March 13 and 14, 2007, marked an important milestone in the advancement of health care technology in the Labrador-Grenfell Health region. On these dates, the Labrador Health Centre in Happy Valley – Goose Bay went “live” with the provincial Picture Archiving and Communication System (PACS), making access to full patient diagnostic images information available to authorized health care providers throughout the province.

“The launch of PACS at the Labrador Health Centre is a huge positive step towards improved access to services in our rural and remote communities”, notes Dr. Michael Jong, VP of Medical Affairs. “With this new system”, he notes, “our diagnostic images will move from film (hard copy) to filmless (electronic or soft copy) imaging, which will improve service delivery to all our patients”.

Traditionally, diagnostic images produced by the various imaging modalities making up the Diagnostic Imaging Department in Labrador-Grenfell Health (e.g., x-rays, ultrasounds, CT, fluoroscopy, etc.) have been transferred, reviewed and analyzed by a Radiologist, and ordering physician, in hard copy film. The electronic copy imaging available through PACS will allow for real-time referral to consultant radiologists, allowing both the clinician and the consulting Radiologist to review the same images at the same time. PACS images will be shared through a secure network and will only be viewed by health care providers with authorized access to PACS.

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On hand for the PACS go “live” in Happy Valley – Goose Bay were (back, l-r): Trevor Simms, Biomedical Team Leader; Lorica Russell, Diagnostic Imaging Technologist; Doug Whight, Diagnostic Imaging Technologist; Debbie Batstone, PACS Administrator; Paul Snow, PACS / RIS – Computer Systems Analyst I; Tony Poole, General Electric and Asif Malik, General Electric. Front (l-r): Darren Walsh, General Electric; Melissa Myrden, Diagnostic Imaging Student; Francine Carew, Diagnostic Imaging Student; Gail St. Croix, PACS Administrator, Eastern Health; Yvonne Batstone, Diagnostic Imaging Technologist and Sally Tuttle, Clerk. Photo courtesy of The Labradorian.

...continued on next page
The Labrador Health Centre’s diagnostic images will go into a Provincial PACS Network, with the central archive being located in St. John’s. This data center will eventually store every diagnostic image produced in Newfoundland and Labrador health care facilities, which will create a Provincial Image Archive to support inter-regional transmission of all diagnostic images. It is expected that the Captain William Jackman Memorial Hospital will go live with the provincial system sometime in May and the Charles S. Curtis Memorial Hospital in the fall of 2007.

### About PACS

PACS enables images such as x-rays and scans to be stored electronically and viewed on video screens, so that physicians can access the information and compare it with previous images at the touch of a button.

PACS enables clinicians always to be able to access the right image in the right place at the right time to support an efficient, high quality and well communicated diagnosis.

Some of the benefits of PACS include:
- Faster delivery of medical images to the clinicians that evaluate and report on them, leading to speedier availability of results.
- Reduced lost or misplaced images, which means fewer patients being postponed or cancelled for consultations or operations due to images not being available.
- Flexible viewing with the ability to manipulate images on screen, which means patients, can be diagnosed more effectively.
- Instant access to historic diagnostic images and patient records.
- Better collaboration, as PACS can be viewed from multiple terminals and locations by a range of clinicians, allowing discussion over diagnoses.
- Fewer unnecessary re-investigations, which will in turn, reduce the amount of radiation to which patients are exposed.

### Calling Registered Nurses!

Come for the Challenge… and the Adventure… that’s the message being sent by recruitment officials at Labrador-Grenfell Health, as they heighten their recruitment efforts to attract at least 40 new nurses to the region.

Labrador-Grenfell Health is enhancing its recruitment campaign for registered nurses, through a variety of media, including newspapers, professional journals and any other available outlets. The health authority will also be holding job fairs in selected nursing schools throughout Atlantic Canada and beyond. This is in response to a growing need for nurses in various locations, all throughout the region. These efforts will be in conjunction with an overall plan to address not only recruitment, but also retention of nursing staff.

The Labrador-Grenfell region has a number of opportunities for both experienced nurses and new graduates. We have rewarding career opportunities available for permanent full time work, in addition to opportunities for casual positions and summer employment for nursing students.

A career at Labrador-Grenfell Health combines a challenging and rewarding work environment with the vast beauty, nature and recreational opportunities that are unique to northern Newfoundland and Labrador. Be a part of this experience!

For more information, contact the Human Resources Regional Office at (709) 897-2164 or humanresources@lghealth.ca or visit our website to view our employment postings at www.lghealth.ca.
WELCOMING OUR NEW YEAR’S BABIES

New Year’s Babies 2007

Charles S. Curtis Memorial Hospital

The first baby born in 2007 at Curtis Memorial Hospital arrived at 5:18 p.m. on January 4, 2007. Born to Sheena Rumbolt and Barton Davis of Mary’s Harbour, Labrador, Owen Davis measured 57 centimeters and weighed 9 pounds 6 ounces. The family was presented with a car seat by the medical staff (donated by Walmart through the Newfoundland and Labrador Medical Association).

Dr. K. Aravindakshan (left) and Dr. Sarada Paladugu (centre) present the car seat to Sheena Rumbolt and her son, Owen.

Photo credit:

Labrador Health Centre

Labrador Health Centre’s first baby of the year, baby girl Judith, was born to Pricilla Tuglavina of Nain on January 4, 2007 at 5:23 p.m., weighing 5 pounds 8 ounces.

Labrador Health Centre's twelve CQI Teams are working diligently to prepare for our first full accreditation survey as a new health authority, scheduled for May 6-11, 2007. Shown here, some members of the Environment Team are busy completing their self-assessment document, at a face-to-face meeting held in Happy Valley – Goose Bay on February 7, 2007.

Preparing for Accreditation

Labrador-Grenfell Health’s twelve CQI Teams are working diligently to prepare for our first full accreditation survey as a new health authority, scheduled for May 6-11, 2007. Shown here, some members of the Environment Team are busy completing their self-assessment document, at a face-to-face meeting held in Happy Valley – Goose Bay on February 7, 2007.
About 150 guests turned out to the annual Founder’s Day Ecumenical Service, held on Sunday, February 25, 2007 at the Harriot Curtis Collegiate gymnasium in St. Anthony. The event was organized by the Grenfell Foundation and Labrador-Grenfell Health’s Pastoral Care Committee. This year, Mrs. Mary Brenson, a former Grenfell teacher now living in Lewisporte, returned to St. Anthony as guest speaker. She spoke of how Grenfell influenced the way of life in this region through his medical and spiritual help. She also talked about how Founder’s Day (Dr. Grenfell’s birthday) was an exciting event in St. Anthony in past years, especially the Grenfell School days, with nearly the whole community participating. The Grenfell Foundation would like to extend its sincere appreciation to the Pastoral Care Committee for a contribution of $240, collected during the Ecumenical Service.

Crowd Gathers for Founder’s Day Ecumenical Service

Pictured at the Ecumenical Service were (l-r): Reverend Jean Brenton Hickman, Barbara Molgaard Blake, Mrs. Mary Brenson, Captain Ray Janes, Pastor Norman Joy, Reverend John McGonigle and Sister Paula Delahunty.

Smile Cookie Fundraiser a Success

The Grenfell Foundation is extremely grateful to Tim Horton’s, St. Anthony, for donating the entire proceeds from their ”Smile Cookie Campaign” held in October, 2006. Receiving the cheque for $1000 on behalf of the Foundation are Wilfred Rumbolt, Acting Chair (far right) and Gary Newell, Coordinator, from Leonard and Hazel Tucker, of Tim Hortons. This donation will go towards the purchase of a defibrillator for the Emergency/Ambulatory Care Department at the Charles S. Curtis Memorial Hospital.

A Visit from Dr. Kevin Melvin

Labrador-Grenfell Health was pleased to welcome Dr. Kevin Melvin as guest speaker for this year’s Annual Service Awards Dinner, held on Founder’s Day, February 28, 2007. Dr. Melvin is Chief of Cardiac Surgery at the Health Sciences Centre in St. John’s. At the Awards Dinner, he entertained guests with his intriguing account of the history of cardiac surgery in St. Anthony (see page 8, Service Awards). Prior to returning to St. John’s, Dr. Melvin had an opportunity to visit the Strait of Belle Isle Health Centre in Flower’s Cove, to meet with the staff and tour the

This issue:

Q: Who was Professor Frederick C. Sears?

