

# Along the Coast to Labrador



## Highlights

January - April 2016

### A New Chapter

*After 43 years, Louise Canning calls it a career*

### Welcome Support

*New furniture for the Labrador South Health Centre*



Labrador - Grenfell  
**Health**

## The Dementia Dilemma

**D**ementia is defined broadly as a disease of the brain that causes long-term and a gradual decrease in the ability to think and remember. So great is the decline that this ailment affects a person's daily functioning. Experts contend that dementia is not a normal part of aging, as symptoms can include emotional problems, difficulties with language, and a decrease in motivation. The disease has an acute effect on individuals who are diagnosed with dementia, but equally concerning is the effect that such a decline can have on a caregiver.

How significant is dementia in Canada? The numbers tabulated by the Alzheimer Society of Canada are staggering. The latest statistics tell us that 564,000 Canadians are living with dementia, likely to increase to 937,000 in 15 years. More than 65 per cent of Canadians with dementia are women over the age of 65. Costs to the health care system and caregivers is estimated at \$10.4 billion annually, a number that is projected to increase to \$16.6 billion by 2031. Caregivers provided an estimated 19.2 million hours of unpaid care in 2011. Looking beyond the numbers is the suggestion that up to 75 per cent of family caregivers will develop psychological illnesses, and up to one-third may suffer from depression.

This is a trend that represents a huge challenge for the health care system in particular and society in general. An article in this edition of *Along the Coast to Labrador* provides a glimpse into the work that is being undertaken at Labrador-Grenfell Health. In recent months, health care professionals have been offered training in two separate programs aimed at enhancing the delivery of dementia care. Training has been undertaken in one program to help staff adopt a person-centered and compassionate approach so that they can react confidently and respectfully to behaviours associated with dementia. A second program has the objective of delivering a higher standard of care so that an individual can improve their function, safety and quality of life.

The training is wide-ranging and crosses many disciplines, including nursing, social work and rehabilitative services, and extends to Labrador-Grenfell Health's partners in health care, specifically, the Nunatsiavut Government's Department of Health and Social Development. The International Grenfell Association has demonstrated leadership in this growing health care issue by supporting the training with seed funding to start the process of training the trainers, an approach that is being expanded in all areas of the Labrador-Grenfell Health region.

But are we doing enough? The Canadian Nurses Association says no, noting that improving outcomes in dementia care will require a determined effort to integrate health care delivery. In a recent report prepared for the Senate of Canada, the association advocates for community-based health supports for the country's aging population, more dementia-friendly care in acute and long-term facilities, and financial support and education for caregivers. That kind of approach will require a concerted and coordinated plan, but it's one that has to start soon.

Allan Bock, Editor



### Along the Coast to Labrador

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Labrador-Grenfell Health

Happy Valley-Goose Bay, NL AOP 1C0

Phone (709) 897-2351 • Fax (709) 896-4032

Email: [allan.bock@lghealth.ca](mailto:allan.bock@lghealth.ca) • Website: [www.lghealth.ca](http://www.lghealth.ca)

#### Regional Newsletter Committee:

Allan Bock, Chair  
Carolyn Janes  
Heather Bromley  
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Christal Reardon  
Nadine Calloway  
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#### Front cover photo:

Louise Canning closed the book on a lifetime of working in the health care field when she retired from Labrador-Grenfell Health on April 29, 2016 following 43 years of service. Among the many accolades and gifts she received from her employer and friends was a card from her co-workers and a framed certificate of appreciation from the Newfoundland and Labrador Association of Public and Private Employees. Making the presentation to the former domestic worker was Trent Decker, a Primary Care Paramedic at the health centre. For more on Louise's retirement, go to page 21.

**Notice to Readers:** Thank you for your continued interest in our magazine. *Along the Coast to Labrador* is also available electronically on our website at [www.lghealth.ca](http://www.lghealth.ca). Go to News and Publications to access the current issue and archived editions. In an effort to reduce our printing and mailing costs, we would like to know if you would prefer to read our magazine online. If so, please let us know – we will remove you from our mailing list and add you to our e-mail circulation list. You will receive a notification each time a new edition is posted to our website.

#### Graphic Design/Layout Services

Katja Moehl - Layout Editor/Graphic Design  
(709) 293-4773 • [kmdesignsinc@live.ca](mailto:kmdesignsinc@live.ca)

# Around the Region

## Promoting Nutrition at the Labrador Winter Games



Labrador-Grenfell Health's Health Promotion team at Happy Valley-Goose Bay promoted health and wellness in March during the 2016 Labrador Winter Games. Working in partnership with the Labrador Regional Wellness Coalition, the Northern Regional Wellness Coalition, the Community Food Hub and Eat Great and Participate, the Health Promotion team was able to provide healthy snacks for athletes during the games as well as offer healthy snacks to spectators at some of the venues.

The Labrador Winter Games coincided with Nutrition Month, a national event that promotes healthy eating across Canada. Joining Labrador-Grenfell Health in the promotional effort was Stephanie O'Brien, a dietitian who works with Eat Great and Participate, a provincial program that promotes healthy eating among children and youth and aims to increase access to healthy food and beverage choices in recreation, sport and community facilities and at events across Newfoundland and Labrador.

◀ Ticker Tom, the Labrador Regional Wellness Coalition mascot, accompanied Lynn Blackwood, Regional Nutritionist with Labrador-Grenfell Health, to visit several venues and promote the wellness messages of 'eat healthy', 'be active' and 'stay smoke-free'.

## Bell Let's Talk Day Supports Mental Health Initiatives

Staff from Mental Health and Addictions at Labrador-Grenfell Health and Bell Aliant were on hand at various schools throughout the province to support Bell Let's Talk Day on Jan. 27, 2016 and to promote the Provincial Government's ehealth services.

Bell's Let's Talk Day is a day where all Canadians are asked to spread the word and help end the stigma associated with mental illness. For every text message, mobile and long distance call made by Bell and Bell Aliant customers, Bell donates five cents to mental health initiatives across the country.

In partnership with Bell Aliant, Rose Marie Bennett, Mental Health Case Manager, and Mandy Brown, Youth Outreach Worker, promoted awareness of Bridge the gAPP, The Breathing Room and Strongest Families, initiatives of the Provincial Government. Bridge the gAPP and The Breathing Room are a free mobile app and website, respectively, for youth and adults supporting mental health. The Strongest Families program is a telephone coaching program for parents and youth who have mild-moderate anxiety and behavioural problems. Families are encouraged to contact their local mental health and



▲ Promoting Bell Let's Talk Day and mental health initiatives at a Happy Valley-Goose Bay school on Jan. 27, 2016 were: (L-r) Janelle Budgell, School Health Promotion Liaison Consultant, Labrador-Grenfell Health; Nick White and Angela Wareham, Bell Aliant; and Rose Marie Bennett and Mandy Brown, Mental Health and Addictions, Labrador-Grenfell Health.

addictions office for further information and to register for these programs.

This year's Bell Let's Talk Day set a new record with 125,915,295 calls, texts, tweets and shares, which resulted in a contribution

of \$6,295,764 for mental health initiatives in Canada. Since the inception of Bell Let's Talk Day in 2011, the total contributed by Bell on behalf of Canadians is \$79.9 million.

# Grenfell's Flower Garden



▲ Agnes Patey, formerly an employee of Labrador-Grenfell who now serves as coordinator of the Grenfell Foundation (South chapter), is responsible for the beautiful flower garden that adorns the grounds of the Grenfell Interpretation Centre, St. Anthony.

**A**gnes Patey's efforts are a labour of love and a source of pride. The complexities of this world have surely become greater and the hurried pace of things seeming to have to be done "right now" can often overwhelm us. We often miss the beauty because of the need to strive, succeed and accomplish.

As I walk into my daily workplace, I often admire the statue in front of the Grenfell Interpretation Centre in St. Anthony, which honours the life of Dr. Wilfred Grenfell and his efforts toward good. And, when the snow is not on the ground, I will sometimes stand in the snowshoe shapes placed in the walk way and remind myself they represent the steps of a good man to better his world. We all have our role to play in doing the same. For some, that role leads to high and lofty positions.

