

Along the Coast to Labrador



2016 - 2017

Highlights

Grand Givers

Grenfell Foundation welcomes support from Building Trades Council

Spirit of the Season

Christmas activities around the region



Aunt Mary Simms was Everything to Everyone

There are times when we receive reminders that health care is not always about state-of-the-art equipment, assigning specialists to do particular tasks, or the challenge of making the best use of the available resources. While it's true that we need modern technology and well-trained professionals, it wasn't that long ago when health care – especially in rural areas of Newfoundland and Labrador – was a rudimentary practice that was dependent on basic knowledge, what you had around you, and moving the ill and the ailing to a town where services and equipment were available.

This was vividly illustrated in this issue's *From the Past* article. The focus of the piece is Mary Simms, a well-known woman who hailed from Makkovik, Labrador, and took up residence in Main Brook in 1925. Known to residents along the French Shore as Aunt Mary, she was everything to everyone. Her son George penned a letter in 1976 to Dr. Peter Roberts, formerly executive director of Grenfell Regional Health Services. By the time the letter was published in *Among the Deepsea Fishers*, Aunt Mary was 80 years of age and well aware of the work that was being done in White Bay and elsewhere in the province by doctors, nurses and specialists. Not surprisingly, she wondered how people ever survived without these advances in care and treatment.

The letter is a stark reminder that living in a rural area was a test of survival. It was Mary's tenure as a midwife that shouldered her with the responsibility of caring for the sick and the needy in addition to bringing babies into this world. It's a fascinating account of someone doing much with little and puts into perspective just how far things have come in a relatively short time.

Labrador-Grenfell Health wishes to advise readers that it is closing out the print edition of *Along the Coast to Labrador*. While this is the last edition of the magazine, we will adjust by moving towards delivering news and information on its programs and services, and highlight the valued work of its dedicated employees, through our website and social media via Twitter. This is part of a movement from print to digital that has taken hold worldwide.

Over the years, readers of *Along the Coast to Labrador* have benefitted from hundreds of articles submitted by health professionals, managers, historians and keen readers. We sincerely thank every contributor for their work and the many members of the newsletter committee over the years who faithfully guided these efforts. We would also like to thank readers for their continued support and feedback. We look forward to continuing to provide news and information in a manner that fits the times in which we live.

Allan Bock, Editor

Along the Coast to Labrador



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Front cover photo:

The Newfoundland and Labrador Construction and Building Trades Council presented substantial donations to the three chapters of the Grenfell Foundation to support the acquisition of priority medical equipment. Taking part in the Labrador West presentation were: (l-r) Andrew Robertson, Chair; Rick Hiscock, board member; Gus Coombs, NLBCTC; Peter Reccord, board member; Labrador West MHA Graham Letto; Ozette Simpson, formerly Chief Operating Officer, Labrador-Grenfell Health; Paulette Abbott, board member; and Patsy Ralph, coordinator. For story and photos, see page 16.

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Around the Region



'Spiritual Resilience'

The ministerial committee at Labrador City celebrated the spiritual well being of people during Pastoral Care Week in October 2016. The theme of the week was Spiritual Resilience. Pastoral caregivers share in the mission that the health and well being of an individual is an important aspect of their overall health and healing. Thank you to everyone who participates in pastoral care at Labrador-Grenfell Health facilities for their faithful and important service. Taking part in Pastoral Care Week activities at the Labrador West Health Centre were: (l-r) Pastor Shannon Meade, Rev. Julie Brace, Rev. Rowena Payne, Rev. S. Dean Sellars and Rev. Douglas Kean.

Non-Patient Transport Vehicle Enhances Ambulance Services



▲ Participating in the presentation of a Non-Patient Transport Vehicle by the Labrador West chapter of the Grenfell Foundation to the Labrador West Health Centre were: (l-r) Paulette Abbott, Labrador West Health Centre Auxiliary; Tony Wakeham and Ozette Simpson, Labrador-Grenfell Health; Shane Goudie and Leon Wiseman, Primary Care Paramedics; Health and Community Services Minister John Haggie; Labrador West MHA Graham Letto; Peter Reccord, Grenfell Foundation; Junior Humphries, Deputy Mayor, Labrador City; and Insp. Sean Ennis, Royal Newfoundland Constabulary.

The Grenfell Foundation (Labrador West Chapter) presented a Non-Patient Transport Vehicle to the Labrador West Health Centre on Dec. 16, 2016 to enhance the ambulance service operated by Labrador-Grenfell Health. The vehicle transports the on-call paramedic to the scene of an emergency and ensures their safe arrival is coordinated

with the arrival of the Labrador-Grenfell Health ambulance and Primary Care Paramedic.

With flashing lights, a siren, vehicle decals and safety equipment, Peter Reccord, vice-chair of the Labrador West chapter, said the Non-Patient Transport Vehicle looks like any other emergency vehicle and is a welcome addition to the fleet of emergency vehicles in the Labrador West area. Labrador West MHA Graham Letto praised the acquisition and said the vehicle is a crucial link to providing the residents of Labrador West with an efficient and timely ambulance service.



▲ Peter Reccord of the Grenfell Foundation presents the keys of the Non-Patient Transport Vehicle to Ozette Simpson, formerly Chief Operating Officer (West), Labrador-Grenfell Health.

Provincial Government Announces Investments in Health Care Equipment

Investments exceeding \$1.6 million were announced for health care facilities in Forteau, Roddickton-Bide Arm, Flower's Cove and St. Anthony during events which took place in January.

The announcements were made at the Labrador South Health Centre in Forteau on Jan. 13, 2017 by Cartwright-L'Anse au Clair MHA Lisa Dempster, and by Christopher Mitchelmore, Minister of Tourism, Culture, Industry & Innovation and MHA for St. Barbe-L'Anse aux Meadows, at the White Bay Central Health Centre, the Strait of Belle Isle Health Centre, and the Charles S. Curtis Memorial Hospital on Jan. 23, 2017.

"These investments will help to ensure that the health care facilities in the St. Barbe-L'Anse aux Meadows district will be maintained and equipped to be able to offer quality services to residents," said Mr. Mitchelmore. "I am very pleased to see investments made in the district, and I am grateful to Labrador-Grenfell Health for its good stewardship of the health facilities in St. Anthony, Roddickton-Bide Arm, and Flower's Cove."

Ms. Dempster said the investment was made possible through a budgetary allocation which enables Regional Health Authorities in the province to purchase or replace equipment and carry out repair or renovation projects. "By investing in vital health care equipment, we are able to ensure that people who reside in rural parts of the province are able to receive quality health care services," she said

The investments were as follows:

- Charles S. Curtis Memorial Hospital – Dual Detector X-Ray Room, valued at \$700,000.
- White Bay Central Health Centre – Single Detector X-Ray Unit, valued at \$270,000.
- Strait of Belle Isle Health Centre – Single Detector X-Ray Unit, valued at \$270,000; and a Mini-Cube Ambulance, valued at \$190,000.
- Labrador South Health Centre – Single Detector X-Ray Unit, valued at \$198,000.



▲ St. Barbe-L'Anse aux Meadows MHA Christopher Mitchelmore was joined by Mayor Ernest Simms and Labrador-Grenfell Health staff during an announcement at the Charles S. Curtis Memorial Hospital, St. Anthony.



▲ Community leaders and Labrador-Grenfell Health staff welcomed a funding announcement for the White Bay Central Health Centre, Roddickton-Bide Arm.

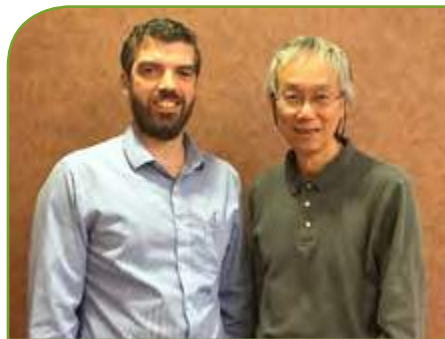


▲ An investment for the Strait of Belle Isle Health Centre, Flower's Cove, was announced by St. Barbe-L'Anse aux Meadows MHA Christopher Mitchelmore.



▲ Cartwright-L'Anse au Clair MHA Lisa Dempster announced the allocation of funds to purchase a Single Detector X-Ray Unit for the Labrador South Health Centre, Forteau.

Dr. Gabe Woollam Appointed VP of Medical Services



▲ Dr. Gabe Woollam (left) succeeds Dr. Michael Jong as Vice-President of Medical Services.

Labrador-Grenfell Health announced the appointment of Dr. Gabe Woollam, MD, CCFP, as VP of Medical Services on Feb. 8, 2017. Dr. Woollam has served as Chief of Medical Staff at the Labrador Health Centre, Happy Valley-Goose Bay, since 2010. Since joining Labrador-Grenfell Health in 2008, Dr. Woollam has also had extensive involvement in training medical students and Family Medicine residents through the Northern Family Medicine (NORFAM) program in association with the Faculty of Medicine at

Memorial University of Newfoundland (MUN).

"My eight years of practice in Labrador have given me an appreciation for the unique challenges in providing care to a diverse and geographically remote population," said Dr. Woollam. "I am looking forward to taking on new challenges in overseeing the provision of medical services throughout the Labrador-Grenfell Health region."

Dr. Woollam is a Clinical Assistant Professor in Family Medicine at MUN and has served in various capacities with several organizations, including the Newfoundland and Labrador Medical Association and the Society of Rural Physicians of Canada. He is a recipient of several awards, including the Award of Excellence from the College of Family Physicians of Canada, and the Gus Rowe Clinical Teaching Award from MUN.

Dr. Woollam succeeds Dr. Michael Jong, who retired in January as VP of Medical Services. During a 35-year distinguished career

as a physician, educator, administrator, mentor and researcher in Labrador, Dr. Jong contributed greatly to the development and enhancement of medical services in the region.

Tony Wakeham, President and Chief Executive Officer, welcomed Dr. Woollam to the Executive Team and said his experience and professional background are assets in positioning the Regional Health Authority to adapt to changes and challenges in the health-care sector. He described Dr. Jong as a dedicated, hard-working, knowledgeable and exemplary individual whose tireless work went beyond medicine and influenced every facet of the health service throughout Northern Newfoundland and Labrador. "We extend best wishes to Dr. Jong as he takes on other tasks and embraces other challenges. He has left an indelible mark on health care services and is held in high regard by his patients and for the relationships he forged with Aboriginal groups and healthcare providers."

Primary Health Partners with Janeway Lifestyle Team



▲ Front (l-r): Sondra Spearing, Lisa Dooly, Ashley Saunders (client) and Sarah Critch. Back, Carla Saunders (mom), Anne Wareham, Tracey Bridger and Kristen Williams.

Labrador-Grenfell Health partnered with the Janeway Lifestyle Program to host clinics in Happy Valley-Goose Bay and Sheshatshiu last fall. A team of multidisciplinary health care professionals work with families whose children have been identified as having risk factors for the development of chronic disease. These may include: Cholesterol problems; high blood pressure; polycystic ovarian syndrome; liver disease; high blood sugars; and weight concerns.

