

# Along the Coast to Labrador



## Highlights

September - December 2015

### Improving Cancer Care

*Journey in the Big Land  
initiative making a difference*

### Enhancing Care and Comfort

*Dialysis and chemotherapy patients  
welcome new equipment*



Labrador-Grenfell  
Health

## Let Hope Ring

**T**he next time you visit a hospital in the Labrador-Grenfell Health region, or any other major healthcare facility in Newfoundland and Labrador for that matter, don't be alarmed if you happen to hear the sound of a loud clang reverberating through the hallways. Bearing huge smiles and tears of joy, cancer survivors are ringing the bells as a symbol of their accomplishment.

This is the 'Let Hope Ring' initiative. Launched in 2015 by the Dr. H. Bliss Murphy Cancer Care Foundation in partnership with Newfoundland Power, the bell is a testament to the courage which many people face in their personal struggles with the ravages of cancer. Ceremonies featuring cancer survivors were held at hospitals in Labrador City, St. Anthony and Happy Valley-Goose Bay last November. They included involvement from people like Nicolas Clarke, Agnes Patey and Kevin Wakeham, all of whom successfully braved chemotherapy treatments and celebrated their milestones in the company of family members and friends, and now, with their communities.

For Lynette Hillier, Executive Director of the Dr. H. Bliss Murphy Cancer Care Foundation, the response from cancer patients and healthcare providers at oncology units from St. John's to Port aux Basques to Labrador City has been overwhelming. "You are our ambassadors. You encourage patients to use the Bell of Hope and often celebrate right alongside with them," she said. "It's been a pleasure to work with all of your teams to roll out the project and to share your stories of hope."

You can read more about the stories of inspiration on page 4 of this edition. We also wish to draw your attention to other features in the issue you are reading. The selections include an acknowledgement of the donations of equipment which improve the delivery of healthcare services to residents of Northern Newfoundland and Labrador, the Quintessence Breastfeeding Challenge, a feature on Ticker Tom puppets, and a story about youth who embraced the opportunity to learn about preparing Aboriginal dishes. These stories are supplemented by regular features that include staff retirements, comings and goings, photo trivia, a glance at the past, and of course, a section devoted to Christmas celebrations at Labrador-Grenfell Health facilities throughout the region.

Finally, we extend an invitation to readers to tell us what's on your mind. Have a story to share? Perhaps you have a comment or a personal reflection. Along the Coast to Labrador encourages your feedback so that we can share your thoughts with others who have a like interest in the healthcare service.

Allan Bock, Chair  
Regional Newsletter Committee



Labrador-Grenfell  
**Health**

### Along the Coast to Labrador

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Labrador-Grenfell Health

Happy Valley-Goose Bay, NL AOP 1C0

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

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

#### Regional Newsletter Committee:

Allan Bock, Editor  
Carolyn Janes  
Heather Bromley  
Karen Gillard  
Viva Pittman

Christal Reardon  
Nadine Calloway  
Heather Leriche  
Karla Loder  
Melanie Humby

Aldena Hillier-Legge  
Vicki Hancock  
Teena Doyle  
Penney Reid

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#### Front cover photo:

The Inuit drum is a traditional instrument which is used in a variety of celebrations across the North. A stakeholders' forum held at Happy Valley-Goose Bay on Oct. 1, 2015 featured the talents of Solomon Semigak, an Aboriginal Patient Navigator with Eastern Health in St. John's. A native of Makkovik, Solomon has developed an appreciation for the challenges which Aboriginal clients face when they have to travel to the city for cancer care services. See page 7 for a progress report on the *Journey in the Big Land* initiative.

ALLAN BOCK PHOTO

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Transcontinental  
Kevin Hiscock, Business Development Manager  
(709) 631-0667 • [kevin.hiscock@tc.tc](mailto:kevin.hiscock@tc.tc)  
Katja Moehl - Layout Editor/Graphic Design  
(709) 293-4773 • [kmdesignsinc@live.ca](mailto:kmdesignsinc@live.ca)



# Around the Region



## Honorary Champion of Health Care Award

**T**he Nain Community Clinic presented the Honorary Champion of Health Care Award to Johannes Lampe during the annual Elders' Christmas Dinner in December, 2014. The award is presented annually by Labrador-Grenfell Health to an individual who, through their actions, enhances and improves the health of Nain residents. Johannes regularly volunteers his time in a variety of ways at the Nain Community Clinic.

## Aboriginal Culture & Health Workshop for Health Professionals



**T**he Birch Brook Nordic Ski Club was the venue for an Aboriginal Culture and Health workshop on Aug. 18, 2015. The event was coordinated by the Department of Health and Community Services in collaboration with the First Nations and Inuit Health Branch of Health Canada, the Nunatsiavut Government, the Sheshatshiu Innu First Nation, the Mushuau Innu First Nation, the NunatuKavut Community Council, and Labrador-Grenfell Health. The purpose of the workshop was to educate health professionals in Central Labrador on the topics of Aboriginal culture and health. Featured speakers and presenters were representatives of Aboriginal cultures in the area.

▲ Joanne McGee, a first year Family Resident at the Labrador Health Centre, Happy Valley-Goose Bay, helped facilitate the Aboriginal Culture and Health workshop. Pictured second from right, she was joined by: (l-r) Charlene Reccord, Clinical Research Scientist with Eastern Health; Suzanne Haghighi, Aboriginal Health Consultant, Department of Health and Community Services; and Dr. Michael Jong, Vice-President of Medical Services, Labrador-Grenfell Health.

