

Along the Coast to Labrador



Highlights

May - August 2014

A Century of Service

*Curtis Hospital Auxiliary
celebrates anniversary*

Spreading the Message

*Banners promote positive
health behaviours*



Labrador - Grenfell
Health

A large return over 100 years

Over the course of time, a great amount of significance has been attached to the number 100. The Bible says Abraham was one hundred years old when his son Isaac was born and 100 Roman soldiers were said to have escorted Jesus during his condemnation and again during the bearing of his cross. The number is also symbolic of martyrdom and it is said that one who receives the seed of the word of God and keeps it will produce a hundredfold crop. Through these examples, and many more documented throughout history, 100 is a round, complete number and that it equates a large return.

Two entities that celebrated their 100th anniversary in 2014 have certainly delivered a large return to the people of Northern Newfoundland and Labrador. The International Grenfell Association (IGA), which was incorporated in 1914 to manage and administer the affairs of a growing Grenfell Mission launched a few years earlier by Dr. Wilfred Grenfell, is marking a century of service this year. The organization has undergone several transformations over the decades, starting out with the administration and delivery of health care, education, and religious services, to today where the IGA is regarded as a private foundation that uses endowment funds to award grants for the benefit of people in the region. Similarly, the Curtis Hospital Auxiliary, which was known as the St. Anthony Community Club in its early years, has steadfastly supported the health care system – from mending bed sheets in the hospital to raising money. The faces have changed over the years, but the dedicated volunteers who sell Christmas cards, produce baked goods and crafts for sales, and operate the gift shop at Charles S. Curtis Memorial Hospital, have consistently contributed donations in an impressive display of loyalty, camaraderie and generosity.

Articles in this edition of Along the Coast to Labrador provide an overview of the celebrations which each of these organizations staged in the spring to mark their respective centuries. Congratulations are in order for the men and women who have devoted and continue to give of their time, talents and kindness to the cause that Dr. Grenfell launched when he surveyed the destitution of the people's living conditions in the years following his arrival in 1892.

Other pages in this issue feature the introduction of new services, such as colon cancer screening and echocardiogram services, which provide confirmation that health care continues to evolve and is far from stagnant. We're also pleased to inform readers about the accomplishments and milestones achieved by Labrador-Grenfell Health staff, along with recognition for other groups and individuals who support health care with important donations.

Allan Bock

Allan Bock, Chair
Regional Newsletter Committee

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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 • Website: www.lghealth.ca

Regional Newsletter Committee:

Allan Bock, Editor
Carolyn Janes
Heather Bromley
Karen Gillard
Patti Moores

Steven Janes
Viva Pittman
Brenda Eddison
Christal Reardon

Heather Leriche
Karla Loder
Melanie Humby
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Labrador-Grenfell
Health

See page 10 for cover details.

The Curtis Hospital Auxiliary was recognized for providing 100 years of service to the health care system on May 26, 2014. Auxiliary president Evelyn Rumbolt (left) accepted a certificate of appreciation on behalf of members from Patricia Corrigan, president of the Newfoundland and Labrador Association of Healthcare Auxiliaries.

Printed by:

Transcontinental
Chris Watton, Senior Sales Executive
(709) 486-1829 • chris.watton@tc.ca
Katja Moehl - Layout Editor/Graphic Design
(709) 258-2069 • kmdesignsinc@live.ca

Work Gets Under Way on Journey in the Big Land Project

In March 2014, work began on the three-year initiative entitled *Journey in the Big Land*, aimed at enhancing the cancer care journey for Labrador Innu, Inuit and Metis. As part of the proposal planning phase of this initiative, a forum was held in Happy Valley-Goose Bay in October, 2013. In total 48 people attended the forum, including Community Health Planners from Natuashish and Sheshatshiu, representatives from Nunatsiavut Government Department of Health and Social Services, the NunatuKavut Community Council, Labrador-Grenfell Health, Eastern Health, the Canadian Cancer Society, the Dr. H. Bliss Murphy Cancer Care Foundation, and cancer patients and caregivers from Labrador. The purpose of this forum was to identify gaps in service and priorities for service delivery.

The workshop participants clearly identified the three priority areas for the project. These priority areas were:

- Enhancing *Transitions in Care* between hospital and the community setting;
- Enhancements to the *Tele-oncology* model for improved consultation between oncology specialists and Labrador-Grenfell Health physicians, nurses in community clinics and patients themselves;

- Enhancing *Cultural Safety* through employee training programs, information packages in the languages of Labrador FNIM groups, and placement of Labrador imagery at the Dr. H Bliss Murphy Cancer Clinic.

One of the first pieces of work being undertaken through this initiative is the development of community and clinic profiles in partnership with First Nations, Inuit and Metis (FNIM), Labrador-Grenfell and Eastern Health. These profiles will provide an overview of each FNIM community and outline information about health facilities and staff in order to help the health care team familiarize themselves with resources and supports available to clients at the community level. Additionally, profiles will be prepared for hospitals in Labrador and on the island, including the Dr. H. Bliss Murphy Cancer Centre. The profiles will be the first of a number of tools to be developed and organized in a toolkit to help improve the cancer care journey.

Collaboration with stakeholders has been a priority of this initiative and is integral to its success. Another stakeholder forum is planned to take place in Labrador in April 2015.



▲ Jennifer Shea, project lead for the Journey in the Big Land project, recently met with stakeholders in Labrador. Taking part in that discussion were: (l-r) Mary Janet Hill, Community Health Planner, Sheshatshiu; Tina Buckle, Health and Social Development, Nunatsiavut Government; Ms. Shea; and Donnie Sampson, Vice-President of Nursing, Labrador-Grenfell Health.

Service Awards Presented to Staff

Labrador-Grenfell Health acknowledges the importance of creating a culture of recognition for the dedicated years of service provided by employees throughout the region. In recent months, service awards have been presented to staff who work in health centres and community clinics. The presentations took place in Port Hope Simpson, Forteau, Postville and Nain.



▲ Joanne Bridle, Public Health Nurse, Port Hope Simpson (10 years).



▲ Victoria Paul, Regional Nurse, St. Lewis (10 years).



▲ Sherry Leyte, Regional Nurse, Port Hope Simpson (10 years).



▲ Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres (15 years).



▲ Elizabeth Pijogge, Personal Care Attendant at the Nain Community Clinic, received recognition in June for her five years of service to Labrador-Grenfell Health. Making the presentation was Kathy Elson, Clinical Manager (North).



▲ A long-time employee of the Postville Community Clinic, Kathy Decker, Personal Care Attendant, accepted a 20-year service award from Tony Wakeham, CEO of Labrador-Grenfell Health, in June.



▲ Staff members at the Labrador South Health Centre in Forteau received service awards during a function on June 17, 2014. Barbara Molgaard Blake, Vice-President of People and Information, was on hand for the presentations. Among those honoured for their years of service in health care were: (l-r) Barbara Molgaard Blake; Kay Buckle, Licensed Practical Nurse (15 years); Ruth Howell, Personal Care Attendant (35 years); Morenda French, Licensed Practical Nurse (five years); Dr. Brian Kizner, Dentist (five years); Levi Snook, Laboratory/X-Ray Technician (30 years); and Joy Fowler-Pike, Registered Nurse (15 years).



▲ Lavern Broomfield, Maintenance Repairer at the Postville Community Clinic, received a five-year service award in June from Tony Wakeham, CEO of Labrador-Grenfell Health.

Correction

The list of employees receiving 10 and 15-year service awards at Charles S. Curtis Memorial Hospital, as published in the January to April 2014 edition of *Along the Coast to Labrador*, was incorrect. The presentations were as follows: *10-year* – Blanche Pilgrim, Trevor Simms, Sherry Whiteway; *15-year* – Drucilla Cassell, Dr. Sarada Paladugu, Bart Gilbert, Michele Hodder, Ken Patey, Tina Coombs, Wayne Brown, Nadine Calloway and Pamela Cronhelm. *Along the Coast to Labrador* apologizes for this error.

Honorary Doctor of Science Degree for Dr. John Gray

Dr. John Gray was awarded an Honorary Doctor of Science degree at the Memorial University of Newfoundland convocation on May 29, 2014. The long-time physician received the degree in recognition of his dedication to medical education and service.

Dr. Gray received his education in his hometown at the University of Nottingham, United Kingdom, and at St. Bartholomew's Hospital Medical College, University of London, before arriving at the Grenfell Mission as a medical officer where he served for the next 25 years.

Originally posted to Cartwright in 1956, Dr. Gray later moved to St. Anthony where he served as chief of medicine at the Charles S. Curtis Memorial Hospital. He was appointed clinical associate professor of medicine at Memorial University following the opening of the medical school.

While in St. Anthony, Dr. Gray also initiated a residence project for seniors and today, the long-term and continuing care facility in St. Anthony bears his name as the John M. Gray Centre.

The family left Newfoundland in 1981 when Dr. Gray joined the staff of Dalhousie University where he established the Division of Geriatric Medicine. An area of special interest, both in service and research, was dementia, with particular reference to Alzheimer's disease. In Nova Scotia, he was a founding member of the Alzheimer Society, and served on the boards of the Gerontology Association of Nova Scotia, and the

Canadian Geriatric Society, serving as vice-president. He was awarded the Queen's Jubilee Medal in 1977.

Dr. Gray and his wife, Fiona, live in Herring Cove, Nova Scotia.



▲ Dr. John Gray receives an Honorary Doctor of Science degree from Dr. Susan Dyer Knight, Chancellor of Memorial University of Newfoundland during convocation ceremonies. MEMORIAL UNIVERSITY OF NEWFOUNDLAND PHOTO

Echocardiogram Services Extended to Labrador and the Northern Peninsula

Residents in Labrador and on the Northern Peninsula will now have regular access to echocardiogram services which will reduce the amount of travel outside the region for this diagnostic test.

The regional echocardiogram service is based on a model that ensures the diagnostic tests are available to residents of this region. The Department of Health and Community Services examined different models and practices to maximize resources and to use health professionals to their full scope of practice. The announcement was made on June 4, 2014 at Charles S. Curtis Memorial Hospital, St. Anthony.

Echocardiograms are diagnostic tests for cardiology services used to diagnose and manage patients with heart disease. A full-time Regional Echocardiography Technologist will be based in St. Anthony and travel on a regular basis to Labrador City and Happy Valley-Goose Bay to provide echocardiogram services to clients in the Labrador- Grenfell Health region. The service will be fully implemented this fall.