Through the Traveling Consultation Clinic, the program visits each regional health authority in the province every 18 months. The service offers a multidisciplinary assessment of the referred children, written summary and feedback to the families and referring healthcare professional, follow-up consultation (including telehealth) and resources.

Twenty-three children were assessed by the team (pediatric endocrinologist, physiotherapist, dietitian and psychologist) during the September clinics. The clinics were a tremendous success, as clients and their guardians were very receptive to the program and the Janeway team thoroughly enjoyed their visit to Labrador! "We were so impressed by the families' commitment, desire to learn, and obvious love for the children. It was a remarkable time for the team and we look forward to continuing our relationships," said Dr. Tracey Bridger, Pediatric Endocrinologist and medical director.

Chronic diseases in Newfoundland and Labrador are among the highest in Canada.

Approximately 61 per cent of people over the age of 12 have at least one chronic disease and almost one-third of that group has three or more chronic diseases. There are many contributing factors to overall health such as genetics, income, housing and access to fresh foods.

The province is unique in its culture and heritage and each region of the province is different in terms of its strengths and challenges. While Labrador has some of the strongest challenges, it also has some of the strongest people. The purpose of the Janeway Lifestyle Program's visit was to bring evidence-based information to parents and their referring healthcare professional, to help reduce risk factors, and prevent or delay the onset of chronic diseases. The Janeway Lifestyle Program team are experts in healthy living, but the parents are the experts on their family. Labrador-Grenfell Health hopes to continue this partnership with the Janeway Lifestyle Team.

Sondra Spearing, Primary Health Care Facilitator, and the Janeway Lifestyle Team

New Year's Babies for 2017

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

Labrador West Health Centre

Kolden Taylor was the first baby born in 2017 at the Labrador West Health Centre in Labrador City. Born to Crystal Taylor and Mitchell Penney, the 3.57 kg baby arrived at 11:20 a.m. on Jan. 1, 2017 and is a younger brother for Lucas and Ryder. The proud parents and their newborn received two presentations – an infant car seat donated by the Walmart store in Labrador West, and a silver cup and T-shirt donated by the Labrador West Health Centre Auxiliary. Taking part in the presentation were: (l-r) Dr. Harninder Hans, Chief of Staff; Dr. Abdul Azaghdani, Obstetrician/Gynecologist; Baby Kolden and mom Crystal; and Pauline Abbott, representing the health centre auxiliary. Missing from photo was Dr. William Arsenault.



Labrador Health Centre

Dana Rich and Jaden Martin of Sheshatshiu are the proud parents of the first baby born in 2017 at the Labrador Health Centre in Happy Valley-Goose Bay. Jada Marilyn, weighing 4.7 kg, was born at 11:38 p.m. on Jan. 2, 2017. An infant car seat was presented to the parents and their new daughter, a sister for Layna Rich. Taking part in the presentation were: Front (l-r) Jaden Martin, Dana Rich and Baby Jada Marilyn. Back, Registered Nurse Sarah Hayward and Dr. Gabe Woollam, former NLMA board member. Missing from photo was Dr. Charlene Fitzgerald, the attending physician who is also a current member of the NLMA board.



Charles S. Curtis Memorial Hospital

Gina Morris and Allan Chaulk of St. Anthony are the proud parents of the first baby born in 2017 at the Charles S. Curtis Memorial Hospital in St. Anthony. Samuel was born at 9:25 a.m. on Jan. 9, 2017. An infant car seat was presented to the parents and their new son, a brother for sisters Summer and Skyla Morris. Taking part in the presentation of the car seat were: (l-r) Licensed Practical Nurse Terri Woodward, Registered Nurse Joanne Strangemore, Gina Morris, Baby Samuel, Allan Chaulk, Obstetrician Dr. Devicka Roopram, Clinical Nurse Manager Rita Reardon, and Registered Nurse Natalie Blake.



Communities Sponsor Purchase of New Chairs for Harbourview Manor

The Harbourview Manor, a personal care home located in Mary's Harbour, needed a set of new chairs for the dining room. Purchasing new chairs was beyond the means available to the board of directors which operates the facility. An idea was presented that residents in communities from the surrounding area might be able to help. A challenge was issued in September 2015 to communities to donate \$1,000 each to cover the cost of chairs in the dining room that had to be replaced. There are six tables at the home, each with four chairs. Sponsoring communities were advised that they would have a table named in their honour.

There was quick response and by November, the board of directors held a luncheon to thank the sponsors and provided an opportunity for the placement of a centerpiece on the table most used by residents from their community. The beautiful centerpieces were made by a local man and a local youth crafted the inukshuks.

The board of directors of the Harbourview Manor would like to thank everyone involved in this project, especially the incredible communities who sponsored. They included William's Harbour, St. Lewis, Lodge Bay, Mary's Harbour, Cartwright and NunatuKavut.



▲ Board members Claude Rumbolt, Nina Pye, Barb Rumbolt and Isi Rumbolt proudly display the centerpieces and inukshuks which adorn the community-sponsored tables in the dining room.



▲ The dining room of the Harbourview Manor has 24 new chairs, thanks to contributions from communities in Southeast Labrador.



▲ Table centerpieces made from wood feature an inukshuk and a Labrador flag.



▲ Hosts of the first-ever radiothon at the Grenfell Interpretation Centre were Wayne Bartlett (left) of Radio Quirpon and John Budgell, former executive director of Grenfell Regional Health Services.



▲ Kathleen Tucker (left) of Ship Cove and Elaine Hillier of St. Anthony were busy answering the telephone from individuals pledging financial support during the Grenfell Foundation radiothon.

NORTHERN PEN PHOTOS

Radiothon Raises \$30,333 for ICU

The first of its kind for Northern Newfoundland, a radiothon, raised more than \$30,333 towards the purchase of a new patient care monitoring system for the Intensive Care Unit at the Charles S. Curtis Memorial Hospital, St. Anthony. The event was hosted by the Grenfell Foundation (South chapter) in partnership with Ivan Emke and Fred Campbell of Grenfell Campus (Memorial University) at the Grenfell Interpretation Centre on Nov. 18, 2016.

Guest hosts for the webcast were John Budgell, former executive director of Grenfell Regional Health Services, and Wayne Bartlett, entrepreneur and entertainer from Quirpon. The broadcast featured interviews, entertainment, donation presentations and updates on the total amount pledged by supporters. Guests included Ernest Simms, Janet Cull, Drs. William Fitzgerald and Trudy O'Keefe, Tony Wakeham, Marsha Genge, Sabrina Whyatt, Raelynn Strangemore, Christopher Mitchelmore, Paddy Simpson, Sheila Fitzgerald, Bernadette Calonego, Lisa Dempster and Dr. Lauren Smithson.

Volunteers took pledge calls from individuals from the area and other parts of Canada. The largest single contribution was announced by Christopher Mitchelmore, Minister of Tourism, Culture, Industry & Innovation and MHA for St. Barbe-L'Anse aux Meadows. On behalf of the Provincial Government, he announced \$20,000 for the fundraising project. Also pledged were a number of substantial donations from private donors.

Elsie Slade, chair of South chapter, expressed thanks to everyone who pledged support "The success of the radiothon exceeded our expectations and the credit for that goes to the many people who played a role in putting together all of the details for this event," she stated. "We appreciate your efforts and we especially thank the many individuals from near and far who were interviewed for the online webcast."

Donations

Grenfell Foundation Presents New Equipment to Charles S. Curtis Memorial Hospital

The South Chapter of the Grenfell Foundation recently presented new medical equipment to the Charles S. Curtis Memorial Hospital in St. Anthony. The donations included an ultrasound and an incubator. The ultrasound is a multi-use unit which performs breast and thyroid biopsies, prostate biopsies by visiting urologists, and treats intra-abdominal abscesses and biopsy tumours. Specialized probes can provide focused nerve blocks to attain effective pain control. In addition, pediatric probes can be used by a pediatrician in the treatment of children. Investigations by healthcare providers can lead to earlier diagnosis and treatment and the utilization of the new ultrasound means



residents will have to make fewer trips to Corner Brook or St. John's. The Dräger Isolette 8000 incubator provides a stable, cocoon-like environment for newborns. Healthcare providers in the Obstetrical Unit are able to continuously monitor a baby's core and peripheral body temperature using the unit's advanced thermoregulation technology. The

Grenfell Foundation is a registered charitable organization created to support the work of Labrador-Grenfell Health. Funds raised are used for capital equipment and research relating to the services provided by Labrador-Grenfell Health.

On hand for the presentation of the advanced incubator to the Obstetrical Unit at Charles S. Curtis Memorial Hospital were: (l-r) Registered Nurses Elizabeth Hillier and Patrick Edison, Clinical Nurse Manager Rita Reardon, Elsie Slade (chair of the Foundation's South Chapter) and Pediatrician Dr. Padma Guntamukkala.

Taking part in the presentation of an ultrasound unit to the Charles S. Curtis Memorial Hospital were: (l-r) Dr. Lauren Smithson, Dr. Sivaruban Kanagartnam, Claudine Rose, Dr. Talal Ali, Jacinthe Tardle, Dr. A. Toguri, Agnes Patey, and Elsie Slade (chair of the Foundation's South Chapter).



McHappy Day Supports Grenfell Foundation

The Labrador West Chapter of the Grenfell Foundation was pleased to accept proceeds from McHappy Day, an annual event held at the McDonald's restaurant in Labrador City on May 4, 2016. Presentation participants included: (l-r) Peter Reccord of the Grenfell Foundation, Wanda Slade of the Labrador West Health Centre, and Helene Dionne, Valoolymyr Kuz and Patrick Rioux, McDonald's representatives. Also benefitting was Ronald McDonald House.



Donations

IGA and Auxiliary Support Long-Term Care Unit

The Labrador South Health Centre Auxiliary received a \$39,000 grant from the International Grenfell Association (IGA) and used the funds to purchase items for the long-term care unit at the Labrador South Health Centre in Forteau. The purchases included new wheelchairs, chairs and dressers for the rooms, pressure point mattresses, Broda chairs, and Orion chairs. Auxiliary president Ellen Flynn thanked the IGA for the donation, noting that the acquisitions improve the quality of life for residents and greatly



assist healthcare providers. The presentation took place on Oct. 18, 2016 at the Labrador South Health Centre. Participating in the presentation were: (l-r) Grace Normore, Linda

Gibbons, Betty Ryan, Agnes Pike, Rita Davis, Ellen Flynn, Dina Davis, Caroline O'Brien, Gertie Fowler, Sadie Howell, Emma Ryland, Pearl Buckle and Netia Hancock.



JoyGlobal Golf Tournament a Success

The annual JoyGlobal Charity Golf Tournament took place at the Tamarack Golf Club on July 9, 2016. A total of \$7,800 was donated to the Labrador West Chapter of the Grenfell Foundation. Taking part in the presentation were: (l-r) Rick Burton, Betty Matthews, Peter Reccord, Andrew Robertson, Paulette Abbott, Amy Dumaresque and Ozette Simpson.

Funding from NunatuKavut for New Broda Chair

The NunatuKavut Community Council presented a donation of \$2,500 for a new and much-needed Broda chair to the Labrador South Health Centre in Forteau on Jan. 13, 2017. A Broda chair provides residents of the long-term care unit with comfort and mobility. Labrador-Grenfell Health thanks NunatuKavut for its generosity. Taking part in the presentation with resident Gordon Pye were: (l-) Jim Learning, Levi Snook, Joy Fowler Pike, Todd Russell, Odile Maurice and Vicki Hancock.



