA as a Domestic Worker in the Dormitory. She worked there until it closed and then she transferred to the North West River Hospital. When the hospital closed, she then worked at the North West River Community Clinic until her retirement in April 1991, with a total of 40 years of service. She lived in North West River until her health failed and in June 2006, she became a resident of the Paddon Home until her passing. She will be sadly missed by her family and friends.

Page 24 • Along the Coast to Labrador • January to March 2010
OBITUARIES

Elizabeth Ann Abutrab

It is with sadness that Labrador-Grenfell Health notes the passing of Elizabeth Ann Abutrab, who lost her battle with breast cancer on February 9, 2010 at South Shore Regional Hospital, Bridgewater, NS. She was 67 years old.

Ann was born on March 2, 1942 in Petersfield, Hampshire, England to Jean and George Rumford. She spent her early years on the Isle of Wight and went on to become a Registered Nurse, where she was able to pass on her gentle caring to those in need, and delighted in caring for babies. Her intelligence was evident as she soon became the youngest operating room sister in the United Kingdom. She enjoyed traveling and did so during her nursing career and after.

Ann married Dr. Muhsin Abutrab and they moved to Baghdad, where she embraced the culture with infinite grace and was a breath of fresh air. During these years Ann met many diverse people who came to know and love her kindness, intelligence, charm and clever humour. She had her children, Sadeem and Tamara, in Baghdad and raised them selflessly with endless patience and love.

Later the family moved to Canada and Ann spent over 20 years in St. Anthony, where her husband worked as an Ophthalmologist at the Charles S. Curtis Memorial Hospital. From August 13, 1990 until June 14, 2001, Ann worked at the hospital as a Casual Nurse, mostly in the Outpatient Department. Her colleagues remember her well for her skill and work ethic, and for her unique sense of humor. She was a pleasure to work with and was respected by the local people.

Ann's true love was her incredible talent for sewing. She touched the hearts of people in the St. Anthony area, many of whom benefited from her handiwork. Her memory lives on in the homes of many people who have her craft items on display, including wall hangings, mitts, hats, aprons, purses, and scarves, to name just a few.

Ann loved nature and appreciated the raw beauty that surrounded her. She spent her latter years perfecting free motion embroidery and created numerous beautiful landscapes in vivid colors. She shared these generously with others.

Ann and Muhsin retired to Upper Lahave, Nova Scotia in 2002 where Ann was inspired by the serenity of the land. This was demonstrated in her artwork. She was young at heart and had a special relationship with her grandchildren whom she cherished, learned with, cared for, loved and who will miss her eternally. Ann is a pure soul and will be deeply missed and forever remembered by her family, former colleagues and friends.

Rosana Kinsella

It is with sadness that Labrador-Grenfell Health notes the passing of Rosana Kinsella at the John M. Gray Centre on December 4, 2009, at the age of 92.

Rosana Kinsella was born Rosana Richards in 1917 in St. Carol's. She married George Kinsella in 1936 and they raised five children. In the early 1940s, she began hooking mats and later learned to knit. Soon after she took an interest in sewing, and her family remembers her enthusiasm at the arrival of her first sewing machine from “the mainland”. Rosana began sewing clothes for her children and before long, was crafting Grenfell cloth shirts and ladies’ coats.

In March 1963, she accepted a position as permanent part-time Seamstress with Grenfell Handicrafts and on January 14, 1969, she moved into a full-time role. On November 23, 1976, she became Pattern Cutter Leader, a position she held until her retirement on December 30, 1977.

Rosana and her husband spent their retirement enjoying activities that ranged from picking berries to traveling and salmon fishing at St. Genevieve River, for about 20 years.

Rosana is predeceased by her husband George and leaves to mourn her sons Sam, Harold and George; daughters Shirley and Phyllis; eighteen grandchildren, twenty-one great-grandchildren, one great-great-grandchild a large number of relatives and friends.