"Labrador-Grenfell Health would like to thank the Provincial Government for providing funding to enhance diagnostic services and establish a regional echocardiogram service in our region," said

Tony Wakeham, President and CEO, Labrador-Grenfell Health. "We will immediately advertise the position of Regional Echocardiography Technologist to be based in St. Anthony and plan to be in a position to offer this service by the fall."



▲ Taking part in event announcing the establishment of echocardiogram services at Charles S. Curtis Memorial Hospital in St. Anthony were: (l-r) Mayor Ernest Simms, Labrador-Grenfell Health board members Rick Pelley and Iris Decker, Violet Richards, and Tony Wakeham, CEO, Labrador-Grenfell Health.

Recognition for the Nursing Profession

Nurses from various parts of the Labrador-Grenfell Health region came together in May to celebrate National Nursing Week. A series of events and activities organized by nursing professionals provided an opportunity to recognize the valuable contributions that Registered Nurses, Nurse Practitioners and Licensed Practical Nurses make at hospitals, health centres, long-term care homes and community clinics in Northern Newfoundland and Labrador. National Nursing Week is celebrated during the second week of May in recognition of the dedication and achievements of the nursing profession.



▲ Celebrating National Nursing Week at the Strait of Belle Isle Health Centre in Flower's Cove were: (l-r) Gladys White, Deborah Coles, Tammy White, Darlene McLean and Della Coles.



▲ Regional Nurses at the Natuashish Community Clinic and Public/Community Nurses with the Mushuau Innu Health Commission in Natuashish celebrated the occasion by holding a boil-up. The afternoon was filled with sunny skies, warm temperatures, good music, great food, and a lot of laughter. Taking part were: Front (l-r) Jennifer Lister Brown, Christine Henningsen. Back, Sandra Hancock, Rhonda de Wet, Elsie Greenham, Joy Barrett, Kathy Goudie and Ricki O'Gorman.



▲ Registered Nurses who work at the Labrador Health Centre and the Long-Term Care Facility in Happy Valley-Goose Bay were attired in blue T-shirts to bring awareness to National Nursing Week.



▲ There was a celebration marking National Nursing Week at Captain William Jackman Memorial Hospital in Labrador City. Taking part in the cake-cutting ceremony were: (l-r) Meaghan Milley, Ashley Jones, Sarah Winsor, Wanda Slade, Patrick Joy, Amanda Guy, Kate Bell, Karen Andrews, Roxanne Brett, Jennifer Foley, Karen Evely and Jessica Marsh.



▲ Nurses at Charles S. Curtis Memorial Hospital who celebrated National Nursing Week included: Front (l-r) Ethel Byrne, Rita Reardon, Brenda Eddison. Back, Seethal Jose, Jennifer McGrath, Michelle Lutz, Marina Davidson and Kim Rose.

Banners Promote Positive Maternal Health Behaviours

Have you seen the new banner bugs?

Labrador-Grenfell Health, with funding from the International Grenfell Association, recently developed a series of four banner bugs promoting key perinatal health promotion messages to women and their families through preconception and pregnancy.

Positive health behaviours, such as smoking cessation, preconceptional folic acid consumption, maintaining a healthy weight, and choosing to breastfeed are all choices a woman can make in order to improve her health and the birth outcomes of her children. Positively influencing maternal health and lifestyle behaviors will ultimately improve infant health outcomes by reducing the risk of chronic health conditions and diseases (e.g. obesity, Fetal Alcohol Spectrum Disorder (FASD), Neural Tube Defects, etc.) and decreasing infant mortality rates.

The banner bug health promotion messages reinforce positive maternal health behaviors to help families of reproductive age understand the link between lifestyle choices and healthy pregnancies and birth outcomes. According to the Newfoundland and Labrador Provincial Perinatal Program, "it is clear that continued perinatal health promotion and education are key to support the maternal population in making healthy lifestyle choices which will not only improve maternal delivery and newborn outcomes, but also reduce costs in the health care system" (*Provincial Perinatal Program Data Report, 2012*).

The banner bug collection includes a set of four displays. Each set includes four different key messages and images. The banner bug theme, 'My family wanted me to be as healthy as possible', focuses on promoting an alcohol-free and smoke-free pregnancy and encourages pregnant women to take folic acid before and during pregnancy. Some of the many benefits of breastfeeding, as a normal way to feed babies, are also highlighted on one of the banners.

The images and key messages used on the banner bugs were developed within the region as part of a collaborative effort involving Labrador-Grenfell Health staff and key partners. The images chosen are representative of the various cultures within the region and the contact information provided on the banners includes both local and provincial support services.

One set of banner bugs has been purchased for each of the three main hospital facilities in the region: Captain William Jackman Memorial Hospital, Charles

S. Curtis Memorial Hospital and the Labrador Health Centre. There are plans to keep four of the different banner bugs permanently mounted in high traffic locations within each of the facilities. The remaining set of banner bugs is available for promotional use at community events and health fairs by health care providers within the region on a sign-out basis. These banner bugs are housed in the Happy Valley-Goose Bay Community Health Nursing literature depot and can be signed out by contacting Lisa Linehan at 709-897-2331.

This represents another successful project reflecting true collaboration and teamwork among all!

Claudine Kean-Dobbin, Parent and Child Health Educator



▲ Public Health Nurses Sharon Lethbridge (left) and Harriett White display a banner, funded by the International Grenfell Association, which promotes the keys to raising healthy babies.

FROM THE HOMES

Happy Valley-Goose Bay



▲ Enjoying a meal at the annual day at the cabin were: Florence Elson (left) and Lizzie Zarpa.



▲ Nunatsiavut presented Muriel Andersen, a resident at the Happy Valley-Goose Bay Long-Term Care facility, with a banner to commemorate the residential school survivors.



▲ Labrador-Grenfell Health staff and community members participated in the annual Alzheimer's walk, which took place on May 11, 2014 at Happy Valley-Goose Bay.



▲ Social Worker Nancy Lushman (centre) helps Lizzie Zarpa and Alphonse Rudkowski make cookies to celebrate Mental Health Week in May 2014.



▲ The Long-Term Care facility in Happy Valley-Goose Bay held its annual Lawn Festival on June 27, 2014 on a beautiful, sunny day. The traditional Canada Day cake was cut by: (l-r) Kim White, Regional Director, Long-Term Care Services, resident Bella Semigak, and Megan Johnson, LPN. Residents were treated to cool drinks, shade from the sun and musical entertainment.

FROM THE HOMES

St. Anthony



▲ The Canadian spirit was alive and evident at the John M. Gray Centre with the red and white Canada Day décor along with the Canadian flags on display, flying high to honour Canada's birthday. The celebration got under way with a barbecue, festive Canada Day desserts and Newfoundland music. A great time was had by all. A special thank you to everyone in attendance who made the event a huge success. (l-r) Residents Elizabeth Rose, Pansy Elms, Evelyn Wilcox, Jane Canning, Jean Roberts and Edith Humby.



▲ A World Elder Abuse Awareness Day Social was held on June 16, 2014 at the John M. Gray Centre in St. Anthony. Residents, staff, family and invited guests gathered to observe this day by creating a theme-oriented atmosphere with purple decorations, a cake-cutting ceremony, a presentation by community health nurse Beverly Simms, prize draws and giveaways and an assortment of refreshments and treats. A special thank you to everyone who assisted in making the event a great success and to the Northern Wellness Coalition and the Northern Committee Against Violence for donating prizes. Among those who took part were: Front (l-r) Residents Cecil Burt, Ambrose Curl, Gordon Alyward. Back. Darlene Rice, Beverly Simms and Tiffany McLean.



▲ Residents of the John M. Gray Centre gathered on June 12, 2014 for a Father's Day social to celebrate, recognize and acknowledge all fathers residing at the facility. They were delighted to receive a visit from a local band, Phonse and the Boys, and listened, sung along and danced to the traditional Newfoundland tunes. Everyone enjoyed the afternoon snack and refreshments and every father received a special gift.

Curtis Hospital Auxiliary Marks 100th Anniversary

A lot has changed over the past 100 years. The world's population has grown, but advances in transportation and technology have made it a smaller place. Health care in 2014 is a mere shadow of the form it looked like in 1914, surpassing anyone's wildest expectations. However, there have been constants, though few they may be. One of them is the untiring efforts of a group of volunteers who make up the Curtis Hospital Auxiliary. The faces have changed and their name is different, but their contributions to the health



▲ St. Anthony Basin Resources Inc. (SABRI) contributed \$25,000 to the Grenfell Foundation's 2014 fundraising campaign. (L-r) Wayne Noel, SABRI chair, Labrador-Grenfell Health CEO Tony Wakeham and chair of the Foundation's South Chapter, Alonzo Bessey.

care system are just as significant and important as they were a century ago.

"It's remarkable how the fundamental goals of the Auxiliary have remained strong for these 100 years," said Barbara Molgaard Blake, VP of People and Information and Chief Operating Officer (South), during the annual dinner held on May 26, 2014 to recognize the many volunteers and supporters who stand behind the health care system. She noted that the group founded by Dr. Wilfred Grenfell was known as the St. Anthony Community Club.

"In the earliest days, women from both sides of the harbour came together for social pleasure combined with a talk or a lecture to improve their skills as homemakers and broaden their interests," she added. "While doing a bit of reading and research, I learned that Dr. Curtis often told Dr. Thomas' wife, Patricia, that there was nothing those women wouldn't and couldn't accomplish. In those days, the ladies of the Community Club served meals at town functions. The cleaning of the old hospital was all done by them, and when there were staff shortages or emergencies, the women stepped up and served in the capacity of aides, laundry workers and often volunteered in every department."

Over the years, the Community Club

consolidated its efforts in support of the hospital and when Charles S. Curtis Memorial Hospital opened in 1968, a gift shop became the responsibility of the auxiliary. Other activities have included the operation of a library cart for inpatients, a play therapy program for pediatric patients, and today, the sale of Grenfell Christmas cards and notes.

"A former director of nursing, Pat Dunk, wrote in 1979 that in spite of improved funding levels for health care, the hospital still needed the auxiliary to help keep things moving," added Ms. Molgaard Blake. "My message to the Auxiliary would be the same. We still need you; we appreciate you and we thank you."