For others, that role is found in quiet, unassuming ways.

One such person, Agnes Patey, finds herself brightening the lives of thousands of people during the summer because she is the person behind the beautiful flower garden found in front of the Grenfell Interpretation Centre each and every summer. The bounty of her labours make for cheerful conversation and admiration from locals and tourists alike. It is the stunning welcome that all are met with at the centre and the subject of many photographs. Cynthia Randell, manager of the Grenfell Interpretation Centre, stated that "visitors are amazed by the flowers and it creates interesting conversation," adding that "we certainly appreciate all the time and effort that Agnes puts into making sure the flowers are arranged so beautifully."

Agnes first began planting the garden in 1998, which was the year that the interpretation centre opened. The contractor who built the centre asked her to plant flowers and gave her \$100 to purchase the plants. Since then she has put effort into doing so each and every year since. Agnes stated that years ago there would always be flowers around the Grenfell properties in St. Anthony and she so admired the work of Fiona Gray and Patricia Thomas. Agnes continued the tradition of beautifying the grounds and believes that it is an important tradition to carry on. It is a labour of love and pride and speaks volumes to admirers.

In early April of each year, Agnes always took down her living room curtains and lined her window area with plants. She says that the secret to good plants is starting them early indoors for six to 10 weeks so they have time to spring to life in order to bring blooms of colour to our short growing season on the Northern Peninsula. She now has the benefit of a greenhouse which her husband built for her. She is to be commended and thanked for all her hard work, which pays off in multiple gorgeous and varied blooms (calendulas, nemesias, asters, lillies and perennials such as monks hood and Queen Anne's Carpet, just to name a few) as well as expressions of awe and happiness on the faces of so many people, from both near and far during the summer tourist season.

Agnes says that it is important to make the property looked cared for and presentable and to show pride in the invaluable work of Dr. Grenfell to our area. She hopes that when she is no longer able to continue with this function that someone else will put hand and heart to the soil.

There is no doubt, that when we stop and marvel at the handiwork which can come from a single tiny seed, the troubles of this world can often subside, become mellowed or give us strength to keep pushing through just like the tiny seed that struggles to come to the surface to show its full potential.

*Elaine Hillier, Social Worker, Department of Therapeutic Intervention and Rehabilitation Services*

# Mural Wall a Showcase for Precious Memories



▲ Proudly standing in front of the Precious Memories mural wall were: (l-r) Dr. William Arsenault, Marjorie O'Brien, Mary Jacobs, Ozette Simpson, Paulette Abbott and Carol Vaillancourt.

A large group of supporters, staff and special guests were on hand for the unveiling of a large mural during a public event on Jan. 26, 2016. Measuring 16 foot wide and four feet high, the large painting depicts a summer scene at Tanya Lake and represents the documentation of milestones and special events in the lives of residents of Labrador West.

"What I like the most about this mural wall is that it's all about community," said Ozette Simpson, Chief Operating Officer (West) for Labrador-Grenfell Health. "Everyone here will recognize the scene in the painting as Tanya Lake – the picnics, the swimming, the children playing – it's perfect."

The Precious Memories project started with an idea that the new hospital needed a place where residents could celebrate and commemorate the important events of their lives. Ozette approached Mary Jacobs and Marjorie O'Brien about their interest in painting a mural and their painting, which was started last July, exceeded everyone's expectations.

The Labrador West Health Centre Hospital Auxiliary is taking orders for the purchase of butterflies that will be engraved and attached to the mural. Birthdates, retirements and the passing of loved ones are milestones that will be preserved for all to see.

Ms. Simpson thanked Mary and Marjorie for the generous donation of their time and talents and acknowledged staff members who were involved in completing the Precious Memories project. Terry Hicks and Susan Webb were singled out for suggesting the name of the project.

Paulette Abbott, president of the Hospital Auxiliary, said the group is pleased to partner with Labrador-Grenfell Health on the project. "We think the mural wall and the butterflies will respect the people who are honoured and the events which are commemorated," she stated.

Tony Wakeham, Chief Executive Officer, congratulated everyone who collaborated on the project and thanked partners and stakeholders for their ongoing interest and support of the delivery of quality health care services in the Labrador West area.

# Donations



## New television units for Inpatients Unit

▲ Labrador-Grenfell Health gratefully acknowledges a donation from the Knights of Columbus (KoC) and the RCMP in Happy Valley-Goose Bay. The official presentation of 24 32-inch televisions for the Inpatients Unit at the Labrador Health Centre took place on Feb. 25, 2016. The donation, which includes the purchase of the television units, mounting brackets, and delivery, was valued at \$15,000. The Knights of Columbus purchased the televisions through ongoing charitable projects and the RCMP helped to arrange the purchase and facilitate the delivery of the units to the Labrador Health Centre. Taking part in the presentation were: (l-r) Leo Hagerty (KofC Recorder), Roland Hewitt (Nursing Site Supervisor), David Scaplen (KoC Treasurer), Baxter MacDonald (KoC Grand Knight), Deanne Welsh (Clinical Nurse Manager), David Barron (KoC Deputy Grand Knight), Const. Sebastien Pelchat (RCMP) and Ed Strugnell (Maintenance Lead, Labrador-Grenfell Health).



## IGA Donation Enhances Safety for Residents

▲ The International Grenfell Association (IGA) provided \$15,000 to the Rehabilitation Department of the Long-Term Care Facility in Happy Valley-Goose Bay to purchase equipment which increases assessment efficiency and helps prevent falls and falls injuries. Two evaluation wheelchairs and wheelchair accessories for customization, evaluation cushions, a pulse oximeter, physical assessment equipment, trial hip protectors and trial footwear were purchased. Residents and staff of the Long-Term Care Facility wish to thank the International Grenfell Association for their generous support of health care in Labrador. Displaying the new equipment is Bev Forsey, Physiotherapist at the Long-Term Care Facility.



## New Videoconferencing Unit for Oncology Suite

▲ A videoconferencing unit was purchased from funds raised through the annual Fore the Cure golf tournament, which was held at the Tamarack Golf Club, Labrador City, in 2015. Accepting the donation for the Oncology Suite at the Labrador West Health Centre was Linda MacMillan (far right), Cancer Patient Navigator/Clinical Oncology Nurse. The presentation was made by members of the Tamarack Golf Club: (l-r) Eleanor Fowler, Josée Morel, Sharon Brown and Ozette Simpson.



## Residents Benefit From Wheelchair Cushions

◀ Vision Seating Systems Inc. donated two high-end wheelchair cushions to the Rehabilitation Department at the Long-Term Care Facility in Happy Valley-Goose Bay. The cushions, as shown by Bev Forsey, Physiotherapist at the facility, provide stability for postural support and cushioning for comfort/pressure relief. These factors increase the time a resident can comfortably sit in a chair. Mobile chair use improves socialization and general quality of life. The Rehabilitation Department wishes to thank Vision Seating for their investment in the well-being of our residents.

# Donations



## Thank You to Anonymous Donor

The long-term care unit at the Labrador South Health Centre received several donations earlier this year from an anonymous donor. The contributions included a love seat, chesterfield, recliner chair, and a chair which turns into a bed and a wing chair. Displaying the new furniture in the photo at left are Nursing Site Supervisor Tania Keats and staff members Joy Fowler and Marina Fowler. At right are Tania Keats, Samuel Burden and Joy Fowler.



## Support for Cancer Care Facilities

Miss Teen Chill 2016, Lenora Barry, donated \$3,325 to the Oncology Suite at the Labrador West Health Centre, Labrador City, on March 14, 2016. Accepting the donation on behalf of Labrador-Grenfell Health was Linda MacMillan, Oncology Coordinator. The funds were raised during the annual Labrador West Winter Carnival.

