

Along the Coast to Labrador



Highlights

November - December 2012

Investment in Health Care

*\$1.9 Million for
St. Anthony Region*

Hospital Evacuation

*Lessons learned from
emergency planning*



Labrador-Grenfell
Health

Giving and Receiving

Much is made of the acts of giving and receiving during the Christmas season. It's one of the time-honoured traditions we hold dear, dating back to the time of the birth of Jesus Christ and the presentation of gifts from the three wise men to the newborn child. Over the years, with the crush of commercialization, it's fair to say that we have lost sight of the true meaning of giving. However, all is not lost. In today's society, people often go out of their way to help one another.

In this edition of Along the Coast to Labrador, we report on several instances where kindness and compassion show through. The evidence is in the simple acts of making a monetary contribution or a donation of time and effort. By themselves, they may seem small, but taken together, they reveal a caring spirit and a willingness to help one another, especially in times of crisis or when the need is the greatest.

We are pleased to highlight some of those acts of kindness that stood out in our eyes. The purchase of palliative care resources in the Lake Melville area was made possible by people who collected pledges and took part in a walk and run... staff at credit union branches pooled funds from ticket and book sales to help coastal clinics purchase much-needed equipment... the evacuation and subsequent closure of the hospital in Labrador City and the outpouring of support from staff, individuals, organizations and corporations shone a light on what cooperation really means... proceeds from a Legion telethon assisted in the purchase of a state-of-the-art ultrasound machine... food banks benefit from physicians and staff who donated from their cupboards and their wallets... a group of staff who gather regularly for coffee helped put smiles on the faces of a less fortunate family... and the staff at a nursing station who made Christmas cheery and bright for children in a small outpost more than 85 years ago.

Those examples just begin to skim the surface, but you get the idea. There's a lot of good going on in our midst. What goes hand in hand with the act of giving is the way in which we express gratitude and thanks in the act of receiving. While much of this issue points to the giving and receiving at Christmastime, we should make every effort to remember that the need is there throughout the year. It's our hope that you will enjoy reading the articles we have presented and we look forward to receiving your thoughts.

Allan Bock

Allan Bock, Chair
Regional Newsletter Committee

Along the Coast to Labrador

is a quarterly publication from
the Regional Newsletter Committee
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Labrador-Grenfell
Health

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Around the Region

HAPPY VALLEY-GOOSE BAY

Visit to North West River Rekindles Memories

A glimpse into the way health care was delivered 50 years ago was revealed during a presentation by Dr. Alice Greenwood. The retired physician from England spoke to staff and guests at the Labrador Health Centre in Happy Valley-Goose Bay on October 12, 2012 about the year she spent at the North West River Hospital in 1962. She presented photos and praised the people she worked with for their skills, resourcefulness and devotion to providing health care services. Listed as challenges were tuberculosis, malnutrition, pneumonia and measles.

Upon leaving Labrador, Dr. Greenwood and her husband, Professor Brian Greenwood, travelled to Nigeria, where she worked in a teaching hospital for 30 years. She commented that the people were very poor, but similar to Labradorians in their cheerfulness and zest for life.

The Greenwoods enjoyed reminiscing with people they spent time with in North West River. They marveled at the growth in the region and the development of modern health care facilities.



▲ Sharing stories from 1962 were: (l-r) Bob Watts of North West River, Dr. Alice Greenwood, Isobel Watts and Professor Brian Greenwood. Dr. Greenwood worked with Isobel Watts, who previously worked as a nurse at the North West River Hospital.

HAPPY VALLEY-GOOSE BAY

Palliative Care Resources Acquired

More than 40 individuals took part in a walk and run in Happy Valley-Goose Bay last May to support palliative care in the Lake Melville area. The event was extremely successfully, thanks to the support and participation from area residents and Labrador-Grenfell Health staff. The organizing committee used a portion of the proceeds to purchase palliative care supports, including a cot for families of loved ones in long-term care, patient and caregiver advocacy guide books, information packages on advance care planning in Canada, a caregiver's handbook about end-of-life care, and other end-of-life resource materials. The organizing committee appreciates the support which made these purchases possible.



▲ Displaying palliative care resources purchased for use in the Happy Valley-Goose Bay area are: (l-r) Stephanie Almon Drake (Social Worker) and Melissa Yetman (Long-Term Care Coordinator).

PORT HOPE SIMPSON

Community Clinics Welcome Tonoport V

Southeast coast clinics welcomed a new 24-hour blood pressure monitoring device in November. Funding for the Tonoport V was provided by the International Grenfell Association. The equipment will be located in the Port Hope Simpson Community Clinic and be available for use at the Charlottetown, St. Lewis and Mary's Harbour clinics for clients who require monitoring. The addition of the device means that clients won't have to travel to the hospital in St. Anthony to access this service.



▲ CEO Tony Wakeham and Claudine Foster, Nurse-in-Charge at the Port Hope Simpson Community Clinic, review the benefits of a Tonoport V for clients in southeast Labrador.

Around the Region

LABRADOR WEST Patient Safety Week 2012

Staff at Captain William Jackman Memorial Hospital participated in morning coffee breaks and enjoyed fruit, cheese and muffins on October 30 and 31, 2012 during Patient Safety Week. There were opportunities for staff to nominate their co-workers for the honour of Patient Safety Champion 2012. Standing near a display board are: (l-r) Emma Stirling, Doreen Butt and Michelle Boland. ▶



CHARLOTTETOWN Service Awards for Staff

Labrador-Grenfell Health presented service awards to staff at the Mary's Harbour and Charlottetown clinics. Chief Executive Officer Tony Wakeham made the presentations during site visits to south coast clinics in November. Congratulations to staff who were recognized for their years of service.



▲ Ella Marshall (Personal Care Attendant) accepts a 15-year service award from CEO Tony Wakeham during a presentation at the Charlottetown Community Clinic.

Eagle River Credit Union Donates to Community Clinics

The Eagle River Credit Union staff donated \$500 to the community clinics in Mary's Harbour and St. Lewis. Staff raised the money through ticket sales, jeans day and book sales. The money will be used to purchase equipment for the clinics. Labrador-Grenfell Health would like to express its gratitude to the staff of the Eagle River Credit Union for their generous donation.



▲ (L-R) Clyde Chubbs, Yvonne Russell, Jackie Rumbolt and Cheryl Sovereign.



▲ (L-R) Cavell Simmonds, Jackie Rumbolt, Julie Aucoin, Anne Marie Freake and Megan Hudson.

Evacuation of Captain William Jackman Memorial Hospital Demonstrated Value in Emergency Planning



▲ Firefighters battled a blaze that consumed a three-storey apartment complex. Fire crews also hosed down a section of Captain William Jackman Memorial Hospital to prevent the intense heat of the fire from damaging the building. CBC NEWS PHOTO

There were anxious moments at Captain William Jackman Memorial Hospital during the early morning hours of Sunday, November 4, 2012. The customary calm was disrupted when staff detected the unmistakable smell of smoke. An apartment building under construction, located next to the hospital, was in flames. Firefighters from Labrador City and Wabush responded quickly, but they were no match for the blaze that consumed the 108-unit structure.

Within minutes of placing the fire call, staff enacted the hospital's emergency plan. The first priority was the evacuation of 16 patients to a temporary hospital set up at the Salvation Army Citadel. The hospital was closed and the focus turned to making the patients, mostly senior citizens, as comfortable as possible. Area residents who required medical attention were advised to proceed to the hospital at nearby Fermont, Quebec, or contact the Citadel for direction. The province's air ambulance was brought to the Wabush Airport and used to transport patients who required hospitalization elsewhere.