Last issue:

Q: In 1883, Dr. Grenfell went on his first lecture tour. Who went with him and who sponsored him?

A: Dr. Grenfell traveled from Montreal to Victoria, accompanied by an Australian doctor, Dr. Bobardt. They were funded with first class rail tickets by Sir Donald Smith of the Canadian Pacific Railway. Thank you to Mr. Alwyn Sansford of Bridgewater, Nova Scotia, for submitting the correct response.
The Grenfell Foundation thanks the management and customers of McNally’s Billiards for their generous donation of $1200. These funds will be used towards the purchase of priority medical equipment for the Captain William Jackman Memorial Hospital.

On hand for the presentation were (l-r): Ms. Ann Geehan, President, Local 2330; Mr. Warren Pope, Chairman of Unit 3, Local 2330; Mrs. Ozette Simpson, Chief Operating Officer, Captain William Jackman Memorial Hospital; and Mr. Rick Dalton, Business Manager, IBEW, Local 2330. Photo courtesy of 53 North.

The Grenfell Foundation thanks the Labrador West Lion’s Club for its recent donation of $12,500 towards the purchase of an EKG machine.

Shown here is Mr. Andrew Robertson of the Foundation Board, accepting a cheque from Mr. Darrell King, President of the Labrador West Lion’s Club. Photo courtesy of 53 North.

The Grenfell Foundation especially thanks the members of the Captain William Jackman Memorial Hospital Ladies Auxiliary, for their donation of $12,500, presented on March 26, 2007. The funds will be used toward the purchase of a new EKG machine.

In this photo, Joan Meyers, Auxiliary Treasurer (front, right) joins her fellow Auxiliary members to present the cheque to Andrew Robertson, Foundation Board Member.

Special thanks are extended to Canada Post employees in Labrador West for their recent contribution of $2500. The employees earned the $2500 as part of their Canada Post Recognition Award, an award they received for achieving a significantly improved attendance rate over the past year. The funds will be used toward the purchase of a new EKG machine for the Captain William Jackman Memorial Hospital.

On hand for the presentation were (l-r): Ozette Simpson, Val Cooper, Linda Woolridge, Rick Hiscock and Gary Newell. Photo courtesy of 53 North.
A New Lift for the John M. Gray

A cheque for $1250 was recently donated to the John M. Gray Centre, to help purchase a new resident lift. The donation was made courtesy of the Kinette Club of St. Anthony. The new lift will assist residents who have difficulty standing, as they are transferred from chair to bed, etc.

Newfie Singalong

Residents and staff were pleased to welcome local musicians for an afternoon sing-along recently (l-r): John Sexton, Wade Hillier, Grace Hillier, Stella Compton, Annie Hillier, Beatrice Simms, Blanche Patey and Susan Williams.

“Friends of Ivy” Guitar Group visits the John M. Gray Centre

Residents of the John M. Gray Centre enjoyed a visit from “Friends of Ivy”, a local guitar group. The residents and the group sang a variety of hymns and traditional Newfoundland songs.

Valentine’s Day Party

Residents of the John M. Gray Centre celebrated Valentine’s Day with traditional Newfoundland music by the Pumper Boys and a variety of delicious Valentine refreshments. Mrs. Mary Jane Taylor was crowned Queen while Mr. Tim Gaulton was crowned King. They posed for a picture as they cut the Valentine’s cake.

Skipper Hot’s Band

In early March, 2007, residents and staff received a visit from Skipper Hot’s Band, for their first musical appearance at the John M. Gray. Everyone delighted in the various traditional Newfoundland songs and jigs. They danced, sang and clapped their hands the entire time.

St. Patrick’s Day Party

On St. Patrick’s Day, residents joined in an afternoon of traditional music and refreshments. Shown here, residents Janie Decker and Henry Genge participate in the annual cutting of the St Patrick’s Day Cake. with entertainment by the Pumper Boys.
**Harry L. Paddon Memorial Home, Happy Valley – Goose Bay**

*Contributors: Steven Janes, Recreation Therapist and Sally Penney, Secretary*

**Drum Dancers Perform at Paddon Home**

In January, 2007, local drum dancers from the Happy Valley - Goose Bay area visited the Paddon Memorial Home and entertained the residents and staff with their musical talent. They performed several dances which were enjoyed by all. It was very exciting to have this traditional entertainment and we felt honored by their visit.

**Valentine’s Celebrations**

On February 14, 2007, residents and staff enjoyed a great Valentine’s Day in the main lounge. First, the residents’ king and queen were crowned - David Michelin and Myrtle White. Then, staff members Lester Kippenhuck and Rowena Hayden were crowned with this honor. The winners each received a box of chocolates. Everyone enjoyed an excellent afternoon with lots of music (with Steven Janes and Flossie Oliver on guitar), dancing and delicious food.

**Christian Youth Camps Family Fun Day**

On February 17, 2007, some of the residents at Paddon Home were able to attend the Christian Youth Camps Family Fun Day. Residents traveled to a cabin by bus, where they were able to watch the activities, enjoy lunch and have an opportunity to meet up with old friends and family. Thanks are extended to Wellness Coordinator, Kelly Janes, who volunteered her time to help with this resident outing.

**St. Patrick’s Day**

St. Patrick’s Day was celebrated at Paddon Memorial Home on Thursday March 15, 2007. The residents donned Paddy’s Day hats and pins and many wore their green clothing in recognition of the event. There was lots of Irish music, a great lunch and games. It was a very enjoyable time, celebrated by all.

**Long Term Care Unit, Labrador South Health Centre, Forteau**

*Contributor: Bonnie Davis, Secretary*

In February, a Valentine’s Day cake sale was held on the Long Term Care Unit in Forteau as a fundraiser for seniors recreation.
On February 28, 2007, staff and invited guests gathered for the annual Service Awards ceremony, held in conjunction with the Founder’s Day Dinner, organized by the Grenfell Foundation in celebration of Dr. Grenfell’s birthday. The event was emceed by Ms. Barbara Molgaard Blake, Chief Operating Officer (South). Mr. Boyd Rowe, CEO, was also in attendance, and brought greetings on behalf of the Executive Team and Board of Directors. In his opening remarks, he noted that when combined, the years of service of those receiving awards that night totalled over 1200 years – an impressive amount of dedicated service to the residents of the area.

Acting Chair of the Grenfell Foundation, Wilfred Rumbolt, began his speech with an acknowledgement of the guidance and leadership of Pastor William Cole, who recently stepped down as Chair of the Foundation. In addition, he thanked the staff of Tim Horton’s, who recently donated funds from their Smile Cookie campaign to purchase a new defibrillator for the Charles S. Curtis Memorial Hospital.

Following the presentation of service awards to those employees with 20 – 45 years of service, attendees received an enlightening account of early cardiac surgery efforts in St. Anthony, courtesy of guest speaker, Dr. Kevin Melvin, Chief of Cardiac Surgery at the Health Sciences Centre. His speech reflected on the innovative work of Dr. Grenfell who in the words of Dr. Melvin, was “… not only a doctor, but a missionary, builder, gardener, industrialist, communicator, fundraiser, social reformer, writer, lecturer, cartographer, photographer and well-known celebrity”. He reflected on surgery in the earlier days, and gave an account of the innovative works of those who followed Dr. Grenfell, namely Dr. Charles S. Curtis and Dr. Gordon Thomas.