William (Bill) Burt

It is with sadness that Labrador-Grenfell Health notes the passing of Bill Burt on December 24, 2009. He was 84.

Bill started working full-time with the IGA in 1949. One of his first jobs was building staff houses and helping with the construction of the new dormitory in Cartwright (1950). In 1953, Bill and Mary Jane moved into Grenfell House as caretakers, where they remained for 14 years. In those days, Grenfell House was a staff house and Bill played host to many staff who will have fond memories of his good nature and loyalty to the IGA.

Bill worked his entire 42 years as a Trades Helper/Maintenance Repairman, in the Machine Shop and in later years, in the Maintenance Department at the Charles S. Curtis Memorial Hospital. He retired in 1990, and enjoyed a healthy and rewarding retirement, almost up until his passing. He is survived by his wife Mary Jane and a large circle of family and friends.
Annie Larkin (nee Bridger)

It is with sadness that Labrador-Grenfell Health notes the passing of Annie Larkin on January 7, 2010. She was 76.

Annie was born on November 12, 1933 in Griquet, NL. She married Arch Larkin on October 31, 1950 and after living in Cook’s Harbour and Roddickton for a brief time, they finally settled in St. Anthony in 1953.

She initially began working temporarily with the International Grenfell Association in 1948 in the laundry and kitchen at St. Anthony Hospital. She returned to work in the laundry in 1966 where she remained until her retirement in 1990 after 25 years of service.

Annie volunteered many hours with the Lionesses and the Anglican Church Women’s group. She enjoyed camping and spent many days at their cabin on Pistolet Bay and on moose-hunting trips with friends and family. Annie was a very competitive berry picker and loved bakeapple picking with friends in Old Fort, Quebec. She enjoyed a game of darts or cards, her ceramics hobby and traveling with her “best buddy”, Arch, whom she lost in 1998 after 48 years of marriage. Annie is lovingly remembered by her five children, ten grandchildren, six great grandchildren and a large circle of friends and family.

Ellen Ann McElligott

It is with sadness that Labrador-Grenfell Health notes the passing of Ellen Ann McElligott on January 20, 2010 at the Kerry General Hospital in Convent Cross, Listowel, Ireland. She was 69.

After graduating from Nursing in 1963 and working in England, Ireland, New Zealand, South Africa and New York for 15 years, she decided she wanted a change and to go to work in Canada, where there was snow. Ann heard about the International Grenfell Association and decided to apply, and they were happy to have her.

She came in the fall of 1978 and worked in North West River and Mary’s Harbour for the first two months. She then went to Hopedale, where she stayed until her retirement in April 2005.

For more than 10 of her 26 years in Hopedale, she was the only nurse. Ann delivered more than 90 babies there. Her work in Hopedale touched the lives of everyone in the community and she will be remembered for her kindness and dedication. In June 2003, her work was recognized in the Canadian Nurse Magazine and in 1995, she received the ARNNL Nursing Practice Award.

Innovation & Collaboration: Learning & Changing Together

In October 2009, Labrador-Grenfell Health’s Primary Health Care Facilitator and Health Promotion Coordinator partnered with Violence Prevention Labrador and the Rural Secretariat to host the Innovation and Collaboration: Learning and Changing Together conference. The conference evolved from the need to better connect service providers, community, government and multi-sector agencies for the purpose of building collaborative approaches to addressing issues.

The event was held in Happy Valley-Goose Bay and attracted 55 participants from 14 communities representing various backgrounds, including community-based organizations such as municipal, First Nation, territorial and provincial governments and their affiliated departments, regional organizations and federal agencies.

The goal of the conference was to highlight three main objectives to share knowledge and best practices: innovation and communication, collaboration and partnership, and community capacity-building. Primary Health Care was pleased to be one of the four partners in this conference, as the goals were very similar to those of Primary Health Care, including linking with agencies and organizations to address other factors that influence health (i.e., housing, education, employment, etc.) and working together with community members and service providers to plan and develop services.