By Monday, staff were contacting clients to reschedule appointments for various services, including outpatient, diagnostic services and public health. In addition, physicians demonstrated cooperation by extending their office hours to see clients. In the meantime, an assessment of the hospital was undertaken when the fire was extinguished and the smoke had cleared. The determination was that the building had sustained considerable smoke damage. A plan was launched to clean the interior of the hospital and over the course of three days, cleaning contractors and staff rolled up their sleeves to ready the hospital for reopening.

On Friday, November 9, five days following the evacuation, the hospital reopened and full operations resumed. Clients were returned to the hospital and the temporary set-up at the Citadel was dismantled. Speaking at a news conference to announce the reopening of the hospital, Ozette Simpson, Chief Operating Officer, said she was

overwhelmed with the support that was received. "I always knew that Labrador West was a close-knit community where everyone supported each other, but sometimes it takes a crisis to realize the willingness that is out there to overcome the obstacles and get on with the job of taking care of people," she stated.

Ms. Simpson added that the evacuation underscored the value of emergency planning. "It's often difficult to know if your plan is effective and comprehensive, until an adverse event occurs. The plan is rolled out and you learn that it worked out quite well."

Chief Executive Officer Tony Wakeham noted that the community of Labrador West deserved praise for coming together in a time of crisis and demonstrating the real meaning of the word cooperation. "The successful execution of the hospital's emergency plan was dependent on the efforts of our staff and our community partners who followed through on their commitment to help out in our time of need."



▲ (L-R) Colette Blanchard (Speech Language Pathologist) and Carla Reid (Clinical Dietitian) busied themselves with cleaning educational materials and toys.



▲ (L-R) Sonya Avery (Clerk) and Nadine Jeffrey (Human Resources Manager) washed down walls to rid the hospital of soot from the fire.

Professional Development

New Ultrasound Machines Welcomed



▲ Staff gather around Janice Scharf, Clinical Education Specialist during a demonstration of a new ultrasound machine: (L-R) Dr. Visweswara Pullela, Dr. Ariel Santos, Dr. Tolulola Akinbiyi, Ozette Simpson, Tammy Turpin, Amanda Guy, Sabrina Cull, Allison Normore, Wanda Slade, Melanie Winsor and Kate Bell.

and 57 of the Royal Canadian Legion from funds raised during the annual Legion telethon in 2012.

The acquisition of the state-of-the-art equipment is an effort by the hospital and staff to provide an improved level of health care to the residents of Labrador West. A workshop held last September for family and emergency physicians, specialists and nursing staff provided hands-on training on the use of portable ultrasound machines.

The ultrasound machines are invaluable in diagnosis as well as in therapeutic functions such as abscess drainage, biopsy, nerve blocks, and vascular line placements. They are especially useful and beneficial during obstetrical procedures and for trauma patients. The use of ultrasound in the emergency room will provide rapid and accurate clinical assessment and a high level of care to clients.

*Dr. Ariel Santos
General Surgery, Trauma and Critical Care*

▶ Captain William Jackman Memorial Hospital recently acquired two new portable ultrasound machines. One of the machines will be housed in the emergency room and the other will be stationed in the inpatients unit. The first machine was acquired by Labrador-Grenfell Health and the newest machine was purchased by Branches 47

Dealing with Adverse Events

A workshop entitled Disclosing Unanticipated Medical Outcomes (DUMO) was held at Charles S. Curtis Memorial Hospital on December 6, 2012. The session reviewed the rationale for greater openness after an adverse outcome or event and the need to appreciate the perspectives and needs of others. Among the topics covered were: Qualities of an effective disclosure; determining how the causes of an adverse outcome informs the path to resolution; and skills for engaging in effective disclosure conversations with patients and families.



▲(L-R): Dr. Abdalla Alrezaq, Sharon Penney, Beverly Pittman, Dr. Kweku Dankwa, Kerry Decker, Rita Reardon, Marlene Penney and Karen Simms.

ACLS Workshop for Regional Nurses

Regional Nurses in Southeast Labrador came together in Port Hope Simpson on October 22 and 23, 2012 to take part in an Advanced Cardiac Life Support (ACLS) training session. The two-day workshop was delivered by Dr. Michael Jong, Vice-President of Medical Services. Participants included: (L-R) Constance Howley, Chelsea Jenson, Margaret Spracklin, Donnie Sampson, Dr. Jong and Julie AuCoin. ▶



Over \$1.9 Million Invested in Health Care for the St. Anthony Region



▲Taking part in the funding announcement were: (L-R) Labrador-Grenfell Health board members Gloria Toope and Iris Decker; Health and Community Services Minister Susan Sullivan; St. Anthony Mayor Ernest Simms; and Labrador-Grenfell Health CEO Tony Wakeham.

Health and Community Services Minister Susan Sullivan announced significant enhancements to the health care system in the St. Anthony area during a visit to Charles S. Curtis Memorial Hospital on November 23, 2012.

She said investments from the Government of Newfoundland and Labrador will enable the purchase of new capital equipment and fund infrastructure upgrades at the hospital and John M. Gray Centre in St. Anthony, and the White Bay Central Health Centre in Roddickton.

“Since 2004, our government has invested over \$1 billion in health care infrastructure in the province, which includes our Budget 2012 investments,” said Ms. Sullivan. “This substantial investment illustrates our continued commitment to ensuring that health care programs and services are provided to all our residents as close to home as possible.”

Through Budget 2012: People and

Prosperity - Responsible Investments for a Secure Future, Charles S. Curtis Memorial Hospital received \$1,142,500 for the purchase of capital equipment including: \$310,000 for medical air compressor and vacuum pumps; \$175,000 for an ambulance; and \$82,000

“Since 2004, our government has invested over \$1 billion in health care infrastructure in the province, which ... illustrates our continued commitment to health care programs and services.”

Health and Community Services Minister
Susan Sullivan

for biomedical tools. The White Bay Central Health Centre will receive \$113,000 for elevator repairs and the purchase of a vital signs monitor and printer. A tub and patient lift will be purchased for the John M. Gray Centre at a cost of \$20,000.

In Budget 2012, the Provincial Government allocated \$625,000 for Charles S. Curtis Memorial Hospital to make improvements at the facility. Of this amount, \$350,000 will support upgrades to the hospital’s electrical, safety and security systems; \$250,000 will help begin upgrades to the building’s exterior; and, \$25,000 will fund the installation of a dialysis water treatment system.

“Labrador-Grenfell Health welcomes the investments announced today from the Provincial Government for health facilities at St. Anthony and Roddickton,” said Tony Wakeham, CEO, Labrador-Grenfell Health. “Funding allotted for health care infrastructure will greatly enhance our ability to provide important services to our clients on the Northern Peninsula and in Southern Labrador. The capital purchases and improvements we will be making to our safety and security systems also ensure that we continue to provide our staff with a work environment that is safe and modern.”

Since 2004, the Provincial Government has invested approximately \$21 million for new capital equipment and infrastructure upgrades at health care facilities in St. Anthony and the surrounding area. This funding has been used to purchase equipment including a CT scanner, an ultrasound machine, an anaesthetic system, and a mobile x-ray unit. More than \$7 million of this funding has been allocated to renovations and repairs at Charles S. Curtis Memorial Hospital. Improvements to the facility have included roofing and window replacement, upgrades to the HVAC system and laboratory, and renovations to patient rooms and washrooms to enhance wheelchair accessibility.

Successful Mock Disaster at Forteau



▲ Accident victim Eric Marshall (right) receives treatment from Canadian Junior Ranger Nathan Jordan.