Labrador-Grenfell Health thanks all those who contributed to the success of this year’s annual Founder’s Day Dinner. Moreover, the health authority expresses its sincere congratulations to all those staff who reached career milestones in their lengths of service.
SERVICE AWARDS

Five Years:
Camille Barney, Flower’s Cove
Vickie Biles, St. Anthony
Ina Brenton, Roddickton
Madonna Coates, St. Anthony
Lisa Colbourne, St. Anthony
Nadia Colbourne, St. Anthony
Alison Dower, St. Anthony
Tanya Dredge, St. Anthony
Delores Fillier, St. Anthony
Rosetta Flynn, Forteau
Karla Loder, St. Anthony
Larr Patey, St. Anthony
Dr. Vivien Pealing, St. Anthony
Wavey Regular, St. Anthony
Benay Sinnicks, Flower’s Cove
Judy Applin Poole, Flower’s Cove
Richard Dempster, Flower’s Cove

Ten Years:
Ernest Colbourne, St. Anthony
Anthony Davis, St. Anthony
Trina Decker, St. Anthony
Cindy Dumas, Forteau
Coretta Fowler, Forteau
Pauline Ivany, St. Anthony
Marilyn Kippenhuck, Charlottetown
Carmen Letto, Forteau
Ella Marshall, Charlottetown
Eileen McCarthy, St. Anthony
Betty Normore, Forteau
Joy Fowler Pike, Forteau
Sue Pilgrim, St. Anthony
Wendy Dale Woodford, St. Anthony

Fifteen Years:
Nicole Cassell, St. Anthony
Phyllis Sinyard, St. Anthony

20 Years:
Ethel Byrne, St. Anthony
Donna Colbourne, St. Anthony
Sandra Dawe, St. Anthony
Shirley Decker, St. Anthony
Blenda Dredge, St. Anthony
Barbara Elliott, St. Anthony
Brenda Elgar, St. Anthony
Jackie Fowler, St. Anthony
Mary Green, St. Anthony
Sandra Hedderson, St. Anthony
Lee Hillier, St. Anthony
Kathryn Humby, St. Anthony
Laurie McGonigle, St. Anthony
Lee Payne, St. Anthony
Albert Penney, St. Anthony
Beverly Simms, St. Anthony
Violet Strugnell, Port Hope Simpson

25 Years:
Anthony Cronhelm, St. Anthony
Peggy Gibbons, Flower’s Cove
Audrey Hillier, St. Anthony
Margaret Linstead, St. Anthony
Juanita Powell, St. Anthony
Beverly Scott, St. Anthony
Triffie Simms, St. Anthony
Susan White, St. Anthony

30 Years:
Muriel Budgell, St. Anthony
Ruby Colbourne, St. Anthony
Anne Cotton, Flower’s Cove
Cora Cull, St. Anthony
Celestine Earle, Forteau
Maurice Heath, St. Anthony
Garry Hillier, St. Anthony
Ruth Howell, St. Anthony
Jean Ollerhead, St. Anthony
Regina Strangemore, St. Anthony

35 Years:
Edith Coles, St. Anthony
Cornelia Linstead, Forteau
Brenda Way, Flower’s Cove

40 years:
Ursula Loder, St. Anthony

45 Years:
Marie Hillier, St. Anthony

Ursula Loder, Laundry Worker, received a Grenfell House painting in recognition of 40 years of service (l-r): Triffie Simms, Drucilla Rose, Ern Cull, Ursula Loder, Virginia Hedderson and Ruby Colbourne.

Receiving service awards at the Strait of Belle Isle Health Centre in Flower’s Cove are: front (l-r) Richard Dempster (5 years) and Ann Cotton (30 years); back (l-r): Benay Sinnicks (5 years), Judy Applin Poole (5 years), Brenda Way (35 years) and Madonna Coates (5 years). Missing from photo: Camille Barney (5 years) and Peggy Gibbons (25 years).
Certificate of Service (Retirees):

Theresa Brett, St. Anthony  30 years
Rosemary Fillier, St. Anthony  33 years
Joy Parrill, St. Anthony    28 years
Marion Pilgrim, St. Anthony  31 years
Selma Strangemore, St. Anthony  35 years
Madonna Chaulk, St. Anthony  34 years
Doreen Goodyear, Roddickton  23 years
Sylvia Patey, St. Anthony  11 years
Ronald Pilgrim, St. Anthony  9 years
Dr. Joseph Walsh, Roddickton  6 years

A Locum Dentist’s Experience

For years, the history of the Grenfell Mission had left me with a great curiosity, not of the good doctor, but of the people he served, their lives and their land. When an opportunity for a locum position with Labrador-Grenfell presented, I contacted St. Anthony and was told that there was an opening in Roddickton.

Roddickton! Now there’s a wild, windblown place, right on the shore with higher waves beating on the cliffs. The people I met on the Northern Peninsula were mostly colleagues and patients. As a dentist, I’m well placed to judge people; after all, folks are not at their best in dental chairs! But everyone I met in dental chairs, in stores or in the clinic coffee room, were all great. People were always friendly and generous with their time, advice and hospitality.

It’s odd what misconceptions reading a school atlas on the Prairies can give one! Roddickton turned out to be so well protected, its waters calm and sunsets of amazing beauty. A stay there in the late fall was exceptional.

The standard of medical care at the clinic was of the highest. The staff show utmost dedication in their work and maintain their skills with continuing education.

The standard of oral health was helped in no small part by excellent bone and tooth structure. The school children have a number of bad teeth which can cause immediate and later problems. This condition is not unique to Roddickton, but early consultation can offer help to reduce the problem. Dr. Hornett’s group in St. Anthony is working hard to address dental needs with support staff and an active recruitment program to fill vacant positions.

I was able, on weekends, to travel the shore and enjoy amazing scenery, from Gros Morne to St. Anthony, but Englee won out as my favorite destination. However, the drive to Conche was in a class of its own!

Now that tales have been told and photographs seen, many Manitobans are also thinking of seeing the Northern Peninsula. For my part, I can only say thank you to everyone for the privilege of spending a wonderful month, courtesy of Dr. Grenfell.
Increasing Patient Safety Through Medication Reconciliation

Labrador-Grenfell Health is pleased to announce its participation in a medication reconciliation pilot initiative, designed to improve patient safety. This initiative is part of the health authority’s commitment to Safer Healthcare Now!, a national collaborative effort aimed at reducing the number of injuries and deaths related to adverse events, such as infections and medication incidents. The medication reconciliation program is being launched at both the Charles S. Curtis Memorial Hospital and the Labrador Health Centre, with plans to expand to the Captain William Jackman Memorial Hospital at a later date.

Medication Reconciliation has many steps. Families and health care team members (nurses, doctors, pharmacists, etc.) work together to have the best medication history for the patient. The process involves comparing a patient’s medication information at three points of care: when the patient is admitted, transferred and discharged. After the medication history is taken, the team will check for any differences or changes. New forms and audit tools have been developed to document the best possible medication history.

“To ensure patient safety, health care workers need to know a patient’s medication information at all points during their care,” says Marge Learning, VP of Acute Care Services and Senior Executive Lead for this initiative. “When a patient is admitted, a comprehensive medication history is taken, including a current medication list, frequency and dosage. This will provide members of the health care team with a better understanding of the client’s medical history.”

Norma Forsey, Regional Director of Patient Safety and Quality is pleased with the organization’s commitment to the medication reconciliation initiative. “What is also very important” she notes, “is that each person has a key role to play in their own medication safety. We encourage all clients to ask about your medicines – how and when to take them, possible side effects and drug interactions; to check to make sure that the medicine you receive is what you thought your doctor or other healthcare professional ordered and most importantly, tell your doctor and other healthcare professional about ALL the medicines you take and discuss any concerns you may have”.

Labrador-Grenfell Health is confident that medication reconciliation will increase patient safety by minimizing errors and discrepancies, and provide better communication amongst the health care team. The Charles S. Curtis Memorial Hospital and the Labrador Health Centre are among 80 Canadian hospitals participating in this initiative, which is also an essential part of the accreditation requirements of the Canadian Council on Health Services Accreditation.

For more information on the Medication Reconciliation Program, please contact Norma Forsey, Regional Director of Patient Safety and Quality, at norma.forsey@lghealth.ca. For more information on the Safer Healthcare Now! campaign, visit www.saferhealthcarenow.ca.
This winter has been busy for maintenance staff along the coast, as new mini homes arrived towards the end of the shipping season last fall. Two of these staff accommodations units were established in Port Hope Simpson, and another in Charlottetown.