# Gift Baskets for May Babies

The Newfoundland and Labrador Association of Speech-Language Pathologists and Audiologists (NLASLPA) celebrated Speech and Hearing Month in May by providing baby baskets containing toys and information to help stimulate speech, language and hearing development to the first baby born in May at birthing hospitals across the province. The baby baskets contain toys and books designed to stimulate normal speech, language and hearing development. In addition,

written information is provided about normal speech, language and hearing development, warning signs, and activities and resources for promoting the development of speech, language, and hearing skills. It is hoped that this campaign will bring awareness to the importance of early speech, language, and hearing development and its role in spoken communication and literacy.



▲ Baby Lincoln was the first baby born in May at the Labrador Health Centre in Happy Valley-Goose Bay and received a basket of toys and learning materials. Speech-Language Pathologist Allison Brennan (right) made the presentation to parents Craig Brown and Tiffany Lambourne, and Lincoln's brothers, Benjamin and Cameron.



▲ Jennifer Simmonds of St. Anthony and her newborn daughter, Bella Cull, received a basket from Tawfik Shabaka, regional audiologist with Labrador-Grenfell Health, upon delivering the first baby born at the Charles S. Curtis Memorial Hospital in St. Anthony in May.



▲ The Labrador West Health Centre in Labrador City welcomed Noah Stacey as the first baby in May. Receiving a gift basket from the Speech-Language Pathologist at the hospital were Noah and his parents, Trent and Jenna.

# 'We Chose to be Here'

Dr. Kweku Dankwa Recounts his Path to St. Anthony

The thought of practicing medicine in Canada hadn't crossed his mind. His training, studies and career had taken him from his homeland of Ghana to the United Kingdom, followed by a stint in Germany, and finally to the capital of the United States, Washington, DC, a place where he was settling in both professionally and personally.

Turning his attention northward was the furthest thought from his mind. That was until a good friend offered him a suggestion one day that Canada was beckoning for professionals like him.

"When I arrived in Newfoundland and St. Anthony, I found the atmosphere was fantastic," said Dr. Kweku Dankwa, Associate Vice-President of Medical Services with Labrador-Grenfell Health.

Speaking at the annual Founder's Day Dinner in St. Anthony on Feb. 29, 2016, Dr. Dankwa said he also encountered a few surprises during his early introduction to Northern Newfoundland, such as driving a vehicle through tunnels of snow.

"There were many people who made sure I was comfortable," he recalled. "People like Elinor Boehm and Bev Pittman were very helpful and friendly. All of these things add up to how we were treated in this new place."

The oldest of 11 children from the Cape Coast of Ghana, a country of 26 million people in West Africa, he attended the University of Ghana Medical School and trained to become a family physician and a pathologist.

Looking back on his experiences, Dr. Dankwa said the workplace at Charles S. Curtis Memorial Hospital was very welcoming and he found it very easy to chat comfortably with anyone about anything.

"Newfoundland is a wonderful, beautiful place to live in," he remarked to a room full of co-workers and community residents. "There is beautiful scenery and I have professional fulfillment – we are happy here."

Dr. Dankwa showed several dozen slides to illustrate his address and noted that the feeling of belonging is a two-way street, since it involves carrying out the responsibilities



▲ Members of the Dankwa family are: Front, Ekow. Second row, Kwamina and Jojo. Back, Kweku, Esi and Margaret.

of your job and asking what yourself what you can offer the organization and the community.

"Therefore, I am here because of you."



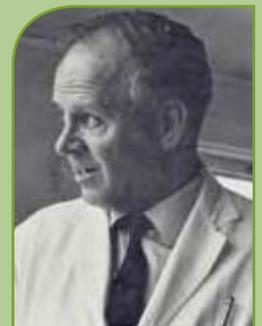
## Photo Trivia This issue

**Q:** Name the person who was singled out at an early age by Dr. Wilfred Grenfell for special education and opportunities in the United States? A native of Turnavik, Labrador, he went on to supervise the construction of most of the Grenfell Mission's hospitals, dormitories and nursing stations from 1910 to 1960.

## Last issue

**Q:** Name the individual who had a distinguished career as a physician, a director of the International Grenfell Association, and the Queen's representative in Newfoundland and Labrador?

**A:** Dr. Anthony 'Tony' Paddon was a distinguished Labrador physician and the seventh Lieutenant-Governor from 1981 to 1986. Born in Indian Harbour, Labrador, Dr. Paddon was the son of Dr. Harry Paddon and Mina Gilchrist, physician and nurse, respectively, with the International Grenfell Association (IGA). He received a Bachelor of Science in 1936 from Trinity College and was awarded his Doctor of Medicine in 1940 from New York Medical College. During World War II, he served with the Royal Canadian Navy as a surgeon. Returning to Labrador to work with the IGA following the war, Dr. Paddon served as doctor at the North West River Hospital and held the post of director of the IGA from 1960 until his retirement in 1978. He married Sheila Fortescue, an IGA nurse. He published his autobiography, *Labrador Doctor: My Life with the Grenfell Mission*, in 1986, and became the first Labradorian to be appointed Lieutenant Governor for Newfoundland and Labrador. He passed away on Jan. 5, 1995, at the age of 80. Thanks to Tom Green, Roger Thornington, Jeanette Hostetter, and Paddy (Thomas) Simpson for submitting answers to the photo trivia question.



# Service Awards 2016

## St. Anthony and Area



▲ Dr. Peter Hornett, former Chief of Dentistry at Labrador-Grenfell Health, received his 30-year service award while visiting St. Anthony in January, 2016. Dr. Peter Hornett and Dr. Annie Hornett received their certificates of service from the organization in 2015. Taking part in the presentation were: (l-r) Barbara Molgaard Blake, Chief Operating Officer (South) and Vice-President of People and Information, and Peter and Annie Hornett.



▲ Certificates of Service were presented to staff members upon their retirement from Labrador-Grenfell Health. Honoured on Feb. 29, 2016 during the annual Founder's Day dinner were: (l-r) Winnie Budgell, Philomena Ricks, Preston Johnson, Agnes McCarthy and Dale Budgell.



▲ Staff in the St. Anthony and Flower's Cove area who received 15-year service awards on Feb. 29, 2016 were: (l-r) Nadine Genge and Catherine Penney.



▲ Long service awards were presented to the staff at the Charles S. Curtis Memorial Hospital and the Strait of Belle Isle Health Centre on Feb. 29, 2016 during the annual Founder's Day dinner. Recipients included: Front (l-r) Tammy Johnson, 25 years; Claudine Rose, 25 years; Lisa Richards, 25 years; Deborah Coles, 30 years; Della Coles, 25 years; Mary Jane Warren, 30 years; Kelly Penney, 20 years; Sandra Dawe, 30 years; Rita Reardon, 25 years; Nancy Elliott, 35 years; Colleen Loder, 35 years; Martin Elliott, 30 years. Back, Drucilla Rose, 30 years; Sandra Pink, 35 years; Alvin Colbourne, 30 years; Beverly Pittman, 25 years; Dr. Kweku Dankwa, 20 years; Beverly Simms, 30 years; Barbara Elliott, 30 years; Margaret Hillier, 20 years; Alton Pilgrim, 35 years; and Albert Penney, 30 years.

# Service Awards 2016

## St. Anthony and Area



▲ Service awards were presented to staff of Charles S. Curtis Memorial Hospital in St. Anthony on Feb. 29, 2016 for five years of service. Recipients were: Front (l-r) April Pilgrim, Treena Simms, Tiffany McLean, Jeffrey Curtis. Back, Daniel McLean, Connie Caines, Rhonda Roberts, Louise Whiteway, Jerry Young, Gwynn Smith and Cora Foster.



▲ Receiving 10-year service awards on Feb. 29, 2016 at Charles S. Curtis Memorial Hospital, St. Anthony, were: (l-r) Nicole Hedderson, Marcella Lavallee and Tanya Gibbons.

## Forteau



▲ Labrador-Grenfell Health honoured staff members at the Labrador South Health Centre in Forteau with service awards on May 27, 2016. Recognized were: (l-r) Shelly Hancock, 15 years; Shelley Griffin, 10 years; Ronald Griffin, 20 years; Gladys Fowler, 10 years; and Wade Jones, 15 years.