The president of the Newfoundland and Labrador Association of Healthcare Auxiliaries Association, Patricia Corrigan, praised the auxiliary members for their dedication, commitment and longstanding support of the health care system. In response, auxiliary president Evelyn Rumbolt thanked everyone for their kind words, noting that members enjoy getting together and helping out wherever they can. She added that while they are few in number, they are busy and have proven they can get things done.

Mrs. Rumbolt presented a cheque, on behalf of the auxiliary, to the Grenfell Foundation



▲ Members of the Curtis Hospital Auxiliary were presented with a certificate of appreciation from the Newfoundland and Labrador Association of Healthcare Auxiliaries (NLAHA). Proudly displaying the commendation are: Front (l-r) Juanita Richards, Evelyn Rumbolt, NLAHA president Patricia Corrigan, Mary Tucker, Jeanette Hostetter, Wanda Greenham. Back, Laura Biles, Christina Richards, May Kinsella, Roberta Stevens, Ruby Carpenter, Louise Greenham, Dora Penney and Ethel Rumbolt.



▲ Called upon to cut the 100th anniversary cake were: (l-r) Jeanette Hostetter, Leanne Fowler and Laura Biles.

Recognition



▲ Selma Ryland (left) and Alfreda Normore had the honour of cutting the volunteer appreciation cake.

in the amount of \$25,000. The funds represent proceeds from bake, craft and Christmas card sales. The cheque was one of several which the Foundation received during the volunteer appreciation night. Others came from Maurice's Service Center, Consumers PharmaChoice, the Loyal Orange Lodge of St. Anthony, St. Anthony Basin Resources Inc. (SABRI), the St. Anthony Kinette Club, Shears Building Supplies and the Royal Canadian Legion.

The spotlight may have been on Curtis Hospital Auxiliary, but many other volunteers – individuals who help operate the gift shop, visit seniors at the John M. Gray Centre and play music for them, hold church services, and serve on various committees – were also praised for their willingness to lend a hand.

Labrador Straits Volunteers Recognized at Appreciation Dinner

Labrador-Grenfell Health paid tribute to the volunteers who tirelessly and unselfishly help out at the Labrador South Health Centre in Forteau. The organization hosted a dinner for a large group of people from the Labrador Straits area at the Forteau Community Centre on June 17, 2014.

Barbara Molgaard Blake, VP of People and Information and Chief Operating Officer (South), said it's important and necessary for Labrador-Grenfell Health to give thanks where thanks is due. "The dinner is a thank you for their fundraising efforts," she noted. "It's for the time that they and other volunteers spend with residents in the long-term care unit all the other things that they do for clients of this part of the region."

Guests received a warm welcome from Cornelia Linstead, Site Manager, who also serves as a volunteer. Volunteers were congratulated and praised by Lisa Dempster, MHA for Cartwright-L'Anse au Clair.

One of the highlights of the night was the presentation of a cheque to the Grenfell Foundation from the Labrador South Health Centre Auxiliary. The group's president, Ellen Flynn, explained that the funds were earmarked for the purchase of mannequins that will be used in advanced cardiac life support

and CPR courses.

'Volunteering Makes You Happy'

Groups and organizations benefit from the efforts of volunteers. Without them, it would be impossible for many of them to continue to operate. The value, however, goes a lot further than that, according to Carol Best, who was guest speaker at Labrador-Grenfell Health's tribute to volunteers at Happy Valley-Goose Bay on June 11, 2014.

"Volunteering makes you happy," she said. "People who volunteer generally are happier people – these simple acts can increase your self-esteem, your sense of pride and identity and they help you stay physically active."

Ms. Best noted that people who have the ability to help should do whatever they can to pitch in and provide a hand to their community. "Everyone has a bit of time and if we all do our bit, we can make the world a better place."

That message was echoed by Delia Connell, VP of Community and Aboriginal Affairs and Chief Operating Officer (North) with Labrador-Grenfell Health. She thanked the volunteers who were invited to an appreciation dinner at the Masonic Lodge. "Your efforts as musicians, gardeners, readers, clergy and auxiliary members is gratefully appreciated," she said.



▲ Labrador South Health Centre Auxiliary president Ellen Flynn (left) presents a cheque to Site Manager Cornelia Linstead and Barbara Molgaard Blake, representing the Grenfell Foundation (South Chapter).



▲ Clergy who make up the ministerial association in the Lake Melville area include: (l-r) Rev. Nellie Thomas, Rev. Charlene Shears, Pastor Jonathan Beers, Lieut. Brent Haas, Lieut. Melissa Haas and Rev. Glenna Tasedan.

Donations



Fore the Cure Raises \$4,065

◀ The annual Fore the Cure Golf Tournament, held at the Tamarack Golf Club in Labrador City on June 21, 2014, was another great success. A total of \$4,065 was raised by the 126 golfers who participated. The funds will be used towards the purchase of equipment for the Oncology Suite at the Captain William Jackman Memorial Hospital. This represents the 12th year for the tournament and brings to \$25,000 the total amount of money raised for the Oncology unit. Linda MacMillan, Oncology Coordinator, gratefully accepts the proceeds from Eleanor Fowler, a member of the organizing committee.

Donation from Scotiabank Bright Futures Program

The Scotiabank Bright Futures Program donated \$6,000 for the benefit of clients who use the Captain William Jackman Memorial Hospital in Labrador City. The funds will be used towards the purchase of equipment for physiotherapy (\$5,000) and home care (\$1,000).

Auxiliary donation \$15,000 Donation for CWJMH

▶ The Captain William Jackman Memorial Hospital Auxiliary presented a donation in the amount of \$15,000 to senior management, Labrador-Grenfell Health. The funds will be used in the purchase of equipment for the hospital. Taking part in the donation were: (l-r) Carol Valcourt, vice-president; Paulette Abbott, treasurer; Ozette Simpson, Chief Operating Officer (West), Labrador-Grenfell Health; and Irene Simpson-Bench, president.



Helping hands

TV/DVD for Medical/Surgical Unit

◀ The Medical/Surgical Unit at Charles S. Curtis Memorial Hospital received a television/DVD combination unit, thanks to the efforts of the 'Housekeeping Helping Hands'. Ruby Best and Jackie Adey, who work in the Housekeeping Department, are involved in organizing several fund-raising activities to purchase a variety of things for the benefit of clients at the hospital. Taking part in the presentation were: (l-r) Registered Nurses Paula Gould and Samantha Keats, Ruby Best and Jackie Adey.

Plans Announced for Expansion of Long-Term Care Facility

The Department of Health and Community Services is proceeding with plans to construct a 20-bed extension to the Happy Valley-Goose Bay Long-Term Care Home. The announcement was made on June 18, 2014 during an event at the Labrador Health Centre.

Paul Davis, formerly Minister of Health and Community Services, stated the expansion was part of significant investments which have been made in the provision of long-term care and community support services, including additional bed capacity, new facilities, age-friendly transportation services, and the new Paid Family Caregiving Home Support Option.

"The design has been completed and I am pleased to announce that a tender to construct the expansion has been issued today," said Mr. Davis. "These additional beds will provide more options for the residents of this region needing specialized care."

The Happy Valley-Goose Bay Long-Term Care Home is a 50-bed facility that provides levels three and four nursing care. The expansion will increase the capacity to 70 beds and is expected to be completed by the end of 2015.



▲ Displaying an artist's conception of the planned 20-bed expansion of the Happy Valley-Goose Bay Long-Term Care facility were: (l-r) Nick McGrath, Minister of Transportation and Works and Minister Responsible for Labrador and Aboriginal Affairs; Tony Wakeham, CEO, Labrador-Grenfell Health; Keith Russell, MHA, Lake Melville; and Paul Davis, formerly Minister of Health and Community Services.

"The expansion of the Happy Valley-Goose Bay Long-Term Care Home is very positive for this region. The additional capacity at this facility will help to address a growing need that exists amongst the elders of our community who require this advanced level of nursing care," said Keith Russell, MHA for Lake Melville

The expansion of the Happy Valley-Goose Bay Long-Term Care Home was one of several projects benefitting from the \$150 million secured as part of the Hebron Benefits agreement.

Photo Trivia

This issue

Q: Name the individual in the centre of the photo with two WOPS (Workers Without Pay). The photo was taken in 1961 at North West River.

Last issue

Q: What is the name of this supply vessel that visited Labrador stations during the summer months in the 1940s and 50s?



A: The vessel in the photo is the Nellie A. Cluett, a Grenfell Mission boat which completed supply runs once or twice during the summer months to the Labrador stations. The 288-ton vessel was built in Lunenburg, Nova Scotia in 1941 and was under the command of Captain Ken Iversen, who spent 27 years with the Grenfell Mission. The Nellie A. Cluett was replaced by a newer supply boat, the Lady Grenfell, in 1963.



Speech and Hearing Baskets for Newborns

Speech and Hearing Month in May provided an opportunity to bring awareness to the importance of early speech, language and hearing development and its role in spoken communications and literacy. The Newfoundland and Labrador Association of Speech-Language Pathologists and Audiologists provided baby baskets containing toys and information to the first babies born in May 2014 at birthing hospitals in Newfoundland and Labrador. The baskets also contained booklets about normal speech, language and hearing development, warning signs, and activities and resources for promoting the development of speech, language, and hearing skills.

Presentations took place at the Labrador Health Centre in Happy Valley-Goose Bay, Charles S. Curtis Memorial Hospital in St. Anthony, and Captain William Jackman Memorial Hospital in Labrador City.



► Parents Allison Obed and Thomas Millick of Happy Valley-Goose Bay received a basket of information on behalf of their son, Joseph, who was born on May 4, 2014 at the Labrador Health Centre.

▲ Baby girl Anazaria Fewer was the recipient of a basket presented by Gail Moores, LPN, at Captain William Jackman Memorial Hospital. Anazaria was born on May 1, 2014 to proud parents, Jessica Doffing and Mitchell Fewer.

◀ Amie Hay, Speech-Language Pathologist at Charles S. Curtis Memorial Hospital, displays the basket that was presented to the first baby born in May at St. Anthony.



IGA Celebrates 100th Anniversary

Organization's Charitable Contributions Total \$40M Since 1980

A Grenfell worker in St. Anthony who was interviewed in 1934 was asked if she found Labrador a healthful climate. She replied: "Yes, but there is one thing that we all get, something incurable, which gets into your system and keeps returning, but it is never fatal. It is called 'Grenfellitis' and its most dangerous symptoms is lasting enthusiasm for the North."