Renovations to Community Clinic

Recent renovations to the Port Hope Simpson Community Clinic have created a new multipurpose room. This provides an ideal space where staff can access computers to check work e-mails and hold meetings and in-services.

Maintenance Repairer Donald Sampson adds the finishing touches to the multipurpose room.

Traveling Foot Care Clinic

Staff on the South Coast of Labrador were pleased to welcome Victoria Paul, Regional Nurse from St. Lewis, as she delivered foot care in each of the four community clinics in the area during the week of March 4, 2007. Both staff and clients were very appreciative of this service.

Black Tickle

Digging Out

There has been no shortage of snow in Black Tickle this winter, which has kept Support Services staff busy with snow removal in recent months. Shown here, Albert Morris, maintenance staff, removes lots of the “white stuff” from the community clinic area after a heavy snowfall in February.
AROUND THE REGION

Charlottetown

Doing “The Books”

Month-end is always a busy time, compiling clinic stats, etc. Shown here, Ella Marshall (PCA) and Carl Kippenhuck (Maintenance Repairer) are busy with paperwork at the end of February.

Rigolet

Rigolet Clinic gets Assistance from the Community

A trust fund has been established for the five Inuit communities in Labrador, utilizing monies from Voisey’s Bay. In Rigolet, the Aiviktok Trust Fund Corporation accepts applications from community groups for projects that are of benefit to the community. (Aiviktok means area where the walrus are).

Two years ago, the Rigolet Community Clinic applied for and received money for a baby warmer, valued at approximately $5,745. In 2006, the clinic received monies for a new digital paediatric scale, valued at $1,560. This year we applied and received $7,785 for an areosled, which RT is hoping to use in all communities.

We thank the committee members of the Aiviktok Trust Fund Corporation for their assistance in making life safer and easier for patients and staff.

Helen Michelin, Regional Nurse

St. Anthony

Grenfell Ride

The Annual Grenfell Ride commemorates the rescue of Dr. Wilfred Grenfell when he was stranded on an ice pan during a medical trip by dog team trip to Englee in 1908. This year, following breakfast at the Grenfell Interpretation Centre, about 60 snowmobilers participated in a three-hour ride to Ireland Bight and back to St. Anthony.

Snowmobilers prepare for the Grenfell Ride, at the Grenfell Interpretation Centre in St. Anthony.
Labrador City

Quality Professional Practice Environment (QPPE) Program

Nurses on the IPS Unit at the Captain William Jackman Memorial Hospital have joined six peer sites across the province in the Quality Professional Practice Environment (QPPE) Program. The provincial regulatory bodies for Registered Nurses and Licensed Practical Nurses offer this unit-based program that supports quality practice environments. Participants complete a questionnaire to identify practice challenges in their work site related to six key areas. With the support of a facilitator, a group of unit volunteers representing the whole unit will be working together over the next 18 months to develop plans to implement changes that are based on their priorities and available resources. Groups from across the province have successfully implemented practical plans that enhance staff well-being, increase job satisfaction and improve the overall quality of their work life.

The newest QPPE participants, the IPS MINERS (Measures to Improve Nursing Environment, Respect & Safety), are nearing completion of the initial start up activities and getting ready to move into the real fun and challenge of planning for improvements that will make their IPS Unit a better place to work.

Joanne Bennett, APPE Consultant

Employees Volunteer at Senior Men's & Women's Provincial Curling Tournament

Employees in Labrador West are well known for their community spirit, and so it was no surprise to see them step up to the challenge in organizing the recent Senior Men’s and Women’s Provincial Curling Tournament, held from February 13 – 18, in Labrador City. Twelve teams from across the province attended this event. Several staff volunteered their time to organize the opening cocktail party and banquet, and serve breakfast throughout the tournament.

Audrey Letto from Labrador West (far left), was joined by several LGH employees, in volunteering at the Senior Men’s and Women’s Provincial Curling Tournament: (l-r): Audrey Letto (Community Member), Colleen Rixon, Eleanor Fowler, Claudine Kean Dobbin and Maureen Angel.

Donations to Oncology Unit

Labrador-Grenfell Health thanks the United Church Women’s Group in Labrador City for its recent donation of knitted chemo chair covers for the Oncology Suite. In addition, the health authority extends it gratitude to employees of Hoffe’s Home Hardware for their contribution of a Lazyboy recliner and foot stool for the Oncology and Palliative

Flower’s Cove

Cook it up Healthy!

During Nutrition Month, staff at the Strait of Belle Isle Health Centre gathered for a Cook it up Healthy potluck. There was a wide variety of very healthy foods served, ranging from whole wheat enchiladas with chicken and vegetables to fruit salad and everything in between. A great meal was enjoyed by all!
AROUND THE REGION

New CYFS Office Opens in Nain

Child, Youth and Family Services in Nain is pleased to inform you that we moved into our new offices on January 15, 2007!

We are the first agency in town to secure permanent office accommodations, following the devastating fire of March 8, 2005, which completely destroyed the building known locally as “the old school” and which displaced many agencies, including the Okalaktiget Society TV Station, the Torngasok Office (which housed many irreplaceable artifacts), the College of the North Atlantic’s Nain campus site, the Department of Justice’s Probation and Victim Services’ offices, the Labrador Inuit Development Corporation and the Labrador Inuit Health Commission offices, a brand new Parks Canada office, and others. We were also able to locate a prime piece of property in the centre of town for our office location. Incidentally, this is the same site where the original Social Services office was located in the 1970’s!

Our new office space consists of two modular mini homes joined together on site. The contract was awarded in September 2006 to a New Brunswick company, Maple Leaf Homes, Locbar Limited, and the units arrived in Nain on the coastal boat in mid-November, 2006.

A number of local people were employed to do the finishing touches, such as painting, and installing doors and radiators, and finally, after telephones and computers were installed, we were able to leave our small clinic apartment where we had been housed since the fire. The office accommodation is quite spacious with ample room for our needs. The site contains a boardroom with a coffee nook, eight offices, a file room, a waiting area, two washrooms, and a janitor’s closet and storage room. Staff members are especially pleased with the large windows providing natural lighting and the hot water heating system which allows for individual office temperature control.

We appreciate the efforts of all those involved in the planning and building of the office and for helping us move to the new CYFS site. The staff would like to thank the following for their time and energy in spearheading the project: Ian Blake, Delia Connell, Genevieve Corbin, Randy Cull, Rick Kennedy, Boyd Rowe and Butch Vardy. We would also like to thank Pat Crotty, Head Nurse at the Nain Nursing Station, who agreed to lend us one of the staff apartments at the clinic as a temporary office space for the 20 months from March, 2005, to January, 2007, and all the Nain maintenance staff who continue to assist us on a daily basis. We will have fond memories of our time at the clinic where our seven staff members were working out of a three bedroom apartment, requiring four of us to be doubled up in a couple of the bedrooms (after the beds were removed!). Now each worker has their own office again and we look forward to recruiting new staff to fill our vacant offices - our office had three resignations in the fall of 2006 and we have been having some challenges in filling two of those vacancies; but hopefully, the news of our charming office space will attract new employees! We welcome everyone traveling to Nain to drop by 89 Middle Path to visit us.

ON BEHALF OF CYFS NAIN, WE WOULD LIKE TO THANK YOU ALL FOR A JOB WELL DONE!
FOCUS ON STAFF

Christopher Patey
Born and raised in St. Anthony Bight, Chris completed high school in 1988, followed by a three-year Civil Engineering Technology program in 1997. Chris has worked with the Department of Transportation and Works since 1998. Since 2004, he has worked in the capacity of Maintenance and Engineering Projects Supervisor with that department.

Chris began work with Labrador-Grenfell Health on February 5, 2007 as Support Services Manager based out of St. Anthony and responsible for projects on the Northern Peninsula and in Southern Labrador. He says he’s looking forward to meeting and working with all the staff in the region.

Welcome Chris, and good luck in your new position.

Tiffany Hawco
Hailing from Holyrood, NL, Tiffany recently completed the BSW (Child Welfare Specialization) Program at the University of Victoria. Her latest work placement was with Eastern Health in the Child Protection Unit.