New Ophthalmology Equipment for Labrador West



▲ Displaying the new Topcon DRI OCT Triton PLUS at the Labrador West Health Centre on Sept. 14, 2016 were: (l-r) Patsy Ralph, Denise Foote, Peter te Vaarwerk, Paulette Abbott, Ozette Simpson, Andrew Robertson, John Hathazi, Dr. Paul A. Price, and Peter Reccord.

The Labrador West Chapter of the Grenfell Foundation is pleased to announce the purchase and installation of state-of-the-art ophthalmology equipment for the Labrador West Health Centre. The equipment comes with a \$200,000 price tag and represents technology that is not in place anywhere else in Atlantic Canada.

"This acquisition places the Labrador West Health Centre on the cutting edge of technological advances in the field of diagnosing, treating and preventing diseases of the eye and the visual system," said Andrew Robertson, chair of the Labrador West Chapter of the Grenfell Foundation.

The announcement was welcomed by Ozette Simpson, Chief Operating Officer of the Labrador West Health Centre. "Labrador-Grenfell Health extends thanks to the Grenfell Foundation and its many supporters for the purchase of this ophthalmology equipment. We look forward to working with our partners in this specialized area of practice in order to provide the highest quality of care to the residents of Labrador West."

The equipment, which is called the Topcon DRI OCT Triton PLUS, is an advanced, five-in-one diagnostic tool that combines Optical Coherence Tomography (OCT) and true colour, non mydriatic, multi modal fundus imaging. It also offers Fluorescein Angiography (FA), Fundus Auto Fluorescence (FAF), OCT Angiography (OCT A) and Anterior Segment capabilities.

The high penetration of the 1,050nm light source can easily and

clearly visualize deep layers in the eye such as the choroid and sclera, not easily seen before. It features a low intensity flash which benefits patients and a fast scanning speed of 100,000 A-scans/second enables more precise imaging through dense opacities such as cataracts, and even blood.

Triton's many scanning functions enable it to generate accurate, detailed, and very comprehensive reports that enable physicians to confidently diagnose, consult, and then treat patients almost immediately, either from a clinical setting or remotely, if necessary, due to its advanced networking capabilities.

Dr. Paul A. Price, Ophthalmologist, notes that on the first day of a clinic at the Labrador West Health Centre, four clients were seen who would have had to go outside for imaging, consultation and/or treatment. One of the clients had already made 12 trips out of the area and might have had to make many more.

The Topcon DRI OCT Triton PLUS instrument: Makes more accurate diagnosis; enables teleophthalmology consultation worldwide; picks up on eye conditions that require immediate attention; provides better follow-up for chronic diseases (diabetes, glaucoma); and saves sight.

Dr. Price wishes to express his thanks to the residents of Labrador West and local businesses who generously donate to the Grenfell Foundation, Labrador West Chapter, to enable such valuable purchases to support the delivery of ophthalmology care services and saving residents the cost of having to travel outside the area.

Postville Letter: A Partnership in Health and Wellness



Postville may not be a name that immediately springs to mind when you hear about Labrador. Certainly the news out of Postville doesn't have the kind of notoriety that tweaks the interest of the media.

Of the six communities on the North Coast, Postville, with a population of less than 250, is the smallest of its sister settlements. This said, Postville is a resourceful and robust community, with active local government representatives who try to meet the needs of the population to the best of their ability. One area in particular that I can speak to, with knowledge and confidence, is that of health.

Quietly and consistently, the people of Postville have been supporting their Community Clinic. With persistent commitment, they have actively collaborated with the Nurse-in-Charge of this one-nurse clinic, annually supporting applications for funding with generous financial contributions to the clinic. During my first five years, they provided, in response to my proposals to the Inland Resources Trust Fund (IRTF), more than \$100,000 towards the purchase of medical equipment and other needed materials, supplies, and furnishings to upgrade the facility.

Their contribution has been significant and meaningful. The equipment purchased was state-of-the-art, and it raised the standard of health care and enhanced the delivery of services to community members. Through their participation, they are not just beneficiaries of a

service – because of their involvement, they have become stakeholders in what is now a community enterprise and they share in its success. As a result of this involvement, there is now a greater sense of ownership and pride in the Postville Community Clinic.

Over the past 11 years, the clinic has come a long way in promoting the health and welfare of the community. During this time, health care in Postville has been focused on prevention just as much as on cure, on delivering messages as well as dispensing medicine. Success depends as much on the interest and involvement of the community as it does on the performance of the community clinic and here, too, it must be said that the people of Postville have delivered.

I would like to personally acknowledge, and on behalf of the staff, who make everything we do possible, the tremendous support that the IRTF committee has given to me, and the support of the Postville people. They have truly shown their concern and commitment to the well-being of the community. It is gratifying to see this and it is much appreciated.

To have worked in a community that is willing to support its health service is both motivating and reassuring. Postville should be recognized and applauded for this interest and effort on its own behalf, and I wish them every success for the future.

Sheila Wilson, Regional Nurse II, Postville Community Clinic

From the Homes



Happy Valley Goose-Bay

Residents at the Happy Valley-Goose Bay Long-Term Care Facility were offered the opportunity to take part in a multi-sensory garden project in 2016. With help from Ashley McPherson of the Canadian National Institute for the Blind and Teena Doyle, Recreation Development Specialist, the project featured a variety of senses over the course of several weeks. The residents stimulated their senses by planting cilantro seeds and cared for the herb. The elders also planted flowers and crafted paper flowers in a pinwheel-style fashion.

Labrador West



Residents at the long-term care unit of the Labrador West Health Centre enjoyed a visit from Rev. Dean Sellars, who spent the afternoon on Sept. 8, 2016 making blueberry pudding and serving it with cream to the seniors. (L-r) Rodney Murphy, Margaret O'Brien, Kevin Payne, Josa Kadui, Marion Walsh, Bernadette Wheaton, Gail Moores, Rev. Rowena Payne,

Rev. Sellars, James McLean and Shirley Squires.

Long-term care residents at the Labrador West Health Centre enjoyed an afternoon of entertainment on Aug. 19, 2016 with Dave McHugh, a recording artist from Corner Brook. During the event, the seniors also received a surprise visit. At right is resident Kevin Payne with Premier Dwight Ball.



St. Anthony



▲ Residents at the John M. Gray Centre celebrated Seniors Month in June by sitting down to a traditional meal of fisherman's brewis during Newfie Day. Taking part were: Front (l-r) Cenith Saunders and Rita Hedderson; back, William Butt and Eugene Burden.



◀ John M. Gray Centre staff members Heather Bromley, Louise Whiteway and Tiffany McLean display Mother's Day balloons that were distributed to mothers at the long-term care facility in May, 2016.

From the Homes

St. Anthony



▲ Residents Muriel Patey, Eugene Burden and Nellie Kippenhuck were joined by Mental Health Nurse Danika Parrill and Addictions Coordinator Anne Marie Freake during a social to celebrate Mental Health Awareness Week. An afternoon of fun-filled activities included a cake-cutting ceremony, positive theme games, storytelling, a sing-song and an assortment of refreshments and treats. A special thank you to Danika and Anne Marie for helping with the organization of this event.



▲ Resident Cenith Saunders was excited to be recognized and honoured when she received a Mother's Day balloon and card from Heather Bromley, Recreation Specialist, during the Mother's Day celebrations at the John M. Gray Centre.



▲ Sharon McGee, Barbara Elliott, Heather Bromley, Angela Colbourne, Tiffany McLean and Eileen McCarthy participated in the annual Walk for Memories in support of the Alzheimer's Society of Newfoundland and Labrador in June 2016. A special thank you to all participants and sponsors for supporting such a worthwhile fundraising event.



▲ Staff of the John M. Gray Centre and Aramark in St. Anthony donned red and white striped socks during the Sock it for Sick Kids fundraiser in support of Ronald McDonald House.



▲ Residents Emily Sulley (left) and Cenith Saunders (right) joined Heather Bromley, Recreation Specialist, in their Halloween attire while waiting for the party to begin. Residents were delighted and smiling from ear to ear as they handed out Halloween treats to the little trick or treaters dressed in colourful Halloween costumes.

Volunteers are the Roots of Strong Communities

Labrador-Grenfell Health recognized the work and contributions of volunteers during a series of appreciation events held at Forteau, Labrador City, St. Anthony and Happy Valley-Goose Bay in 2016. The Regional Health Authority and residents of Northern Newfoundland and Labrador derive many benefits from the work of volunteers. Among those

honoured were members of the South, Central and West chapters of the Grenfell Foundation, members of hospital and health centre auxiliaries located in Labrador City, St. Anthony, Happy Valley-Goose Bay, Forteau and Flower's Cove, members of church and community groups and service clubs who visit long-term care residents to organize activities and special celebrations,

and many others.

The theme of National Volunteer Week 2016 was 'Volunteers are the Roots of Strong Communities'. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Paula Speevak, President and CEO of Volunteer Canada, said "thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time."

Alice Moores of Red Bay, guest speaker at the Forteau appreciation dinner on May 26, 2016, said volunteers are the unsung heroes in communities, persevering under challenging conditions and sometimes enduring unwarranted criticism. "The volunteer base is shrinking and it's not easy being a volunteer, but we're here to show appreciation and say thank you," she said.

Labrador-Grenfell Health noted that the appreciation dinners were a special time to celebrate the collective efforts of all volunteers and express gratitude for what volunteers and volunteering does for health care and all of us.



▲ Guest speaker at the volunteer dinner in Forteau on May 26, 2016, was Alice Moores (left). She received a thank you gift from Tania Keats of Labrador-Grenfell Health.



▲ The Labrador West Health Centre Auxiliary presented a \$30,000 donation to Grenfell Foundation (West chapter) at the volunteer appreciation dinner on Sept. 20, 2016. Taking part in the presentation were: (l-r) Ozette Simpson, Labrador-Grenfell Health; Andrew Robertson, Grenfell Foundation; and Paulette Abbott, Auxiliary President.



▲ Agnes Patey, Coordinator of the Grenfell Foundation (South chapter), accepted a \$500 contribution from Hilda Best, representing the Royal Canadian Legion, at the June 1, 2016 volunteer appreciation dinner in St. Anthony.

ANTHONY CRONHELM PHOTO



▲ The Curtis Hospital Auxiliary presented a cheque for \$20,000 to the Grenfell Foundation (South chapter) on June 1, 2016 for the purchase of priority medical equipment: Front (l-r) Jeanette Hostetter, Mary Tucker, Ruby Carpenter, Evelyn Rumbolt, Agnes Patey (Coordinator, Grenfell Foundation, South chapter). Back, Wanda Greenham, Ethel Rumbolt, Roberta Stevens, Juanita Richards, Adelaide Richards, Louise Greenham, Christine Richards, May Kinsella and Dora Penney.