Larry Dohey related that story to a group of people who had gathered at The Rooms in St. John's on June 14, 2014 to celebrate the 100th anniversary of the International Grenfell Association (IGA). As the manager of collections and special projects at the Provincial Archives, Mr. Dohey noted that the affliction coined as Grenfellitis can be traced back to Dr. Wilfred Grenfell, the medical missionary from England who arrived in Labrador in 1892 to investigate living conditions among fishermen for the National Mission to Deep Sea Fishermen. He spent much of that summer sailing along the Labrador coast aboard the medical vessel *Albert*, treating some 900 individuals for a wide range of ailments.

Dr. Grenfell was shocked by the area's widespread poverty and the complete absence of medical resources. The establishment of medical services, the recruitment of doctors, nurses and volunteers, fundraising initiatives, and the introduction of social changes in the areas of education, agriculture and industrial development was collectively described as the Grenfell Mission in Northern Newfoundland and coastal Labrador. With the growth of the Mission and the spread of Grenfellitis, Dr. Grenfell looked for ways to regulate the fledgling organization. He incorporated the operation as a company under the Canadian Companies Act of 1899, which led to the formation of the IGA in 1914.

Speaking to guests who had gathered to commemorate the 100th anniversary of the incorporation of the IGA as a corporate body, Dr. Norman Pinder called it a momentous day for the organization. "One hundred years old and still going strong," proclaimed Dr. Pinder, chair

of the IGA's board of directors. "It's not often you hear that said of a charity, but it's true."

He provided a historical overview of the IGA, recounting Dr. Grenfell's vision, faith, conviction and adventurous spirit, the formation of supporting organizations in New York, Boston, Ottawa and the United Kingdom, the development of farms, greenhouses, ship repair facilities, a machine shop and orphanage in addition to medical facilities, the ongoing recruitment of staff, and the passing of the leadership torch from Dr. Grenfell to Dr. Charles Curtis and eventually Dr. Gordon Thomas. Through the 1960s and 1970s, funding secured from the provincial government helped the IGA provide health care services until 1980, when the assets of the IGA were turned over to the province, bringing an end to IGA's responsibility for the provision of health care services in the region.

"This is when the IGA emerged as a charitable foundation and started the work which continues to the present day," stated Dr. Pinder. "Initially, grants were made to support equipment purchases in the health service... and expanded beyond health to support education through school and library projects and the enhancement of community development. This was a return to Sir Wilfred Grenfell's public health agenda and those wider determinants of well-being."

Dr. Pinder reported that since 1980, the IGA has contributed more than \$40 million to over 1,100 projects, resulting in considerable benefit to the residents of Northern Newfoundland and coastal Labrador. "Today I look at an organization that can be justly proud of its achievements over the past 100 years; an organization that has refreshed its mandate to meet the needs of today; an organization that still attracts new, younger members who are ready to join this fulfilling work," he added.

This year, the IGA contributed \$1.3 million in the form financial support for health care programs and services, educational bursaries and scholarships, and community grants.

Among the special guests in attendance was The Honourable Frank Fagan, Lieutenant Governor of Newfoundland and Labrador, who officially declared the opening of a new exhibit at The Rooms entitled 'Mission Trips to Scholarships: 1914-2014'. The exhibit highlighted the personal stories of the Mission, the lives that were changed and saved, the evolution of medical services and economic development, and the dedicated people who responded to Dr. Grenfell's call to help.



▲ Members of the board of directors of the International Grenfell Association are: Front (l-r) Elliott Miller, Alexandra Pinder, The Honourable Frank Fagan, Lieutenant Governor, and Her Honour, Patricia Fagan, Norman Pinder; back, Keating Hagmann, Ruth Bell Steinhauer, Edward Goudie, Robert Simms, James Saltonstall, Cynthia Roney, Oliver Spalding, Donna Jeanloz, James Igloliorte and Raymond Chesworth. Missing from photo is Agnes Pike.

Mentoring Program Provides Benefits for Regional Nurses



▲ Regional Nurse Shannon Murphy displays her mentorship award with Kathy Elson, Clinical Nurse Manager (North).

Since April 2007, Community Clinic Services has been utilizing an innovative program to train nurses for the expanded role of a Regional Nurse in a Community Clinic. The program provided the knowledge and experience needed for a nurse entering this advanced role. With the help of numerous preceptors at different rotations, two regional nurses have gained critical thinking, decision-making and collaborative planning skills, and learned much about the coordination of nursing care.

In September 2012, Nicole Allen started the six-month mentorship program. Throughout this entire program, Goldie White, Regional Nurse II at the Makkovik Community Clinic, provided Nicole with the support she needed to gain confidence, experience, knowledge and skills. Nicole



▲ Regional Nurse Nicole Allen accepts a mentorship award from Marilyn Kippenhuck, Regional Director, Health Centres and Community Clinics.

started her new nursing career in Makkovik in 2013.

In September 2013, Shannon Murphy started the six-month program at the Labrador Health Centre in Happy Valley-Goose Bay. Shannon's constant mentor was Jane Rennison, Regional Nurse I at the Nain Community Clinic. In fact, Jane was the first ever mentee of the program. Shannon benefitted from Jane's first-hand experience and started her new nursing career in Nain in 2014.

A warm welcome is extended to both regional nurses. We wish you both the best as you apply the knowledge and skills you have gained and use your enthusiasm as you continue to learn.

Kathy Elson, Clinical Nurse Manager (North), Community Clinics Services

Staff Benefit from Crisis Intervention Training

Community clinic staff in the area from Mary's Harbour to Cartwright, along with staff from the Labrador South Health Centre in Forteau and Harbour View Manor, a personal care home in Mary's Harbour, acquired valuable skills in the area of non-violent crisis intervention. A total of seven sessions were delivered in February and May of 2014 by Labrador-Grenfell Health staff with Intervention Services, Lael Crocker, Tara Ralph, and Vicki Biles, and Mental Health Addictions' nurse Rhonda Green. Coleen Loder of the Employee Development and Training Department assisted with the overall organization and arranging materials for the course.

The Non-Violent Crisis Intervention (NVCI) training was made possible with a grant from the International Grenfell Association. In October 2013, seven staff from Intervention Services and Mental Health and Addictions at Labrador-Grenfell Health were trained to become certified instructors. The NVCI training program helps prepare staff in diffusing anxious, hostile, or violent behaviour at the earliest stage. It also

teaches staff verbal strategies, as well as self-care, personal safety techniques and physical restraints to help control an individual who may be upset. NVCI training will be offered by the Employee Development, Training and Health Department throughout the region as an essential tool for all employees who may be exposed to potentially escalating, disruptive or assaultive situations.

The majority of Labrador-Grenfell Health staff at the Labrador South Health Centre and community clinics on the southeast coast have completed the training and organizers are quite pleased with the success rate that has been achieved. Many staff remarked on how much they enjoyed the training and the knowledge they acquired. Labrador-Grenfell Health thanks the trainers for their assistance and dedication to accomplishing this training need.

Submitted by Marilyn Kippenhuck, Brenda Eddison and Lael Crocker, Labrador-Grenfell Health

Colon Cancer Screening Program Expands

The Provincial Colon Cancer Screening Program is now accessible to residents of the Labrador-Grenfell Health region. The program supports screening and early detection and diagnosis of colon cancer.

"The Colon Cancer Screening Program allows individuals to be proactive about their health and to administer the screening test in the privacy of one's own home," said Health and Community Services Minister Paul Davis during a launch of the program at Happy Valley-Goose Bay on June 18, 2014. "When colon cancer is diagnosed early, treatment has been found to be more effective. I am very pleased to see the next phase of the program become available to the people who are served by

Labrador-Grenfell Health, and I encourage individuals between the ages of 50 and 74 to participate."

The program will support distribution of screening kits upon request to residents throughout the Labrador-Grenfell Health region who meet the eligibility criteria. Returned samples are analyzed and individuals with positive test results are contacted for a follow-up colonoscopy. Those with negative results are rescreened in two years. A kit can be requested by calling 1-855-614-0144 or by emailing nlcc-sp@easternhealth.ca

"Since launching the Provincial Colon Cancer Screening Program in the summer of 2012, we have been pleased with the public's

response to this self-referred screening program," said Katherine Chubbs, Vice-President of Cancer Care, Eastern Health. "Participation in the screening program is an easy, painless and risk-free means of detecting colon cancer earlier and treating it more successfully. We look forward to further expanding on this vital component of our Cancer Care Program."

Over the past two years, 4,630 individuals have self-referred or requested a home screening test kit. Nearly 75 per cent of those who request home screening kits return them to the laboratory for analysis. Currently, approximately 15 per cent of screening tests result in a positive finding, meaning those individuals will be contacted for a follow-up colonoscopy.

Archival Film Canisters from Grenfell Era Donated to The Rooms

The International Grenfell Association (IGA) and Labrador-Grenfell Health made a joint presentation of archival significance to The Rooms, Provincial Archives Division, on April 4, 2014. The gift was comprised of ten 16mm film cans which depict scenic footage from Northern Newfoundland and Coastal Labrador dating back several decades.

The films have been in the possession of Labrador-Grenfell Health for an unspecified period of time, and in the interest of preserving the historical material, the regional health authority collaborated with the IGA in a joint donation to The Rooms in St. John's.

"Labrador-Grenfell Health was pleased to work with the IGA to do something which we believe enhances and supplements the archival material that is in place in the Grenfell Collection at The Rooms," said Labrador-Grenfell Health CEO Tony Wakeham. "Now that the films have been turned over to the archives, they will review and evaluate the footage and determine how it can possibly be shared with researchers, students and others who have an interest in the Grenfell Mission and the legacy of Sir Wilfred Grenfell."

Joining Mr. Wakeham for the presentation was Dr. Norman Pinder, Chair of the IGA's board of directors. He said he was grateful to Labrador-Grenfell Health for its role as a partner in this important donation to the Provincial Archives, which he hoped will add fresh material for Grenfell historians and scholars to view. He added that it is also a timely contribution as the International Grenfell Association is celebrating in 2014 its 100th anniversary. In commemoration of the event, The Rooms has mounted an IGA exhibit that will be officially opened by the Lieutenant Governor, Frank Fagan, in June.