Tiffany came to work with Labrador-Grenfell Health as a Mental Health Social Worker. Based at Curtis Memorial Hospital in St. Anthony, her primary responsibilities include counseling, assessment, and community education. She will also be involved with several committees and will be traveling within the region conducting counseling sessions.

Tiffany is very happy to be working in such a welcoming and friendly community and is also enjoying the snow! Welcome Tiffany, and we hope you continue to enjoy living here and working with Labrador-Grenfell Health.

Tara Elliott
Originally from St. Anthony, NL, Tara completed the Licensed Practical Nursing Program at the West Viking College (now College of the North Atlantic) in 1995. For the past ten years, Tara has been employed as an LPN at the Bay St. George Long Term Care Center, Stephenville Crossing, NL. She and her family had an opportunity to move back home so they “jumped on it”.

Tara is currently working as a casual LPN in St. Anthony. Welcome back home, Tara. We hope you enjoy working with Labrador-Grenfell Health.

Eileen Hillier
Eileen originates from Griquet, NL, and moved to Goose Bay just over a year ago. She has three children and seven grandchildren; one son (and daughter-in-law) is serving in the Canadian Armed Forces, based in Edmonton, Alberta.

Eileen is working as a Utility Worker I at the Labrador Health Centre and notes she enjoys living in Goose Bay and working with Labrador-Grenfell Health. Welcome and good luck, Eileen.

Stephanie Mercer
Originally from Grand Falls-Windsor, NL, Stephanie moved to Goose Bay at the age of 13. After finishing high school, she completed a Bachelor of Arts in Psychology at the Atlantic Baptist University in New Brunswick, graduating in April 2005.

Stephanie has accepted the position of Child/Behaviour Management Specialist for Sheshatshui and Natuashish. She notes she enjoys working with children and their parents/caregivers, and hopes that she can help make a difference in the lives of the children she serves.

Welcome to Labrador-Grenfell Health, Stephanie and all the best in your new position.
FOCUS ON STAFF

Michelle Pitcher (photo unavailable)

Michelle is originally from Coley’s Point, NL. She graduated from the Centre for Nursing Studies (MUN) in 2000 and began her career at St. Clare’s Mercy Hospital in St. John’s. She moved to Iqaluit, NU in June 2004 where worked in a small acute care hospital, which proved to be a very challenging and rewarding experience.

Michelle and her husband moved to Happy Valley-Goose Bay on February 8, 2007 and she began her full-time position as an obstetrical nurse on the inpatient ward at the Labrador Health Centre. She notes she is looking forward to many new experiences, meeting new people and making Goose Bay her home. Good luck in your new job and your new home, Michelle.

Bridget Nuna (photo unavailable)

Bridget has accepted a Home Support Worker position in Sheshatshui and will be responsible for providing translation services for clients from the area.

Welcome Bridget. We hope you enjoy your new position.

David Merkeratsuk (photo unavailable)

David was born and raised in Nain, Labrador and is working as a Maintenance Repairer I in Nain. He notes he is looking forward to working on the Labrador-Grenfell Health team. Welcome David and good luck in your position.

Celebrating National Social Work Week

March 12-16 marked National Social Work Week. The theme for this year was “Social Workers: Making a Difference in Children’s Lives.”

Social workers practice in a variety of settings throughout our organization, including (but not limited to): continuing care, acute care, long-term care, mental health, children’s services, addictions services, youth services, corrections and services for people with disabilities. As such, it is quite obvious that social work is a profession that touches the lives of others in many different ways.

In celebration of this special week, the social workers in the St. Anthony area hosted a “Social Event” outside the cafeteria of the Charles S. Curtis Memorial Hospital on Tuesday, March 13, 2007, at 3:00 p.m. Fellow employees were welcomed to visit the displays for information sharing, as well as snacks/refreshments.

For those of us in the region who are involved in this wonderful profession, I would like to take this opportunity to thank everyone for their valuable service.

Nadine Calloway, Continuing Care Social Worker
John M. Gray Centre

Several Social Workers at Curtis Hospital pose with their co-workers in Mental Health and Addictions Services (front, l-r): Tiffany Hawco, Social Worker; Shirley Best, Secretary; (back, l-r): Tina Coombs, Addictions Counselor; Deanne Costello, Regional Director of Mental Health and Addictions Services; Rhonda Green, Mental Health Nurse, and Tanya Dredge, Adolescent Mental Health Counselor.

Social Worker Nadine Calloway (left) and Social Work Student Nista Simms (right) present Donna Colbourne (Health Records) with a prize she won in a draw held at the “Social Event”.

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PROFESSIONAL DEVELOPMENT

St. Anthony

Making Sense of Indicators

St. Anthony was among three sites that participated in an Accreditation Workshop, entitled Making Sense of Indicators, held in January. The workshop was also delivered in Labrador City and Happy Valley – Goose Bay and allowed those who attended to gain a better understanding of the link between indicators, accreditation and quality improvement, to identify and apply the steps to develop and assess indicators and to identify tools to assist in interpreting and presenting data. The workshop was presented by Dr. Joan Whelan, CCHSA Surveyor.

In attendance at the Making Sense of Indicators workshop in St. Anthony were: Back: Chris Humby (far left) and Kerry Decker (far right). Middle (l-r): Nadine Calloway, Wendy Dale Woodford, Rhonda Green, Tanya Dredge, Tina Coombs, Beverly Pittman, Alison Dower, Sharon Penney, Trina Decker, Deanne Costello, Joan Hillier and Colleen Loder. Front (l-r): Nista Simms, Judy Applin Poole, Lorelie Cull, Dr. Joan Whelan (CCHSA Surveyor/Presenter), Gladys Brown, Blenda Dredge, Bonnie Decker and Della Coles.

Psychosocial Preparedness for Pandemic

On February 19, 2007, Deanne Costello, Regional Director of Mental Health and Addictions Services, delivered a workshop on Psychosocial Preparedness for Pandemic planning. This session helped participants to recognize how an influenza pandemic may affect personal and work life; identify potential psychosocial impacts of a pandemic; anticipate personal reactions in the event of a pandemic; demonstrate an understanding of psychological first aid and basic helping skills; identify thoughts and feelings about death and dying; identify the importance of resilience in response to crisis situations; and identify ethical issues associated with pandemic planning. These sessions will be offered throughout the region in the coming months, and there are plans to offer more intensive training sessions for mental health and addictions staff at a later time.

ACLS

After receiving instruction on the new guidelines, Advanced Cardiac Life Support training was carried out on February 14 and 15, 2007, in the Boardroom at Curtis Memorial Hospital.

Present at the session were (l-r): Paula Gould (Instructor), Tanya Gibbons, Loretta Pollard, Kimberley Rose, M. Catherine Ryan, Cindy Parrill, Peggy Penney, Beverly Pittman (Instructor), Dr. Vivien Pealing (Instructor), Dr. Robert Pealing, Dale Richards. Missing from the photo is Dr. Alexis Caro-Guzman.

Neonatal Resuscitation Program

Following the release of the new Neonatal Resuscitation Program guidelines the first training session was held on February 26, 2007 in the Boardroom at Curtis Memorial Hospital.

(I-r): Krista Hewitt, Vanessa Bartlett, Cathy Simms and Tammy Burden (instructor). Other participants in the session included Denise Reardon, Valerie Rowsell, Dr. Sarada Paladugu, Dr. K. Aravindakshan, Dr. John Olarte, Rita Reardon (instructor) and Dr. Padma Guntamukkala (instructor).
**PROFESSIONAL DEVELOPMENT**

**Port Hope Simpson**

**CPR**

A CPR Course was held at the Port Hope Simpson Community Clinic on February 21, 2007, with Instructors Donnie Sampson and Donald Sampson. Shown here are participants Geralda Kippenhuck, Community Member (left), Jennifer Strickland (centre), Child/Behavior Management Specialist and Shane Bridle (right), Addictions Coordinator.

**Stress Management**

With the help of Colleen Rixon, Regional Director of Employee Development, Training and Health, Consultant Gerry Dooly came to Port Hope Simpson to hold a Stress Management workshop. Staff from five community clinics participated: Mary’s Harbour, St. Lewis, Port Hope Simpson, Charlottetown and Cartwright. The staff found the sessions to be excellent and thoroughly enjoyed their day.