Participants worked on achieving these conference goals by bringing together stakeholders from throughout the region for two days to learn, share and highlight best practices on innovative ways to break down geographic barriers. Through presentations, networking and discussion, participants began to explore roles and learn how to build partnerships and collaborate across sectors toward common goals. The two days were a great success. New ideas sprung, various new partnerships were made, and the community stakeholders were engaged to continue to build capacity. For further information, the final report can be viewed at http://www.vplabrador.ca/home/76.

SondraSpearing
Primary Health Care Facilitator, Labrador-Grenfell Health
COMINGS AND GOINGS

WELCOME TO:

Flower's Cove
Diane Cunard  Licensed Practical Nurse (Temporary)

Forteau
Shelley Belbin  Licensed Practical Nurse (Temporary)
Sherri Murray  Regional Nurse

Happy Valley-Goose Bay
Elaine Condon  Mental Health Case Manager
Michael Palombi  Clinical Dietitian II (Temporary)
Eric Power  VP of Finance
Edward Strugnell  Trades Worker II

Mary's Harbour
Lori Anne Peckford  Nurse Practitioner

Roddickton
Trace Bernicky  Laboratory Technologist (Temporary)
Erin Russell  Social Work Assistant (Temporary)
George Tucker  Laboratory/X-Ray Technologist

Sheshatshiu
Joanne Breault  Social Worker II - CYFS

St. Anthony
Dayna Cassell  Licensed Practical Nurse (Temporary)
Allison Earle-Beaubien  Human Resources Manager
Joan Gallant  Medical Technologist (Temporary)
Loyola Gallant  Nurse (Temporary)
Jane Tara Oliver  Speech Language Pathologist
Sheri-Lynn Peyton  Personal Care Attendant (Temporary)
Kirsten Retieff  Dental Hygienist (Temporary)
Dean Simms  Equipment Operator (Temporary)
Gordon Tucker  Project Manager, IM&T (Temporary)

GOOD-BYE & GOOD LUCK TO:

Flower's Cove
Anne Cotton  Public Health Nurse I (Retired)

Happy Valley-Goose Bay
Gladys Peach  Licensed Practical Nurse (Retired)
Denley Blake  Trades Worker I (Retired)
Pearl Montague  Laboratory Assistant (Retired)
Gloria Michelin  Psychiatric Nurse I (Retired)
Walter Roberts  Nurse I
Bosedwuraola  Nurse I
Gillian O'Brien  Youth Outreach Worker

Labrador City/Wabush
Lori-Lynn Drover  Nurse I

Nain
Jeff Foster  Social Worker Assistant

Roddickton
Lois Eddison  Laboratory/X-Ray Technologist (Retired)

Sheshatshiu
Natasha Hurley  Community Service Worker

St. Anthony
Norma Diamond  Licensed Practical Nurse, JMGC (Retired)
Helen Dyson  Community Health Nurse II (Retired)
Sheran Hann  Nurse I
Alison Walker  Human Resources Manager

TRIVIA

This issue:
Q: Who worked as nurse-in-charge on the Labrador Coast (Mary’s Harbour, Nain, Hebron and Makkovik) from 1938 to 1974? She first came to work in Port Hope Simpson for a logging company before joining the IGA.

A: Mina Gilchrist was the nurse who joined Dr. Harry Paddon and later became his wife and life-long partner.

This issue:
Q: Name the doctor in this photo.

Last issue:
Q: What was the name of the nurse who joined Dr. Harry Paddon in Indian Harbour and North West River and soon became his wife and life-long partner?

A: Mina Gilchrist was the nurse who joined Dr. Harry Paddon and later became his wife. Thank you to Alwyn Sansford of Bridgewater, Nova Scotia for submitting the correct response.

Last issue:
Q: Name the Community Clinic nearing completion in this photo, taken in the early 1980s.