The presentation of the film canisters was made to Greg Walsh,

Director of The Rooms, Provincial Archives Division. He thanked the donors for the gift of the films and noted that staff at the division will commence an appraisal of the material in order to determine a process for conservation treatment, preservation and accessibility for public research.

Some of the film titles included in the donation are:

- *Northern Neighbours*, St. Anthony Late 1940s and Cartwright before '49.
- *Down North on the Labrador*, silent b/w print.
- *Whaling*, silent colour print.
- *With Sir Wilfred Grenfell on the Labrador*, St. Anthony, Cartwright, North West River.
- *Dr. Thomas*, St. Anthony '66.
- *Adventure and Experience*, Sturgis-Grant Productions, New York.



▲ A presentation of ten 16mm film canisters took place at the Provincial Archives, The Rooms, in St. John's. Participating in the donation were: (l-r) Dr. Norman Pinder, Chair, International Grenfell Association; Greg Walsh, Director, Provincial Archives Division; and Tony Wakeham, Chief Executive Officer, Labrador-Grenfell Health.

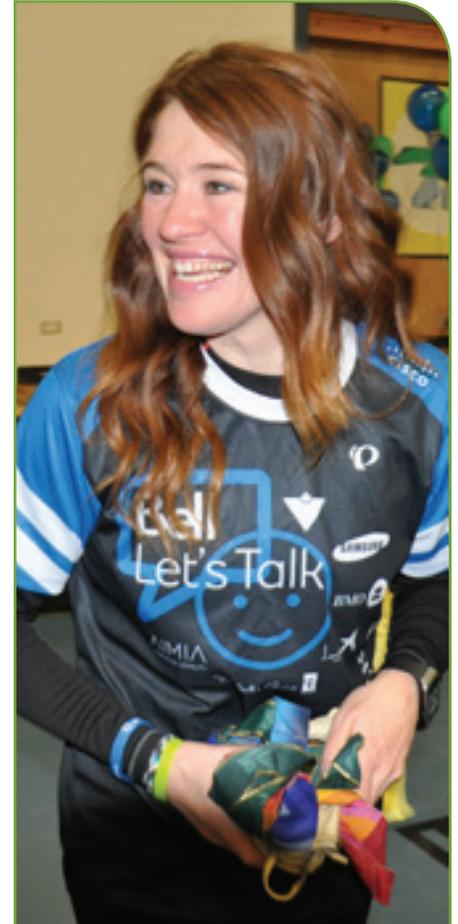
Clara's Big Ride Raises Awareness of Mental Health Issues



▲ Labrador-Grenfell Health staff members assisted with making plans to welcome Clara Hughes to Labrador. Sondra Spearing and Kelly Goudie joined with Carla Blake of Nunatsiavut and Frank Williams of CONA at the celebration.



▲ Mandy Brown (left) and Lisa Wiggins, representing the Mental Health and Addictions Department at Labrador-Grenfell Health, displayed information and help that is available for people who suffer from depression and anxiety.



▲ Clara Hughes, winner of six Olympic medals in speed skating and cycling, beamed a bright smile as met well-wishers and supporters.

Olympian Clara Hughes brought her Big Ride to the Big Land on April 30, 2014 to raise awareness of mental health issues and challenges. Her visit to Happy Valley-Goose Bay was part of a 12,000 km journey to visit 260 communities coast to coast. Clara's Big Ride was part of Bell's 'Let's Talk' campaign, which Clara has been associated with for the past four years.

"I wanted to help get the conversation going about mental health, about depression and anxiety," she told a large group of people at the College of the North Atlantic (CONA). "People suffer in silence; they feel shame that it's a social taboo."

Clara explained that she has fought her own demons, having grown up in a difficult family situation. "It took me two years to realize that I couldn't get over this depression alone. And why would I think I could get through this alone?" she added.

Clara's Big Ride concluded after 110 days with a final appearance on Parliament Hill in Ottawa on Canada Day. Clara said she hopes everyone who connected with her initiative "can have a better sense" of how many people struggle with mental illness in their lifetime.



▲ Dominic Demers, School Health Liaison Consultant with Labrador-Grenfell Health, assists a student during a community planting project.

Community Garden Sprouting Success

For the fourth year, Grade 4 students at Queen of Peace Middle School in Happy Valley-Goose Bay planted seeds for the Children's Community Garden. Students, Labrador-Grenfell Health staff and members of the Community Food Hub planted about 400 vegetable seeds. Before the seeds were planted, students learned about the lifecycle of the plant and what was needed to grow healthy plants. The seedlings were placed in grow stations and watered daily until they were transplanted to the garden in late June. Vegetables harvested early were sold at the local Outdoor Community Market during the summer months and all proceeds will be used to help make the seedling program sustainable. In the fall, vegetables harvested from the garden will be used to prepare a celebratory soup for the students at the school.

Lynn Blackwood, Regional Nutritionist

Introducing the Labrador and Northern Regional Wellness Coalitions

Labrador and Northern Newfoundland are served by a group of individuals and organizations who work towards building healthier communities by providing the support of health promotion efforts. The Labrador and Northern Regional Wellness Coalitions assist communities in enhancing successes and celebrating community champions to create a healthier population. The coalitions provide this service to more than 57 communities in the Labrador-Grenfell Health region.

The coalitions can:

- Provide support and direction to community groups and individuals.
- Provide and distribute promotional items, resources and materials.
- Plan, coordinate and deliver training workshops.
- Assist with and provide funding through our Regional Community Grants Program.
- Link you with provincial programs and its resources such as the Ticker Tom Program.

Through the Regional Community Grants Program, the coalitions can offer applicants up to \$1,000 for community initiatives that promote health and wellness within any age group. The grant application can be found on the respective websites:

- Labrador Wellness Coalition (www.labradorregionalwellness-coalition.ca) – New grant deadlines: Jan. 1, April 1, July 1 and Oct. 1.
- Northern Wellness Coalition (www.northernwellnesscoalition.com) – May 31, Sept. 30 and Feb. 28.

Two projects showcase the benefits of the Regional Community Grants Program.

The guidance department at Mealy Mountain Collegiate in Happy Valley-Goose Bay, along Labrador-Grenfell Health's Mental Health and Addictions Department, set up a student stress-free room. The area was an oasis for students during exam week and provided a quiet, calming environment for students to retreat to during the hectic time of final exams.

It was a new initiative and a new way of thinking for the school administration and teachers. This was one of the first large activities that was offered at the school, aimed at educating students about the importance of mental health. Through the stress-free room, students were able to see the importance of focusing on grounding and relaxation during exam week.

The room was successful in part by the Labrador Wellness Coalition for assistance in purchasing some of the material as well as providing healthy snacks, or 'brain food', for studying students.

The Joy Fellowship Program originally began through the efforts of Rev. Stephanie McClellan and volunteers at the St. Anthony United Church. By filling a demonstrated need for specific residents in St. Anthony and surrounding communities, persons with disabilities were provided with an opportunity to enhance their physical, social and mental health, while participating in healthier eating.

Participants danced, learned about gardening, sang in many singing sessions and became crafters and quilters. The Northern Wellness Coalition is a partner in their success and allocated funds for the purchase of materials, supplies and healthy snacks. Tireless volunteerism makes this a strong partnership. While Rev. McClellan is no longer with the St. Anthony United Church, the program continues to be sustained through the continued assistance of the coalition and other key stakeholders.

For more information about the coalitions or the Regional Community Grants Program, please contact the co-chairs:

- Labrador Coalition: Janice White, telephone 897-2004, e-mail janice.white@lghealth.ca;
- Kelly Goudie, telephone 897-2110, e-mail kelly.goudie@lghealth.ca
- Northern Coalition: Karla Loder, telephone 454-0364, e-mail karla.loder@lghealth.ca;
- Tina Coombs, telephone 454-0521, e-mail tina.coombs@lghealth.ca



▲ A relaxation room for students at Mealy Mountain Collegiate in Happy Valley-Goose Bay.



▲ Maxine Hedderson and Donnie Powell display their finished Newfoundland quilt to program volunteer Carrie Rowsell.

Grenfell Heritage Day 2014

Grenfell Heritage Day activities were relocated from Grenfell Park to the newly-constructed Polar Centre in St. Anthony. The event was again a great success as hundreds of residents from the St. Anthony area turned out to enjoy a variety of good food, entertainment, and several much-anticipated prize draws. Grenfell Heritage Day, organized by the South Chapter of the Grenfell Foundation and staff at Labrador-Grenfell Health, was held on July 8, 2014. Proceeds from the annual event are used to acquire capital equipment and support research and staff development for health care programs and services in Northern Newfoundland and Southern Labrador.

Special guests were in attendance, including: St. Anthony Mayor Ernest Simms; Jerome Ward, assistant to MP Gerry Byrne; Straits and White Bay North MHA Christopher Mitchelmore; and the Skipper Hots Band. Barbara Molgaard Blake, VP of People of Information, brought greetings on behalf of Labrador-Grenfell Health.

Organizers offer their sincere thanks to the sponsors, donors and volunteers for their commitment and effort towards making Grenfell Heritage Day a success. The event is a shining example of community spirit and acknowledges the efforts and perseverance demonstrated by Dr. Wilfred Grenfell in establishing a medical mission in Northern Newfoundland and Labrador.

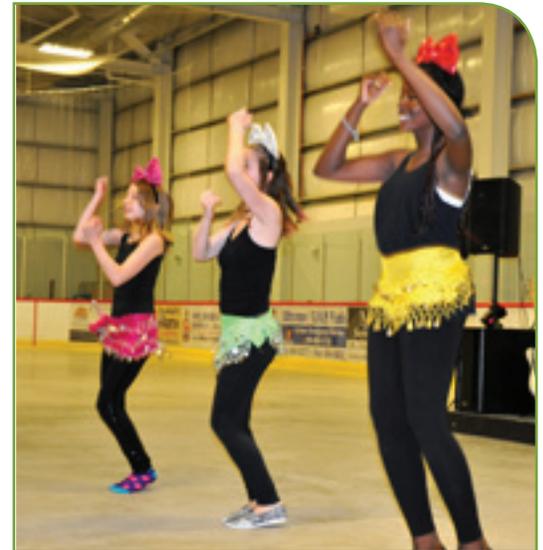
Agnes Patey, Coordinator, Grenfell Foundation (South Chapter)



▲ Tiffany McLean (Social Worker, Long-Term Care) delivered a stirring rendition of O Canada during the opening ceremonies.