◀ Beatrice Hancock (centre) received a 30-year service award at the Labrador South Health Centre in Forteau on May 27, 2016. Making the presentation was Barbara Molgaard Blake (left), Vice-President of People and Information, and Tania Keats (right), Nursing Site Supervisor.

# Service Awards 2016

## Flower's Cove



▲ Staff at the Strait of Belle Isle Health Centre in Flower's Cove received service awards on May 4, 2016. On hand for the presentations was Barbara Molgaard Blake, Vice-President of People and Information. Receiving recognition were: (l-r) Judy Applin-Poole, 10 years; Barbara Molgaard Blake; Gladys White, certificate of service for retirement in 2014; Richard Dempster, 15 years; and Nadine Genge, 15 years.

## Natuashish



▲ Two staff members at the Natuashish Community Clinic, Regional Nurse Delrose Gordon and Personal Care Attendant Dean Dicker, received service awards in June, 2016. Delrose was honoured for 30 years of service, while Dean received his 10-year service award from Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres.

## Labrador West



▲ Awards for five, 10 and 15 years of service were presented to staff members at the Labrador West Health Centre in Labrador City on March 3, 2016. Among those honoured were: (l-r) Carol Lacey, 10 years; Denise Foote, 15 years; and Pauline Winter, 15 years.



▲ Certificates of Service and long service awards were presented to long-serving members of the staff at Labrador West Health Centre in Labrador City on March 4, 2016. Recipients included: (l-r) Cheryl Whitten, 20 years; Florence Morgan, eight years; Tammy Turpin, 35 years; and Norma Pretty, 34 years.

# Service Awards 2016

## Happy Valley-Goose Bay



▲ Five-year service awards were presented to staff at the Labrador Health Centre on March 3, 2016 by Donnie Sampson (left), Chief Nurse and Vice-President of Nursing. Recipients were: (l-r) Jennifer Bull, Amanda Pardy, Edward Strugnell, Christine Chaulk and Betty Bolger.



▲ Staff at the Labrador Health Centre who received 10-year service awards on March 3, 2016 from Donnie Sampson, Chief Nurse and Vice-President of Nursing, were: (l-r) Marjorie Cooney, Wanda Dyson, Donna Hodge and Sherri-lynn Mulrooney.



▲ Service awards for 15 years of service were presented to staff members at the Labrador Health Centre. The presentations were made by Donnie Sampson, Chief Nurse and Vice-President of Nursing. Taking part in the presentation were: (l-r) Donnie Sampson, Lesley Tucker, Anne Marie Tobin and Fran Lawrence.



▲ A dinner was held at Happy Valley-Goose Bay on March 3, 2016 to honour staff members who have served 20 or more years with the organization. Taking part in the presentation were: (l-r) Delphine Roberts, 30 years; Gail Turner, guest speaker; Cindy Barrett, 30 years; Dr. Judy Ophel, certificate of service; and Norma Forsey, Vice-President, Quality Management.

## Rigolet



▲ Staff members at the Rigolet Community Clinic, Personal Care Attendant Carol Flowers (20 years) and Maintenance Repairer Barry Sheppard (10 years), received service awards in June 2016 from Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres.



▲ Cheryl Winters, Regional Nurse I at the Hopedale Clinic, received her five-year service award in June 2016 from Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres.

# From the Homes

## Forteau



◀ The Long-Term Care Unit of the Labrador South Health Centre has annually held a Valentine's Day cake sale. Residents of the home look forward to this event and proceeds from the sale support activities for the residents. At this year's event, held on Feb. 12, 2016, members of the Labrador South Health Centre Auxiliary purchased an iPad, a case and speakers so that residents can keep in contact with family members who are away. Among those on hand for the presentation were: (l-r) Residents Annie Hancock and Lily Dumaresque, auxiliary members Netia Hancock, Ellen Flynn, Ann Flynn and Eliza Flynn, and resident Florence Linstead.

## John. M. Gray Centre



▲ Residents Eugene Burden and Nellie Kippenhuck were crowned Valentine King and Queen during the annual Valentine's Day celebration on Feb. 11, 2016 at the John M. Gray Centre, St. Anthony. Residents dressed in brightly coloured Valentine's Day attire and enjoyed the experience, which included treats and traditional Newfoundland music.



▲ Residents Gloria Brown, Nellie Kippenhuck and Martha Jane Parrill display their colourful works of art during the new Colourful Creations program at the John M. Gray Centre.



▲ Residents Walter Fowler and Pansy Elms and recreation specialist Heather Bromley were filled with the Irish spirit as they displayed their festive green attire during St. Patrick's Day celebrations on March 10, 2016, at the John M. Gray Centre.



▲ Resident Ruby Synard poses for a photo while dancing to an Irish tune performed by local musicians Max Sexton and Alphonsus Reardon during the annual St. Patrick's Day party at the John M. Gray Centre on March 10, 2016.

# From the Homes

## Labrador West



◀ Long-Term Care residents at the Labrador West Health Centre in Labrador City held a Valentine's Day celebration on Feb. 15, 2016. They enjoyed a chocolate fondue while listening to music and singing from Kendra Vosman. Proudly showing off their Valentine's photo frames were residents Bob Beasley (left) and Shirley Squires.

## Happy Valley-Goose Bay

**R**esidents of the Happy Valley-Goose Bay Long-Term Care Facility didn't let rain spoil the annual Lawn Festival and Canada Day celebration on June 24, 2016. Accompanied by family members, friends and staff, the residents stayed indoors and enjoyed the musical entertainment, the festivities marking Canada's birthday, and an array of mouth-watering food and treats.



▲ Resident Milton Goudie had the Canada Day spirit with a red shirt and a colourful umbrella for a headpiece.



▲ Lorraine Saunders sports a Canadian flag on her cheek.



▲ The Happy Valley-Goose Bay Line Dancers put on a show for residents in celebration of the Lawn Festival and Canada Day.



▲ Muriel Andersen enjoyed the special events organized for Canada Day and the Lawn Festival.



▲ Rhoda Lethbridge had her hair and nails done just for the special occasion.



▲ Clinical Nurse Manager Melissa Yetman used resident Stanley Gear's special recipe to make the bear paws that were cooked and served at the Lawn Festival.

# Training Enhances Delivery of Dementia Care



▲ Health professionals who received training in delivering dementia care included: (l-r) Tara Ralph, Happy Valley-Goose Bay; Vickie Biles, St. Anthony; Lael Crocker, Port Hope Simpson; Rhonda Green, St. Anthony; Jennifer Hayden, Happy Valley-Goose Bay; Tracy Saunders, Nunatsiavut; Michelle Ralph-Power and Christina Dillon, Labrador West; Charlene Rumbolt, Nain; and Dan Lonigro, instructor with the Crisis Prevention Institute.

**H**ealth professionals from Labrador and Northern Newfoundland are receiving training to enhance the delivery of dementia care to individuals afflicted with Alzheimer’s disease and related dementias.

Two programs have been offered at several facilities in the Labrador-Grenfell Health region. The first, Gentle Persuasive Approaches (GPA), used a person-centered, compassionate approach to react respectfully and confidently to behaviours associated with dementia. Staff at the Labrador Health Centre in Happy Valley-Goose Bay were taught strategies on March 8, 2016 to prevent and diffuse behaviours that are environmentally triggered and provide interpersonal communication techniques that can be applied to de-escalate situations.

Perhaps the greatest benefit of GPA is that it is pertinent to all staff members who work with dementia clients. It utilizes a multidisciplinary approach to solidify concepts and techniques that are taught. Two sessions were offered in March with 20 staff attending from various departments. Speech Language Pathologists, Social Workers, Rehabilitation Therapists, Physiotherapists, Licensed Practical Nurses, Registered Nurses

and Personal Care Attendants received the training. Feedback from all participants was overwhelmingly positive with a resounding message that everyone should take this course. The GPA program changes the way health professionals think about dementia and creates a culture of caring that is

gentle and respectful. The goal is to ensure the same approach is used throughout the Labrador-Grenfell Health region and other training sessions are planned.