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**Labrador City**

**Pregnancy, Birth and Early Parenting**

Labrador-Grenfell Health, in partnership with the Nunatsiavut Department of Health and Social Development and the Department of Health and Community Services, recently delivered a workshop on the new Provincial Pregnancy, Birth and Early Parenting Standards throughout the region. The new standards, while still supporting the previous prenatal education program, *A New Life*, encourage a shift away from traditional, formal prenatal education programs to a blending of health promotion strategies with significant opportunity for inter-sectoral collaboration.

This workshop was held in Happy Valley-Goose Bay on February 27 at the Northern Cross Church, in Labrador City on March 1 at the Captain William Jackman Memorial Hospital and in St. Anthony on March 7 at the Charles S. Curtis Memorial Hospital.

Ms. Cathie Royle, Program Consultant (Prenatal and Early Child Development) with the Department of Health and Community Services co-facilitated this workshop, in collaboration with members of the Regional Pregnancy, Birth and Early Parenting Planning Committee in Labrador City and Happy Valley - Goose Bay. Ms. Lorraine Burrage, Program Coordinator, Provincial Perinatal Program, co-facilitated the workshop in St. Anthony.

All health professionals, both management and front-line service providers, who are involved in childbirth education, were invited to attend the workshop. Participants thoroughly enjoyed the event and we look forward to working with our key stakeholders as we move forward with the implementation of these standards in our region.

_Claudine Kean Dobbin, PHN_

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Happy Valley – Goose Bay

The Big Land Interdisciplinary Health Conference

The first ever interdisciplinary health conference was held in Goose Bay on March 13-18, 2007. The event began with Dr. Norman Pinder, Chair of IGA, who delivered an opening address to all attendees. Dr. James Rourke, Dean, Faculty of Medicine at Memorial University presented the keynote address on 'Training Health Professionals for Rural Communities'. Around 100 people from as far away as the UK, Australia, and New Zealand attended the conference. One of the highlights was the panel discussion by the aboriginal elders on their perspective on health and traditional medicine. The participants appreciated the advice from the elders and this was an eye opener for many.

The conference offered the opportunity for different health professionals to teach and learn together. It provided an opportunity to reconnect with old friends and colleagues and to make new friends with similar adventurous spirits.

We were joined by the Dean of Medicine as a learner for a pre-conference workshop on Advanced Cardiac Life Support. The conference included multiple presentations for different health disciplines. The conference was accredited by the College of Family Physicians of Canada, the Canadian Association of General Surgeons (CAGS) and the Royal College of Physicians and Surgeons of Canada, the Canadian College of Pharmacists, and the College of Health Services Executives.

The afternoons and evenings featured exposure to the Labrador outdoor lifestyle like snowshoeing, cross country skiing and sightseeing. The post conference activities on March 17-19 included a cross country skiing loppet and overnight winter camping with winter survival skills.

Dr. Michael Jong, VP Medical Services

Dr. Norman Pinder (left) also presented at the conference: ‘What Canada can Learn from the Experience in UK with Restructuring of NHS’. He is shown here with Dr. Roger Hawkes (right) from the UK who also presented on the “Common Misconceptions in the Role of Exercise in Health”.

Shown here at the ACLS workshop are (l-r): Dr. Abeer Abu-Almaali, Dr. James Rourke, Dr. Barry Pitter, Dr. Hany Fahmy, Dr. Harleen Singh, Goldie White and Corenia Price.

Participants at the Big Land Conference in Happy Valley – Goose Bay. Photo courtesy of the Labradorian.
The annual Medevac Course took place at the Labrador Health Center on February 13, 14 and 15, 2007. The course covered a wide variety of topics, ranging from Aircraft Safety to Flight Physiology. It also included some hands-on training with actual scenarios and provided participants with an opportunity to review all of the equipment used during medical evacuations (medevacs).

This course is offered on a yearly basis to those people who wish to do medevacs. A variety of staff took part in the training, including Nurses, Physicians, Licensed Practical Nurses, Paramedics, Nursing Students, Medical Students and Medics from 5 Wing Goose Bay Medical Center.

Labrador-Grenfell Health would like to extend special thanks to the staff at 5 Wing Goose Bay for assisting with the event scenarios and with moulage (injury make-up, etc). In addition, we thank all the volunteers for their time, snowmobiles, komatiks, videography skills and most definitely, their acting skills. A great learning experience for all!

Cathy Fewer RNENCc, Ambulatory Care Coordinator

Cartwright

CPR

CPR Instructor Donnie Sampson recently held a training session with staff at the Cartwright Community Clinic.

Respiratory Fit Testing

Respiratory Fit Testing continues throughout the region, with an anticipated all-staff blitz to be held in the near future. Shown here, David Tucker, VP of Human Resources and Organizational Development undergoes fit testing with Leaton Johnson, Regional Occupational Health and Safety Officer. Mr. Tucker joined his colleagues in Management Forum, who were each fitted with an appropriate respirator at a meeting held in February, 2007.
doing us proud:
labrador-grenfell health families
head to the yukon for 2007 canada winter games

rene white, flower’s cove
(mother: agnes white, lab/x-ray tech, sbihc)

the games were a very rewarding experience. it was very motivating to see the passion for everyone involved had for sports. it was also nice to be not only a member of a ski team of 10 people, but also a nl team member. the competition itself was very high caliber, including some of the best skiers in the country - very exciting. my results: 7.5km classic – 42nd place; 10km skate (mass start) – 36th place; 1.2km sprint (skating technique) - qualified – 14th place and finished – 21st ; 4 x 3.5km relay (third leg) – 7th place. thank you for your interest in my experience!

rene white, wearing number 127, gives it her all at the canada winter games.

amanda kean, st. anthony
(parents: frank (paramedic) and ruby kean (stenographer), cscmh)

hi, my name is amanda kean and i am a level ii student at harriot curtis collegiate in st. anthony. from march 5 – 10, i had the privilege of taking part in the canada winter games in whitehorse, yukon – this has been by far the best experience of my life.

the winter games has been a long term goal for me and i started attending try-outs four years ago. our team was very well prepared for the winter games and placed 5th in the country, beating pei, nova scotia and british columbia. this is the best performance by a nl hockey team, male or female, in any winter games.

the experience of the winter games was awesome. whitehorse is a beautiful city and the whole place was alive with the spirit of the games. the people there were very friendly and went out of their way to make everyone feel welcome. our team attended other nl games as well such as boxing, figure skating, wheel chair basketball, etc. whenever we could, to show our support, and they came to support our games as well.

as for the hockey, it was ‘the best’; our team played great and i felt really good about how i performed. our team became like family over the past few years and especially during the winter games and now i’m really missing them but the memories and friends that i have made from being part of team nl and attending the canada winter games are ones that i will cherish all my life.
Sarah Connell, Happy Valley – Goose Bay  
(Mother: Delia Connell, VP/COO Community, Children’s Services and Aboriginal Affairs, LHC)

Sarah Connell participated in the Special Olympics Ladies Level 2 Skating event at the Canada Winter Games in Whitehorse. She was the youngest athlete at the games and as such, received much attention from everyone: other athletes, volunteers, coaches, and especially the NL female Hockey team, who gave her their team jersey, dedicated their final two games to her, and took her to their dressing room. She also received an extensive pin collection from volunteer Cory Bruneau (who was deeply impressed by her enthusiasm throughout the week) and was highlighted on the front page of the Whitehorse Daily Star. She was also interviewed by a reporter of TSN which was shown across the Country. This same reporter attended all her practices and competitions (where she was easily identified as the crowd favorite) and is putting together a video of her experience at the Canada Winter Games. Sarah's memories of these games are indeed, very special!

Tara Price, Happy Valley – Goose Bay  
(Mother: Corenia Price, RN, LHC)

Three of my most memorable things were: our 36-hour trip to Whitehorse where we met and traveled with other NL competitors; meeting fencers from across the country and having the opportunity to compete against them; and the experience of the Athlete’s Village where all the athletes from across the country lived for a full week. The Athlete’s Village was amazing - Amy and I made many new friends and memories to carry with us for a lifetime.