▲ The Newell family was all smiles as they sold tickets for the benefit of the Grenfell Foundation. Taking part were: (l-r) Gary Newell, Hayley and Michele Hodder (Regional Director, Financial Operations).



▲ Three members of the Northern Stars Dance Group, representing the Boys and Girls Club, Hayley Earle, Bailey Reardon and Ebiuwa Ibude, entertained a large crowd on hand at the Polar Centre.



▲ Young Tayler Snow (daughter of Dwayne Snow, Stockhandler) was oblivious to her moment in the spotlight when she danced with other girls from the Boys and Girls Club.



▲ Jenna Coombs (daughter of Lorne Coombs, Computer Systems Analyst, and Tina Coombs, Mental Health Promotion Consultant) couldn't resist trying a tasty polar paw.



▲ Labrador-Grenfell Health staff members Sheila Hillier (Secretary I), Kathryn Humby (Clerk II) and Agnes McCarthy (Clerk II) sold tickets on a variety of items for the popular prize draw.

RETIREMENTS



Ann Maidment

Staff at the Labrador Health Centre bid a fond farewell and happy retirement to Ann Maidment, who worked in the Materials Management Department. On June 27, 2014, she closed the book on a career in health service that spanned 34 years. Born and raised in Conception South, Ann moved to Happy Valley-Goose Bay in 1969. Ann started working in 1980 at the Harry L. Paddon Memorial Home as a food service worker. In 2000, with the opening of the new Labrador Health Centre, she joined Materials Management as a stockhandler. For 24 years, Ann dutifully served the needs of every department in the hospital, supplying everything from paper clips to surgical equipment.

She says she enjoyed working in health care and with her co-workers in an important support role. With leisure time on her hands, Ann plans to relax and spend time with her two grandchildren. Staff in the Materials Management Department join with me in congratulating Ann and wishing her good health in her retirement years.

Ed Sharpe, Regional Director, Materials Management

Peggy Gibbons, Sandra Way & Gladys White

Three long-serving members of the staff at the Strait of Belle Isle Health Centre in Flower's Cove concluded their careers in the health care field when they retired on May 31, 2014. Collectively, the trio devoted more than 110 years in service to residents in the area from Eddies Cove East to New Ferolle with the International Grenfell Association, Grenfell Regional Health Services and Labrador-Grenfell Health. Their knowledge, experience and contributions will certainly be missed.

Peggy Gibbons commenced her nursing career in 1978 as a nurse at the Charles S. Curtis Memorial Hospital in St. Anthony. She accepted a permanent position in 1984 as a regional nurse at the Strait of Belle Isle Health Centre and closed the book on her tenure with almost 33 years in service.

Like her colleague, Gladys White started as a nurse at Charles S. Curtis Memorial Hospital in St. Anthony in 1973. She transferred to Flower's Cove in 1975 as a regional nurse I and worked for several months as a regional nurse II in 1975. In 1977, Gladys achieved a diploma in community health nursing and started working as a public health nurse in 1978, a position she held for 36 years. Upon her retirement, Gladys had devoted almost 40 years to the health care service.

Sandra Way took a position at the health centre in Flower's Cove in 1975 as a medical aide/nursing assistant II. In 1991, she changed jobs and started working as a domestic worker. A few months later, Sandra's responsibilities changed when she started working as a personal care attendant. When she worked her last day, Sandra's service totaled more than 38 years.



▲ (L-r) Peggy Gibbons, Sandra Way and Gladys White retired on May 31, 2014.

Staff at the Strait of Belle Isle Health Centre join with me in wishing Peggy, Gladys and Sandra a very long, healthy, happy and prosperous retirement. Don't forget to come back and visit once in a while.

Judy Applin-Poole, Nursing Site Coordinator, Strait of Belle Isle Health Centre

Sarah Jensen

If you have ever visited the Hopedale Community Clinic, chances are you have met Sarah Jensen. For more than 36 years, Sarah has worked in her home community clinic as a Personal Care Attendant. She took a lot of pride in her work and her passion was always evident in everything she did – it was the client who always came first. Sarah's organizational skills had such a positive impact on the operation of many of the clinics along the coast. Many staff had the privilege of working with her and her consistency was a great resource. Any time anyone needed to know how things were done, or where things were, Sarah was always the first to be asked and always provided that help.

Sarah set a high standard when it came to expectations in health care. She will be dearly missed by the community clinic staff. She was central to the health care needs of the residents of Hopedale.

We wish her good health and much happiness as she enjoys her retirement.

Katherine Elson, Clinical Nurse Manager (North)



RETIREMENTS

Dr. Catherine Penney

Upon applying for a position with the International Grenfell Association in 1974, an English doctor by the name of Catherine Farmer was asked to fill out an application for service. These days, it's commonly known as an application for employment, but the emphasis on the word 'service' is a reflection of an era when working in the health care field was more than just a job.

"I couldn't think of a better way of saying what this title represented. A young Dr. Farmer was embarking on – whether she realized it or not at the time – a lifetime of service to the residents of this region," explained Barbara Molgaard Blake, VP of People of Information, as she spoke at a retirement tea.

The gathering of colleagues, friends and well-wishers, held on June 6, 2014 at Charles S. Curtis Memorial Hospital in St. Anthony, was in honour of the family physician's contributions to the health service. Dr. Farmer, who became Dr. Penney with her marriage to Roger in 1976, retired from her duties as a member of Labrador-Grenfell Health's medical staff.

"It has been fun," she said before a room full of people. "I signed up for nine months and came back. A lot of water has passed under the bridge and I met a lot of wonderful people."

Dr. Penney initially arrived in St. Anthony to work with the Grenfell Mission as a medical student. She enjoyed her experience and returned to England where she graduated from medical school in 1972. Following the acceptance of her application for service in 1974, she joined Charles S. Curtis Memorial Hospital as a resident in obstetrics. She soon started what would be a long career as a family physician in the Outpatients Department. Along the way, she spent some time practicing in the United Kingdom and provided locum travelling services at North West River, Labrador.

During her career, Dr. Penney was called upon to take on more progressive leadership roles within the medical staff, including Chief of Family Medicine in 2000 and Chief of Staff in 2001, posts she held until recently. She also served as a regional medical examiner and as a civil aviation medical examiner. Among her achievements were appointments to the board of the College of Physicians and Surgeons of Newfoundland and Labrador, the selection committee of Memorial University's Medical School, and an associate professorship post at the university. In 2010, Dr. Penney was named Family Physician of the Year for Newfoundland and Labrador by the College of Family Physicians of Canada. Beyond her professional responsibilities, Dr. Penney also contributed to the community of St. Anthony, having been involved in Girl Guides as a leader and district commissioner and



cross country skiing as a Jackrabbit instructor.

Among those who congratulated Dr. Penney was Iris Decker, a long-time member of Labrador-Grenfell Health's board of directors. "I want to say a very special thank you on behalf of clients," she stated. "We wish you the best and we know that you are leaving a lot of knowledge behind. You have taught them (family physicians) well."

Dr. Kweku Danka also had words of praise for his colleague. As the Associate VP of Medical Services, he noted that Dr. Penney has provided quality, continuous service and was dedicated to the health and well-being of her patients. "You make us all proud for having you as a colleague," he noted. "You have helped teach medical students and doctors and as a leader, you have been involved in channeling the activities of doctors."

Dr. Penney said she was humbled by the kind words and remarked on the privilege she had of "watching my patients go from childhood to adults and some to their senior years." Kate and Roger are relocating to a new home they have built in Pasadena and are looking forward to spending more time with their daughters, Victoria and Nicola, and their granddaughter, Abigail.

Juanita Powell

Juanita (Simms) Powell was born and raised, along with two brothers and four sisters, in the St Anthony Bight area. She met her husband, Gordon, and the couple married in 1972. They moved to St. Anthony in 1973, where they raised two girls and two boys.

Juanita, better known as 'Neet', started work with the Grenfell Mission in September 1981. During her years of service, she worked in various areas of the housekeeping and laundry department. Settling in over the last eight years or so in a managerial role with Environmental Services

at Charles S. Curtis Memorial Hospital, St. Anthony, one of Juanita's duties was scheduling front-line staff. When asked about possible leave, she could often be heard saying, "Well, I hope you get it."

One of Juanita's main plans for her retirement is to spend time with her 10 grandchildren located in various areas across the country. Everyone at Labrador-Grenfell Health wishes Juanita all the best in her retirement – she will be greatly missed.

Peggy Carter, Manager, EVS/Laundry/Food Services-Aramark Canada Ltd.



Harold Pilgrim

Harold Pilgrim started his career in health care in 1974 as a boiler operator at the former Paddon Hospital in Happy Valley-Goose Bay. A native of St. Anthony Bight, Harold saw an opportunity with the International Grenfell Association and took up residence in Labrador. With the relocation to the former Melville Hospital in 1976, Harold took a position as a utility worker. However, after a year or so, he moved back to the island.

Labrador beckoned again and 11 years later, in 1988, Harold returned to Happy Valley-Goose Bay. In January 1989, he took a position as a utility/security worker at the Melville Hospital. In 2000, with the opening of the new Labrador Health Centre, he took a position in the laundry department. A few years later, Harold became attached to the maintenance department and remained there until his retirement on June 27, 2014.

With a 29-year service to the health care organization, Harold says he enjoyed working in a supportive role and notes he will miss working with his co-workers and staff in all departments at the Labrador Health Centre. Best wishes to Harold on a happy and healthy retirement.

Kevin Cabot

One year after leaving his hometown of West St. Modeste in the Labrador Straits, Kevin Cabot landed a job at the former Melville Hospital in Happy Valley-Goose Bay. It was 1977 and Kevin had been hired as a security guard by the International Grenfell Association (IGA). "I remember that it was Bob Lyall who was my supervisor in those early days," he recalls.

He probably didn't know it at the time, but it was an association that would prevail for more than 37 years. "You don't know what's ahead when you start working, but it was a long run with the same organization, that's for sure," he adds.

Kevin logged his time in the security department for a few years before deciding to take on new responsibilities as an aircraft dispatcher in the RT (Radio Telephone) Department at Melville Hospital. He remained with the department up to the day he retired on June 30, 2014. "It was our job to coordinate the air ambulance runs to the coastal communities and the Island," he says. "They were very busy times."