ANTHONY CRONHELM PHOTO



▲ A large group of volunteers, representing various groups and organizations in the Labrador Straits, were recognized by Labrador-Grenfell Health on May 26, 2016, for their volunteer efforts. Honoured were: Front (l-r) Frank Flynn, Betty Ryan, Alfreda Normore, Charolette Flynn, Louisa Flynn, Rita Davis, Linda Gibbons. Back, Hedley Ryland, Gertie Fowler, Alice Moores, Marilyn Bridle, Norma Earle, Elsie Earle, Ross Pike, Georgina Thomas, Ellen Flynn, Eliza Flynn, Caroline O'Brien, Pearl Buckle, Emma Ryland, Diana Davis, Grace Normore, Ivy Bell, Selma Ryland, Vicki Hancock, Lisa Davis Ryland and Sabrina Belbin.



▲ Alfreda Normore (left) and Sabrina Belbin (right) had the honour of cutting the volunteer appreciation cake at the Forteau dinner.



▲ A volunteer appreciation dinner at the Labrador West Health Centre on Sept. 20, 2016 was a time to say thank you to groups, organizations and individuals who support health care in their community. Guest speaker for the function was Andrew Robertson, chair of the Grenfell Foundation (West chapter).



▲ St. Anthony Basin Resources Inc. (SABRI) bestowed a cheque for \$10,000 to the Grenfell Foundation (South chapter). Dale Colbourne, SABRI treasurer, made the presentation at the June 1, 2016 volunteer appreciation dinner to Agnes Patey, Coordinator.

ANTHONY CRONHELM PHOTO



▲ Organization and individuals who volunteer their time to support the Labrador Health Centre and residents at the long-term care home in Happy Valley-Goose Bay were honoured during a dinner on June 9, 2016. Donnie Sampson, VP of Nursing, Labrador-Grenfell Health, praised those who help for their kindness, their time, and for making a difference in the lives of many.

Trades Workers Make Significant Donation to Grenfell Foundation



▲ South chapter presentation: (l-r) Dr. Kweku Dankwa, Associate VP of Medical Services; Dr. Sarada Paladugu, Chief of Staff; Agnes Patey, coordinator; Dr. Lauren Smithson, Surgeon; Elsie Slade, Chair, South chapter; and Gus Coombs, NLBCTC.

The Newfoundland and Labrador Building and Construction Trades Council (NLBCTC) donated \$243,100 to the Grenfell Foundation for the purchase of priority medical equipment for the benefit of residents served by the Labrador-Grenfell Regional Health Authority. The funding announcements took place March 20-23, 2017 at Labrador City, Happy Valley-Goose Bay and St. Anthony.

Representing the NLBCTC was Gus Coombs, Assistant Executive Director. He said the council, which represents 16 construction unions and more than 20,000 trades workers throughout Newfoundland and Labrador, has contributed more than \$16 million over the past 10 years to support many important initiatives in the province. "We do more than build infrastructure – we help build communities," he stated. "And we do this because we recognize the importance of giving back to our communities."

Mr. Coombs said the NLBCTC recognizes and thanks the many health-care professionals who work hard to provide quality healthcare to the residents of the province. "The NLBCTC is proud to partner with the three chapters of the Grenfell Foundation and Labrador-Grenfell Health and we are proud to be investing in communities."

The NLBCTC donations were presented to the three chapters of the Grenfell Foundation. The details are as follows:

Labrador West Chapter – A variety of equipment valued at \$30,100, including medical telescopes, obstetrical equipment and laparoscopic accessories, for the Labrador West Health Centre, Labrador City.

Labrador East Chapter – A range of medical equipment, valued at \$150,000, for portable ultrasound units for North Coast community clinics, and medical telescopes, obstetrical equipment and laparoscopic

accessories for the Labrador Health Centre, Happy Valley-Goose Bay.

South Chapter – A \$63,000 contribution towards the purchase of an ultrasound machine for the Charles S. Curtis Memorial Hospital, St. Anthony.

The chapters of the Grenfell Foundation thanked the NLBCTC and its members for their generous contributions towards enhancing health-care services at facilities throughout Northern Newfoundland and Labrador. Rex Goudie, chair of the Labrador East chapter of the Grenfell Foundation, said the acquisition of the portable ultrasound units, in particular, will enable residents of isolated communities to receive care and treatment without having to leave their community.

"Now that our campaign has been funded in full by the NLBCTC, we will work with the senior management team at Labrador-Grenfell Health to identify new priorities and will be launching a new campaign to continue our efforts to enhance patient care in the region," he said. "We will be back soon to launch our new campaign and unveil our donor display, which will recognize and acknowledge our contributors to the Labrador East chapter."

Andrew Robertson, chair of the Labrador West chapter, thanked the NLBCTC for the generous donation. "Their decision to spread these funds over such a wide area does them credit and is much appreciated," he stated.

Elsie Slade, chair of the South chapter, expressed appreciation to the NLBCTC for supporting the purchase of an ultrasound machine. "We have a great group of volunteers and our coordinator, Agnes Patey, makes sure everything is in order for our fundraisers," she said. "Without generous support from businesses, individuals and organizations such as the NLBCTC, we would not be able to purchase medical equipment."



▲ Labrador East chapter presentation: (l-r) Roger Snow, Labrador-Grenfell Health; Mary Snelgrove, board member; Patricia Kemusigak, Minister of Education and Economic Development, Nunatsiavut Government; Gus Coombs, NLBCTC; Rex Goudie, Chair; Caroline Hong, board member; Delia Connell, Chief Operating Officer, Labrador-Grenfell Health; Roy Blake, Ordinary Member, Upper Lake Melville, Nunatsiavut; Colin O'Brien, board member; and Lake Melville MHA Perry Trimper.

Cancer Care Team Receives Public Sector Leadership Award



▲Front (l-r) Kathleen Benuen (Health Director, Mushuau Innu First Nation), Melita Paul (Community Health Worker, NunatuKavut). Back, Frank D'Onofrio (IPAC Deloitte Public Sector Leadership Awards-Jury Chair), Katherine Chubbs (VP & Chief Nursing Officer, Eastern Health), Robert Taylor (CEO, IPAC), Dr. Farah McCrate (Clinical Epidemiologist, Eastern Health), Tina Buckle (Community Health Nursing Coordinator, Nunatsiavut Government), Allan Bock (Regional Director of Communications, Labrador-Grenfell Health), and Elaine Warren (Director, Cancer Care Program, Eastern Health).

A Public Sector Leadership Award was presented to the Cancer Care Team at Eastern Health and its partners on Feb. 6, 2017 in Toronto by the Institute of Public Administration of Canada (IPAC) and Deloitte. The team received the award in recognition of the 'Journey in the Big Land' initiative which aims to improve the cancer experience for First Nations, Inuit and Métis in Labrador.

The awards program recognizes organizations that have

demonstrated outstanding leadership by taking bold steps to improve Canada, through advancements in public policy and management.

"Our overall goal really was to reduce the impact of cancer for First Nations, Inuit, and Métis people and to advance their continuity in the quality of care, while being culturally responsive," said Katherine Chubbs, VP and Chief Nursing Officer, Eastern Health.

The three main goals of the project were: Enhance transitions in care between hospital and community setting; expand tele-oncology for consultation between oncology specialists and Labrador-Grenfell Health physicians, nurses in community clinics and patients; and increase cultural sensitivity. The goals were created in partnership with the three indigenous groups and the steering committee is now evaluating outcomes to determine the delivery and effectiveness of the services provided through this program.

"Our steering committee structure will continue to determine what else we can do together in this cancer space and what else we can do with each other between organizations in general," Ms. Chubbs told TC Media. "The project is kind of laying the foundation for the next piece of work that we do together."

The team was proud to accept this award on behalf of the larger stakeholder group that includes the Mushuau Innu First Nation, the Sheshatshiu Innu First Nation, the Nunatsiavut Government Department of Health and Social Services, the NunatuKavut Community Council, Labrador-Grenfell Health, Eastern Health, the Dr. H. Bliss Murphy Cancer Care Foundation, the Canadian Cancer Society, and cancer patients and caregivers from Labrador.

Photo Trivia

Last issue

- Q:** Name the person who was singled out at an early age by Dr. Wilfred Grenfell for special education and opportunities in the United States? A native of Turnavik, Labrador, he went on to supervise the construction of most of the Grenfell Mission's hospitals, dormitories and nursing stations from 1910 to 1960.
- A:** Edgar 'Ted' McNeill was an architect, construction engineer, amateur radio operator and musician. Born in Turnavik, a small outpost between Hopedale and Makkovik, Labrador, on Dec. 14, 1884, Ted was one of six children who fished with his father at the age of 10. His mother came from a Norwegian family that settled in Makkovik about 1850, and his father's family came from St. John's and settled at Turnavik. Dr. Wilfred Grenfell brought Ted to St. Anthony in 1904 where he accepted an offer to work 10 hours a day without pay in return for one hour a day of teaching. In 1909, he received vocational training at the Pratt Institute in Brooklyn, New York, where his talents in architecture and construction engineering were recognized and developed. Upon his return to St. Anthony in 1910, he began drawing the blueprints and supervising construction of most of the Grenfell Mission's hospitals, dormitories and nursing stations until his retirement in 1960. Ted also served as organist and choirmaster of the first United Church in St. Anthony from 1910 to

1930, and his church choir was noted through CBC Radio broadcasts. Among his other talents, Ted supplied the principal means of communication between the Grenfell Mission and the outside world, specifically nursing stations on the Northern Peninsula and the coast of Labrador. He also took an active leadership in local affairs and was chairman of the first St. Anthony town council. Described by Theodore L. Badger, M.D., as one of the truly great men of the Grenfell Mission, he said Ted McNeill "epitomized the very greatest contribution Grenfell made to the people of Newfoundland and Labrador – the concept that the young men and women of the Coast were themselves the brightest hope of their own future." Funeral services for Ted McNeill were held on Sept. 8, 1970. Thanks to Alwyn Sansford, Jeanette Hostetter, and Dr. John Cronhelm for submitting answers to the photo trivia question.



Christmas Around the Region



John M. Gray resident Gloria Brown helps Recreation Specialist Heather Bromley place colourful Christmas balls on the tree.



Emma Carroll, Selby Parrill and Marissa Patey were among the carolers who helped ring in the Christmas season at the tree lighting ceremony in St. Anthony.



Mayor Ernest Simms assisted Aiden Earle in flipping the switch during the tree lighting ceremony at Curtis Memorial Hospital.



Members of the Curtis Hospital Auxiliary are ready to deliver the Christmas stockings to inpatients and residents: Front (l-r) Jeanette Hostetter, Wanda Greenham, Evelyn Rumbolt. Back, Roberta Stevens, Christine Richards, Louise Greenham, Ethel Rumbolt and Laura Biles.



Paramedic Matthew Surridge and Registered Nurse Nicole Blake waved to the crowd during the St. Anthony Santa Claus Parade.



Amy Cooney and Holly Reardon were serving up ice cream cups and giving children at the Happy Valley-Goose Bay Christmas party the opportunity to add their favourite toppings.



Santa Claus and his elves from the Labrador Health Centre passed out treats and gifts to the boys and girls at the annual children's Christmas party.



Thanks to Judy Russell and Jerry Young for contributing photos from the Labrador West Health Centre and the Charles S. Curtis Memorial Hospital.