Staff at the Labrador South Health Centre in Forteau participated in a mock disaster on November 17, 2012. The disaster scenario involved a simulation of a two-vehicle crash involving a truck and a school bus transporting more than 20 Canadian Junior Rangers posing as injured students. The Labrador South

Ambulance Service, the RCMP and the Forteau Volunteer Fire Brigade responded to the emergency. Students were triaged, treated and transported to the health centre where staff administered further care and assessment. During a debriefing, organizers and participants discussed the response by everyone involved in the scenario and welcomed the opportunity to take part in similar scenarios in the future.



▲ Paramedics with the Labrador South Ambulance Service, Joe Hancock and Darren Buckle, prepare to transport an accident victim to a waiting ambulance. Providing assistance is Cpl. Brad Lucas of the Forteau detachment of the RCMP.

Students Show Support on World Diabetes Day



Grade 1 class at Peacock Primary School in Happy Valley-Goose Bay had a special reason to wear blue on World Diabetes Day, November 14, 2012. One of their classmates, Amy Cooney, was diagnosed last February with type 1 diabetes. The students and staff at Labrador-Grenfell Health observed World Diabetes Day by wearing blue, since a blue circle is the global symbol for diabetes. Type 1 diabetes is usually diagnosed in children and adolescents and occurs when the pancreas is unable to produce insulin. Insulin is a hormone

that controls the amount of glucose in the blood. The purpose of World Diabetes Day is to bring awareness and support to those living with diabetes. The campaign aims to educate, engage and empower youth and the general public on diabetes. Shown in the photo are Amy (front row, centre) with her classmates, along with her teacher, Michelle Packwood and Janice White (Health Promotion and Education Consultant). Amy is the daughter of Marjorie Cooney, pharmacist at the Labrador Health Centre.

Order of NL Presented to Janet Cox, Constance Howley



▲ Recipients of the Order of Newfoundland and Labrador were invested during a ceremony on October 16, 2012. They are: Front (l-r) John (Jack) Ford, Premier Kathy Dunderdale, Lieutenant Governor John C. Crosbie, Freida Faour. Back, Susan (Fran) Williams, Mary Dyer Gordon, Captain Sidney Hynes, Constance Howley, Tom Dawe and Janet Cox. CONTRIBUTED PHOTO

Two employees of Labrador-Grenfell Health, Janet Cox and Constance Howley, were among eight individuals who received the highest honour in the province. On October 16, 2012, the Honourable John Crosbie, Lieutenant Governor of Newfoundland and Labrador and Chancellor of the Order of Newfoundland and Labrador, invested them into the Order of Newfoundland and Labrador. "The Order of Newfoundland and Labrador recognizes individuals who have demonstrated excellence and achievement in any field of endeavor benefitting the province and its residents," said Mr. Crosbie. "The individuals recognized today embody the true spirit of the Order through their selflessness, devotion and dedication to improving the lives of their fellow Newfoundlanders and Labradorians."

Janet Cox, O.N.L., R.N., S.C.M., Clinical Research Assistant

A Registered Nurse and certified midwife, Janet Cox came from England in 1970 to work at St. Anthony. She served in various capacities throughout the Labrador-Grenfell Health catchment area, as well as along the Lower North Shore of Quebec. Over the course of her service in small, isolated communities, she came to realize the great impact that specific types of cancer were having on certain families. Janet's relationship with the families, her detective work and her careful research

and documentation of their medical histories led her to conclude that there was a genetic cause to the high incidence and premature mortality from colon cancer – Hereditary Non-Polyposis Colon Cancer (HNPCC).

Members of families with this genetic cause are at risk of developing colon cancer at a young age, in addition to many other types of cancers. In consultation with Dr. William Fitzgerald, she introduced screening programs for those at highest risk. The result was the discovery and surgical removal of many cancers at an early, pre-cancerous stage.

Janet is a caring, compassionate professional and a team player with a winning personality. She takes pride in her calling and is a strong advocate for the interests and well-being of each of her patients. "I am just doing my job and what I believe in - prevention and early detection," she said.

Constance Howley, O.N.L., R.N., N.P.

Constance Howley graduated from St. Clare's Mercy Hospital in 1975 as a Registered Nurse. In 1988, Constance became a research nurse with Memorial University, assisting in research for HIV clinical trials through the Canadian Trials Network. This position started her on a career path that would impact the lives of individuals affected by HIV/AIDS.

Constance played a pivotal role in the beginnings of what is now a provincial organization that provides a host of services to those living with and affected by HIV/AIDS, as well as to the general public. As a healthcare professional and voice in the community, she helped develop prevention strategies that would ultimately assist in controlling the outbreak of HIV/AIDS in the province in the early 1990s.

In 2009, Constance joined Labrador-Grenfell Health as a Nurse Practitioner – Primary Health Care in coastal Labrador communities. She is currently working in Cartwright and continues to guest lecture on HIV/AIDS issues.

Constance had a direct impact on the lives of people in this province that is immeasurable. Her compassion, leadership and professional achievements have had a profound effect on countless lives. "This recognition is quite unbelievable and a huge reward," notes Constance. "Receiving this honor is a tribute to my parents' influence and my HIV team's support, which are pivotal in my ability to provide the care that I do."

From the Homes

Christmas at the John M. Gray Centre, St. Anthony

A festive crowd filled with Christmas spirit gathered at the John M. Gray Centre to celebrate the season with residents, staff, family, friends and community groups. Activities included caroling with community organizations, the annual candlelight service, singing and dancing with the mummies and Santa and other social events. A special thank you is extended to all staff, community groups, volunteers, churches, local musicians and individuals for giving their time and talents to the John M. Gray Centre and making it a fun-filled Christmas experience for all in attendance.



◀ Resident Ada Pynn dances a jig with Santa Claus while Max Sexton of the Lions Club plays the guitar. Looking on are residents Minnie Hancock (left) and Ambrose Curl (right).

▼ Residents, staff and family members took part in lighting the candles during the candlelight service: (l-r) Tiffany McLean (Social Worker), Heather Bromley (Recreation Specialist), residents Ambrose Curl and Naomi Strangemore and family member Neta Seaward.



◀ Heather Bromley (Recreation Specialist), resident Edith Humby and her daughter, Flossie Hedderson, read a Christmas message to honor all those in attendance as the candles were lit.

▼ Mummies made a welcome appearance at the annual Christmas party for residents.



From the Homes

Happy Valley-Goose Bay Long-Term Care Home



◀ Line dancers from the Happy Valley-Goose Bay Rotary Club visited the home for the annual Christmas tree lighting ceremony and caroling.

► Members of the Pentecostal ladies group visit the home every other Tuesday afternoon for a knitting session. During the fall, they completed a quilt which they donated to the home: (l-r) Muriel Andersen, Elsie Heard, Pearl Baikie, Evelyn Campbell, Violet Simpson (Pentecostal ladies), Flora Michelin, Jane Hedderson (Pentecostal Ladies), Kathleen Blake, Lorraine Jacque (Pentecostal ladies) and Bella Semigak.



◀ The November birthday celebration was hosted by the Girl Guides and their leaders. An evening of bingo was followed by a lunch and a birthday cake. Taking part were: (Front, l-r) Sue Flynn, Jessica Spurrell, Charlene Taylor. Second row, Heather McLean, Maxine Elliott, Wendy Spurrell, Kim Wheaton. Back, Kayla Chubbs, Holly McLean, Karen Barnes and Kelly Norman.

CELEBRATING CHRISTMAS



▲Decorating the Christmas tree in the Acute Care Department at the Labrador South Health Centre in Forteau are: (l-r) Joanne Dorey, Darlene Marshall, Gladys Fowler and Freda Hancock.