Over the years, in addition to the IGA, Kevin worked with Grenfell Regional Health Services, Health Labrador Corp. and Labrador-Grenfell Health. When he looks back on his career, Kevin remembers the positive aspects of people working together and getting along. "The people on the coast were great to work with and I enjoyed working with them."

Now that he has retired, Kevin says he plans to turn his attention to some of the more simpler pleasures of life, such as enjoying the outdoors and activities that are no longer impacted by his work schedule. "I like everything about the outdoors, such as hunting and fishing, and of course playing hockey and golf."

Kevin's co-workers in the RT Department and the Labrador Health Centre wish him health and happiness in his well-deserved retirement.



Ruth Howell

After 35 years of excellent service with Grenfell Regional Health Services and Labrador-Grenfell Health, Ruth Howell was recently honoured at a retirement party. A number of staff from the Labrador South Health Centre gathered at the ski lodge in Forteau to display their appreciation to her for her years of service to health care and to the people of Southern Labrador.

Initially, Ruth was hired as a nursing aide at the former nursing station under the direction of a British Nurse, Mary Taylor, who trained her employees with the same principles as she was taught. Nursing was not the only focus, as Ruth's workload entailed domestic and cooking duties. With limited staff, one was expected to complete all duties; however, general nursing care was the main focus. She learned many excellent skills during those days and years.

During the transition from the nursing station to the health centre, Ruth received extra responsibilities. Cooking was no longer a duty, but she had to maintain some domestic duties along with her nursing responsibilities. Later, a long-term care unit was added to our facility and with this came the introduction of Licensed Practical Nurses. Therefore, our Personal Care Attendants were replaced by LPNs through attrition. However, due to Ruth's experience, she was grandfathered in under the LPN clause and maintained her position until retirement. Her work was always well done.

Because of her years of service, I believe Ruth has fulfilled her duties at work and with other interests is ready to move on. Ruth, we sincerely wish you a happy retirement and lots of play activities with your grandkids. Make memories that would be impossible to make if you continued to work. A job well done and thank you!

Cornelia Linstead, Site Manager



Obituaries



Dr. Ruth Ellen May

It is with sadness that Labrador-Grenfell Health notes the passing of Dr. Ruth Ellen May, a nurse, outpost nurse, nurse midwife and scholar, who passed away on Feb. 25, 2014, at the age of 85.

Ruth was born in Auburn, New York and graduated from Wellesley College. She spent many years in the Canadian North as a nurse midwife, including the Grenfell Mission at the nursing station in Mary's Harbour, Labrador. Dr. May was a member of the faculty of the School of Nursing at Dalhousie University, Halifax, Nova Scotia, for 28 years. She was invited by the university to begin the Outpost Nursing Program in 1966. Under Dr. May's leadership, the program produced many graduates who provided safe and efficacious health care in very rural and remote parts of Canada, and in particular, Aboriginal communities. Her inclusion of cross cultural competence in the curriculum was rooted in a profound personal respect for the dignity and worth of individuals – both students and recipients of nursing care.

"For more than three decades, the Outpost Nursing Program at Dalhousie set the standard for preparation of nurses for advanced practice roles and it has since been

incorporated into the current nurse practitioner graduate MN program," according to a statement prepared by the Dalhousie School of Nursing.

In recognition of her significant contributions, she received a Doctor of Laws, honoris causa from Dalhousie University in 1999. At the convocation ceremony, Dr. May was praised for "her influential role in improving the standard of health care in Canada and for her dedication as an outstanding nurse and educator." Her influence and reach is international in scope, and friends and associates were benefactors of an award, named in her honour, that annually recognizes the clinical excellence and professional growth of a nurse practitioner student. Dr. May will be remembered for her wisdom, warmth and life-long, unwavering belief and commitment to the importance of equipping nurses with the education needed to provide high quality health care to people living in Canada's North.

Ruth is survived by her daughters, Alison (Trenholm) and Margie (Pernell Goodyear), several grandchildren, and a large circle of family members and friends. Funeral services took place at Bethel Grove, Ithaca, on Feb. 28, 2014.

Joseph Horetio Lawrence

It is with regret that Labrador-Grenfell Health notes the passing of Joseph Horetio Lawrence of St. Anthony. He passed away in peace, with his family by his side, on May 6, 2014 at Charles S. Curtis Memorial Hospital. He was 86.

Joseph lived a full life with many accomplishments and community involvement. Prior to joining the International Grenfell Association (IGA) in 1970 as administrator of Charles S. Curtis Memorial Hospital, the Port aux Basques native worked for the Newfoundland Rangers, the Bowater Company as postmaster at the Main Brook operation, the United States Air Force at St. Anthony as a supply officer, Canadian Marconi and the Department of Education as a school attendance officer.

Joseph was administrator of the hospital with the IGA, and later with Grenfell Regional Health Services, until his retirement in 1989. He joined the health care organization at the invitation of Dr. Gordon Thomas, former administrator of the IGA. Joseph received training in

Hospital Departmental Management from the Canadian Hospital Association soon after assuming responsibility for the hospital and was described as a lifelong learner, having completed a long list of various training and educational courses.

In addition to his accomplishments in the workplace, Joseph was active in community affairs. He served as Mayor of St. Anthony and was a founding member of the St. Anthony Lions Club and the St. Anthony Athletic Club. He was a member of the Mason Lodge, volunteered with the local air cadet squadron and served as a board member with the Vinland Integrated School Board for eight years.

Leaving to mourn are: his wife of 65 years, Eva Sulley, his two sons, Orville and Dennis, five grandchildren, and a large circle of family and friends. Funeral services were held at St. Anthony United Church with burial at the Fishing Point cemetery.



Dorothy Jean Williams

It is with sadness that Labrador-Grenfell Health notes the passing of Dorothy Jean Williams of St. John's. She passed away at home on June 4, 2014 at the age of 83.

Dorothy was employed as the school teacher at Charles S. Curtis Memorial Hospital from 1975 to 1986. This was a time when the St. Anthony hospital had a paediatrics unit and there was a need to provide instruction to children and youths who were inpatients. Dorothy took a one-year leave of absence during this time to return to Memorial University and complete her studies towards a Bachelor of Education degree. Upon returning to St. Anthony, Dorothy worked for a final year before retiring in 1987.

"Mum valued education and loved teaching and she told me that she knew from an early age that she wanted to become a teacher and worked hard to achieve her

dream," said her daughter, Kate Williams. "She taught and learned at every opportunity by taking night courses in various subjects, and completed her Bachelor of Arts degree in geography in 1997. She loved learning for its own sake and tried to instill that in everyone she taught, including her own children and grandchildren."

Kate and her sister Jane, upon reflection, added that they would occasionally run into former students their mother had taught in school on campus or in St. John's and they would stop and thank her for teaching them the value of education.

Dorothy was predeceased by her husband, Dr. James Williams, formerly pathologist at Charles S. Curtis Memorial Hospital. Leaving to mourn: children Kate (Pierre), Paul Gareth (Rachel) and Jane (Les), several grandchildren, and a large circle of family and friends.



Ruth Vivian Pilgrim

It is with regret that Labrador-Grenfell Health notes the passing of Ruth Vivian Pilgrim of St. Anthony Bight, who passed peacefully away on April 23, 2014. She was 77. Ruth was born in Harry's Harbour, Green Bay, and spent her childhood in Ireland Bight when her mother remarried. She became a school teacher at the age of 18, taught school in Lock's Cove and St. Anthony Bight, where she met and married Clarence Pilgrim. They built a life that brought joy, struggle, hope and loss.

Ruth had a long-time association with the Grenfell Mission through her work with Grenfell Handicrafts. Formerly known as the Grenfell Industrial Department, the operation was founded by Dr. Wilfred Grenfell in 1906 under the umbrella of the Grenfell Mission to improve living conditions in general for people in Labrador and Northern Newfoundland. Mission workers hoped that by promoting education, agriculture, and industrial development, people could become more self-reliant and create alternative sources of income. Through the Grenfell Industrial, which was renamed Grenfell Handicrafts in 1954, residents were able to sell hooked

mats, knitted goods and other items at retail shops in England and the United States.

Ruth started work with Grenfell Handicrafts in 1978 and later became manager of the operation, a position she held until the mid 1990s. She went on to establish her own business, Polar Crafts, and continued production of clothing products in the Grenfell tradition.

Ruth enjoyed her family and friends, loved to travel, and into the end of her days was a lover of nature, birds, butterflies, flowers and the rare hummingbird that flew through the trees outside her window. As she prepared to go she said she was about to go on a journey and didn't have to pack a suitcase.

Ruth is survived by her children, Patsy (Alonzo), Kevin (Veronica), Keith (Yvonne), Lloyd (Jackie), and Sharon (Bob); 11 grandchildren and one great-grandchild; and is held in the hearts of her surviving siblings and a large extended family across Newfoundland, Labrador, Canada and the United States. Funeral services took place at the United Church in St. Anthony Bight on April 26, 2014.