Volunteer Ebert 'Sonny' Edmunds was behind the wheel of the bus carrying residents of the long-term care home in the Happy Valley-Goose Bay Christmas parade.



Santa Claus was the centre of attention upon his arrival at the Royal Canadian Legion for the staff children's party at Happy Valley-Goose Bay.



The mummers made an appearance at the Happy Valley-Goose Bay Christmas parade. They were: MacKenzie McLean, Megan McLean, Jodi Cabot and Katrina Williams.



Residents and elders from the Happy Valley-Goose Bay Long-Term Care Facility were dressed in Christmas attire for their participation in the town's annual parade.



The Labrador West pastoral group attending the annual Christmas chapel service included: (l-r) Rev. Dean Sellars, Pastor David Milley, Rev. Rowena Payne, Fr. Joy Paul, Rev. Julie Brace, Lt. Norman Porter and Lt. Crystal Porter.



Long-term care residents at the Labrador West Health Centre enjoying the Christmas chapel service were: Front (l-r) Rodney Murphy, Margaret O'Brien, Shirley Squires and Josa Kajui. Back, Philip Fry.



The Labrador West Health Centre Auxiliary held its annual fundraising draw. Drawing the winning ticket for a \$2,000 LeGrow's travel voucher were: (l-r) Const. Tyler Kennedy, Paulette Abbott, Violet Tarrant and Olive King. The prize winner was Bernice Herrell.



Enjoying the children's Christmas part at the Labrador West Health Centre were: Taylor with Jennifer Sullivan, Michael with Selina Carroll, Allison with Jessica Marsh; and Nathan and Emily with Erin Walsh.



Aurora Stokes was eager to open her Christmas present from Santa at the Labrador West children's Christmas party.



Wearing a big smile and displaying a plate of Christmas cookies was Kaleb Letto of Labrador West.

Service Awards

Community Clinic Staff Receive Service Awards



▲Charlottetown: Carl Kippenhuck, Maintenance Repairer, received a 25-year service award from Barbara Molgaard Blake, Vice-President of People and Information and Chief Operating Officer (South).



▲Port Hope Simpson: Barbara Molgaard Blake, Vice-President of People and Information and Chief Operating Officer (South) presented a 35-year service award to Claudine Foster, Regional Nurse



▲Mary's Harbour: Ted Rumbolt, Maintenance Repairer, received his 25-year service award from Barbara Molgaard Blake, Vice-President of People and Information and Chief Operating Officer (South).

St. Lewis (photos not available): Cheryll Sovereign, Regional Nurse, and Clyde Chubbs, Maintenance Repairer, received their five-year service awards.



◀Sheshatshiu: Tanya Butt (photo at left), Utility/Domestic Worker, and Nicole Allen, Regional Nurse, received their five-year service awards from Kathy Elson, Clinical Nurse Manager (North Coast clinics).

Staff Complete Training in Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. Mental Health First Aid teaches participants to recognize the symptoms of mental health problems, to provide initial help, and how to guide a person towards appropriate professional help. It does not teach participants to be therapists. Mental Health First Aid is a two-day course and participants who complete the course are awarded a certificate of completion from Mental Health First Aid Canada. The target audience for this course is the general public/community, however, many Labrador-Grenfell Health staff have found the course beneficial.

Labrador-Grenfell Health currently has two instructors trained in Mental Health First Aid – Basic Course. Janice Genge, Mental Health Case Manager and Rhonda Green, Employee Health Nurse (formerly Mental Health Nurse), completed their five-day Basic Instructor course in September, 2014. Each year they deliver a minimum of three training courses around the Labrador-Grenfell Health region.

If you are interested in having a course offered in your community, please contact Janice Genge at 456-2401, ext. 6246 or Rhonda Green at 454-0267, or contact your local Mental Health and Addictions Department.

*Janice Genge, Mental Health Case Manager,
Mental Health & Addictions, Flower's Cove*



▲Staff at Charles S. Curtis Memorial Hospital in St. Anthony participated in the Mental Health First Aid course on Oct. 19 and 20, 2016.



▲Staff at the Labrador West Health Centre completed the Mental Health First Aid course on Feb. 7 and 8, 2017.

Retirements

Alton Pilgrim

After 36 years, Alton Pilgrim retired on May 30, 2016. He started working with the International Grenfell Association as a Drug Clerk in 1980 and held various roles, including



▲ Alton Pilgrim received congratulations upon his retirement from Blenda Dredge (left) and Barbara Molgaard Blake, Chief Operating Officer (South).

Storekeeper, Medical Equipment Repairman, and Plaster Cast Technician. In 1990, he began working in the Physiotherapy Department as a Physiotherapy/Occupational Therapy (PT/OT) Aide and remained there until his retirement.

In addition to being a PT/OT Aide, Alton maintained his role as Plaster Cast Technician and assumed responsibility for duties associated with an Orthopedic Technician. He was also responsible for daily checking and replacing of oxygen cylinders throughout the Charles S. Curtis Memorial Hospital and the John M. Gray Centre.

Alton was very successful in meeting the challenges of a varied and busy workload. He

will be remembered for many things: his dedication to client care, his ability to communicate with his clients and translate for clients and staff, his sharing of many funny stories, his wit, honesty and his willingness to assist with any task necessary for client services. He will be missed by his colleagues as well as the clients. Thanks are extended to him for the excellent services he provided to our clients as well as the much-needed assistance to many staff in the Rehabilitation Services Department. Best wishes for a healthy and happy retirement.

Blenda Dredge, Regional Director, Rehabilitation, Interventions, Community Supports (FRS, SAP) and Personal Care Homes

Cavell Bolger

Congratulations are extended to Cavell Bolger upon the occasion of her retirement on May 31, 2016. Cavell graduated from the Certified Nursing Assistant (CNA) program in Grand Fall-Windsor in 1976 after which she began her career working in health care at the Lakeside Home in Gander. In 1982 she embarked on an adventure and moved to the North West Territories, working as a CNA at a hospital there. In 1983, Cavell made the decision to return to school at Western Memorial School of Nursing, completing the Registered Nursing program in 1986 and started working as an RN in Harbour Breton. After a brief period of time, she relocated to Happy Valley-Goose Bay in 1987 to begin work at the Melville Hospital on the base. She remained with Labrador-Grenfell Health until her retirement.

Over a 29-year career with Labrador-Grenfell Health, Cavell was a part of many

developments, which included changes in health governance, the move from the old Melville Hospital to the current Labrador Health Centre, and changes in the various departments where she had worked. She started as an RN on the Inpatient Unit and then moved on to the Emergency Department where she worked for the next 20 years. In 2006, Cavell changed her focus of nursing and joined the team as a Home Care Nurse. Unfortunately, in 2009, she suffered a workplace injury that prevented her from returning to her position and again her path changed. In 2010, Cavell was able to return to work in a position that allowed her to remain in the nursing stream and she began the journey as a Discharge Planner/Enhanced Programs Coordinator, which has also evolved over the last six years.

Cavell plans to spend time traveling, relaxing and taking care of herself, as she has spent a majority of time caring for and in service of

others. She will be greatly missed; she takes with her a wealth of knowledge and experience that has been valuable to Labrador-Grenfell Health over the years. Cavell's co-workers and colleagues wish her the best in the years ahead.



Retirements

Sheila Wilson and Kathy Decker

The Postville Community Clinic bid farewell to two long-time healthcare providers following distinguished careers in serving the people of the North Coast community.

Sheila Wilson, Regional Nurse II, retired on July 18, 2016 after a 40-year nursing career. Sheila began working with Labrador-Grenfell Health at the Black Tickle clinic and then served at the Nain clinic for 11 years before relocating to Postville. Sheila became a key community member in Postville and successfully secured more than \$100,000 to fund the acquisition of medical equipment for Labrador-Grenfell Health. Sheila's humanitarian work certainly prepared her for the attention to detail and organizational skills in the operation of the Postville clinic and to all community clinics. She has always been able to meet the demands of this busy one-nurse clinic with such skill. Many staff and partners

have had the privilege of working with her and her consistency has been a great resource.

On behalf of Labrador-Grenfell Health, Community Clinics, I would like to express a huge thank you to Sheila for her commitment and passion to health care in Labrador. Sheila's strong leadership, high standard of care, and commitment to professional nursing practice has been inspiring. We wish Sheila health and happiness in her retirement.

Kathy Decker, Personal Care Attendant (PCA) at the Postville Community Clinic, retired on July 31, 2016. For more than 23 years, Kathy provided health care in her home community of Postville as casual maintenance personnel and then as a PCA. Over the years, many staff have worked with Kathy in this single-nurse clinic. She has been a strong resource for all providers and enjoyed her work at the Postville clinic. She will be missed.



▲ A celebration honouring the accomplishments and commitments to health care by Kathy Decker (left) and Sheila Wilson (right) was held at the Postville Community Clinic on Aug. 19, 2016.

*Kathy Elson, Clinical Nurse Manager
(North Coast clinics)*



Marilyn Powell officially retired on Nov. 11, 2015 and a retirement tea in her honour was held on her birthday on Oct. 19, 2016, after working 33 years as a Medical

Laboratory Technologist at the Charles S. Curtis Memorial Hospital, St. Anthony.

Marilyn completed her Medical Laboratory Technologist training at the College of Trades and Technology in St. John's and successfully completed the Medical Laboratory Technology Program in June 1982. Marilyn's first position was as a summer relief Medical Laboratory Technologist in 1982. The position was extended and she obtained a permanent full-time Medical Laboratory Technologist 1 position in October 1982.

Throughout her career, Marilyn took every opportunity to work in new areas in the Medical Laboratory, and in June 1984 she took a temporary assignment in the Pathology Department. In 1987, Marilyn obtained a seven-week transfer to the Melville Hospital in

Marilyn Powell

Happy Valley-Goose Bay. In 1992, Marilyn moved into the Temporary Medical Laboratory Technologist 11 position in Histology and moved into the Temporary Medical Laboratory Technologist 11 in Hematology in 1994-95. In 2001, Marilyn moved into the Microbiology Medical Laboratory Technologist 11 role and became the permanent full-time Medical Laboratory Technologist 11 in Chemistry in 2002. From 2009 to 2010, she held the Lead Laboratory Technologist 111 position and moved back to the section lead position in Chemistry, which she held until her retirement.

We wish Marilyn nothing but the best in all of her future endeavours and health and happiness in her retirement.

*Wendy Christensen, Regional Director,
Diagnostic Services*

Retirements

Sharon Brushett Saunders

Sharon Brushett Saunders retired from Labrador-Grenfell Health on Aug. 31, 2016 after working 34 years in the Medical Laboratory at the Charles S. Curtis Memorial Hospital, St. Anthony. Sharon successfully completed training in 1982 as a Medical Laboratory Technologist through the Medical Laboratory Technology Program at the College of Trades and Technology in St. John's. Shortly after graduating, she was hired as a summer relief Medical Laboratory Technologist at St. Anthony with Grenfell Regional Health Services. Sharon's original plan was to work in St. Anthony and move on to another health-care facility and gain professional experience in other medical laboratories.