Amy Casey, Happy Valley – Goose Bay  
(Mother: Gale Casey, RN, LHC)

Tara and I had an awesome time at the Canada Games. Getting to compete outside of Labrador was a great experience and helped our fencing a lot. We did our best and had some good competitions. It was an amazing trip and we made lots of new friends. It was a privilege to represent NL!

Alex Mitchell, Labrador City  
(Mother: Lorraine Mitchell, RN, BN, MN, CWJMH)

Alex Mitchell is a cross country skier who recently participated in the Canada Winter Games in Whitehorse. He is 17 years old and a Level III student. He is graduating this year and going to the University of New Brunswick in the fall. He had a wonderful time in Whitehorse. He also just recently competed in the National ski Championships in Mont. St. Anne, Quebec.
The staff at the Labrador Health Centre, and affiliated offices, went green for St. Patrick’s Day.

The Go Green Challenge was the first initiative of the newly formed Employee Wellness Team at the Labrador Health Centre. Staff were challenged, by department, to dress green on Friday, March 16, or Saturday, March 17, in honor of St. Patrick’s Day and holy moly, the Health Centre was green!

Many departments went above and beyond the challenge and decorated their departments and brought in festive treats. There were green leis, headbands and tiaras wherever you looked. There was even Irish music playing in the Diagnostic Imaging Department. All departments were trying there hardest to win the prize - a pizza party for their department!

In order to win the challenge, departments needed to have 100% participation, which means that every staff member had to be wearing green. The Wellness Team has started a point system that will apply to all challenges held throughout the year. At the end of the year, the department with the most points will win a huge prize! For this Go Green Challenge, one point was given for partial participation, two points for 100% participation, and three points for above and beyond. The winners were selected from the departments that had two – three points.

The winner for Friday’s challenge was the Inpatient Unit and for Saturday’s challenge, the Emergency Department. Congratulations!

Thanks to everyone who participated in this challenge. The wellness team will be promoting an Easter Challenge next month, so make sure you take part!

If you have any comments or ideas that you would like to relay to the wellness team, please feel free to contact

Outpatients really got into the spirit!

Most spirited department; Medical Records.

Housekeeping even dyed their hair!
EDUCATION WEEK

Labrador-Grenfell Staff launch Education Week

LIVE HEALTHY! LEARN WELL!

A telephone call from a Grade 3 teacher asking the Community Dietitian to present nutrition during Education Week resulted in a Health Fair at Truman Eddison Memorial in Gunner’s Cove! Linda Hillier contacted Bev Simms, PHN, who said: “We need to snap this opportunity to highlight the provincial wellness messages: eat healthy, be active, live smoke free and be safe”.

Labrador–Grenfell staff pulled together quickly and opened Education Week on Monday, March 5, at Truman Eddison Memorial. Linda Hillier presented the new Canada Food Guide, using food models to illustrate. The models always allow interaction and stimulate conversation. The kids played Canada’s Food Guide Bingo and received balls, frisbees, and hula hoops for prizes, to encourage physical activity. Linda also prepared Fruit Smoothies, using low fat yogurt, and/or milk and frozen fruits, including frozen bananas. They were a tasty nutritious snack and “treat”, providing lots of fibre and vitamins and minerals.

Bev Simms talked to the children about germs and showed them how to wash their hands completely, using the glo germ kit to show spots they missed when washing their own hands! Bev Pittman put together a non-smoking display, which had the children talking about a “real” lung, to send the message of being smoke free. The children also met with Tiffany Hawco, Social Worker, who provided an interactive session on “Feeling Good About Yourself”, focusing on self esteem and respect. In addition, Marcella Lavallee, Dental Hygienist, illustrated dental health and gave out useful dental incentives. We were also pleased that the RCMP could attend and meet with the children to provide information on drug awareness and safety.

A special thank you is extended to all the presenters for making this health fair such an overwhelming success!

Linda Hillier, Community Dietitian

PHOTO TRIVIA

This issue:
Q: Who are the gentlemen shown in this photograph?

A: This ship was known as the SS Viking.

Last issue:
Q: Name the ship in this picture.

A: This ship was known as the SS Viking.

FRIENDS OF ALONG THE COAST TO LABRADOR

My name is Maryke Nielsen (nee Gout) and I worked as a physiotherapist with IGA from April 1981- January 1982. I met and married my husband Hugh Nielsen in St Anthony where he worked in out-patients and Obstetrics and Gynecology. We were married in the hospital chapel 25 years ago on November the 27. We would love to hear from the people who attended our wedding and reception and were hoping that you could put something in Along the Coast giving our e-mail address and our address. We live at 25 Montclair Drive, Liverpool UK, L18 0HA. Hugh is a GP and consultant in homeopathy, I specialize in shoulder physiotherapy and we have four children.

Maryke Nielsen
(maryke@nielsen7416.freeserve.co.uk)

I want to thank you very much for sending me Along the Coast to Labrador. I read them from cover to cover and find lots of interesting news.

Marjorie George
OBITUARIES

**Cecile Goudie**

In January, the residents and staff of the Paddon Memorial Home lost a wonderful friend and co-worker, Cecile Goudie, after she succumbed to a lengthy battle with cancer. Cecile was a very caring person who represented everything with dedication - be it residents, staff, committees or union. We are all better people for having known and worked with her. She will always be remembered for her good humor, baking, singing and fellowship.

*Sally Penney, PMH*

**Angela Johnson**

Angela graduated from the College of Trades and Technology in St. John’s, NL in 1984 as a Medical Laboratory Technologist. She started her first job 22 years ago in St. Anthony where she spent her whole career, primarily in Histopathology. Angela enjoyed her work and the challenge of new tests and procedures. Here she met her husband Leaton and together they raised their two daughters, Brianna and Noelle.

Angela was a tireless volunteer and fundraiser and wherever there were tickets to be bought or sold she was there. It is impossible to try to name all the organizations she served but she spent many years working with Girl Guides, figure skating, minor hockey and the Anglican Church, to name a few. More recently, Angela spearheaded the “Kids Eat Smart” program in St. Anthony and served breakfast often before she came to work.

Angela loved to attend functions with her girls and more than once ended up as the driver for an outing. She was a fun-loving person who enjoyed people and liked entertaining. She took the lead in planning parties and social events for work or family, often staying up all hours icing cakes, making cookies or searching for the right outfit on e-bay.

We will remember Angela for her dedication to her profession and her union. She served as President and Shop Steward for NAPE 8601 and attended many union functions. Angela never missed a chance to attend a career day at school (even if it was on her day off) or to promote Medical Lab Sciences as a profession.

Angela passed away on January 12, 2007 at age 42 after surgery for a brain aneurysm. She is sadly missed by family, co-workers and many friends.

*Carol Roberts, CSCMH*

**Mary Frances Williams**

Labrador-Grenfell Health sadly notes the passing of Mary Frances Williams, the Captain William Jackman Memorial Hospital’s first long term care resident. She was 95.

Mary was born September 18, 1912 in Separation Point, Labrador to Priscilla and Charles Learning. Sadly both of her parents died when she was in her early twenties and from then on, she lived with relatives and worked as a service girl for a number of families in the area.

In 1951, at the age of forty years Mary married Wilson Thomas Williams. Together they had three children, Charles, Dorothy and Silas and four grandchildren, David, Frances, Grant and Brandon.

Known to most as Mary Frances, she was a kind, gentle woman with a wonderful smile. She worked hard taking care of her family, placing them and others often before herself. Regardless of the hardship she was facing, her favorite saying was “I’m all right my dear”

Mary’s husband passed away in 1984 and in 1988, she moved to Labrador City with her daughter Dorothy. Later that year, due to failing health, she became a long term care resident at the Captain William Jackman Memorial Hospital until her death on February 18, 2007.

Mary spent 18 years at the CWJ and was our first official long term care resident. She will be sadly missed and long remembered by the staff, her family and friends.