# Let Hope Ring

## Ceremonies Help Cancer Patients Celebrate Important Milestones

Ceremonies marking the launch of the 'Let Hope Ring' program took place in November at Labrador-Grenfell Health facilities in St. Anthony, Labrador City and Happy Valley-Goose Bay.

Bells installed in the oncology units encourage patients to celebrate their own personal milestones on their cancer journey. The Let Hope Ring program, an initiative of the Dr. H. Bliss Murphy Cancer Care Foundation, in partnership with Newfoundland Power, has been received positively and embraced by cancer patients, their families, and frontline healthcare professionals as an inspirational program that allows them to celebrate their successes.

"We are proud to join with Newfoundland Power in launching the Let Hope Ring initiative for cancer patients and their families in Labrador," said Lynette Hillier, Executive Director of the Dr. H. Bliss Murphy Cancer Care Foundation. "Hope means different things to different people; it's very personal and can be fluid and changing. Whatever they want to celebrate, we, too, are celebrating with them."

Chief Operating Officers at the respective facilities, Barbara Molgaard Blake, Ozette Simpson and Delia Connell, attended the



▲ Taking part in the Let Hope Ring ceremony at the Labrador West Health Centre on Nov. 5, 2015 were: (l-r) Linda MacMillan, Cancer Patient Navigator and Clinical Oncology Nurse, Labrador-Grenfell Health; Bridget Baker; Ann Marie Riviere; Kevin Wakeham; Yvon Riviere; and Dorothy Wakeham.

launch ceremonies. They stated Labrador-Grenfell Health was pleased and honoured to be able to assist in launching and promoting the Bell of Hope. "Every day is a challenge for cancer patients, so we are more than happy to join with them in celebrating the achievements on their cancer journey," said Ozette Simpson.

The Power of Life Project is a partnership between Newfoundland Power and the Dr. H. Bliss Murphy Cancer Care Foundation. The Project raises funds for cancer treatment equipment and support programs while promoting early detection and cancer screening

through education and awareness programs. Since 2002 the corporation has donated in excess of \$3 million and helped many lives change for the better.

The Dr. H. Bliss Murphy Cancer Care Foundation raises funds for treatment and supportive care programs for cancer patients, funds local cancer research initiatives and provides continuing education opportunities for staff of the Dr. H. Bliss Murphy Cancer Centre and affiliated cancer programs in Newfoundland and Labrador.



▲ Ringing the bell at ceremonies held at the Labrador Health Centre on Nov. 4, 2015 included: (l-r) Valerie Rachwal, Nicolas Clarke and Renee Hanrahan.



▲ Participants in the Let Hope Ring ceremony at Charles S. Curtis Memorial Hospital on Nov. 16, 2015 were: (l-r) Bonnie Decker, Ursula Loder, Agnes Patey, Michele Shears Rumbolt, Gladys Woodward and Rhonda Hicks.



# New Oncology Suite Serving Residents of Labrador West



▲ Cutting the ribbon to officially open the new oncology suite were: (l-r) Nick McGrath, Ozette Simpson of Labrador-Grenfell Health, Kevin and Dorothy Wakeham, Paul Davis, and Andrew Robertson, board member, Labrador-Grenfell Health.

A new oncology suite at the Labrador West Health Centre was officially opened during a ceremony on Oct. 20, 2015. In attendance were former premier Paul Davis, former Labrador West MHA Nick McGrath, and Ozette Simpson, Chief Operating Officer, Labrador-Grenfell Health.

"Since 2004, the Provincial Government has invested a total of approximately \$1.4 billion in health care funding for Labrador. Our commitment to ensure the long-term health and well-being of residents in Labrador West continues through the opening of a new oncology suite at the Labrador West Health Centre," said Mr. Davis. "We are standing strong in our commitment to support Newfoundlanders and Labradorians and their

families in their fight against cancer."

Located at the Labrador West Health Centre, the new oncology suite features two chemotherapy lounge chairs and dedicated washrooms. The suite also includes an observation office and other enhancements to support treatment for residents and their families.

"The Labrador West Health Centre, including the new oncology suite, brings the best of what we have to offer in health care delivery directly to the residents of Labrador. As part of our government's continued commitment to support individuals and families dealing with cancer diagnosis and treatment, this suite has been upgraded with new equipment and expansions that support a positive and therapeutic healing environment for

patients and their families," said Steve Kent, former Minister of Health and Community Services.

Development of the oncology suite was supported through an investment of approximately \$450,000. The work was completed by Enercon Builders Incorporated. In addition to oncology and chemotherapy services, the Labrador West Health Centre provides access to services including emergency, outpatient, surgical, obstetrical, pediatric, respite, palliative care, physiotherapy, and mental health and addictions.

"I am very pleased to be able to join Premier Davis here today for the official opening of the Labrador West oncology suite. Patients who receive oncology services deserve to have a comfortable space while receiving their treatments," said Mr. McGrath. "This state-of-the art suite will provide our residents with professional care in a relaxing setting."

"Labrador-Grenfell Health worked closely with the Department of Health and Community Services to design a space that supported a positive and healing environment for our clients receiving treatment and their families," said Tony Wakeham, President and Chief Executive Officer, Labrador-Grenfell Health. "We thank staff and clients for their input towards the plan to enhance oncology services at the Labrador West Health Centre."



## Service Award Presented

Joy Barrett received a 10-year service award during a presentation at the Makkovik Community Clinic on Dec. 4, 2015. Staff from Labrador-Grenfell Health and Child, Youth and Family Services attended the event. Joy has been a long-term and loyal Labrador-Grenfell Health employee. She is described as providing outstanding regional nursing care and has worked in many of the community clinics in the region.

◀ Kathy Elson, (left) Clinical Nurse Manager (North clinics) presents a 10-year service award to Joy Barrett.