In 1983, Sharon successfully obtained a permanent full-time Medical Laboratory Technologist 1 position in the hospital

laboratory and assumed four years later the Lead Medical Laboratory Technologist role in Bacteriology, which became her favourite area of work in the Medical Laboratory. Sharon married Paul Saunders of St. Anthony in 1994 and the couple became proud parents to a son, Mark, in 2001. In 2010, Sharon was appointed the Lead Medical Laboratory Technologist 111 and held that position until 2016 when she went back to the Section Lead Medical Laboratory Technologist 11 role in Bacteriology.

Sharon's co-workers in the Medical Laboratory and colleagues at the Charles S. Curtis Memorial Hospital wish her well in the future and all the best in her retirement.

*Wendy Christensen, Regional Director,
Diagnostic Services*



▲ Sharon Brushett Saunders received help from Dr. Kweku Dankwa, Associate VP of Medical Services, in cutting her cake on the occasion of her retirement from Labrador-Grenfell Health.



▲ Shirley Decker (left) and Phyllis Sinyard cut their retirement cake.

Staff of Dental Services at the Mission Store Building, St. Anthony, gathered on April 29, 2016 to congratulate Phyllis Sinyard and Shirley Decker on the occasion of their retirement from Labrador-Grenfell Health. Barbara Molgaard Blake, VP of People and Information and Chief Operating Officer (South) presented an overview of the working careers of the

Phyllis Sinyard and Shirley Decker

co-workers, who worked as Dental Assistants with the International Grenfell Association (IGA), Grenfell Regional Health Services and Labrador-Grenfell Health since the 1970s.

Phyllis applied for work with the IGA and was hired in 1972 and began working in 1973 as a Nurses' Aide. In 1974, she was hired as a Dental Assistant and worked in this role until she had her first child, Shari. When it was time to return to work, she opted to work part-time and temporary call-in until 2006, when she returned to work full-time. "We have benefited from her knowledge and experience ever since," said Barbara.

Shirley started working in the summer of 1973 when she applied and was hired to work as a summer aide in the Outpatients Department. She worked for many summers as a relief Ward Clerk and relief Play Lady. Shirley's first exposure to Dental was in 1984 when she worked for 10 days as a relief Dental Assistant. In 1985 she returned to Health Records as a

relief Ward Clerk until 1989, when she was appointed to a full-time Dental Assistant position. "Since then, Shirley's passion has been in ensuring the highest quality of dental services for the clients of this region," noted Barbara.

Praise for the pair also came from Drs. Peter and Annie Hornett, formerly dentists who worked with Shirley and Phyllis at the St. Anthony clinic. "Shirley and Phyllis were dedicated to their work and the quality of their care has been unrivalled," they wrote. "They were strong advocates for the patients we treated and we often depend on them for advice when selecting the best individual treatment plans."

Co-workers of Phyllis and Shirley and colleagues from the Mission Store building and other dental units in the region held a retirement celebration in their honour and presented the pair with gifts and keepsakes. Staff of Dental Services wish Phyllis and Shirley good health and happiness in their retirement.

Retirements



A large number of staff and former staff gathered at the Wabush Hotel on Jan. 26, 2016 to acknowledge the retirement of Susan Bourgeois, former Regional Director of Health Records. Susan was a very well-known member of the team in Labrador West

Susan Bourgeois

and throughout the entire Labrador-Grenfell Health region. She was also well-respected throughout the provincial healthcare system as one of the most knowledgeable leaders in records management.

Originally from New Brunswick, Susan started her career as a temporary call-in Typist in the Salvation Army-run health system at the Captain William Jackman Memorial Hospital (CWJMH), Labrador City, in 1985. Her first supervisor was Judy Russell, Executive Assistant. After one year, Susan moved into the position of Medical Transcriptionist to assist in decreasing a backlog of medical dictation. At the retirement supper, Stephen Ricketts, Manager of Human Resources and emcee of the event, noted that Susan turned that one early job duty of "decreasing the backlog" into one of her career-long goals.

Susan spent 31 years with Labrador-Grenfell Health and retired on Jan. 31, 2016. In reality, Susan worked many more years than

were officially counted as she was always one of the first persons at work in the morning and was one of the last to leave the building at the end of the day. It was a regular occurrence for Susan to spend the weekend at another site so that she could spend more quality time with the staff whom she supervised.

Susan was also well-known for her involvement in activities well outside her job description. The annual children's Christmas party, the pancake breakfast, purchasing prizes for the Christmas dance, and providing music for the staff barbecue and Christmas lunch at CWJMH, were just some of her other contributions to the social well-being of her co-workers and their families.

I feel very fortunate to have had the opportunity to work with Susan and although this acknowledgement is quite late, it is never too late to say a heartfelt 'thank you'.

Barbara Molgaard Blake, Vice-President, People and Information

IGA Grant Supports Autism Training



▲ Front (l-r) Valerie Rowsell, Amanda Harmon, Dr. Padmavathy Guntamukkala, Michelle Power, Sherri-Lynn Mulrooney, Tara Ralph, Adam McCrimmon. Back, Sherry Squires, Carla Coffey, Heather Callahan, Chelsea McCarthy, Vickie Biles, Stuart Layton, Allison Brennan, April Andersen, Diane Lake, Sevan Amir Khanian, Dr. Ana Maleeva-Karaivanova, Christina Dillon and Jennifer Hayden.

Seventeen Labrador-Grenfell Health staff members with Intervention Services, Rehabilitation Services and Mental Health Services, and two physicians, Dr. Padmavathy Guntamukkala and Dr. Ana Maleeva-Karaivanova, received training in the administration of the Autism Diagnostic Observation Scale (ADOS). As a follow-up, 12 staff members participated in training in the administration of the Autism Diagnostic

Interview (ADI).

Both the ADOS and the ADI are considered to be state-of-the-art diagnostic procedures and standardized developmental assessments to be used by any multidisciplinary team when making a diagnosis of Autism Spectrum Disorder (ASD). The overall goal of the training is to establish a multidisciplinary diagnostic team in Happy Valley-Goose Bay, in addition to the existing teams in St. Anthony and Labrador West.

The training was delivered by Adam McCrimmon, Associate Professor with the University of Calgary, October 3-7, 2016, at Happy Valley-Goose Bay. Funding was generously provided by the International Grenfell Association.

In order to become competent using the ADOS and ADI with clients, there is an additional need to practice what was learned in the training. This will involve practice scoring of both the ADI and ADOS assessments and to practice delivering the ADOS with children of different age and language levels. An ADOS-2/ADI training session was completed in December and three additional sessions are planned for the middle of May. We also plan to practice delivering both the ADI and ADOS assessments with community volunteers.

Tara Ralph, Program Manager – Intervention Services, Labrador Health Centre



Obituaries



It was with great sadness that we learned of the death of our dear friend and colleague, Dr. Howell Jones, in Gander, on the evening of Jan. 29, 2017. He was 91.

Howell led a full and eclectic life. As a boy, virtually, he found himself driving trucks for the British Army on the Burma Road during World War II. He there became fluent in Cantonese and immersed in the culture to the extent that he was able to relate myths and

fables and sing in that language – with only a hint of his Welch accent! He successfully completed medical school in Hong Kong following the war and then pursued further training in Britain, where he met and married his beloved Marilyn.

He and Marilyn joined the medical staff of Charles S. Curtis Memorial Hospital, St. Anthony in the late 1960s. They proved a tremendous asset as surgeon and anesthetist, respectively, and provided years of talented, dedicated service.

Howell was a powerful mentor in modelling with skill and good judgement the broadest possible range of surgery necessary in the relatively remote environs of Northern Newfoundland and the Labrador. This he did year after year with unfailing energy, justifiable pride in his work, a willing spirit and ever good humour – often self-deprecating!

As an orthopedic surgeon, his real métier, he engaged sincerely with his patients, not

simply to clearly determine the mechanism of injury, but because he had a deep and abiding interest in the details and reality of their lives and a desire to truly befriend those among whom he chose to live.

As a husband and father, Howell took his responsibilities seriously, jealously guarding family time and activities and contributing to community life. He was never prouder than when describing the accomplishments of Nick and Matt, his beloved sons.

Trudy and I are so grateful to have had the opportunity to visit, if briefly, with Howell during our recent trip to St. John's prior to Christmas when he too was still able to enjoy a visit filled with moments of joyful reminiscence and waggish wit, but in the shadow of the inevitable march of time. We shall miss him dearly. We are all richer for his having come our way.

G. William N. Fitzgerald, CM, MD, FRCSC and Trudy O'Keefe, BSc, MD, FCFP

Jean Kerr

It is with regret that Labrador-Grenfell Health notes the passing of Jean Kerr, who was born in Wakefield, England, in 1931. She passed away at the Mount Hope Centre for Long Term Care, London, Ontario, on Aug. 18, 2016.

Jean completed her nursing studies and went on to obtain her midwifery credentials in the United Kingdom. She came to Canada and was employed for brief periods in Montreal and Toronto before joining the Grenfell Mission. She worked as a staff nurse at the hospital in St. Anthony for nine years, serving as the only Registered Nurse on the night shift in the 'old' 120-bed hospital. The medical staff used to say they could have a good night's

sleep when Jean was on duty.

Jean delivered many babies, according to her long-time friend and co-worker, June Kelly, who worked as a nurse at St. Anthony from 1964 to 1969. Her experience as a midwife had many new mothers naming their daughters after her. Jean treasured her time on the coast and loved the people of Newfoundland and Labrador. She will be remembered by all who knew her as a caring, committed nurse.

In 1969, Jean moved to London, Ontario, where she was employed in the obstetrics department at St. Joseph's Hospital. Prior to retirement, Jean did community nursing, caring for seniors in their homes. Her later years were spent battling Alzheimer's disease. She



leaves family members and friends in England, Australia, the Netherlands and Canada with happy memories.

Obituaries

Lawrence Douglas Fahey

It is with regret that Labrador-Grenfell Health notes the passing of Lawrence Douglas Fahey. He passed away on July 24, 2016, after a long, happy and productive life. Known to friends and family as Larry, L.D., Lar or Doug, Lawrence was a long-time resident of Labrador who was a businessman, entrepreneur and volunteer. He was the first chairperson of the Grenfell Regional Health Services board, which was established in 1980 to guide and oversee the transition of health care services from the International Grenfell Association to the Provincial Government. A

native of St. John's who was a long-time resident of Happy Valley-Goose Bay, Lawrence was president of Fahey Construction, volunteered in community work with school boards, and served with the Labrador North Chamber of Commerce and the Atlantic Provinces Economic Council.

Funeral services took place on July 28, 2016 from the Basilica of St. John the Baptist in St. John's. He is survived by his wife of 55 years, Maureen, children Paul, Sean and Laureen, nine grandchildren, one great grandchild, and a large circle of family and friends.



Jane Johannessen

It is with regret that Labrador-Grenfell Health notes the passing of Jane Johannessen, who passed away peacefully on Jan. 6, 2017, at the John M. Gray Centre, St. Anthony, at the age of 72.