▲Paula Clements receives a gift and a hug from Santa Claus during his visit to the White Bay Central Health Centre.



▲There was eager anticipation in the faces of children who waited their turn to sit with Santa and Mrs. Claus at the children's Christmas party for staff at Captain William Jackman Memorial Hospital.



▲The annual staff Christmas dinner at Captain William Jackman Memorial Hospital was an occasion to enjoy good food and the company of others: (l-r) Karen Bruce, Kate Bell, Jessica Brake, Rizalina Paje Taylor and April Watkins.



▲(l-r) Joanne Dorey (left) and Donna Belben couldn't stop long since they were making breakfast for staff at the Labrador South Health Centre.



▲Staff members celebrating Christmas at the Nain Community Clinic include: Front (l-r) Helena Kautjasiak, Sarah Nochasak, Ivy Dicker, Garfield Wheeler, Philip Reynolds. Back, Mark Pijogge, Moses Broomfield, David Dickinson, Eric Cranford, Jane Chaulk, Irene O'Brien and Pat Crotty.



▲A coffee group at Charles S. Curtis Memorial Hospital took it upon themselves to make Christmas a little brighter for someone. In the spirit of giving, they gathered gifts of food, personal items and clothing and delivered the boxes to an appreciative family in the St. Anthony area. The group plans on making the gesture an annual donation. Members of the coffee group are: (l-r) Nancy Burton, Sandra Pink, Joanne Bailey, Sherry Whiteway, Donna Colbourne, Sheila Hillier and Jenetta Pilgrim. Missing from photo is Lee Payne.



▲Proudly displaying gifts they received from Santa and Mrs. Claus are: (l-r) Ini and Mfonma Idiong.



▲Diane Hewlett (left) and Flossie Hancock are all smiles for Santa during the staff gift exchange party at the White Bay Central Health Centre in Roddickton.



▲Enjoying Christmas dinner are OR staff at the Captain William Jackman Memorial Hospital: (l-r) Meghan Greene, Cassandra Winsor, Melanie Winsor, Dr. Visweswara Pullela, Selina Parsons, Jennifer Foley, Paulette Mulrooney, Zena Penney, Amanda Guy, Dr. Ariel Santos and Sarah Winsor.



▲Captain William Jackman Memorial Hospital staff enjoying Christmas dinner are: (l-r) Carla Penney, Marina Brett, Lisa Shaw, Nadia Dube and Aldena Hillier-Legge.



▲Four-year-old Lauren Blackwood enjoys the opportunity to tell Santa and Mrs. Claus that she had been a good girl during the year.



▲ Members of the Moravian Church present a traditional hymn during the annual caroling at the Happy Valley-Goose Bay Long-Term Care facility: (l-r) George Tasedan, Beatrice Hope, Dieter Holeiter and Rev. Glenna Tasedan.



▲ The Happy Valley-Goose Bay Food Bank welcome the donation of food and funding from staff at the Labrador Health Centre, the Long-Term Care Home and the administration building. On behalf of the Social Committee at Labrador-Grenfell Health, Delia Connell (left) and Ernie Slade (right) present the collection of food donations and a cheque to Andrea Keats of the Labrador Friendship Centre.



▲ Stringing lights around the pillars at the entrance of the Labrador Health Centre are Mark Brown (left) and Harold Pilgrim.



▲ What's Christmas without a visit from the mummies? Residents at the Happy Valley-Goose Bay Long-Term Care facility took great delight in a visit from four mummies who offered a song and danced a jig.



▲ Members of the Senior Executive Team donned festive caps and aprons to serve Christmas dinner to staff at the Labrador Health Centre: (l-r) Tony Wakeham, Norma Forsey, Eric Power and Delia Connell.



▲ Sophie Winslow of Pinware helps St. Anthony Mayor Ernest Simms light the tree during the annual Christmas tree lighting ceremony at Charles S. Curtis Memorial Hospital. Sophie is the daughter of Gina Winslow and Ivan Butt.



▲ Staff at Charles S. Curtis Memorial Hospital entered a float in parades at St. Anthony and St. Lunaire-Griquet and won prizes for their portrayal of popular characters from the game 'Angry Birds'. Posing next to the float are: (front to back) Heather Bromley, Nadine Calloway, Brenda Best, Vanessa Bartlett and Diane Alyward. Also taking part in the effort were: Tanya Gibbons, Elaine Hillier, Karla Loder, Stacey Marshall, Kelly Penney, Marlene Penney, Rhonda Simmonds, Damien Simmonds, Richard Colbourne, Harrison Cull, Shawn Earle, Darl Scott, Terry Simms, Terry Woodward, Wilfred Woodward and Leaton Johnson.



▲ Staff from Laboratory, Physiotherapy and Occupational Therapy treated staff at Charles S. Curtis Memorial Hospital to an offering of Christmas treats. They are (Front l-r): Brenda Nippard, Carla Rowe, Deana Diamond, Stacy Marshall, Dr. Kweku Dankwa, Samantha Parrill, Jessica Patey. Back, Gwynn Smith, Marilyn Powell, Gaye Ropson, Laurie McGonigle, Shelley Simms, Katherine Kitchen, Sharon Brushett-Saunders, Gertie Pilgrim, Effie Genge, Dana Patey, Teena Patey, Joe Stone, Michael Stoll and Wendy Christensen.



▲ The South Chapter of the Grenfell Foundation accepts donations from people at Christmastime who wish to remember loved ones who have passed on. Doves and cardinals adorn the Tree of Memories in the Rotunda of Curtis Memorial Hospital. Displaying the tree is Sheila Hillier (Health Records).



▲ Medical staff at Charles S. Curtis Memorial Hospital presented a donation to the St. Anthony and Area Food Sharing Association (l-r): Dr. Reddy Gunna, Dr. Ravi Vatturi, Dr. Kweku Dankwa, Dr. William Fitzgerald, Major Dinzell Baggs of the Salvation Army and Dr. Margaret Krupski.



▲ Curtis Hospital Auxiliary members preparing Christmas stockings for inpatients at Curtis Memorial Hospital and residents of the John M. Gray Centre are (l-r): Jeanette Hostetter, Evelyn Rumbolt, Louise Greenham, Laura Biles, Ruby Carpenter, Christine Richards, Mary Tucker, May Kinsella, Adelaide Richards and Wanda Greenham.



▲ The Rotunda at Curtis Memorial Hospital was filled with the sounds of children and staff singing Christmas carols during the Christmas tree lighting ceremony. Lauren (left) and Lucas Shears lend their voices to the singing at the event.

Donnie Sampson Awarded NLHBA Scholarship

A long-time employee of Labrador-Grenfell Health, Donnie Sampson, was awarded a scholarship to further studies in the area of health administration. The Newfoundland and Labrador Health Boards Association (NLHBA) awarded the scholarship during an event held on December 14, 2012 in Happy Valley-Goose Bay.

"We are very pleased to be able to present this scholarship to a health care professional who is interested in enrolling at the Masters level in health-focused administrative studies," said Pat Conrad, Executive Director of the NLHBA. "The NLHBA Scholarship for Graduate Program in Health Administration was created in response to a recognized need to develop existing and/or future leaders in Newfoundland and Labrador."

Since its inception in 2002, the NLHBA has awarded 15 graduate scholarships. The first recipient of the scholarship was Julie Nicholas. She completed a Masters in Health Services Management and is now Vice-President of Acute Care Services and Chief Operating Officer (South) with Labrador-Grenfell Health.

The scholarship is awarded based on management service within the health system of five years or greater in Newfoundland and Labrador; initiative and service within the health community; participation in projects for the advancement of health; and demonstrated leadership capacity.