*Denise Foote, CWJMH*
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<td>Mandy Quinlan</td>
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<td>Tiffany Hawco</td>
<td>Social Worker (Temporary)</td>
</tr>
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<td></td>
<td>Adrienne Lavallee</td>
<td>Nurse</td>
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<tr>
<td></td>
<td>Krista Mitchelmore</td>
<td>Licensed Practical Nurse (Temporary)</td>
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<td></td>
<td>Christopher Patey</td>
<td>Support Services Manager</td>
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<td></td>
<td>Melissa Rose</td>
<td>Pharmacy Technician (Temporary)</td>
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<td></td>
<td>Catherine Ryan</td>
<td>Nurse (Transferred from Cartwright)</td>
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<tr>
<td></td>
<td>Mitzi Taylor</td>
<td>Biomedical Engineering Technician (Transferred from HV-GB)</td>
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<tr>
<td></td>
<td>Norma Taylor</td>
<td>Clerical Support (Temporary)</td>
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</tbody>
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### GOODBYE AND GOOD LUCK TO:

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>CARTWRIGHT</td>
<td>Roselyn Roche</td>
<td>Nurse Practitioner</td>
</tr>
<tr>
<td>HAPPY VALLEY-GOOSE BAY</td>
<td>Debbie Fudge</td>
<td>Support Services Manager</td>
</tr>
<tr>
<td></td>
<td>Dr. Krupi Mali</td>
<td>Physician</td>
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<tr>
<td></td>
<td>Kathryn Phelan</td>
<td>CMS/BMS</td>
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<td></td>
<td>Scott Hudson</td>
<td>Youth Care Counselor</td>
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<tr>
<td>HOPEDALE</td>
<td>Beatrice Hunter</td>
<td>Personal Care Attendant</td>
</tr>
<tr>
<td>LABRADOR CITY</td>
<td>Maria Hawco</td>
<td>Recreation Therapy Worker</td>
</tr>
<tr>
<td>NATUASHISH</td>
<td>Jennifer Allaby</td>
<td>Social Worker – CYFS</td>
</tr>
<tr>
<td>SHESHATSHUI</td>
<td>Lean Jenkinson</td>
<td>Social Worker Assistant – CYFS</td>
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<tr>
<td></td>
<td>Kristin Blake</td>
<td>Social Worker Assistant – CYFS</td>
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<tr>
<td>ST. ANTHONY</td>
<td>Suzanne Herritt</td>
<td>Nurse</td>
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<td></td>
<td>Colette Mansfield</td>
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<td></td>
<td>Gorvin Myers</td>
<td>Social Worker</td>
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<tr>
<td></td>
<td>Marion Pilgrim</td>
<td>Licensed Practical Nurse (Retired)</td>
</tr>
<tr>
<td></td>
<td>Launa Stevens</td>
<td>Licensed Practical Nurse</td>
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</tbody>
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### RETIREMENT

**Marion Pilgrim**

Marion began her career with our organization as a Ward Clerk in September, 1970. Following completion of her LPN training, she spent her remaining years working on various units and spent most of her time working with long term care. Her quiet manner, kindness and caring were evident in all her work duties. She worked diligently to ensure our residents always received the highest quality care. For that, the residents and staff thank her and wish her health and happiness in her retirement and her new job as “Nan”.

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*Rosarii Patey, Regional Director, Long Term Care Services*
In the year 1898, Lord Strathcona gave £500 towards the cost of a new hospital boat, and within a remarkably short time Dr. Grenfell succeeded in raising another £2500. Strathcona was launched at Dartmouth, England, in June, 1899, having cost altogether about £18,000. She arrived in Battle Harbour, Labrador, in August of the same year.

It was also Lord Strathcona, as Sir Donald Smith of Montreal, then President of the Hudson’s Bay Company and of the Canadian Pacific Railway, who had in 1894 given Dr. Grenfell “… a fine little steamer,” which he named the Sir Donald – the first of many Mission boats. It is interesting to note that Donald Smith had served with the Hudson’s Bay Company in Labrador for almost 16 years, had married a Labrador girl, and his daughter was born down north.

Strathcona I was a steel-hulled vessel about 90 feet in length, with a speed of eight knots and a hull reinforced against ice. In his fascinating book “North to Adventure,” John T. Rowland describes her as he knew her in the early years of the century: “She had a pretty hull with a clipper bow and elliptical stern, and she was schooner-rigged; that is to say she had two masts and a bowsprit. The foremast carried a large jib, which it took two men to hoist, and the mainmast a conventional fore-and-aft gaff-rigged mainsail. The space between the masts was too cluttered with deckhouses, stack and so forth to permit the setting of any other sails, but the two mentioned gave her quite a boost with a fresh fair wind; and what was more important they saved fuel. The ‘Strath’ slipped along at a steady 8 knots under steam, with never a sound above the gentle and soporific sighing from her triple-expansion engines – something which all the wizards of modern engineering have been unable to achieve in any make of internal combustion engine.”

She had a spacious hospital just forward of amidships, a saloon and two cabins forward and the crew-space and engine room aft. The hospital had six cots, a dispensary and x-ray outfit. She even boasted a bathroom and electric lights – never before seen on the Coast. Her decks were of teak; down below all was mahogany; and there was plenty of brasswork. On her wheel was engraved, “Follow me and I will make you fishers of men.”

Strathcona I steamed as much as 3,000 miles in a year, up and down the Coast, and more than 4,000 patients were treated on board in a busy season. Dr. Grenfell wrote of her, “…. She was small for Atlantic work, but larger than the vessel in which Drake sailed ‘round the world.” That she was a sturdily-built craft is shown by the Doctor’s description of her “butting the ice”: “…. Every moveable thing, he wrote, “including chains and anchors, was shifted to the after end of the ship and piled up there with barrels of pork, molasses, flour and sugar, all the ship’s boats and heavy weights, so as to bring her forefront above the water-level. Then we banged into the ice, running up onto it and crashing through, but doing no damage whatever to the steamer’s hull.”

Her nickname among many of those who sailed in her was the “Holy Roller,” and a Mr. W. F. A. Stride, writing in the October 1921, issue of the “Deep Sea Fishers” said, “… She has a reputation for rolling and she certainly lived up to it this morning. Her rail was constantly awash, and the boats, swung from the davits, were in the water at every plunge.”

By 1914, the year that the International Grenfell Association was incorporated, Strathcona I was, as Dr. Grenfell described it “badly rusted out” and was in need of a thorough overhaul. Lord Strathcona had just died, but his daughter came to the rescue and gave more than £5000 for a complete refit, including the addition of a second hospital ward so that men and women could be accommodated separately. Only eight years later, Strathcona I foundered in a heavy gale and sank in 150 fathoms of water. Here is how Captain William Simms described her last moments: “A northeast wind and heavy sea finished her. It was the greatest sea I ever saw in Green Bay. Strathcona I started to roll and leak, but the pumps kept her free until about three miles off Cabot Island. The engine room plates were covered with water and I had to give Styles, the Engineer, my thigh rubbers so that he could get around in the engine room. We hailed the schooner Grace and asked her Captain to stand by and watch us. About seven miles south off Cabot Island the water rose to the fire in the furnace. I went down to the saloon, which was five and half feet under water at the ladder. I decided I could do no more, for our fires were now out. I hoisted the inverted ensign and waited for the Grace. Strathcona I fell over to port and sank in 25 minutes. She went down stern-first and I was sorry to see her go. It looked like our home leaving us, but nothing more could be done to save her.”

Dr. Grenfell wrote her epitaph: “… By all the standards we can gauge, surely her brief span of 23 years has been well worthwhile. How many busy days we shared together! ….. Babies have been born aboard her; helpless children saved and carried to the care of loving hands. Some have been married; others have died in her accommodating shelter. Once she towed 19 shipwrecked crews to safety; once saved from a wreck nearly 200 persons. Five times she has been on the rocks herself. Many have gathered in her cabins for worship and praise. A thousand times the sound of her whistle and the flutter of her flags have brought to eager waiting hearts the message of hope and help. She flew two flags – flags that have always flown for the same high ideals, and shall forever, so we of the Anglo-Saxon brotherhood believe - the brave old Union Jack at the main and Old Glory at the fore. A thousand times they have braved the breezes together along our rugged shores.”

So passed the first of her line.