# Professional Development

## Early Language Development

**E**arly Childhood Educators in Nain received a presentation on the topic of early language development. The session was delivered Oct. 26-28, 2015 by Allison Brennan, Speech-Language Pathologist at the Labrador Health Centre. The enthusiastic group also received tips to help stimulate language development in the daycare setting. Allison expressed appreciation for the opportunity to work as part of an extended team to best help the children in the region. Participating in the session were: (l-r) Kelly Edmunds, Connie Pjogge, Brenda Dicker, Lydia Karpik, Lorraine Dicker, Michelle Solomon and Allison Brennan.



▲ Nurses assemble a variety of products, including dressings, skin closures, wraps and medical tapes, and place in containers as part of a process to standardize wound care management.

## Standardizing Wound Care Management

**L**abrador-Grenfell Health is the first health authority in Atlantic Canada to standardize a process for wound care management. A group of nurses, representing all nursing departments and areas of the region, gathered in Happy Valley-Goose Bay in October, 2015, for a series of training sessions aimed at standardizing wound care practices. Their education was comprehensive, evidence-based and focused on the principles of wound care: Effective skin care, pressure ulcers, understanding infection, surgical incision care, partial thickness burns, and leg ulcers. The session concluded with assembling a variety of wound care products in containers for distribution to all health care facilities in the region. The online education program is being coordinated by Vanessa Bartlett, Regional Palliative Care Coordinator.



◀ Front: (l-r) Seethal Jose, Delores Fillier, Selina Gibbons, Zena Curlew, Vanessa Bartlett, Tanya Gibbons, Corry Lee Rogers, Kate Bell. Back, Nicole Cassell, Denise Gould, Kim White, Sylvia Doody, Antionette Cabot, Donnie Sampson, Angela McGinn (Convatec Canada Ltd.), Brenda Ash and Tina Tobin. Missing from photo is Gordon McKenzie.



# Stakeholders Receive Update on Journey in the Big Land Initiative



▲ Stakeholders with an interest in improving the delivery of cancer care services gathered at Happy Valley-Goose Bay to receive an update on the *Journey in the Big Land* initiative.

**A** *Journey in the Big Land* began with a stakeholder forum that was held in Happy Valley-Goose Bay in October 2013. During this time, three priorities – transitions in care, tele-oncology and cultural safety – were identified. All partners came together once again in Happy Valley-Goose Bay on Oct. 1, 2015 at the Northern Cross Community Church for a mid-point forum. Stakeholders included 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. Funded by the Canadian Partnership Against Cancer, *Journey in the Big Land* is a three-year initiative aimed at improving cancer care for First Nations, Inuit and Metis.

During the forum updates on work

completed to date were given as well as discussion of next steps. Two survivors, Barbara Wood and Jillian Pottle, spoke about their personal cancer journeys. Their inspirational and heartfelt messages reaffirmed for everyone in attendance the importance of this work. Solomon Semigak, an Aboriginal Patient Navigator with Eastern Health, presented on the range of patient navigation services available to Labradorians. Additionally, Solomon performed traditional Inuit drumming and throat singing. Everyone in attendance participated in group work activities that reviewed current and upcoming work. This provided the opportunity for stakeholders to validate if the initiative is headed in the right direction and to provide guidance for next steps. Finally, the stakeholder forum attendees were fortunate to have elders Elizabeth Penashue and Ken Mesher offer prayers and share their wisdom throughout the day.

A final forum will be held in October 2016 before the initiative closes in February 2017.

## IGA Board Presents Ideas, Questions to Labrador-Grenfell Health

**T**he board of directors of the International Grenfell Association (IGA) and senior management of Labrador-Grenfell Health met at the Grenfell Interpretation Centre, St. Anthony, on Sept. 17, 2015 to discuss several topics of mutual interest in the delivery of health care services and programs. Front: (l-r) Dr. Norman Pinder, Chair, IGA board of directors; Tony Wakeham, President and Chief Executive Officer, Labrador-Grenfell Health. Back, Roger Snow, Chief Financial Officer, Labrador-Grenfell Health; Bob Simms, IGA director; Dr. Dan Burnes, New England Grenfell Association; Donna Jeanloz, IGA director; Dr. Elliott Miller, IGA Chairman Emeritus; Ruth



Steinhauer, IGA director; Cynthia Roney, IGA director; Keating Hagmann, IGA vice-chair; Ed Goudie, IGA director; Tyler White, Grenfell Association of America; Barbara Molgaard

Blake, VP of People and Information and Chief Operating Officer (South), Labrador-Grenfell Health; Alex Pinder; and Paul Canning, IGA Administrator.





Many hands made light work during the annual decorating party at the Labrador Health Centre. (L-r) Front, Bev Woodward, Janice White, Paulette Roberts, Kelly Goudie, Terri Greene, Roxanne Cabot, Harriet Edmunds, Shana Morris. Back, Junior Hodder, John Holwell, Ernie Slade and Kenneth White. Missing from photo was Lorenzo Webber, Lenora Taite and Lori Kippenhuck.



Vanessa (left) and Braxton Gaulton were all smiles after receiving gifts from Santa and Mrs. Claus at the Labrador Health Centre staff children's Christmas party. Vanessa and Braxton are the children of Stephanie Gaulton (Domestic Worker).

## Christmas at Labrador-Grenfell Health



The Lake Melville Ministerial Association received donations of \$487.50 and \$500, respectively, from staff of laboratory and X-ray and the Social Club at the Labrador Health Centre. (L-r) Francine Carew and Natalie McLean, representing laboratory and X-ray staff; Archdeacon Nellie Thomas and Rev. Jonathan Beers, representing the ministerial association; and Anne Marie Tobin, representing the Social Club.