Tony Wakeham, CEO, praised Donnie on behalf of Labrador-Grenfell Health. "I would like to extend congratulations to Donnie on being named a recipient of



▲(L-R) Ray Norman, Chair, Board of Directors of Labrador-Grenfell Health; Donnie Sampson; Pat Conrad, Executive Director, Newfoundland and Labrador Health Boards Association; and Tony Wakeham, CEO, Labrador-Grenfell Health.

the Scholarship for Graduate Program in Health Administration. We are proud of her selection for this important scholarship and have every confidence that the knowledge and education she gains through her studies will benefit Labrador-Grenfell Health and the people that we serve in this region."

Donnie Sampson, Regional Director of Community Clinics, has been a health professional since 1995. She has a Bachelor in Nursing, a Masters in Nursing from Athabasca University in Alberta and is a certified Nurse Practitioner. A native of Port Hope Simpson, Labrador, Donnie's professional experience spans a broad range of nursing practice. She served as a Regional Nurse from 1995-2000 and as a Nurse Practitioner from 2000-06 in Port Hope Simpson. From 2006-10, she was the Clinical Nursing Manager (South). Since June, 2010, Donnie has served from Happy Valley-Goose Bay, where she is responsible for the management and supervision of all programs and activities for community clinics administered by Labrador-Grenfell Health.

Award of Excellence for Dr. Gabe Woollam



▲An Award of Excellence was presented to Dr. Gabe Woollam, Chief of Staff at the Labrador Health Centre in Happy Valley-Goose Bay, by the Newfoundland and Labrador College of Family Physicians. He credits the work of communicable disease control nurses for the significant role they played in establishing a tuberculosis clinic at the Labrador Health Centre. Proudly displaying the award with Dr. Woollam (centre) are Communicable Disease Control Nurses Sylvia Doody (left) and Stacey Ramey (right).

Dr. Gabe Woollam, Chief of Staff at the Labrador Health Centre in Happy Valley-Goose Bay, is a recipient of an Award of Excellence from the Newfoundland and Labrador College of Family Physicians. The award was presented on October 25, 2012, at the group's 24th annual scientific assembly in St. John's.

He was nominated for the award as a result of advancements in tuberculosis (TB) management within our region. Dr. Woollam noted an increasing number of individuals in the region were diagnosed with TB. He determined there was a need for a consistent approach to patients who had TB or were considered for diagnosis. Dr. Woollam partnered with a colleague, Dr. Nemat Daraei, and communicable disease nurses to establish a TB clinic.

The clinic coordinates diagnostic testing, clinical assessment and treatment prescriptions. It also facilitates a close relationship with radiologists who interpret x-rays, the public

health team which supervises treatment, and the Nunatsiavut Government. Dr. Woollam is now working on compiling a TB database that will enhance follow-up and the management of patients who are afflicted with TB.

The Award of Excellence program recognizes family physicians in the province who have made an outstanding contribution in a specific area pertaining to one or more of the following areas: patient care, community service, hospital or health care institutions, College activities (national or chapter), teaching, research, or other elements of the academic discipline of family medicine.

Dr. Woollam is a family physician who attended medical school at the University of British Columbia and completed a family medicine residency at Memorial University. He also teaches medical students and residents enrolled in the Northern Family Medicine Education program.

Senior Citizens Treated to Dinner Theatre

Senior citizens in the Happy Valley-Goose Bay area were treated to a dinner theatre with a message. The play, entitled Bruno and Alice, is a story about love and seniors' safety. Based on a booklet from Health Canada, the play is one of several short stories that present information on safety hazards in and around the home that affect seniors. Senior citizens from Happy Valley-Goose Bay and North West River who attended the event at the Masonic Lodge on October 30, 2012 thoroughly enjoyed an afternoon of drama and food.

Several volunteers made this event a great success, including Zita White, Jenny Lyall, Edna Blake, Darlene Wall and Shaun McLean. In bringing the characters to life, the play presented information on a serious topic in an amusing and entertaining way.

This event was also a great example of how partnerships make things possible. Labrador-Grenfell Health, NunatuKavut, the Labrador Friendship Centre, and the Community Studies class at the College of the North Atlantic worked together to bring all the pieces together. Everyone played an important role in preparing the meal, the play, and getting the word out to seniors.

The Bruno and Alice dinner theatre was initially presented in Labrador City by an injury prevention group. The play and script was



▲Cast members of the Bruno and Alice dinner theatre included: (L-R) Shaun McLean, Jenny Lyall, Edna Blake, Zita White and Darlene Wall.

made available on DVD and it was shared with other groups in the region and the province. Thank you to all who helped to make this an event that surpassed my expectations.

Janice White, Health Promotion and Education Coordinator

Photo Trivia



This issue

Q: Name the location of this nursing station, which was constructed in 1932 by the International Grenfell Association.

Last issue

Q: In the past, it was not uncommon for nurses and doctors to travel to isolated villages by boat, snowmobile or dog team to administer care to people who could not access clinics or nursing stations. Can you name the community pictured here? Prior to the closure of the cod fishery in 1992, this village was a bustling place, complete with a school and church.

A: The community is Square Islands, located near Charlottetown on the Labrador coast.



Students Take the Lead on Anti-Bullying Activities

Bullying continues to be a major issue in our communities, negatively impacting the mental health of those affected. Bringing awareness to this issue is an important step towards helping people be safer at school, work and within community spaces. Anti-Bullying Awareness Week was observed November 12-16, 2012.

Bullying is defined as repeated words or actions aimed at causing another person to feel frightened, miserable or helpless. All bullying behavior is deliberately hurtful, it is repeated and makes it difficult for the person who is the target of bullying to defend themselves.

Everyone has a right to learn and work in a safe environment free from harassment, discrimination and violence. Therefore, this year's

theme was 'Stand Up to Bullying'. Everyone is encouraged to do their part to end bullying.

Mental Health and Addictions staff around the region led activities to support non-violence, healthy relationships and to end bullying behaviors in our communities. Some of these activities included: The 'Stars of Mental Health' puppet shows on topics such as respect and empathy; an art and T-shirt logo contest; a cyber bullying awareness activity; and a presentation to a local youth centre.

During the coming months, staff will continue to be involved in anti-violence projects and will promote healthy and respectful relationships.



▲ Tammy White (Community Mental Health Nurse) joins Keisha Taylor and Roland Williams, students at Viking Trail Academy in Plum Point, in signing a flag to raise awareness of Anti-Bullying Awareness Week.



▲ Emily McLean (left) and Nick Applin, students at Canon Richards Memorial Academy in Flower's Cove, cut a ribbon to launch anti-bullying activities at the school.



▲ (L-R) Mental Health and Addictions staff in Labrador City, Nicole Northcott, Aldena Hillier-Legge and Carla Penney get ready to judge a poster contest held for Grades 4-6 students at J.R. Smallwood Middle School in Wabush.



▲ Students at Mealy Mountain Collegiate in Happy Valley-Goose Bay were challenged to take a positive stance and demonstrate more consideration for the material they post online. Standing in front of a banner, which carried the message, 'Don't be mean behind the screen, write something positive', were: (l-r) Vice-Principal Scott Fraser, students Rebecca Pike, Danielle Spearing and Matthew Pilgrim, and guidance counselor Deanna Miles.