A: This is a photo of the Rigolet Clinic under construction.
Our first stop was at the village of Cook’s Harbour where Lars, the driver, had friends. They were busy at the washing but welcomed us in and put the baked beans back in the oven and sat us by the fire to thaw out. It was now 3:00 p.m. so it was nice to stop for a few minutes. We enjoyed our lunch of beans, bread, biscuits and tea. We did not stay long but pushed on along the coast and soon came to the Straits. Here it was frozen but in great chunks of ice green and blue like a rough sea. We looked out for seals but saw none, only a big white owl on a rock and a ship that had been wrecked many years ago. The going was very rough for the snow was sparse here and we were passing over stones and rocks on the seashore. We met a cow wandering about looking for wisps of grass and shrubs and soon were in Big Brook. Here we spent the night with a very nice family.

Hospitality here is a wonderful thing; we were not expected but made to feel very welcome, although his was a poor family for the father had lately been in hospital and was not working. Beds were made ready and food was put on the table. We had bowls of jam (local berries) in which we dipped our bread. We arrived about 6 p.m. just before a snowstorm. After supper the men disappeared with a bottle to the dining alcove and various children dropped in to stare at me, for a stranger was a rarity. We talked about seals and birds, for sealing was just starting. The men go out with clubs and take the young white coat seals for their meat and skins. The older ones are very fierce and have to be beaten off. News of the hospital was another topic and we had a visit from a Jehovah’s Witness with tracts. At 11:00 p.m. more tea was brewed, the men and myself being waited on by the women who took theirs afterwards. I went to bed soon after tea and slept very well although the bed clothes of immense weight cotton quilts kept slipping off.

In the morning it was stormy, snowing and blowing, but we left after breakfast about 8 a.m. We continued along the coast now seeing the open sea with lumps of green ice and large icebergs. It was snowing damply, water lay on top of ice and I was glad of my box. It did clear away later but the wind became stronger and it was thrilling to be blown across the ponds at such a speed.

At about 11:00 a.m. we arrived at Lars’ home, Green Island Cove. I was taken to his mother’s house – all were very anxious to hear news of the patient but he had only just had his operation before we left and we knew no more. Old Mrs. Hughes was charming, very sprightly and living in the middle of innumerable grandchildren. Her sons live in the same village and she has a constant stream of visitors. I never discovered who really lived there.

I was given a very good meal of seal meat and bakeapples. Then the children had theirs and they were all wearing beautiful hand-sewn boots. On asking about them I was shown how they were made. All the women make and repair them throughout the winter. They cure the skins with birch bark, chew and sew them while soft, pleating them all round like moccasins, with incredible speed.

The weather was clearing so another brother, Hen, took me on the last twelve miles to Flower’s Cove. He complained that he had nothing but the scraps left for a team as the best had been out, but the seven, led by Tiger, were very energetic and brought us to the Nurse’s Station in about an hour and a half. We were met by Brutus, the Newfoundland dog, who gambolled along terrifying the team, but he kindly escorted me to the door where two smaller dogs were waiting to get in. It is a very nice house and good to get away from the hospital. There is a pony, Mabel, who draws a komatik, and a flock of hens in the barn. Next day I had a ride on the komatik to the village to see the minister. Babies were arriving at the hospital in quick succession and had to be baptized.

It got much colder and by the afternoon it was snowing and blowing hard. The dogs came with me and it was quite difficult to get home against the wind. I could not see a thing for the blinding snow and had to push my way against the face of the wind. I can see how one could easily be smothered. Hazareth, the baby who was thought to be a Siamese twin, was in residence, now well after an operation and being fattened before going home.

Next morning was beautiful, sunny and calm. A snowmobile arrived at 7:30 a.m. and with a few patients for check-up at St. Anthony I set off again. We took the same route with no incidents except for one of the patients being sick. It is a very rough passage in a snowmobile. We had one stop and were received in various houses and arrived back at 1:00 p.m., making very good time.