Brothers Chezney and Chase Angiers were absorbed with the toys they received from Santa at the Labrador Health Centre staff children's Christmas party. Chase and Chezney are the sons of Crystal Angiers (Dental Assistant).



Reese Hopkins (left) and Gary Mitchell were engaged in a spirited game of stick hockey at the Labrador Health Centre staff children's Christmas party on Dec. 13, 2015. Reese is the son of Karyn Hopkins (Licensed Practical Nurse, Long-Term Care).



Elizabeth Letto (left) and Marjorie Sampson enjoyed taking part in the decorating activities at the Labrador South Health Centre, Forteau.





Lenora Taite, representing staff at the Labrador-Grenfell Health administration building in Happy Valley-Goose Bay, presented cheques totaling \$450 to Jamie Jackman of the Food Bank, during the annual CBC Turkey Drive. Staff raised \$2,100 during 2015 through dress down day contributions and also distributed funds to the SPCA, the Salvation Army and the Kids Eat Smart Program.



The first Pack the Back event at Happy Valley-Goose Bay was a great success. Spearheaded by Labrador Ambulance Services, with support from Labrador-Grenfell Health, there was an overwhelming response from the public for non-perishable food items and toys for the Labrador Health Centre ER Nurses' Happy Tree. Volunteering were: (l-r) Holly Lidstone and Sara Holloway, Labrador Ambulance Services; Ernie Slade, Labrador-Grenfell Health; Dawson Sampson; and Larry Powell, Angie Lawrence and Caroline Boyden, Labrador-Grenfell Health.



Local 2201 of the Newfoundland and Labrador Association of Public and Private Employees (NAPE) presented \$125 donations to the Happy Valley-Goose Bay Food Bank, the Labrador Health Centre Auxiliary, the Roland Shears Hamper Fund and the Salvation Army. Representing the recipients were Patti Maloney, Josie Gillard, Archdeacon Nellie Thomas and Lieut. Brent Haas. Local 2201 executive members include Leo Drake, Tom Davis, Roxanne Cabot, Christa Colbourne, Joanne Kavanagh, and Viva Pittman, Region 2 board member.



Gerald Russell was the winner of airline tickets for two anywhere in Newfoundland and Labrador, valued at \$2,000 and donated by Provincial Airlines. The Labrador West Health Centre Auxiliary sold tickets on the prize during the annual Christmas fundraiser. Making the presentation to Mr. Russell was Paulette Abbott, president of the auxiliary.



Licensed Practical Nurse Alma Green (right) delivers a stocking to inpatient Jessie Clark on Christmas morning at Charles S. Curtis Memorial Hospital.



The annual Labrador South Health Centre Memory Tree Lighting was organized by the Hospital Auxiliary.





The youngest child at the annual Labrador West Health Centre children's Christmas party received a gift from Mrs. Claus: (l-r) Mrs. Claus, Susan Bourgeois (Regional Director Health Records), Taylor, granddaughter of Susan and daughter of Jennifer Sullivan (Physiotherapist).



Some of the children who attended the children's Christmas party at the Labrador West Health Centre were: (l-r) Keisha Travers, Kegan Travers, Justin Doyle, Alayna Baird and Alex Power.



Staff at the Labrador West Health Centre sat down to a delicious meal of turkey during the annual Christmas dinner at the health care facility.



Serving up Christmas dinner and all of the trimmings to staff at the Labrador West Health Centre were: (l-r) Josée Morel, Ozette Simpson, Susan Bourgeois, Karen Andrews and Heather Leriche.



Distinction for the most unique Christmas sweater at the annual Labrador West Health Centre staff dinner went to Lisa Pelley (Social Worker), who was joined by Stuart Layton (Clinical Occupational Therapist).



Biomedical staff members Danny McLean, Al Loder and Amanda Genge at the annual Christmas nursing open house in the Rotunda of Charles S. Curtis Memorial Hospital, St. Anthony.



Bessie Budgell, a resident of the John M. Gray Centre in St. Anthony, enjoyed a Christmas visit from her daughter, Linda Coffin, son Barry, and his wife Muriel.



A large crowd of children and adults joined in the singing of Christmas carols at the annual tree lighting ceremony at St. Anthony.





The second annual Pack the Event at St. Anthony, organized by nursing and paramedic staff at Charles S. Curtis Memorial Hospital, built on the success of the inaugural event in 2014. Donations included food for the St. Anthony and Area Food Bank, boxes of toys, books, clothes, personal care and household items, and cash and gift cards for the Salvation Army. (L-r) Gary Richards, Todd Blake, Jennifer McGrath and her two sons, Harry and Daniel, Corrina Payne, Frank Kean and Cecilia Gaslard.



Joseph, Mary and Baby Jesus visited the John M. Gray Centre and the United Church Women sang Christmas carols during a Christmas event at the John M. Gray Centre.



Staff of the John M. Gray Centre gathered in December for a potluck to kick off the holiday season.



Resident John Bolger and Personal Care Attendant Rhoda Parsons dance to an old-fashioned waltz during the annual Christmas party at the John M. Gray Centre.



Food services staff at Charles S. Curtis Memorial Hospital took a break from their duties to welcome Santa Claus to the cafeteria. Enjoying his visit were: (l-r) Mabel Ricks, Santa, Sandra Blake, Fred Carter and Paula Snow.



Laboratory and x-ray staff at Curtis Memorial Hospital brought staff together for the annual spread of christmas treats.

Medical student Rebecca McBriarty (left) and Sheila Wilson, Nurse-in-Charge at the Postville Community Clinic, seized the moment by taking a 'selfie' at the community's tree lighting ceremony.