Donations

Remembering Margarite Martin

The family of the late Margarite Martin made a special presentation to the Palliative Care Unit at the Labrador Health Centre in Happy Valley-Goose Bay. A pull-out sofa bed was purchased and presented to Colleen Wheeler, Inpatient Coordinator, on Nov. 2, 2012. Margarite was hospitalized for 10 weeks before losing her 18-month battle to brain cancer on February 16, 2012. She was 53. Family members described her as a special individual who was concerned about those who were less fortunate and she found the good in everyone. Her family and friends miss her sympathetic ear, her lovely crafts and photography, and her absolute joy of life. Family members felt that a new sofa bed would allow people in similar circumstances to be as comfortable as possible. Family members taking part in the presentation were: (Front, l-r) Linda Mugford and Cecil Bird. Back, Colleen Wheeler (Inpatients Coordinator) and Jos Davis.



Aid for Hard of Hearing Clients

The Happy Valley-Goose Bay branch of the Canadian Hard of Hearing Association (CHHA) presented a digital communications aid and information kit to the Labrador Health Centre on November 6, 2012. The aid will assist clients who are hard of hearing. Making the presentation to staff members Natalie Gould (Registered Nurse) and Colleen Wheeler (Inpatients Coordinator) were CHHA representatives Cyril Peach (left) and Kathleen Cabot (right).



Staff Contribute to Hamper Fund

Laboratory, X-ray and Respiratory Therapy staff at the Labrador Health Centre presented a donation to the Roland Shears Hamper Fund during the Christmas season. In lieu of giving gifts to each other, staff collected money and contributed funds from a jeans fund to assist those less fortunate. Rev. Jean Shears (centre) of the Lake Melville Ministerial Association accepted \$365 from Miriam Holwell (Lead Laboratory Technologist) and Yvonne Batstone (Diagnostic Imaging Technologist).

Funds Raised for Infusion Pump

Funds raised at the Captain William Jackman Memorial Hospital in Labrador City during Breast Cancer Awareness Month in October will be used towards the purchase of an infusion pump for the Oncology Department. A total of \$2,611.21 was raised. Taking part in the presentation were: (L-R) Linda MacMillan (Oncology Coordinator), Ida Langdon of Labrador Catering, Eleanor Fowler (Nursing Site Manager) and John Dawe of Labrador Catering.



Retirements

Calvin and Betty Cooper

Calvin and Betty Cooper worked at the Captain William Jackman Memorial Hospital in Labrador City. Calvin was a Primary Care Paramedic from September 27, 2004 until his retirement, while Betty worked in a variety of positions, including switchboard/hospital admitting, clerk-typist in laboratory, x-ray and emergency, and stenographer in health records from July 4, 2006 until her retirement. The couple retired on October 25, 2012 and have relocated to New Maryland, New Brunswick, to spend time with family and their grandchildren. Staff at Captain William Jackman Memorial Hospital extend best wishes to them both for a long and happy retirement.



Darlene Mackey

Darlene Mackey started her career in health care at the former Melville Hospital in Happy Valley-Goose Bay on August 29, 1979. At the time, she was a stay-at-home mom of a young son and was called, out of the blue, to consider taking a job as switchboard operator at the hospital. Her intent was to try it out and perhaps work for a few months to help bring in a little extra income. Thirty-three years later, she's bringing her career to a conclusion.

In the early years, Darlene worked as a health records file clerk and admitting officer. She earned certification from the Canadian Hospital Association as a Health Record Technician and was appointed to the position in 1995. Darlene set up the coding and abstracting program at the Melville Hospital and was promoted to the position of Departmental Supervisor in Health Records in 2001. She held that position until October 31, 2012, overseeing staff and functions in Health Records, Admitting, Switchboard, and, for many years, Outpatients Registration. As president of the local NAPE branch for more than 20 years, staff throughout the hospital came to know Darlene well and certainly relied upon her expertise and calm manner.

The highlights of her career included the introduction of 3M abstracting in 1997, the implementation of the Meditech system in 1999, and the relocation to the Labrador Health Centre in 2000.

Retirement plans will take Darlene and her husband, Bill, to Port Hope, Ontario, where they will be closer to their two sons and their families. Darlene's co-workers are sad to see her go, but happy for the retirement she has so deservedly earned. She has always seen her staff as her extended family, so she will miss them as well. We thank Darlene for her loyal and dedicated service and send her off with our best wishes for a long, happy and healthy retirement.

*Susan Bourgeois
Regional Director, Health Records*



▲ Muriel Hedderson cuts a cake at a retirement tea held in her honour.

Muriel Hedderson

Colleagues, family and friends gathered in Port Hope Simpson on November 20, 2012 to bring retirement wishes to Muriel Hedderson. Muriel started working with Grenfell Regional Health Services in 1987 as a Personal Care Attendant with Community Health in Port Hope Simpson. Muriel is well-known for her commitment to her clients, her infectious laugh and sense of humor. In addition to her personal care role in the community, she played a big part in initiating the formation of a seniors' group. Muriel devoted much of her personal time to this group and enjoyed various outings, always including one of her favorite activities – lunch! In retirement Muriel plans to spend more time with her family, especially her grandchildren. Her colleagues extend best wishes to Muriel for a happy, healthy retirement.

*Joanne Bridle, Community Health Nurse
Diane Porter, Clinical Coordinator*



▲ Among those who attended Joyce Gillett's retirement party were: (Front, L-R) Patricia Gould, Linda Pevie, Brenda Dunphy. Back, Gloria Dumaresque, Ozette Simpson, Joyce Gillett, Triffie McLean, Ellen Parsons, Ana Doffing and Carol Welshman.

Joyce Gillett

Joyce Gillett was employed with Aramark Canada at the Captain William Jackman Hospital in Labrador City for more than 34 years. She started her career in June, 1978. Joyce was known as the 'cafeteria girl' for 15 years until the cafeteria was closed in 1993. She then worked as a Food Service Worker I until 2007 when she took the position of Cook I, which she held until her retirement. Joyce always went above and beyond the call of duty to help patients and staff. She will certainly be missed and we wish her all the best in her retirement.

*Carol Welshman
Food Operations Supervisor*

Elizabeth Hicks

Elizabeth Hicks commenced employment with the International Grenfell Association on December 31, 1975, at the Port Hope Simpson nursing station as an assistant to then Public Health Nurse Margaret Harris. She worked in this role for three years before moving on to become a dental assistant. After eight years, Elizabeth became a Personal Care Attendant in the clinic and worked mostly part-time with some full-time stints until her retirement in September, 2012. Elizabeth thoroughly enjoyed her job and found it to be very rewarding. Her colleagues extend best wishes for good health in the years ahead.

*Marilyn Kippenhuck
Clinical Manager, Community Clinics (South)*



Addictions Awareness Week 2012: Balancing Your Life

Addictions Awareness Week is observed during the third week of November to raise awareness about alcohol, other drugs and gambling. This year's theme, 'Balancing Your Life', emphasized the importance of making healthy choices for our physical and mental health. This includes taking the time to become informed about choices that we make every day and to be aware of the supports available when we encounter problems. In addition, the week offers hope to those who are considering change and to celebrate those who maintain sobriety and remain addictions free.

Mental Health and Addictions staff partnered with community groups throughout the region in planning prevention and educational events. These included community and school presentations, community luncheons, open houses and information sharing. Thanks are extended to community members and agencies who were involved in planning and participating in local events. The support of community is important in prevention and recovery efforts. People respond better to treatment when they know that friends, family, co-workers and the community are behind them.



▲The Town of Happy Valley-Goose Bay proclaimed the week of Nov. 18-24 as Addictions Awareness Week. Raising the flag were staff of Labrador-Grenfell Health's Mental Health and Addictions Department: (L-R) Lisa Wiggins, Leeanne Fowler and Amanda Pardy.

Addictions affect us all, directly or indirectly. Events such as Addictions Awareness Week help people become informed and make positive choices about alcohol, other drugs and

gambling. Our goal is to help individuals, families and communities become healthy and strong.