Sessions were also delivered to staff at the Labrador South Health Centre in Forteau on April 14, 2016, and the Charles S. Curtis



▲ Labrador-Grenfell Health staff who took part in a Gentle Persuasive Approaches training session at Happy Valley-Goose Bay were: (l-r) Megan Hewlett, Anastasia Knudsen, Bev Forsey, Betty Bolger, Rebecca Gillett, Alvin Bursey, Christopher Emmens, Rosalie Michelin, David Butt, Kara White and Jennifer Bull. Demonstrating the proper method of escorting a dementia client were Marie McIntosh (left) and Nicole Burton.



▲ Labrador South Health Centre and community clinic staff who received training in Gentle Persuasive Approaches included: Front (l-r) Joy Fowler-Pike, Carmen Letto, Jasmine Buckle, Glenda Normore, Anastasia Knudsen (GPA coach). Back, Deborah Barney, Cheryl Sovereign, Samantha Suley and Patsy Hancock.

Memorial Hospital on May 19 and 20, 2016. To date, a total of 45 staff members have received the training.

The second program, Dementia Care, was supported through financial assistance from the International Grenfell Association, Labrador-Grenfell Health and the Nunatsiavut Government. The Crisis Prevention Institute, which specializes in training and consulting in behaviour management and dementia care, facilitated the training on April 12-14, 2016. Therapists and care partners from Labrador-Grenfell Health's Department of Therapeutic Intervention and Rehabilitative Services and the Nunatsiavut Government's Department of Health and Social Development, who work in all areas of the region, learned approaches to deliver quality dementia care based on an individual's best ability to function. The goal is to ensure that individuals with Alzheimer's disease and related dementias receive a higher standard of care and improve their function, safety and quality of life.

Participants who received the advanced training subsequently delivered the training

to co-workers and partners at Port Hope Simpson, St. Anthony, Nain, Cartwright and Happy Valley-Goose Bay. Training events are also scheduled to take place in other areas of the region. Instructor certification allows an organization to create a positive and consistent approach among all staff. By enhancing education for staff who provide in dementia care, Labrador-Grenfell Health and the

Nunatsiavut Government hope to improve levels of independence, reduce challenging behaviours, decrease staff turnover, and increase participation in meaningful life activities for individuals with Alzheimer's disease and related dementias.

*Jennifer Bull and Anastasia Knudsen, Clinical Nurse Educators; and Tara Ralph, Program Manager, Intervention Services, Labrador-Grenfell Health.*



▲ Charles S. Curtis Memorial Hospital staff learned about personal space and responsive behaviours through Gentle Persuasive Approaches. They were: (left) Jennifer Bull (GPA coach), Raelynn Strangemore, Paula Gould, Donna Carter, Hayley Taylor Wavey Parr, Gillian Sexton; (right) Kelly Penney, Mona Snow, Rosarii Patey, Kenneth Patey, Victor Bussey, Stephanie Strangemore and Pamela Cronhelm.

# New Year's Babies 2016

For the past 29 years, physicians in the province have been providing safe rides home for newborns at hospitals. Through the Newfoundland and Labrador Medical Association's (NLMA) Infant Car Seat Program, the first baby born in the New Year at the 10 hospitals that perform deliveries in Newfoundland and Labrador each receive a car seat. The program encourages parents to use approved car seats for their children from the moment they leave the hospital as newborns.



## Charles S. Curtis Memorial Hospital

Roxanne Penney and Fredrick Butt of Port Hope Simpson were the proud parents of the first baby of the New Year born at Charles S. Curtis Memorial Hospital in St. Anthony. Baby Peyton was born on Jan. 4, 2016 and was a baby brother for Autumn. Nurses from the OBS Department were on hand to present a car seat to Roxanne and Baby Peyton on behalf of the NLMA: (l-r) Cindy Coombs, Terri Woodward, Roxanne and Peyton; Terri Taylor and Samantha Hillier.

## Labrador Health Centre

Ashley Normore and Ryan Kearley of Happy Valley-Goose Bay were the proud parents of the first baby born in 2016 at the Labrador Health Centre in Happy Valley-Goose Bay. Bentley Kearley was born on Jan. 3, 2016 at 5:31 a.m. Taking part in the car seat presentation were: (l-r) Ryan Kearley with Baby Bentley, Ashley Normore, and Dr. Robert Forsey, physician at the Labrador Health Centre.



## Labrador West Health Centre

Octavia Osborne was the first baby born in 2016 at the Labrador West Health Centre in Labrador City. Born to Wendy Tatchell and Matthias Osborne, the infant arrived at 7:32 a.m. on Jan. 2, 2016. Octavia is the third daughter for the happy couple and joins her older siblings, Cadence and Adaisha. The proud parents and their newborn received two presentations – an infant car seat and a silver cup donated by the Hospital Auxiliary: (L-r) Dr. Harninder Hans, Chief of Staff; Wendy Tatchell and daughter Adaisha; Dr. Don Wescott, Gynecologist; Baby Octavia; Matthias Osborne and daughter Cadence; and Paulette Abbott, representing the Hospital Auxiliary.



# Volunteers Trained to Deliver Chronic Disease Self-Management Program



▲ Front: (l-r) Dr. Patrick McGowan, trainer, Susan Elms, trainer. Second row, Linda Keats (Labrador City), Melita Paul (Charlottetown), Kelly-Ann Blake (Rigolet), Janice White (Happy Valley-Goose Bay). Third row, Kathy Pottle (Rigolet), Nancy Morris (Hopedale), Kathi Kitchen (Happy Valley-Goose Bay), Sherry Penney (Labrador City), Danyelle Lavers (Labrador City), Christine Vincent (Hopedale), Joan Goudie (Postville), Candida Jacque (Postville), Phylis Sexton (Goose Cove) and Deanna Leclerc (Labrador City). Back, Travis Ford (Happy Valley-Goose Bay), Wade Eddison (Noddy Bay); and Catherine Pilgrim, Regional Coordinator (St. Anthony).

An intensive four-day training session was held in Happy Valley-Goose Bay March 17-20, 2016. Seventeen community members from around the region volunteered to be trained as leaders in their community as part of the Chronic Disease Self-Management Program, 'Improving Health, My Way'. Dr. Patrick McGowan from the University of Victoria and Susan Elms from Ontario, national experts on self-management and the Stanford Program, delivered the sessions. We were delighted to welcome them to Labrador for the training. Coming to 'The Big Land' just after Cain's Quest and during the Labrador Winter Games exposed them to Labrador's energy and passion as a spirited region.

The workshops that were offered followed the guidelines of the Stanford University program for Chronic Disease Self-Management. Extensive research has demonstrated that participants who complete the program score themselves more favourably on many aspects of health, including disability, pain, fatigue, shortness of breath, psychological well-being, and health care utilization, after they have completed the program. The program is offered in most parts of Canada, the United States and other countries throughout the world.

The six weekly sessions show people ways to function at their best

regardless of the difficulties life presents. Topics included problem solving, managing symptoms, making decisions, adapting, communicating effectively with the health care team and maintaining a healthy lifestyle (exercise, eating, sleep, stress). The workshops are meant to complement the advice provided by health care providers.

This training now allows Labrador-Grenfell Health to offer free, community-based workshops on self-management to any adult with a chronic disease. This also fits in well with the Government of Newfoundland and Labrador's strategy for improving chronic disease prevention and management.

Residents in our region who are interested in managing their own health can self-refer. If you are interested in having a presentation in your community, please contact: Catherine Pilgrim, Regional Coordinator, Chronic Disease Self-Management Program, Labrador-Grenfell Health, telephone 454-3333 ext.7364, or e-mail [catherine.pilgrim@lghealth.ca](mailto:catherine.pilgrim@lghealth.ca).