Enjoying Christmas cupcakes at the annual community tree lighting ceremony in Postville were: (l-r) Medical student Rebecca McBriarty, Dr. Robert Forsey and Murray Walters, mental health and addictions counselor.





J.R. Reid had the honour of lighting the Christmas tree at Charles S. Curtis Memorial Hospital. He was joined by his mom, Candace (left), and Barbara Molgaard Blake, Chief Operating Officer and VP of People and Information).



Santa Claus received a helping hand from members of the Charles S. Curtis Memorial Hospital Auxiliary the day before Christmas Eve. They were putting together stockings for inpatients of the hospital and residents of the John M. Gray, an annual event for several years.



Soon after entering the world, Chase Peter Underwood Letto and his mom, Linsey Nadeau Underwood, received a visit from Santa Claus at the Charles S. Curtis Memorial Hospital. Joining them was Dr. Devicka Ropram (Obstetrician).



Residents of the John M. Gray Centre gathered in the recreation room to receive a visit from the 1st St. Anthony Sparks group. The young girls sang a variety of festive Christmas carols prior to a visit from Santa Claus.



Nurses Danielle Richards (left) and Samantha Hillier helped distribute stockings to inpatients and residents on Christmas morning at Charles S. Curtis Memorial Hospital and the John M. Gray Centre.



Children attending the annual Christmas party at the Labrador West Health Centre waited patiently for the arrival of Santa and Mrs. Claus, who were bearing gifts and questions on their Christmas wishes.

**T**hank you to the following for contributing Christmas photos for this section: Judy Russell, Heather Bromley, Cecilia Gaslard, Anthony Cronhelm, Vicki Hancock, Jennifer McGrath, Sheila Wilson and Paula Clements.



# Donations

## Scotiabank Supports Labrador West

The Scotiabank Bright Future Program and Employee Volunteer Program donates to employees who volunteer in the community. Paulette Abbott, retired Scotiabank employee and Hospital Auxiliary volunteer, received \$7,000 from the program, which was donated to the Grenfell Foundation, Labrador West Chapter. Over the past three years, the Scotiabank Bright Future Program and Employee Volunteer Program has donated a total of \$14,500 to the Grenfell Foundation. The donations were distributed as follows: \$5,000 to physiotherapy to purchase equipment for client care; \$1,000 to community health to purchase a television for the procedure room; and \$1,000 to inpatients/long-term care to purchase supplies to enhance activities of daily living for seniors.

**1** Community health donation: (l-r) Darlene Moulard, Scotiabank branch manager; Paulette Abbott, retired Scotiabank employee, Hospital Auxiliary volunteer and Grenfell Foundation (Labrador West chapter) member; Corry Lee Rogers, Community Health Nurse; Ozette Simpson, Chief Operating Officer (West) and Karen Andrews, Clinical Nurse Manager.

**2** Inpatients/long-term care donation: (l-r) Launa Stevens, Licensed Practical Nurse; Darlene Moulard, Scotiabank branch manager; Paulette Abbott, retired Scotiabank employee, Hospital Auxiliary volunteer and Grenfell Foundation (Labrador West chapter) member; Ozette Simpson, Chief Operating Officer (West) and Katie Warren, Regional Nurse.

**3** Physiotherapy donation: (l-r) Gail Moores, Physiotherapy Aide; Karen Eldem, Physiotherapist; Darlene Moulard, Scotiabank Branch Manager; Paulette Abbott, retired Scotiabank employee, Hospital Auxiliary volunteer and Grenfell Foundation (Labrador West chapter) member; Matthew Sullivan, Physiotherapist; and Ozette Simpson, Chief Operating Officer (West).

## Donation from the Hard of Hearing Association

**4** The Labrador West chapter of the Canadian Hard of Hearing Association presented hearing aid equipment for the benefit of inpatients at the Labrador West Health Centre in August, 2015. Taking part in the presentation were: (l-r) Tammy Turpin, Jerome Gover, Susan Bourgeois, Wanda Slade, Darrell Brenton, Martha North and Nicole King.

## New Laser Machine Benefits Physiotherapy Clients

**5** Mene Conley and Max Penashue, owners of International Catering Inc., generously donated a new laser machine to the physiotherapy department at the Labrador Health Centre in September, 2015.





# Donations



Laser is an acronym for Light Amplification by Stimulated Emission of Radiation. Low-level laser therapy uses wavelengths of light to stimulate tissue healing and is often used by physiotherapists to treat a variety of conditions, including tendonitis, sprains, strains and reflex sympathetic dystrophy. Displaying the new laser machine are: (l-r) Max Penashue, Richelle Weeks and Mene Conley.

## A Big Smile from Tim Hortons

**6** The Grenfell Foundation, Labrador West Chapter, received a donation of \$25,000 from Tim Hortons 'Smile Cookie Program'. The Grenfell Foundation provided an additional \$15,000 to purchase the following: A sterilization container system for the operating room at a cost of \$25,000; a sevoflurane vaporizer for the operating room at a cost of \$7,000; and a Audx Pro DP system (infant screening hearing tool) for inpatient services at a cost of \$8,000. A sterilization container system is built

to provide long-lasting protection and sterility maintenance for instrumentation. Containers also help to control costs, reduce reprocessing, avoid risk of puncture, reduce instrument damage, and provide a tamper-evident seal, ensuring that the container is not opened prior to arriving in the operating room. A Sevoflurane Vaporizer is a container that vaporizes anesthetic liquid to maintain unconsciousness during surgery. An Audx Pro DP system is an infant screening hearing tool which is used to screen infants at an early age to rule out hearing issues. Early diagnosis promotes a better prognosis for children. Shown making the presentation were: (l-r) Alec and Anita Snow of Tim Hortons; Ozette Simpson, Chief Operating Officer (West); and Andrew Robertson, Labrador-Grenfell Health board of directors.