TRIVIA

This issue:

Q: Sir Wilfred Grenfell introduced cooperatives to Newfoundland and Labrador as part of his missionary work in coastal communities. In 1893, he helped establish a general purpose cooperative which supplied goods to members and marketed their fish. What was the community?

Last issue:

Q: When did the first road ambulance ever to be used in Northern Newfoundland arrive in St. Anthony?

A: The first road ambulance arrived in St. Anthony aboard the Northern Ranger on July 18, 1956. A report in the October 1956 edition of *Among the Deep Sea Fishers* indicated the vehicle was "a beautiful green colour, with red crosses on a white background and 'International Grenfell Association' painted along the sides." The ambulance was a gift to the Grenfell Mission from the Bowater Paper Corporation. It was fitted "with a well-equipped cabin and capable of carrying two stretcher patients or eight sitting patients and attendant." Thank you to Alwyn Sansford for submitting the correct response.

MOREob Launched

New Program Aims to Improve Care in Obstetrics



▲Staff at Charles S. Curtis Memorial Hospital took part in the launch of the MOREob program: (L-R) Leaton Johnson, Seethal Mary Jose, Rita Reardon, Dr. Sarada Paladugu, Dr. William Fitzgerald, Sharon Penney, Dr. Abdalla Alrezaq and Beverly Pittman.



▲Taking part in the launch of the MOREob program at Happy Valley-Goose Bay were: (Front, l-r) Dr. Sarada Paladugu, Dr. Charlene Fitzgerald. Back, Dr. Abdalla Alrezaq, Rita Reardon, Sharon Miller, Helen Penney, Dr. Karen Horwood, Pamela Browne, Dr. Kazeem Amoo, Dr. Alison Morris and Corina Porter.

A program aimed at improving patient safety in the delivery of babies has been launched by Labrador-Grenfell Health. The program, Managing Obstetrical Risk Efficiently (MOREob), helps frontline caregivers, clinical practitioners and administrators in obstetrical units improve clinical outcomes, decrease the risk of adverse events and improve the quality of work life.

"Our goal is happy moms, happy babies and happy staff."

Dr. Alison Morris
Patient Safety Physician
Labrador-Grenfell Health

The three-year program got under way with training sessions for a multidisciplinary team of staff members who work in obstetrical units at Captain William Jackman Memorial Hospital in Labrador City, Charles S. Curtis Memorial Hospital in St. Anthony, and the Labrador Health Centre in Happy Valley-Goose Bay. The sessions took place in Happy Valley-Goose Bay in November and St. Anthony in December.

The program uses various techniques and tools to improve patient safety in labour and delivery units. "Our goal is happy moms, happy babies and happy staff," according to Dr. Alison Morris, Patient Safety Physician at Labrador-Grenfell Health.

Approximately 90 per cent of babies born in Canada are delivered at a centre where the MOREob program has been implemented. Independent studies have shown the program to be very successful in achieving safer care.

"The core team at Labrador-Grenfell Health is very excited to be involved in rolling out this program over the next three years," added Dr. Morris.

The MOREob program is delivered by Salus Global, a company that facilitates improvements in patient safety performance by improving inter-professional learning, communication, teamwork and culture.

Pastoral Care Week

The theme of Pastoral Care Week, October 21-27, 2012, was 'Giving Voice'. Events were held at Captain William Jackman Memorial Hospital in Labrador City and the Happy Valley-Goose Bay Long-Term Care Facility.



▲ Taking part in a service conducted by the community pastoral care team at Labrador City were: (Front, l-r) Wanda Paddock (Recreational Therapy Worker), Mary Casmey, Albert Morgan, Tom Banfield, Gladys Squires. Back, Father Joy Paul Kallikkattukudy, Captain Tim Jenkins, Hayward Sheppard and Pastor David Milley.



▲ Clergy members conducted devotions at the Happy Valley-Goose Bay Long-Term Care Home during each day of Pastoral Care Week. Participating in the devotions were: (l-r) Steven Janes (Recreational Specialist), Majors Stan and Debbie Higdon, Archdeacon Charlene Taylor, resident Sam Pottle, Rev. Kathy Brett, Sally Penney (Secretary), Rev. Jean Shears and resident Pearl Baikie.

Friends of Along the Coast to Labrador



I've been retired for 11 years now. It seems like yesterday and things change! Along the Coast to Labrador is still the same as when we were there, except more of Labrador in it. The format you have it in now is lovely, fresh and does the job...and it's easy to use.

I fondly remember the little part I played with Grenfell, especially my flying days, of the people I met, and especially the children along the coast. My trips are logged in my flying logbook, along with the hours I flew, and most of those hours were with Grenfell. I remember that weather played such a big part of our everyday work. Dr. Thomas used to come over to the Mission Store and visit me every time he came back to St. Anthony when I was Operations Manager. He said during those visits that I could do most everything, but I still couldn't control the weather, which affected our daily lives so much.

Keep up the little magazine, as it keeps people in touch who have been with Grenfell for many years, and include more photos of the nursing stations along the coast.

Tom Green
Coldbrook, Nova Scotia

We welcome comments from our readers. Send your thoughts to the Editor. See page 2 for contact details.

Work Completed on Healthy Eating Toolkits

Staff of Family Resource Centres on the Northern Peninsula can now provide healthy eating information to young children and their parents with the help of two new practical resources. Work on developing the toolkits was started through funding from the Provincial Wellness Grants Program.

Registered Dietitians at Labrador-Grenfell Health and other regional health authorities in the province provided evidence-based expertise in crafting each section of the toolkits. The final product resulted from collaboration and consultation with resource mothers and Family Resource Centre staff.

Charmaine Cull, Executive Director of the Northern Peninsula Family Resource Centre, brought staff together to plan the programs and invited Regional Nutritionist Linda Hillier to speak to the group. Linda presented an orientation workshop on the toolkits on September 6, 2012. Participants said the tools and activities in the Healthy Eating Toolkit provided nutrition information that they could use in their programs and sessions.



▲ (L-R) Charmaine Cull, Executive Director of the Northern Peninsula Family Resource Centre, reviews the toolkits with Denise Carter, Program Coordinator at the Family Resource Centre in St Anthony.



Obituaries



Jessie Colbourne

It is with sadness that Labrador-Grenfell Health notes the passing of Jessie Colbourne of St. Anthony on October 12, 2012. She was hired by the International Grenfell Association to work part-time in occupational therapy at the Grenfell Hospital and Charles S. Curtis Memorial Hospital from 1962 to 1969 and again from 1970 to 1973.

Jessie was a skilled craftsperson for the Grenfell Industrial, producing high quality hooked mats and embroidery. Examples of her embroidery were present in several handicraft products presented as gifts by organizations to visiting dignitaries. Among them was Pope John Paul II, who received an embroidered Grenfell parka from Grenfell Handicrafts during a visit to St. John's in 1984. In addition, Jessie's skill as a mat hooker is present in many collections of work in museums and private collections in Canada and the United States.

Jessie was predeceased by her husband, Max, in 1995. She leaves to mourn her three children, Loretta (Wilbur) Patey of Happy Valley-Goose Bay, Overton (Judy) of Corner Brook, and Owen (Julie) of Calgary, three grandchildren, three great-grandchildren and a large circle of family and friends.



Mary Belle Patey

With sadness, Labrador-Grenfell Health notes the passing of Mary Belle Patey on November 1, 2012. She was 95 years old.