*Catherine Pilgrim, Regional Coordinator, Chronic Disease Self-Management Program*

# Retirements

## Brenda Dawson



**B**renda Dawson retired from Labrador-Grenfell Health on Feb. 29, 2016. She started working at the Melville Hospital, Goose Bay, in January of 1991 in administration. Two years later, she joined me as medical secretary and later as executive assistant, a position she held through moves to the Labrador Health Centre and eventually the administration building.

I was very lucky to have Brenda as my executive assistant. She is the most pleasant person to work with. On top of this she is reliable and trustworthy. She helped to manage many crises. I will miss her. She deserves her retirement and happiness with the new chapter in her life. Thank you for the contribution you made to the lives of the people you worked with and for, and for the many patients who contacted you.

*Dr. Michael Jong, Vice-President of Medical Services*

## Drucilla Rose

**D**rucilla Rose was born and raised in Raleigh, NL. She started working with the International Grenfell Association at St. Anthony in December 1977. Over the years, Drucilla worked in a variety of positions within the Environmental Services/Laundry Department, finishing her career as a Laundry Worker II at the Charles S. Curtis Memorial Hospital. After 38 years of dedicated service, Drucilla retired in February 2016. Her co-workers wish her all the best in her retirement.



## Peggy Penney



**P**eggy Penney started working with Grenfell Regional Health Services in 1989. Throughout her nursing career, she worked as a staff nurse in multiple areas of the hospital, including the Intensive Care Unit, Emergency Room, Surgery, and Obstetrics. She also worked as team leader on the Med-Surg unit. Her most recent position from 2008-15 was as a Nursing Education Coordinator II in the Employee Development Training and Health Department.

A retirement tea was held on Dec. 10, 2015 to bid best wishes and a heartfelt farewell to Peggy. Her dedication to the nursing profession was obvious as she arrived dressed in her white and black nursing attire with her RN pin proudly attached. She touched the lives of many and although jokingly she sang the song 'If I Had a Million Dollars' when she was stressed or frustrated with work, deep down, we know she loved what she did. During the tea, Peggy gave us all great advice to live by – she advised us to 'work to live' and not 'live to work'.

Thank you, Peggy, for your dedication to the nursing profession. It was an absolute pleasure working with you and we wish you all the best in your retirement.

*Brenda Whyatt, Regional Director, Employee Development Health and Safety*

# Retirements

## Louise Canning



**H**appy retirement wishes to Louise Canning, who retired from her duties at the White Bay Central Health Centre (WBCHC), Roddickton, on April 29, 2016. Barbara Molgaard Blake (left), Chief Operating Officer (South) and Vice-President of People and Information, and Nadine Gould (right), Nursing Site Supervisor, presented Louise with a gift on behalf of Labrador-Grenfell Health and the WBCHC. Louise started working with the International Grenfell Association in 1964 and altogether has worked 43 years. She will be missed but her co-workers would like to wish her well in the future. Louise is looking forward to spending some time with her family in Yellowknife.

## Sarah Nochasak

**S**arah Nochasak, a Personal Care Attendant at the Nain Community Clinic, retired from Labrador-Grenfell Health on Dec. 31, 2015. For more than 44 years, Sarah was an excellent support person to so many staff who worked closely with her. Sarah was the longest-standing Labrador-Grenfell Health employee and we are so proud of her accomplishments. Many staff had the privilege of working with her and her consistency was a great resource. Sarah is an amazing person and is dearly missed at the Nain Community Clinic.

*Kathy Elson, Clinical Manager (North) for Community Clinics*



## Karen Evely



**W**e are very sad to say so long to our dear friend and co-worker, Karen Evely. Karen has worked as a Registered Nurse with Labrador-Grenfell Health in Labrador City for 30 years and retired in March.

Karen spent most of her time as a nurse on the Inpatients Unit (IPS) at the Captain William Jackman Memorial Hospital. With her great knowledge and skill in this area, Karen eventually took on the role as charge nurse for the unit. Karen played an important role in delivering the best possible care to the patients on IPS. She worked very closely with physicians in determining patient care plans and advocated for what she truly believed was best for them.

When the role of the charge nurse was eliminated from the new model of nursing at Labrador-Grenfell Health, Karen made a decision to join the Operating Room (OR) in the new Labrador West Health Centre. Karen was greatly missed by her co-workers on IPS, but the OR staff were more than happy to gain such a kind, caring and experienced nurse. After nearly two years in the OR, Karen and her family have decided to move back to their hometown of Carbonear, NL. With a heavy heart Karen moved to Carbonear on March 26 and she will soon start her new position with Eastern Health.

We wish Karen nothing but the best in all of her future endeavours and Carbonear is gaining a wonderful nurse to their staff! We hope that our paths will cross again soon!

*Karen Andrews, Clinical Nurse Manager, Labrador West Health Centre*

# Retirements

## Ronald Griffin, Betty Normore and Freda Hancock



▲ (L-r) Betty Normore, Ronald Griffin and Freda Hancock.

One of the largest staff gatherings in the history of the Labrador South Health Centre was held on Feb. 5, 2016. It was certainly a momentous occasion, as three long-time staff members retired from their duties with Labrador-Grenfell Health at the Forteau facility. It was a celebration of more than 70 combined years of dedicated service.

Ron Griffin was hired in October, 1995, in the position of Maintenance Repairman and up until this winter was the only full-time maintenance person in the region who was responsible for the upkeep and maintenance of the health centre and accommodations. Ron was known in the workplace for his broad smile and positive, encouraging words. Ron and his wife, Hilda, have family outside the area and plan to spend more time with children and grandchildren, and hopefully at his cabin relaxing. Ron will be missed at Labrador South Health Centre and all staff join with me in wishing him a long and healthy retirement.

Betty Normore, Licensed Practical Nurse, retired in January, 2016, after more than 18 years serving the organization in both long-term care and acute care capacities. Everyone loved hearing Betty's stories about the old nursing station days and about her exciting travels in later years. Betty's work ethic and giving nature won't be forgotten, and she will be missed by all staff at the health centre. We wish Betty many happy, healthy years of travel and leisure with Dennis, Brent and extended family and friends.

Freda Hancock, Clerk/Typist, gave 31 years and six months of service to Labrador-Grenfell Health. In an ever-changing role as the one of the primary clerical support staff for the facility, Freda has witnessed and helped roll out many changes in the organization as we moved into the computer era. Her most recent accomplishment in the months before her retirement was the chart entry at a majority of the coastal clinics in preparation for Meditech registration. Freda has moved from the area and is hoping to spend her retirement years closer to her son, Daniel. We will miss Freda and wish her a long and healthy retirement.

*Tania Keats, Nursing Site Supervisor, Labrador South Health Centre*



▲ Labrador South Health Centre staff gathered with the new retirees, Betty Normore, Ronald Griffin and Freda Hancock, to wish them well in their future endeavours.

# Retirements

## Mary Ellen Cull

**M**ary Ellen Cull arrived for her last day of work with Labrador-Grenfell Health on Dec. 31, 2015 and received a big surprise upon opening the door of the ultrasound exam room. She was startled to find 444 balloons floating throughout the room. Each balloon, secretly inflated by her co-workers, signified the number of months that Mary Ellen had worked for the organization over the course of 37 years at the Charles S. Curtis Memorial Hospital in St. Anthony.

Mary Ellen's colleagues had labelled a few gold balloons with some statistics on the relevance of 37 years of employment with a single employer. The time represents 1,924 weeks or 67,340 hours. Finally, one of the balloons summed up the admiration co-workers had for Mary Ellen – the balloon read '1 Super Employee'. Her co-workers and friends were sad to say good-bye to her on her last day.

Mary Ellen started working at the Charles S. Curtis Memorial Hospital in 1977 in housekeeping as summer relief. She started training the following year in St. John's to become an X-ray Technologist. In 1980, Mary Ellen successfully completed her program, passed her registry exams with the Canadian Association of Medical Radiation Technologists, and started a career as a Diagnostic Imaging Technologist. She went on to train in ultrasound in 1985 and worked full-time specializing in Diagnostic Medical Sonography (ultrasound), but maintained her general X-ray skills and remained working in both fields in the Diagnostic Imaging Department until her retirement.