## Charity Golf Tournament

**7** JoyGlobal's 6th Annual Charity Golf Tournament, which took place on



# Donations



July 11, 2015, generated a donation of \$8,602.90 to the Grenfell Foundation, Labrador West Chapter. Participating in the symbolic cheque presentation at the Labrador West Health Centre were: (l-r) Betty Matthews, Paulette Abbott, Rolando Fernando, Ozette Simpson, Andrew Robertson, Wallace Marsh, Amy Dumaresque, Patsy Ralph and Vanessa Decker.

## A Labour of Love

**8** Edith L. Gordon of Glovertown, formerly a resident of Labrador West, lovingly transforms wedding dresses into christening dresses. Over the years, she has donated more than 100 christening dresses to the Janeway Hospital in St. John's, the James Paton Memorial Hospital in Gander, and most recently, the Labrador West Health Centre in Labrador City.

## Helping Hands Present Equipment

**9 & 10** Labrador-Grenfell Health employees Jackie Adey and Ruby Best are supporting area residents who access health care services at Charles S. Curtis Memorial Hospital and the John M. Gray Centre in St. Anthony. Their group, Helping Hands, has raised thousands of dollars to purchase equipment and supplies by collecting recyclable cans and bottles, holding dances, and arranging ticket sales and prize bingos. Earlier this year, they raised \$7,200 to purchase four stacking, coin-operated wheelchairs. A loonie unlocks access to a wheelchair and the coin is refunded upon its return to the Outpatients Department. At the John M. Gray Centre, the Helping Hands purchased two, large activity calendars, a bingo machine, six banquet tables and a laptop computer, representing the sum of \$1,800, for the benefit of senior citizens who reside at the long-term care home. Labrador-Grenfell Health thanks Ruby and Jackie for the important contribution they make towards improving health care services. In photo #4,

Ruby and Jackie display the new wheelchairs with Jerry Young, Director of Operations (South) for Labrador-Grenfell Health. In photo #5, Heather Bromley, Recreation Development Specialist at the John M. Gray Centre, accepted the new acquisitions for the long-term care home from Ruby and Jackie.

## Legion Telethon Purchases EKG Machine

**11** Organizers of the annual Royal Canadian Legion Telethon in Labrador City contributed \$20,000 towards the purchase of a cardiograph/pagewriter for the Labrador West Health Centre. A pagewriter, commonly known to clients as an EKG machine, is a non-invasive test that checks for problems with the electrical activity of the heart. Taking part in the presentation were: (l-r) Andrew Robertson and Patsy Ralph of the Grenfell Foundation (Labrador West chapter), Karen Andrews and Wanda Slade of Labrador-Grenfell Health; and Paulette Abbott and Gerard Hoskins, representing the Legion Telethon.

## Labrador West Health Centre Acquires New Audiology Equipment

**12** The Rotary Club of Labrador West contributed \$30,000 and the Grenfell Foundation (Labrador West chapter) provided \$20,000 to purchase new audiology equipment for the Labrador West Health Centre. The equipment is comprised of an AudioStar Pro Audiometer, earphones, a middle ear analyzer, and a Nav Pro System. On hand to acknowledge the presentation to the hospital were: Front, Tawfik Shabaka, Audiologist. Second row (l-r) Patsy Ralph, Paulette Abbott (Foundation members), Nick McGrath. Back, Ozette Simpson (Chief Operating Officer, Labrador-Grenfell Health), Graham Letto (Rotary member), Danielle King (president of Rotary), Andrew Robinson (Foundation member), and Todd Seward and Gerry Rideout (Rotary members).



# Pastoral Care Week

## 'Spiritual Care Together'

**M**inisterial committees at Labrador City, St. Anthony and Happy Valley-Goose Bay celebrated the spiritual well-being of people during Pastoral Care Week in October 2015. This year's theme was 'Spiritual Care Together'. 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 David Milley, Rev. Rowena Payne, Rev. Jolene Peters, Lieut. Norman Porter and Rev. S. Dean Sellars. During a special pastoral care service on Oct. 30, 2015, Ozette Simpson, Chief Operating Officer (West), Labrador-Grenfell Health, expressed appreciation for the work of the pastoral care members.



▲ Pastor Jeffrey Bessey of the Bethel Pentecostal Church, St. Anthony, cuts the cake during the pastoral care social at the John M. Gray Centre on Oct. 29, 2015.



▲ Volunteers Carol Roberts, Josie Powell, Pauline Simms, Lorelie Cull and recreation therapist Heather Bromley helped residents celebrate Pastoral Care Week. Residents and staff thanks to all spiritual care providers who serve and minister to Labrador-Grenfell Health.



◀ A ceremony was held at the Happy Valley-Goose Bay Long-Term Care Facility on Oct. 16, 2015 to celebrate Pastoral Care Week. Participating were: Front (l-r) Residents Muriel Andersen and Christine Lane. Back, Deanne Welsh, Melissa Yetman, Sherry Pomeroy, Archdeacon Nellie Thomas, the late Fr. Aidan Devine, Teena Doyle, Rev. Jean Shears and Norma Forsey. Clergy and guests were treated to a social following the ceremony.