Jane was born in Ballerup, Denmark, in 1944, and obtained her nursing degree in England. While enrolled in a midwifery program, she came across a book written by Dr. Wilfred Grenfell and was immediately captivated by his vision and the work of the Grenfell Mission in Northern Newfoundland and Labrador. Upon completion of the

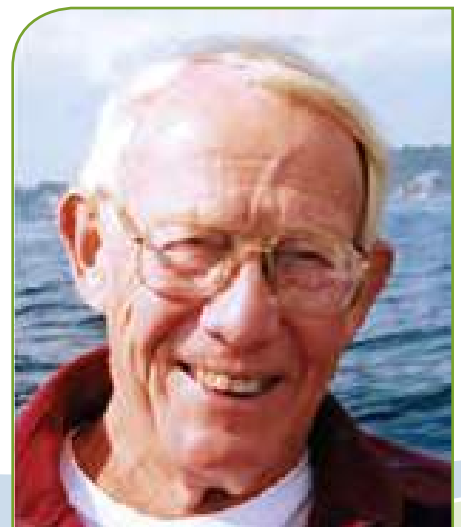
midwifery program in 1975, she emigrated to Canada and took a nursing position in pediatrics with the International Grenfell Association at the Charles S. Curtis Memorial Hospital in St. Anthony. Jane went on to become head nurse on the intensive care unit and later in her career was appointed Assistant Executive Director (Allied Health) with Grenfell Regional Health Services. One of her pastimes was skiing on the hills around St. Anthony.

She leaves to mourn her son, Bradley; sister Lisbeth; niece Carina; as well as many co-workers, friends, and extended family.

Mayo Johnson

Mayo Johnson, a retired general surgeon, died Aug. 24, 2016 in Danvers, Massachusetts. Following completion of his medical training, he joined the Grenfell Mission in 1960-61 as the second surgeon in charge at the hospital in St. Anthony. He subsequently served as a captain in the U.S. Army Medical Corps based at the 31st Field Hospital in Korat, Thailand, where he also volunteered to care for civilians. Upon his return to the United States, he moved to Beverly,

Massachusetts, where he remained associated for more than 45 years with the Beverly Hospital, serving terms as president of the medical staff, chief of surgery, and president of Beverly Surgical Associates. Also active in the community, he served on the Citizens Advisory Committee for the City of Beverly and the Beverly Conservation Commission. He loved to fish for striped bass and bluefish. He is survived by his wife, Julia, a daughter, a son, and three grandchildren.



Obituaries

Dr. Anthony Genge



▲ Dr. Anthony Genge (photo courtesy of Western Health)

It is with regret that Labrador-Grenfell Health notes the passing of Dr. Anthony Genge, who passed away at the Palliative Care Unit at Western Memorial Regional Hospital on July 6, 2016. He was 72. Born in Deadman's Cove on the Northern Peninsula on Oct. 25, 1943, Dr. Genge, known to everyone as Tony, had a distinguished career in education and actively participated in community activities. He

commenced his career as a mathematics and science teacher, advanced to the position of principal, and later served as a superintendent of four different school districts over a period of 20 years.

Dr. Genge formerly served as chair of the Grenfell Regional Health Services board and was a member of the Community Services Council for the Strait of Belle Isle region. Later in life, Dr. Genge was appointed chair designate of the Western Regional Integrated Health Authority in 2004, which represented the amalgamation of the Western Health Care Corporation and Health and Community Services Western. He held the position of board chair until April, 2016.

"He was very easy to work with and I learned a great deal from Tony," said Tom O'Brien, vice-chair of the Western Regional Health Authority board of directors. "I found him to be an exceptional mentor and we have lost a tremendous individual. Dr. Genge always

had compassion for others and cared for the concerns of residents throughout the Western region during his time as chair."

Dr. Genge resided in Corner Brook and served as an executive member of the Anglican Synod of Western Newfoundland and was a member of the Humber Rotary Club. He held a Bachelor of Arts (mathematics), a Bachelor of Education (secondary) and a Masters of Education in educational administration from Memorial University of Newfoundland. In 1991, he was conferred with a PhD in education administration from the University of Alberta.

Dr. Genge is survived by his wife of 41 years, Sadie, son Neil and daughters Gina and Laura, four grandchildren, and a large circle of family and friends. Funeral services took place at St. John the Evangelist Anglican Cathedral in Corner Brook on July 9, 2016, with Archbishop Stewart Payne officiating. He was laid to rest in Anchor Point on July 10, 2016.

Margaret (Margie) Mary Rossiter

It is with sadness that Labrador-Grenfell Health notes the passing of Margaret (Margie) Mary Rossiter, who died at the Health Sciences Centre in St. John's on June 16, 2016, while still active as a Regional Nurse at the Strait of Belle Isle Health Centre (SBIHC), Flower's Cove.

Margie had been at the health centre since May 2005 as a casual employee until 2006, at which time she took on a permanent part-time position until her death. She worked full-time hours as she was always willing to cover off any shifts so her colleagues could get requested time off or to cover sick leave or other urgent leave on a moment's notice. Born on Feb. 3, 1955, Margie was a compassionate, dedicated and knowledgeable Nurse who put her patient first and foremost. Margie was always pleasant and ensured that all staff at the SBIHC were always well-fed, as she was always bringing in food to share. Margie left a mark on all who knew her and she is sadly missed by all staff and patients at SBIHC.

A memorial service was held at the Anchor Point Lions Club on Aug. 13, 2016, where staff and patients had an opportunity to say good-bye. The event was well-attended by staff from SBIHC and community members as several individuals spoke of her dedication and compassion, not only her work, but for the charities she supported as well. She was compassionate and caring of all living creatures, especially her dog Bella, and the many cats she helped rescue, as well as those she provided financial assistance to through the groups that rescued them.



▲ The late Margie Rossiter is shown releasing balloons promoting Pap Test Awareness Week, as she was very active in the Pap Smear Screening Program at the Strait of Belle Isle Health Centre.

Staff at the SBIHC will be placing a shadow box in her memory at the health centre, which will contain her picture, her reading glasses (which she willingly shared with whom ever needed them) and an Inuksuk. She loved Inuksuks and collected them. A Labradorite Inuksuk from her collection will be placed in the shadow box.

Margie is sadly missed by her colleagues at the SBIHC.

Comings and Goings

WELCOME TO:

Black Tickle

Laura Keefe

Personal Care Attendant

Cartwright

Mark Harbora

Nurse Practitioner

Flower's Cove

Karen Applin

Regional Registered Nurse

Forteau

Cody Buckle

Trades Worker

Candice Bursey

Mental Health Counsellor

Ashley Michelin

Cook Helper

Ashley Saulter

Typist

Happy Valley-Goose Bay

Dorcas Adeniyi

Clerk Typist

Siji Alex

Personal Care Attendant

Paula Marie Ariola

Personal Care Attendant

Joanne Baird

Registered Nurse

Heather Barnes

Registered Nurse

Mary Elizabeth Beaulac

Personal Care Attendant

Dennis Beresford

Trades Worker

Pomella Blake

Licensed Practical Nurse

David Blundon

Clinical Nurse Manager

Laura Byrne

Registered Nurse

Sharon Campbell

Utility/Domestic Worker

Brittany Chaulk

Registered Nurse

Tania Danhi

Licensed Practical Nurse

Jeffrey Duggan

Registered Nurse

Adrian Earle

Registered Nurse

Margaret Freake

Registered Nurse

Perry Fry

Clerk Typist

Deidre Goudie

Personal Care Attendant

Joseph Griffiths

Registered Nurse

Brooke Hamel

Registered Nurse

Elizabeth Hodge

Accounting Clerk

Zachary Houston

Licensed Practical Nurse

Melanie Hubley

Registered Nurse

Deepthy Iype

Personal Care Attendant

Caitlin Jones

Personal Care Attendant

Joji Joseph

Personal Care Attendant

Roseanne Keefe

Laundry Worker

Cindy LeQuesne

Licensed Practical Nurse

Emily Mersereau-Ford

Addictions Counsellor

Chelsea McCarthy

Speech Language Pathologist

Allan McGee

Utility/Domestic Worker

Heather McLean

Personal Care Attendant

Shannon Mitchell

Secretary

Thomas Morrissey

Ashley Murdoch

Katie Newhook

Michelle Noel

Rebecca Noseworthy

Evangeline Nyambane

Sybrina Patey

Mallory Peddle

Kim Pinsent

Cassandra Pye

Samantha O'Toole

Shirley Roche

Richard Sarsaba

Chloe Soroka

Maria Sy

Rebecca Ramey

Sarah Roberts

Jimmy Tabing

Maria Rosario Vinas

Glenda Ward

Katherine Warr

Samantha West

Michelle Wilson

Kimfa Wright

Adam Young

Pauline Keel

Allan Jensen

Meaghan MacDonald

Hannah Sparkes

Holly Abbott

Donna Allard

Ronald Alexander

Heather Antle

Brittany Barron

Kaitlin Boyle

Ryan Bronishewski

Katie Cave

Pamela Durnford

Telva Earle

Anna Filippi

Shane Goudie

Janelle Howse

Kirsten Joy

Patricia Moores

Safety & Security Monitor

Registered Nurse

Registered Nurse

Personal Care Attendant

Safety & Security Monitor

Registered Nurse

Food Service Worker

Registered Nurse

Registered Nurse

Personal Care Attendant

Registered Nurse

Registered Nurse

Licensed Practical Nurse

Registered Nurse

Licensed Practical Nurse

Personal Care Attendant

Personal Care Attendant

Personal Care Attendant

Personal Care Attendant

Licensed Practical Nurse

Stenographer

Registered Nurse

Personal Care Attendant

Registered Nurse

Utility/Domestic Worker

Hopedale

Nurse Practitioner

Maintenance Repairer

Nurse Practitioner

Mental Health Counsellor

Labrador City

Medical Records Technician

Recreation Therapy Worker

Registered Nurse

Registered Nurse

Clinical Physiotherapist

Registered Nurse

Safety & Security Monitor

Registered Nurse

Clinical Pharmacist

Personal Care Attendant

Safety & Security Monitor

Primary Care Paramedic

Licensed Practical Nurse

Switchboard Operator

Switchboard Operator

Comings and Goings

Wavey Newman
Ryan Norman
Erin O'Reilly
Kelly Pike
Sara Pike
Lindsay Pretty
Darlene Sheppard
Amanda Steeves
Sarah Thornton
Cheryl Wiseman
Jason Wiseman

Makkovik

Karen Andersen
Courtney Breen
Charmaine Rayner

Mary's Harbour

David Parsons
Carolyn Rideout

Nain

Christine Peddle
Shauna Stack

Natuashish

Carol Ann Caines
Stephen Cole
Bradley Dean
Sierra Harrington

Port Hope Simpson

Orlean Canning
Mary Sweetapple
Chris Wellon
Shauna Welsh

Postville

Sheila Wilson

Rigolet

Charmaine Offrey
Shelly Wolfrey

Roddickton-Bide Arm

Rochelle Canning
Lindsey Cassell
Danica Snow
Gladys White

Utility/Domestic Worker
Addictions Counsellor
Licensed Practical Nurse
Personal Care Attendant
Utility/Domestic Worker
Registered Nurse
Personal Care Attendant
Mental Health Counsellor
Registered Nurse
Utility/Domestic Worker
Social Worker