Everyone in the Diagnostic Imaging Department, and indeed her co-workers at the Charles S. Curtis Memorial Hospital, join with me in wishing Mary Ellen the very best for the future and a long and happy retirement.

*Wendy Christensen, Regional Director, Diagnostic Services*



## Madonna Matienzo

**M**adonna Matienzo started work in March 1980 at the former Captain William Jackman Memorial Hospital in Labrador City. For more than 36 years, she was a valued employee in various departments, especially with Health Records. She is a wealth of knowledge and information and this will be truly missed. She retired in June 2016. On behalf Labrador-Grenfell Health, staff at the Labrador West Health Centre and the Health Records Department wish Madonna good health and best wishes in her well-deserved retirement.





## Obituaries



### Donna Loretta Parsons

It is with sadness that Labrador-Grenfell Health notes the passing of Donna Loretta Parsons. She was born on Nov. 28, 1962 and passed away at St. Anthony on Jan. 18, 2016.

Donna's life was dedicated to her family and the brightest lights in her life were her daughters. Donna spent her work life with Grenfell Regional Health Services and Labrador-Grenfell Health and leaves many loyal friends and co-workers in the Dental Department. She was a dedicated employee and was proud of the work she did there. Hers is a light that went out much too soon but the glow from her life will long shine bright through those who remember her.

Dr. Peter Hornett, formerly Chief of Dental Services with Labrador-Grenfell Health, spoke highly of Donna, who was appointed as his administrative assistant in 1993. "She built excellent relationships with the dentists and other staff we employed. She nurtured the locums we became increasingly dependent on as our ability to recruit permanent staff declined," he noted. "Many of the locums returned on numerous occasions because of the friendships she developed and the way she looked after them. Donna was pivotal in promoting continuity of dental services in our region."

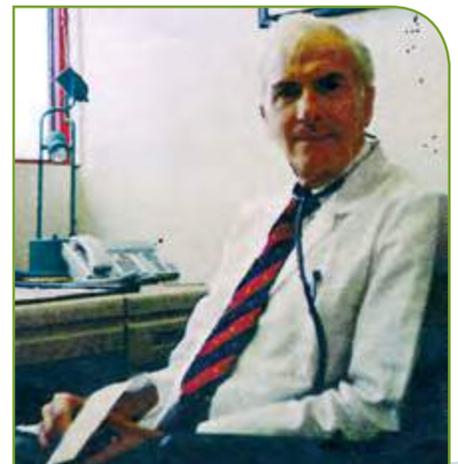
Noting that Donna loved the community she lived in, he said she often called St. Anthony 'God's little pocket,' adding that she translated her love of community and the people in it into tangible action. "She was always amongst the first to volunteer her time and energy. Sunday school teaching, karate, Pathfinders, fundraising, church suppers and countless other selfless activities were the norm for her. She was big of heart and strived to have impacts for good causes."

Most of all, Dr. Hornett said, Donna loved her family. "Donna was truly a special person to me, Annie, her family and many others. We all loved her and will miss her so deeply. It was a privilege to have been her friend and colleague."

She leaves to mourn her loving partner Karla Loder; her daughters, Emily and Hannah and their dad, Morey Hillier; her mom Sadie; her sister Joan Pynn; and a large circle of family and friends. Funeral services took place at the St. Anthony United Church on Jan. 22, 2016.

### Harry Scrimgeour

It is with regret that Labrador-Grenfell Health notes the passing of Dr. Harry Scrimgeour, in Fife, Scotland, on Jan. 6, 2016. In the 1950s, during his final year at St. Andrews University, he spent some time at a WOP at North West River, Labrador. After qualifying as a General Practitioner, the National Service called and he was posted in the Royal Army Medical Corps in Singapore, followed by stints in Northern Malaya and Borneo. Dr. Scrimgeour returned to 'the coast' in 1967 – first as a travelling doctor in St. Anthony, and then for a time he took charge of the hospital at Happy Valley, Labrador. From 1969 to 1975, he served as assistant to Dr. Tony Paddon at North West River. He practiced in Australia and during sabbatical leaves from Labrador, Dr. Scrimgeour did charity work at mission hospitals in India and Thailand, and he also did a specialized General Practitioner course at Dalhousie University. Dr. Scrimgeour practiced for 18 years in Burnaby, British Columbia and returned to Crail in his Scottish homeland to retire. He was described as a very caring doctor who is fondly remembered by many people in Labrador. He is survived by his loving wife, Ismay, as well as many relatives, friends and colleagues from around the world.





## Elizabeth Buckle

It is with sadness that Labrador-Grenfell Health notes the passing of Elizabeth (née Roberts) Buckle of Forteau, who passed away peacefully on Oct. 7, 2015 at the Health Sciences Complex, St. John's.

Lizzie was employed by Labrador-Grenfell Health at the Labrador South Health Centre in Forteau for a period of 12 years, working as a domestic mainly in laundry. She was predeceased by her husband, Hedley, on Feb. 28, 2004, and leaves to mourn with fond memories her daughters Judy (Herb) and Sadie, son Curtis (Heather), three grandchildren, two great-grandchildren, and special son-in-law Enos.

## Karen Gillard

It is with sadness that Labrador-Grenfell Health notes the sudden passing of Karen Gillard at the Labrador Health Centre, Happy Valley-Goose Bay, on March 28, 2016, at the age of 53 years. At the time of her passing, she was employed by Labrador-Grenfell Health as trust accountant at the Happy Valley-Goose Bay Long-Term Care Facility. Karen held several positions over the years with the Newfoundland and Labrador Association of Public and Private Employees (NAPE), including president of the local, shop steward, labour management committee, occupational health and safety committee, and education committee. NAPE president Jerry Earle commented that Karen was supportive and kind, a great advocate, and a loyal NAPE activist. "She certainly gained my respect and as such, I reached out to her to represent NAPE in several capacities," he stated. "Though Karen is gone, she has left an indelible mark on her community, her workplace, and her union." Karen was also a long-time supporter of the Labrador Health Centre Auxiliary and organized fundraising events to assist with the purchase of items for the benefit of residents at the long-term care facility where she worked. Co-workers remember Karen as a wonderful, giving person who had a beautiful smile and was there to help anyone who asked. She will be missed terribly. She leaves to mourn with fond memories: Her partner, John Learning; parents, Josie and Wilfred Gillard; siblings Roger Gillard, Sherrie Mitchelmore and Jody Caddy; nieces and nephews; and a large circle of family and friends. A private family service was held on April 2, 2016.



## Nabila Lowe

It is with sadness that Labrador-Grenfell Health notes the passing of Nabila Lowe, who passed away on Jan. 18, 2016. Nabila was a nurse at the former Melville Hospital in Goose Bay, where she worked from August, 1979, to July, 1986. Many of us who worked with her remember her as always having a smile on her face, even in challenging times. She was always very cheerful and thoughtful of others, looking after not only the patients but everyone she associated with. She was caring and well respected by her colleagues. We will miss her but she will always be with us in our hearts. Nabila retired from Oakville Trafalgar Memorial Hospital in 2009 as Medical Program Leader for Medicine, Dialysis and ICU. She leaves behind her devoted husband, Jeff Lowe, and her three children, Christie, Tracy and Nadia. Funeral services were held at Kopriva Taylor Community Funeral Home in Oakville, Ontario, on Jan. 23, 2016.