# Mothers Latch On for Quintessence Breastfeeding Challenge

**M**oms, babies and family members came together at Flower's Cove, Labrador City and Happy Valley-Goose Bay on Oct. 3, 2015 for the annual Quintessence Breastfeeding Challenge. The challenge, which began in 2001 as part of World Breastfeeding Week, is an international celebration of breastfeeding. The theme of World Breastfeeding Week, Oct. 1-7, 2015, was 'Breastfeeding... Making it Work', which focused on the importance of supporting families at the community level, especially in the early weeks, when both mom and baby are learning how to breastfeed. The Quintessence Breastfeeding Challenge brings together mothers from around the world by challenging them to set the record at their location for having the most babies breastfeeding at one time.



▲ The Happy Valley-Goose Bay challenge was organized by Labrador-Grenfell Health, the Aboriginal Family Centre and the Grand River Family Resource Centre. A total of 15 moms and 17 babies and infants took part in latching on at 11:00 a.m.



▲ Kelly Benoit and her daughter, Leah, participated in the Quintessence Breastfeeding Challenge at Labrador City.



► A large group of moms and their babies gathered at Labrador City on Oct. 3, 2015 to participated in the Quintessence Breastfeeding Challenge.

◀ The Flower's Cove challenge took place at the Strait of Belle Isle Health Centre on Oct. 3, 2015. The event was organized by Tammy White, Resource Mother, and Trudy Coles, Public Health Nurse. Moms received gifts of a fruit basket and a snack from the Family Resource Centre and a T-shirt to mark World Breastfeeding Week from the Labrador-Grenfell Breastfeeding Network. Participating were: (l-r) Sherri and Laci Coates, Deanna Payne and Blake Coles, and Tori Myers and Maci Myers-White.



PHOTO COURTESY OF JENNA MOULAND



# FASD in Newborns is Preventable



▲ Mental Health and Addictions staff in Labrador City and Happy Valley-Goose Bay hosted 'mocktail' breaks in their cafeterias to celebrate and raise awareness of the importance of healthy choices during pregnancy. Enjoying a mocktail at the Labrador West Health Centre were employees of Labrador-Grenfell Health: (l-r) Kristen Wells, Carla Penney, Pauline Winter, Shelley Cormier, Jeffrey Manstan, Nadia Dubé, Terri Lynn Greenham, Christina Vairinhos Butt and Stephanie Sauvé.

Labrador-Grenfell Health staff in various parts of the region took part in activities on Sept. 9, 2015, to raise awareness about Fetal Alcohol Spectrum Disorder (FASD).

Sept. 9 is International FASD Awareness Day, a day when communities around the world raise awareness about the dangers of drinking alcohol during pregnancy and the challenges faced by individuals and families who struggle with FASD. In Canada, prenatal alcohol exposure is a leading cause of preventable brain damage and birth defects. The message is simple, not just on Sept. 9, but every day. Women who are, who may be, or who are trying to become pregnant, should not drink alcohol.

FASD is an umbrella term used to describe the range of effects that can occur in an

individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioural and learning disabilities with lifelong implications. An estimated nine in 1,000 babies born in Canada are affected by FASD.

There is no known amount of alcohol that is safe to drink while pregnant. All drinks that contain alcohol can harm an unborn baby. There is no safe time to drink during pregnancy. Alcohol can harm a baby at any time during pregnancy. In order to prevent FASD, women should not drink alcohol while pregnant, or even when they might get pregnant.

There is no cure for FASD, but research shows that early diagnosis, intervention and appropriate treatment can improve a child's development. No one treatment is right for

every child. Good treatment plans will include close monitoring, follow-ups, and changes as needed along the way.

Current knowledge of the complexity of the disabilities associated with prenatal alcohol exposure dictates that a comprehensive, interdisciplinary assessment is necessary to make an accurate diagnosis and provide recommendations for management. Considering these recommendations and the Canadian guidelines for diagnosis, the Labrador-Grenfell FASD Interdisciplinary Diagnostic Team was created. The team, comprised of a physician, pediatrician, psychologist, speech-language pathologists, and occupational therapists, is coordinated by the Regional FASD Coordinator. Clinics alternate between Happy Valley-Goose Bay and St. Anthony and provide services to the entire region, receiving referrals on individuals between the ages of 8 and 18 years old.

Having a diagnostic clinic specifically for the Labrador-Grenfell Health region has given us the opportunity to offer specialized diagnostic services to clients without the burden of traveling out of the region. Labrador-Grenfell Health is the first health authority in the province with an interdisciplinary diagnostic team able to diagnose FASD.

For more information about FASD or the Labrador-Grenfell FASD Interdisciplinary Diagnostic Team, please contact Julia O'Brien, Regional FASD Coordinator at 896-0563.

*Julia O'Brien, Regional FASD Coordinator*



▲ Members of the interdisciplinary FASD diagnostic team for the Happy Valley-Goose Bay clinic are: (l-r) Dr. Ana Maleeva, Marie McIntosh, Allison Brennan, Julia O'Brien, Jodi Bowles and Heather Paul.



▲ Trying a mocktail at the Labrador Health Centre were Labrador-Grenfell Health staff members: (l-r) Mandy Brown, Lynn Blackwood, Vickie Musseau, Nancy Lushman and April Andersen.



# Ticker Tom Puppets



▲ Karla Loder, Health Promotion & Education Consultant, uses the Northern Wellness Coalition Ticker Tom puppet.

## Introducing the Newest Members of the Northern and Labrador Wellness Coalitions

A successful partnership that seeks to promote health and wellness can begin with the most unlikely of players. Further, the product of that collaboration can often be an engaging program, project or resource. One such example recently materialized between a group of Health Promotion Consultants and the many talents of an accomplished puppeteer. The result of that alliance is four Ticker Tom puppets, the newest additions to the Northern and Labrador Regional Wellness Coalitions.