Personal Care Attendant
Nurse Practitioner
Personal Care Attendant

Nurse Practitioner
Nurse Practitioner

Mental Health Counsellor
Nurse Practitioner

Mental Health Counsellor
Regional Registered Nurse
Maintenance Repairer
Personal Care Attendant

Personal Care Attendant
Behaviour Management Specialist
Social Worker
Nurse Practitioner

Regional Registered Nurse

Regional Registered Nurse
Regional Registered Nurse

Clerk
Regional Registered Nurse
Social Worker
Community Health Registered Nurse

St. Anthony

Personal Care Attendant
Registered Nurse
Registered Nurse
Patient Safety Data Analyst
Safety & Security Monitor
Engineering Technician
Youth Outreach Worker
Registered Nurse
Safety & Security Monitor
Switchboard Operator
Registered Nurse
Manager, Addictions Services
Personal Care Attendant
Clinical Pharmacist
Speech Language Pathologist
Physiotherapy Support Worker
Switchboard Operator
Clerk
Personal Care Attendant
Licensed Practical Nurse
Utility/Domestic Worker
Laboratory Assistant
Registered Nurse
Registered Nurse
Clerk Typist
Safety & Security Monitor
Safety & Security Monitor
Registered Nurse
Registered Nurse
Social Worker
Registered Nurse
Diagnostic Imaging Technologist
Utility/Domestic Worker
Personal Care Attendant

Shehatshiu

Emergency Medical Responder
Primary Care Paramedic
Primary Care Paramedic
Primary Care Paramedic

Comings and Goings

GOOD-BYE AND GOOD LUCK TO:

Flower's Cove

Michael Rowsell

Primary Care Paramedic

Forteau

Tiffany Piercey

Clerk

Happy Valley-Goose Bay

Maxine Andersen

Utility/Domestic Worker

Cavell Bolger

Community Health Registered Nurse

Bradley Brazill

Diagnostic Imaging Technologist

Pamela Browne

Registered Nurse

Charlene Davis

Food Service Worker

Sylvia Doody

Regional Director of Population Health

Marion Dormody

Utility/Domestic Worker

Teena Doyle

Recreation/Development Specialist

Christopher Emmens

Physiotherapy Support Worker

Norma Forsey

VP of Quality Management

Neil Hewitt-Barney

Registered Nurse

Nancy Gould

Registered Nurse

John Holwell

Maintenance Repairer

Ashley Keefe

Registered Nurse

Wendy Keefe

Registered Nurse

Lillian Marshall

Typist

Marie McIntosh

Speech Language Pathologist

Trudi McIsaac

Registered Nurse

Hani Mohamed

Registered Nurse

Lorie O'Halloran

Switchboard Operator

Jill Piercey

Registered Nurse

Bonita Pomeroy

Registered Nurse

Sherry Pomeroy

Clerk Typist

Stacey Ramey

Community Health Registered Nurse

Jennifer Sainsbury

Registered Nurse

Jamie Seaward

Registered Nurse

Rayelene Stacey

Registered Nurse

Rose Webb

Personal Care Attendant

Lisa Wiggins

Addictions Counsellor

Melvin Woodward

Laundry Worker

Labrador City

Janis Applin

Primary Care Paramedic

Kathleen Bell

Registered Nurse

Julie Blanchette

Recreation Therapy Worker

Meghan Churchill

Addictions Counsellor

Judy Crewe

Utility/Domestic Worker

Ashley Gilbert

Cynthia Hiscock

Rebeka Letto

Madonna Matienzo

Maresa Moyles

Bernadette Myles

Cory Oldford

Funmilayo Owolabi

Jennifer Tucker-Curry

Kyle Crotty

Chelsea Pridham

Kathy Decker

Angela Shiwak

Louise Canning

Cynthia May

Kristen Blackmore

Anne Caines

Paul Compton

Sarah Cull

Marjorie Field

Joan Hillier

Dr. Bose Ibude

Allen Loder

Jessica Newell

Brenda Nippard

Natasha Normore

Heather Mousseau

Alton Pilgrim

Denise Pollard

Bramwell Pollett

Holly Pynn

Lorenza Reid

Danielle Richards

Jessie Roberts

Wavey Snow

Alanna Wells

Laboratory Technologist

Clerk Typist

Personal Care Attendant

Hospital Admitting Clerk

Speech Language Pathologist

Domestic Worker

Primary Care Paramedic

Registered Nurse

Sterile Supply Technician

Nain

Maintenance Repairer

Mental Health Counsellor

Postville

Personal Care Attendant

Rigolet

Personal Care Attendant

Roddickton-Bide Arm

Domestic Worker

Regional Registered Nurse

St. Anthony

Clinical Occupational Therapist

Personal Care Attendant

Storekeeper

Clerk

Licensed Practical Nurse I

Medical Records Technician

General Practitioner

Electronics Technician

Clinical Occupational Therapist

Laboratory Assistant

Child Management Specialist

Psychiatric Registered Nurse

Physiotherapy Support Worker

Manager, Addictions Services

Social Worker

Laboratory Technologist

Social Worker

Licensed Practical Nurse

Registered Nurse

Licensed Practical Nurse

Registered Nurse

GRENFELL CHRISTMAS CARDS 2017

With your help, the sale of our Christmas cards for Christmas 2016 enabled us to give a donation to the Grenfell Foundation to be used for the purchase of medical equipment for the people of northern Newfoundland and the coast of Labrador.

As we are a small volunteer group with limited outlets for the sale of our cards, we find ourselves in the position once again of excess stock on our shelves. Therefore we have decided this year to offer two variety packs of old favourites.

We hope you will continue to support us and the Grenfell Legacy and wish you and your families an enjoyable Christmas and a prosperous New Year.



004 Northern Friends
Season's Greetings



005 Guiding Light
Wishing you a Merry Christmas and a Happy New Year



013 Last Sketch
Wishing you a Merry Christmas and a Happy New Year



007 Fun in the Snow
Wishing you a Merry Christmas and a Happy New Year



008 Dinner Party
Everywhere, Christmas Time



009 Christingle
The Spirit of Christmas is a little magical, a little spiritual and a lot of wonderful.



014



015



018

♦ ♦ ♦ Grenfell Notes ♦ ♦ ♦



010 The Carolers
Rejoice...
In the spirit of Christmas, which is Peace
in the midst of Christmas, which is Hope
and in the heart of Christmas, which is Love.
Happy Holidays



011 Christmas Eve
Wishing you a Merry Christmas and a Happy New Year



012 Christmas at the Cabin
Wishing you a Merry Christmas and a Happy New Year



006 Santa's Sleigh
Wishing you a Merry Christmas and a Happy New Year



017 Heavenly Dancers
Christmas Greetings and Best Wishes for the New Year

♦ ♦ ♦ Grenfell Tags ♦ ♦ ♦



016

Ordering Information

The Charles S. Curtis Memorial
Hospital Auxiliary
P.O. Box 247, St. Anthony, NL A0K 4S0
Telephone: 709-454-0124 Fax: 709-454-3171

For price list and postage
and handling fees, go to
<http://www.lghealth.ca/index.php?pageid=283>

Please make cheques / money orders payable
to the Curtis Hospital Auxiliary.

Variety Pack B 002



Variety Pack C 003



**Thank you for supporting the
Charles S. Curtis Memorial Hospital Auxiliary**

"Real joy comes...from doing something worthwhile." — Wilfred Thomason Grenfell

FROM THE PAST

I Remember One Time in Particular



BY GEORGE SIMMS

'Aunt Mary' Simms was born in Makkovik, Labrador, in February of 1894. At the age of thirteen she was brought to Battle Harbour to see Dr. Grieves. She had a septic finger and this was amputated. By the time she was ready for home, navigation had closed for the season and she was forced to remain in Battle Harbour for the winter. In the spring she attempted to return home but only got as far as Indian Harbour. There she remained with Dr. Harry Paddon and his family until the ice cleared and then decided that she would stay to complete her schooling and to work. After ten years alternating between Battle Harbour and Indian Harbour she moved to St. Anthony for a year, and then Dr. Grenfell sent her to Boston for two years of training in midwifery.

She returned to St. Anthony and worked there for several years before marrying and moving to Main Brook. The account that follows was written by her son George in a recent letter to me. It concerns her years in Main Brook and is a particularly striking narrative. 'Aunt Mary' does no medical work now as there are doctors and nurses, visiting specialists, air ambulances and roads. She wonders aloud how people survived without these things and, with more understanding than most of us could ever hope to attain, she would be the last to do away with

them. She does not pretend that the old days were all that good but she knows that in adversity there was strength.

P. J. Roberts

Because of her previous work with the Grenfell Mission, she was called on by the people for every need, birthing babies, extracting teeth, closing up cuts, attending scratches, bruises, burns, scalds, scabies and even setting broken bones which turned out to grow straight and in perfect condition. All this had to be done without the aid of a Doctor, because there were times in the year when Main Brook was completely isolated, too much ice for a wooden boat to cut through and not enough for a dog team to go on. All the people had to trust her experience and her strong belief in God.

She knew how to make Linseed meal poltices. She gave Cod Oil and the odd drink of Brandy to pull the sick through. She travelled to Fishot, St. Julien's, Croque and Conche and to this day, the people of the area show their appreciation by visiting their Aunt Mary, as they all call her, and say that she was sent by God.

Around 1945-46, Bowater's came to Main Brook to set up wood operations and the Grenfell Mission asked her to look after the Bowater employees, which at that time had a work force of about four hundred men, and it was then that she was really kept busy. She worked for thirty dollars a month at first and the last two years she worked, she received fifty dollars a month.

I know what it is for Mom to go to Fishot Island for a day and be caught out there for a month due to ice conditions. I know what it is to come home from school and get my own meals or get up in the morning and get my own breakfast, Mom being called away in the night, and not knowing where she went.

I know what it is to see a man brought

from Bowaters' woods, taken to our living room, and watch Mom closing up a four to five inch cut or larger with an old half moon shaped needle and catgut.

I know what it is to be taken from my bed and patients put in, especially people from Englee and Roddickton that stayed overnight before travelling on to St. Anthony the next day by dog team.

I remember one time in particular. Six teams of dogs set out from Roddickton with six patients in Coach Boxes (boxes made especially for carrying patients on dog sleds). Bad weather came on and they went astray. Four more dog teams set out from Roddickton to look for them. So about twelve o'clock that night ten teams of dogs (approximately 100 dogs) stopped by our door. Men, patients and dogs were half frozen and covered with snow. Our living room was divided into four small rooms by hanging up white sheets and four patients were put in there. The remaining two patients had to be brought into the kitchen by the wood stove, coach boxes and all.

She borned a lot of babies. At that time, the charges for birthing a baby was five dollars and all money collected had to be sent to St. Anthony Hospital. In most cases, she never did get paid, because people had no money and in some cases, she took off her own clothes to wrap the baby in after it was born. She kept the Mother in bed for nine days after the baby was born and made a visit every day plus bringing the Mother's clothes home to wash.

In her lifetime nursing, she travelled by boat, dog team, snowshoes, ski-doo, make-shift bosun chair over cliffs and hills and also a few trips by plane.

She borned her last baby when she was seventy-six years of age.

(Taken from volume 73, issue 3 edition of Among the Deepsea Fishers, published in October 1976).