Comings and Goings

WELCOME TO:

Forteau

Santana Genge

Regional Nurse I

Brian Gullage

Regional Manager of Support Services

Courtney Hann

Youth Outreach Worker

Ryan Leaman

Power Engineer (fourth class)

Jeffrey Manstan

Power Engineer (fourth class)

Martha North

Nurse I

Amanda Payne

Nurse I

Sheldon Sexton

Computer Support Specialist

Nicole Simms

Utility/Domestic

Katie Warren

Nurse

Lindsey Whitten

Utility/Domestic

Happy Valley-Goose Bay

Magan Anderson-Tapp

Nurse I

Kyla Battcock

Clerk II

Teri Ann Blake

Cardiology Technologist I

Reuben Bonnell

Nurse

Kayla Booth

Personal Care Attendant

Paige Cochrane

Food Service Worker I

Laura Ellsworth

Nurse I

Yassine El'Mhamdi

Food Service Worker I

Suzanne Haghighi

Patient Relations Officer

Jasmine Hiscock

Nurse I

Amanda Hope

Security Guard

Kristie Hurley

Nurse I

Brittany MacDonald

Nurse I

Rebecca Maddox

Nurse I

Hani Mohamed

Nurse I

Shana Morris

Utility/Domestic Worker

Thomas Morrissey

Storekeeper I

Roland Natrass

Biomedical Engineering Tech I

Ashley Orton

Utility/Domestic

Kristen Pellerin

Personal Care Attendant

Clinton Penney

Laboratory Assistant

Bonita Pomeroy

Nurse I

Leann Ryan

Personal Care Attendant

Jyoti Sharma-Maher

Site Clinical Manager

Brian Shutts

Security Guard

Crystal Spontaneo

Nurse I

Gisele Sylvestre

Nurse I

Sara Tansley

Nurse I

Wayne Wall

Trades Worker III

Marilyn White

Secretary I

Kyle Crotty

Maintenance Repairer I

Amanda Harmon

Behaviour Management Specialist

Nain

Natuashish

Mental Health and Addictions Counsellor

St. Anthony

Meaghan Norris

Sachiendra Amaragiri

Surgeon

Jillian Baker

Dental Assistant II

Dawn Buckle

Nurse I

Jennifer Carroll

Clerk Typist III

Sabrina Cotton

Occupational Health and Safety Officer II

Courtney Cunard

Personal Care Attendant

Terri Genge

Clinical Pharmacist II

Stephen Gill

Social Worker I

Keirsten Gould

Nurse I

Krystal Hackett

Nurse

Elizabeth Hillier

Personal Care Attendant

Tiffany Hillier

Personal Care Attendant

Beth Parsons

Nurse I

Nadine Patey

Secretary I

Nikita Pittman

Personal Care Attendant

Holly Pynn

Laboratory Technologist I

Miranda Rose

Nurse I

Hannah Rumbolt

Personal Care Attendant

Jennifer Shepherd

Nurse I

Cora Snow

Clerk IV

Angela Strong

Switchboard Operator I

Angelia Strugnell

Nurse I

Hayley Taylor

Nurse I

Melissa Tremblett

Social Worker I

Hopedale

Joselito Libres

Mental Health & Addictions

Counsellor

Laura Stanford-Martin

Regional Nurse I

Labrador City

Rodney Baker

Engineering Technician II

Carla Brown-Power

Mental Health Counsellor

Ashley Davis

Switchboard Operator I

Ashley Dicintio

Addictions Counsellor

Tammy Earle

Utility/Domestic

Stella Gauthier

Utility/Domestic

St. Lewis

Sheila King

Personal Care Attendant

Rene Poole

Maintenance Repairer I

GOOD BYE AND GOOD LUCK TO:

Charlottetown

Madge Applin Regional Nurse I

Churchill Falls

Shirin Kiahosseini District Medical Officer

Flower's Cove

V. Peggy Gibbons Regional Nurse I (retired)
Sandra Way Personal Care Attendant (retired)
Gladys White Public Health Nurse I (retired)

Forteau

Ruth Howell Personal Care Attendant (retired)

Ashley Rideout

Regional Nurse I

Happy Valley-Goose Bay

Natasha Andrews Computer Support Specialist
Kevin Cabot Aircraft Dispatcher (retired)
Gale Casey Nurse I
Nicole Gaumont Licensed Practical Nurse I
Jemin Joy Nurse Collegian
Celestina Keefe Food Service Worker I
Petra Kieser Social Worker I
Marion Kippenhuck Clerk Typist II (retired)
Catherine Lethbridge Nurse I
Christa Mckay Utility/Domestic Worker
Kathleen Mckay Cook I
Soraya Nejad Clinical Pharmacist I
Ann Maidment Storekeeper I (retired)
Mohammad Mir Hosseininejad Assistant Medical Officer
Chantelle Moss Aircraft Dispatcher
Majid Ozgoli Assistant Medical Officer
Vadivukkarasi Paramasvaran Nurse Collegian
Renee Parsons-Garcin Licensed Practical Nurse I
Harold Pilgrim Maintenance Repairer I (retired)
Jayne Rowsell Regional Diabetes Education Coordinator
Patti Ryland Social Worker I
Yulanda Simms Licensed Practical Nurse I
Melissa Tracey Respiratory Therapist II
Sarah Watson Nurse I
Amy Warren Nurse I
Anne Wells Nurse I (retired)
Fiona Wilson Nurse I

Brittany Wiseman Medical Records Technician I
Shelly Wolfrey Nurse I

Labrador City

Arthur Ash Clinical Physiotherapist II
Kayla Brophy Clerk IV
Colleen Corbett Utility/Domestic
Eleanor Fowler Regional Director of Nursing (retired)
Curtis Harquail Power Engineer (fourth class)
Patrick Joy Nursing Site Coordinator
Martha Kelly Diagnostic Imaging Technologist I
Nicole Northcott Youth Outreach Worker
Kathleen O'Brien Diagnostic Imaging Technologist I

Nain

Graham Blake Maintenance Repairer I
Ronald Dicker Maintenance Repairer I

Natuashish

Emma Ashini Personal Care Attendant
Jordan Moyles Mental Health and Addictions Councillor

North West River/Sheshatshiu

Deborah Voisey Community Health Nurse I
Jason White Regional Nurse II

Port Hope Simpson

David Parsons Nurse Practitioner

Roddickton

Bashar Salman Assistant Medical Officer

St. Anthony

Leslie Anthony-Clark Manager of Addictions Services
Allison Boone Nurse I
Gina Lee Collins Utility/Domestic
Nicole Elford Audiologist II
Joan Gallant Laboratory Technologist I
Trent Hedderson Trades Worker I
Ashley Larkin Nurse I
Patsy Noel Team Leader - Accounts Payable (retired)
Trixie Patey Sterile Supply Technician
Catherine Penney Assistant Medical Officer (retired)
Joshua Mclean Licensed Practical Nurse I
Adam Siniowski Nurse I



FROM THE PAST

At St. Mary's River

By Helen R. Hosmer, M.D.

The past year at St. Mary's River has been exceptionally quiet even for that most tranquil of stations. Last fall, because of war conditions, extreme economy was advisable, so it was decided to send home the more chronic types of cases. Fortune favored us with a healthy year, and it was a lazy winter until travel began with the trip up the Bay and to Port Hope Simpson on January 29th.

My team had to cross the run from Indian Cove by boat and we had to go several miles up the shore above St. Mary's before we reached ice. At River Head I put in a strenuous evening removing a plaster spica from one of our favorite patients of the previous summer, a lovely girl of ten, who first came to us a year before with a tubercular hip. Thanks to timely treatment at St. Mary's, and subsequent operation at St. Anthony, she is now walking again.

Next morning dawned warm and stormy, so we settled down to a quiet day in Mrs. Brown's hospitable kitchen along with her family of six. Next day was cooler but drifting heavily. We started, but found the snow very deep and soft. I had to break trail, and the komatik kept bogging down. After about three miles we felt unjustified in going on. We made an early start Friday and did the nine miles across the neck to Port Hope Simpson in four hours. There we found the dentist, Dr. Arkle, from Cartwright, on his way to St. Mary's.

On our first morning at Hope Simpson we were awakened at the Staff House by cries of help of the maid from the bungalow next door, and rose to find that building in flames which had trapped a man and his child, the wife escaping only through the presence of mind of the maid who had pulled her through the window while the husband turned back for the baby. This terrible tragedy detained us until I was assured the wife had escaped pneumonia in spite of all the smoke and soot she had inhaled.

March is the choice month for traveling but for the last two years it has been unfavorable. For the first two weeks the temperature never went below twenty-eight and often went up to forty with an atmosphere full of fog and fine rain. I fairly wore the thermometer out by constant consultation. When finally cooler weather made travel possible the snow was scanty and the dog team travel for the first time was hard work.

The trip to Forteau left me so lame it was painful to breathe for several days. All over those western hills the windward sides were bare, and traveling, as Max said, was a snow hunt. From each hill top he had to cast about for snow leads. The bushes and stumps stuck out to catch the traces. My only consolation was that for a considerable part of the journey I did not get thrown off any oftener than my driver. The best part of that trip was the visit at the Forteau Nursing Station, where Nurse Learning always maintains such a homelike atmosphere. Dr. Hodd and Dr. Arkle were there and this staff reunion was most enjoyable. Dr. Hodd's

stay was all too brief. The dog sickness had so ravaged the teams that he was traveling by plane and had to meet its schedule.

A delightful incident of the Forteau district visit was a day at L'Anse au Loup with Dr. Arkle while he cleaned up the mouths of the school children. Between his genius for handling children and the gay response of the girls and boys it proved a gala occasion. Not a tear was shed, and most of the children came out of the dental chair laughing. Outside, a ten-year-old boy constituted himself master of ceremonies, indicating who was to go next with most amusing poise and cheerfulness.

On May 31st the first mail boat reached St. Mary's bringing Nurse Seaman to take over the nursing end of the work. She proved herself indefatigable in other ways too. For the past two years the garden had amounted to little but potatoes. This year we took a vow that no number of black flies should prevent our having a vegetable garden. This was no trivial promise, for St. Mary's has an unequalled assortment of the kind of fly that bites. Their biting is not as bad as their crawling.

Soon after the garden planting was finished and just as the haying season began our outdoor man left us. There was nothing to do but take on the jobs of milking and feeding the goat and hens, weeding and hoeing and cutting and harvesting the hay. Without any fuss, Miss Seaman made that garden look like the wellweeded spot which it had never been before. It was necessary to don a thick veil tucked down inside the outer clothing and furnished with a transparent cellulose window, and close so far as possible all openings leading to the inner person. On hot days we worked until we felt we could stand the confinement no longer, ripped off our veils, then rushed into the closed barn to readjust them. In the end, the garden was a success that repaid all our pains. A good garden is the greatest luxury one can have on the coast. Without it there are no fresh vegetables to be had and we feel it is a good influence on the people to see what can be done in the way of home grown food.

Dr. Curtis' two visits during the summer brought the encouragement and inspiration they always mean. In September we welcomed Miss Anderson, the nurse who has taken over for the winter, and her companion and assistant, Miss Meyer.

St. Mary's River has no small share of charms. Every one exclaims at the view from our living room and ward windows, out over the Bay to Battle Harbor, the houses and radio poles of which we can see plainly on a clear day. Each season we have flowers, not in patches, but by the acre each in turn. With its background of flaming red berry bushes and golden yellow birches among the grey rocks, much as one looks forward to a furlough, it is indeed a wrench to turn away from the last view of St. Mary's River.

(An excerpt from the April, 1941 edition of Among the Deep Sea Fishers).