Mary began her working life with the International Grenfell Association at the Grenfell Handicrafts, followed by the Grenfell Memorial Co-op. On October 18, 1948, she was hired as a Payroll Clerk in Administration. On December 29, 1978, she moved to a supervisory position in that department, which she held until her retirement on April 30, 1982.

Mary was predeceased by her parents, Leslie and Amelia Patey. She leaves to mourn her sisters Rosalie and Violet; brothers Edmund and Dennis and a large circle of extended family and close friends.



Nellie Margaret Pilgrim

It is with great sadness that Labrador-Grenfell Health staff at the White Bay Central Health Centre (WBCHC) bid a final farewell to Nellie Margaret Pilgrim, known to everyone as 'Mrs. P', who passed away at the WBCHC on November 25, 2012 following a courageous battle with breast cancer. Mrs. P was 88 years old.

Mrs. P worked as a cook in the former Roddickton Nursing Station for 17 years and retired in 1985. She was known for her love of cooking, her great meals and 'sweets'. She touched the lives of many staff who she treated like family.

Mrs. P wasn't a very outgoing person but loved to have people visit her home and no one ever went away hungry.

Mrs. P leaves to mourn her husband Dorman of 68 years, son Frank (wife Magretta) daughter Joan (husband George), nine grandchildren, 13 great-grandchildren and a large circle of family and friends. She was predeceased by her son Don (wife Dulcie).

Comings & Goings

WELCOME TO:

Happy Valley-Goose Bay

Mark Fradsham	Security Guard (Temporary Call-in)
Sarah Hunt	Adolescent Mental Health Counselor
Deborah Mercer	Nurse
Ashley Taylor	Personal Care Attendant (Temporary Call-in)
Colleen Young	Behaviour/Child Management Specialist (Temporary)

Hopedale

Kaila de Boer	Mental Health & Addictions Counselor
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Labrador City/Wabush

Wade Glendenning	Power Engineer
Kirsten Joy	Utility/Domestic Worker (Temporary Call-in)
Stephanie Yetman	Admitting Clerk/Switchboard Operator (Temporary Part-time)

Nain

Francie Lockwood	Regional Nurse (Casual)
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Rigolet

Angela Shiwak	Personal Care Attendant (Temporary Call-in)
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St. Anthony

Scott Gear	Trades Helper (Electrical) (Temporary)
Amie Hay	Speech Language Pathologist
Alex Ryan	Pharmacist (Temporary)

St. Lewis

Alicia Russell	Personal Care Attendant (Temporary Call-in)
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GOOD-BYE AND GOOD LUCK TO:

Flower's Cove

Jessie Samson	Clerk II
	Tex Bernabe
	Leah Ikkusek

Happy Valley-Goose Bay

Thomas Asivak	Trades Worker (Temporary)
Roger Briffett	Trades Worker
Sherry Davis	Clerk Typist II (Temporary Call-in)
Brenda Gear	Mental Health Counselor
Garry Harriman	Security Guard (Temporary Call-in)
Darlene Mackey	Health Records Supervisor (Retired)
Michelle Sheppard	Nurse

Labrador City/Wabush

Leanne Brown	Domestic Worker
Betty Cooper	Clerk Typist II
Calvin Cooper	Paramedic
Michalann Foley	Secretary
Samantha Turnbull	Diagnostic Imaging Technologist
Sheena Young	Switchboard Operator (Temporary Call-in)

Nain

	Regional Nurse I
	Clerk I

North West River

Ashley Rideout	Community Health Nurse
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Postville

Rose Webb	Personal Care Attendant (Temporary Call-in)
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St. Anthony

Lyra Burke	Nurse I
Wendy Compton	Clerk I
Norma Cull	Stenographer II
Alison Dower	Director of Communications
Jasmine McGrath	Dental Assistant (Temporary Call-in)
Samantha Ricks	Nurse I



FROM THE PAST

A Labrador Christmas – Cartwright, 1925

Christmas! Christmas! Christmas!" – it seemed to ring through the icy night air as the hush of dawn was presaging the impending hurricane of joyous shouts, hours of happy, throbbing excitement. My, how busy the last few days had been! Of course for the past month the teachers had been getting ready for the eventful day. There had been practicing for the Christmas play and anthem. There had been the plans for costumes, for decorations, and for the entertaining of our guests from the nearby village, the annual entertainment being one of the "events" of a Cartwright winter. Then enthusiastic plans had received a distracting blow; scarlet fever had been diagnosed and the school was shut off from its friends by an impassable quarantine barrier. But out of the uncertainty and disappointment of it all had come the splendid determination on the part of the teachers to go through with the entire program for the sake of the children. How tirelessly they had worked! And these last few days, so hectic and yet so happy! Early in the week there had been the rush out on the porch to see the boys bringing in the Christmas tree, selected from car loads on the hillside. There had been armfuls of green boughs. There had been decorating with eager helpers a-plenty, till now the nursery with its imitation brick fireplace constructed around a packing box, the school-room with its gay festoons and evergreen-decked stage, and even the familiar dining room seemed to whisper "Christmas" with a cheery knowing wink of its curtains.

Just a few short hours before there had been the delightful "Christmas concert", as the children proudly call it, and it had been impossible to tell who had been more thrilled – the tiny audience, composed of a few of the children and the members of the staff who were not behind the scenes, or the little actors themselves.

And then the sun had set in the late afternoon; lo, it was Christmas Eve! After a supper where excited voices had kept mouths all but too busy to eat, we had gone over the snow and sung our carols outside of Mr. Bird's house. And at last the stockings had all been filled with apples and goodies and dolls and toys, and the weary but happy Santas had gone to bed to rest for a bit while the first grey streaks of dawn were greeting "the sentinel in the cove." "Yes, Christmas! Christmas! Christmas is here at last!"

It seemed almost immediately I was wakened by the wildest sort

of clatter and chatter, delighted shouts, "Oh's" and "Oh look's" and the patter of flying feet. Being already dressed, I was at the door in a moment, to be greeted by "Merry Christmas!" "Merry Christmas!"

Wide eyes sparkled and with cries of "Oh look!" "Look at my beautiful doll Santa brought me!" "Oh, Harry, look at this!" We were shown dozens of things by the happy youngsters who had triumphantly returned with their loaded stockings, while others who hadn't been able to dress so quickly rushed down to the nursery still struggling with stubborn buttons, each calling to everybody in general and in particular a "Merry Christmas!"

There was a temporary lull for breakfast, during which five rather weary but certainly very happy folk opened their stockings with many a good laugh – it was such fun! After the chores were done, the joyful throng gathered around the Christmas tree and Miss Day, whose splendidly tireless efforts were resulting in such happiness, had several of the youngest children distribute the gifts, as wind and snow swirled around the corners of the school building. Thanks to thoughtful and generous friends in other parts of the continent, Santa forgot no one.

Before we knew it, it was time for lunch. The table was in holiday attire. Miss Day and several of the older girls had made cute little doll favors from lollipops and crepe paper for each of the children, and in the midst of stewed rabbit and fixings, who should appear but Santa himself! With hasty apologies for being detained by the storm, he left a box of candy and rushed out again before all the children realized just what was happening. And in almost a "nod of the head" Santa, minus her whiskers and makeup, was playing the organ in the schoolroom. So the old saint is still a mystery on the Labrador.

And when at last the day was over and tired little feet had taken happy little hearts and their newly acquired treasures to bed, the staff gathered around the Christmas tree. Relaxing from the exciting rush of preparation for such a successfully happy day, they opened a few surprise packages from home as well as gifts purchased by telegraph a number of months before. And as we chatted over the events of the day I'm sure each wondered if ever there had been a happier Christmas.

*By Harry Lawrence Wilbur
(An excerpt from Among the Deep Sea Fishers)*