*Dr. Michael Jong, Vice-President, Medical Services*

# Comings and Goings

## WELCOME TO:

### Churchill Falls

Elizabeth Jenkins Nurse Practitioner

### Hopedale

Donna Matthews Regional Registered Nurse

### Happy Valley-Goose Bay

Joey Ayade Licensed Practical Nurse  
 Kyla Battcock Clerk Typist  
 Judy Bird Diagnostic Imaging Technologist  
 Heather Callahan Clinical Occupational Therapist  
 Melanie Daniels Registered Nurse  
 Alicia Elson Licensed Practical Nurse  
 Cheryl Elson Switchboard Operator  
 Christopher Emmens Physiotherapy Support Worker  
 Rebecca Gillett Licensed Practical Nurse  
 Neil Hewitt-Barney Registered Nurse  
 Khadija Ibrahim Information Management Analyst  
 Adam Lomond Clinical Physiotherapist  
 Megan McLean Licensed Practical Nurse  
 Amanda Michelin Licensed Practical Nurse  
 Rosalie Michelin Licensed Practical Nurse  
 Kara Montague Licensed Practical Nurse  
 Joanne Moss Registered Nurse  
 Sherri Murray Registered Nurse  
 Deborah Rumbolt Licensed Practical Nurse  
 Rhonda Short Clerk Typist  
 Samantha Small Laboratory Assistant

### Labrador City

Margaret Lynn Brett Mental Health Counselor  
 Laila Brown Registered Nurse  
 Melanie Daigle Licensed Practical Nurse  
 Tristan Parr Primary Care Paramedic  
 Cindy MacIsaac Switchboard Operator  
 Vanessa Murphy Utility/Domestic Worker  
 Josee Rivard Nurse Practitioner

### Makkovik

Heather Pitcher Nurse Practitioner

### Nain

Crystal Allen Personal Care Attendant  
 Kay Careen Regional Registered Nurse  
 Josepha Pike Personal Care Attendant  
 Garfield Wheeler Maintenance Repairer

### Roddickton

Violet Decker Regional Registered Nurse  
 Candice Gibbons Licensed Practical Nurse

### St. Anthony

Sevan Amirkhanian Clinical Psychologist  
 Jackie Bessey Switchboard Operator  
 Michael Couche Biomedical Engineering Technologist  
 Daisy Eddison Switchboard Operator  
 Stephanie English Clerk  
 Aimee Hopkins Registered Nurse  
 Shawna Parrill Dental Assistant  
 Lorna Patey Clinical Physiotherapist  
 Paul Simms Trades Worker  
 Kristen Suley Licensed Practical Nurse  
 Shawna Tucker Clerk

## GOOD-BYE AND GOOD LUCK TO:

### Forteau

Elizabeth Flynn Community Health Registered Nurse  
 Ronald Griffin Trades Worker  
 Freda Hancock Typist  
 Betty Normore Licensed Practical Nurse  
 Kirsty Williams Community Health Registered Nurse

### Happy Valley-Goose Bay

Kayla Booth Personal Care Attendant  
 Brenda Dawson Executive Assistant  
 Emily Doucette Food Service Worker

Malerie Earle Registered Nurse  
 Amanda Edmunds Clerk  
 Morgan Elliott Trades Worker  
 Carol Guptill Clerk Typist  
 Poonam Hans Family Physician  
 Elaine Learning Licensed Practical Nurse  
 James Muyanga Surgeon  
 Victoria Nickerson Registered Nurse  
 Elaine Pinksen Switchboard Operator  
 Mary-Ann Spearing Social Worker

### Hopedale

Henry Jensen	Maintenance Repairer
Sarah Nochasak	Personal Care Attendant

### Labrador City

Susan Bourgeois	Regional Director of Health Records
Karen Evely	Registered Nurse
Terri Goudie	Laboratory Technologist
Terri-Lynn Noseworthy	Utility/Domestic Worker

### Makkovik

Natasha Michelin	Personal Care Attendant
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### Nain

Elizabeth Pijogge	Personal Care Attendant
Pamela Webb	Clerk

### Natuashish

Vanessa Reid	Mental Health Counselor
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### Roddickton

Laura Harcourt	Social Worker
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### St. Anthony

Mary Ellen Cull	Diagnostic Imaging Technologist
Shirley Decker	Dental Assistant
Amie Hay	Speech Language Pathologist
Colleen Loder	Social Assistance Worker
Sherry Pilgrim	Licensed Practical Nurse
Triffena Roberts	Sterile Supply Technician
Philomena Ricks	Sterile Supply Technician
Drucilla Rose	Laundry Worker
Yvon Saulnier	Dentist
Phyllis Sinyard	Dental Assistant

# Learning the Basics of Outdoor Survival



▲ Armed with a few basic tools and offerings from trees, Emily Hildebrand (left) and Aron Heroux fashion a lean-to during a medevac workshop in a wooded area near the Labrador Health Centre.

**M**edical Services and Employee Development, Training and Health at Labrador-Grenfell Health offered a medevac workshop for staff at Happy Valley-Goose Bay, Feb. 8-10, 2016. The agenda included classroom training sessions and presentations on flight physiology, simulations, extrication and immobilization, outdoor survival, and rescues. The workshop was designed to enhance the knowledge medical personnel will require to respond to medical emergencies, especially in instances where climate and geography conspire to produce challenging conditions. The nurses, paramedics and medical students who participated in the sessions built emergency survival shelters and responded to simulated accident scenarios.



▲ Kathryn Versteeg (left) and Amaka Ezidiegwu work together as a team to build an emergency shelter.

# FROM THE PAST

## An Icy Trip Over the Battery

By ELLA E. HEWITT

Outside everywhere was covered with ice. As I climbed into the coachbox behind the team of dogs and settled myself for a lengthy trip, I wondered how we would get along. I glanced at the “men” who were going to take me the first half of the trip. One was a fifteen-year old boy unused to managing a komatik with a coachbox on it, but proud of the fact he was asked to go.

In spite of the ice the dogs jumped and barked, anxious to start, yet scarcely able to get a footing. We swung out through a gap in the fence and “sailed” along at a brisk speed, around the end of the Bay toward a high cliff called Crow’s Head. Here we had to travel around the base, over dozens of rocks which stood up like candy-covered puff balls. The rising tide had completely covered the rocks and the base of the cliff with clear ice, beautiful to look at but treacherous to cross as the ice sloped towards the water and one misstep meant a very cold bath. I got out and walked around. The boy helped me and the man managed the komatik. When he let go of my arm I just stood stiff, too scared to move.

After we got around the cliff we had another exciting run over level ground, the komatik swinging from side to side and the men urging the dogs on with bird calls. Finally we came to a steep hill, the dogs were set free and ordered to drop behind. With one man in front and one at the back we started. The man on the flying trapeze had nothing on us as we sailed down that hill amidst racing, barking dogs and shouting men, anxious to reach the bottom right side up! I grasped the sides of the coachbox and held my breath as we charged into the settlement at the foot. Here we changed dogs and men while I went into one of the homes to have a “mug-up,” which means a hot drink and something to eat.

A short time later we started up the steep sloping side of the

highest hill on this part of the coast, the Battery, which is eight hundred and sixty-five feet high, and not to be treated lightly. I rode in the coachbox all the way up, offering several times to walk but the men laughingly said: “If the dogs can’t pull you up, Sister, they aren’t much good.” It is a blessing I am small!

When we reached the top we travelled about four miles and a half across the Battery to the other side. When we speak of a Battery we usually think of something formidable, and the north side is most certainly that. I climbed out, walked to the edge and looked down. I gasped, “I shall never get down there.” It is just like three giant steps, or shelves, as the folks here call them, and when you look down, anything at the bottom looks about half its size. Each step is as straight as a step would be and as deep as the height of any ordinary house, and, with the ground covered with ice, you can just imagine how I felt about sliding down such a place!

The men said: “Wait, Sister, until we let the komatik down; then we will show you how to get down.” I watched the proceedings, expecting every minute to see the men fall, slide and get hurt. One man stayed at the top holding a rope which was fastened to the komatik to keep it steady; he let it out slowly, while the other man slid down beside the komatik. I held my breath more than once! Then with one man at the top and the other at the bottom of only one step, they told me to hold fast to the ropes and sit down and slide. I started cautiously over the top, and my heart skipped a beat or two as I slid over the edge. Away I went for a little “randy” or run, but stopped short when my coat caught on a stick. I jerked it loose and in doing so swung sideways, but still grasping the rope, I reached the bottom. I got down each step in that way. It was a most thrilling trip!

*(Taken from the January 1908 edition of Among the Deepsea Fishers)*