As Health Promotion Consultants, we routinely explore how our health messages can be delivered with the most impactful outcome. Capturing a particular audience to promote health and wellness can present its challenges. Children are especially difficult to engage. As a result, we are tasked to find and apply fun and interactive measures that will appeal to children. Past experience has also proven that youth and adults enjoy interaction with puppets. What better method to share health messages than through the use of a puppet that has been a part of the Province's Health Promotion pedagogy for quite a few years. Ticker Tom has been teaching children about the importance of personal health for more than 15 years.

## Puppets Can Help Start Conversations

Using creative arts in health messaging to promote wellness isn't a new idea. However, the applicability of this tool presents many opportunities that should be utilized more. Although modest when compared with other means that are being used to reach children such as social media applications, the use of puppetry is simplistic – successful in its own right. Wright, N.D., et al (2007), suggests that puppets can be used to generate a dialogue about healthy eating and physical activity among young children. Further, utilizing puppets as a tool can also promote decision-making, refusal skills and help children explore mental health issues. Reidmiller (2008) suggests "the benefit of the use of puppets is many and varied." A characteristic that lends further rationale to using puppets to teach children and youth about making healthier choices is likeability. They are generally very well-received by the audience regardless of age. Perhaps more importantly, this approach to education is relatively inexpensive over the long-term since there is just the initial one-time cost associated with designing the puppet.

The creator of Ticker Tom, Trish Leeper, began her career as a puppeteer in 1982 playing in the well-known CBC television series *Fraggle Rock*. Since then, she has worked extensively with Jim Henson's Muppets, including *Sesame Street*, *Sesame Park* and a number of ongoing roles in other children's series. Her film work involving puppetry and animatronics includes *Short Circuit II*, *Tommy Boy* and *The Santa Clause*. Not only does she act as a puppet coach for numerous productions involving puppetry and masks, she teaches classes and workshops on the subject (online at: <http://www.tleeper.com>).

Children and youth in the Labrador-Grenfell Region are already familiar with the "alley cat." The Northern and Labrador Wellness Coalitions have been using the Ticker Tom mascot costume for a number of years. The Go Healthy with Ticker Tom Program was

designed to get healthy living messages to children and youth ages 6-12, and specifically, it was a joint effort of the Department of Health and Community Services. Originally developed by the St. John's Heart Health Coalition in 2000, the program received a makeover in 2009. Ticker Tom is a well-loved and recognizable character in our health region. The opportunity presented to own a portable and user-friendly health promotion resource. As a result, the miniature members of our coalitions materialized.

## Ticker Tom will be coming to a community near you

A puppeteer and a health promotion consultant may seem an unlikely partnership. However, the product of that collaboration can have a lasting impact on a target audience. Health and community professionals can borrow the Ticker Tom puppets through the regional health promotion depots to use during school and community events. This resource will help spread the message of the importance to eat healthy, to be active and to stay smoke-free. It is anticipated that the puppets will complement the existing Ticker Tom Program while promoting health among children and youth in general.

For more information on the Ticker Tom Program or any other health promotion initiative, please contact the Northern or Labrador Wellness Coalition or your local health promotion and education consultant.

*Karla L. Loder, Health Promotion & Education Consultant*



▲ Trish Leeper with one of her characters.



# Staff Present \$4,050 to Local Food Banks

Labrador-Grenfell Health staff at Labrador City, St. Anthony and Happy Valley-Goose Bay collectively supported food banks in those communities during the Christmas season. On behalf of its employees who purchased tickets for the annual Christmas dinners held at the three hospital sites, Labrador-Grenfell Health presented the proceeds to the respective food banks. The total of the donations amounted to \$4,050 and the money will be used by food bank organizations to supplement food shelves. It represents the third year that such donations have been made to the food banks by staff at the three hospital sites.



▲Labrador West Health Centre staff presented a \$450 cheque to Pastor David Milley, Labrador West Food Bank: Front (l-r) Pastor Milley and Evelyn Clarke. Back, Rev. Jolene Peters, Rev. S. Dean Sellars, Rev. Rowena Payne and Ozette Simpson, Chief Operating Officer (Labrador West).



▲Labrador Health Centre staff presented a cheque in the amount of \$2,000, representing proceeds from the sale of 400 turkey dinners, to the Labrador Friendship Centre Food Bank. Taking part in the presentation were administrative and food services staff: (l-r) Robert Shiwak; Charlene Davis; Sheila Blake; Jamie Jackman, community outreach worker with the Food Bank; Delia Connell, Chief Operating Officer (East) and VP of Community Services and Aboriginal Affairs; Bev Broomfield and Ed Cochrane.



▲Charles S. Curtis Memorial Hospital staff presented a cheque in the amount of \$1,225 to the St. Anthony and Area Food Sharing Association. Donations from medical staff at the hospital represented an additional \$375 for the Food Bank. (L-r) Dr. Mahesh Guntamukkala, Dr. Peter Cole, Major Dinzel Baggs and Barbara Molgaard Blake, Chief Operating Officer (South) and VP of People and Information.



## Youth Cooking Traditional Aboriginal Food in a Modern World



▲ Learning about the preparation of Aboriginal dishes are: (l-r) Faith O'Keefe, Cole Saunders, Keisha Strugnell, McKaela Campbell and Lieut. Crystal Porter of the Salvation Army.

► Providing guidance and direction are Pamela Swanson (left) and Sherry Penney (right), Labrador West Aboriginal Service Centre, and Danyelle Lavers (centre), Labrador-Grenfell Health.

A program developed by Labrador-Grenfell Health, in partnership with the Labrador West Aboriginal Service Centre, the Salvation Army, and Dexter Mining provides youth with instructions on how to prepare traditional Aboriginal dishes, but with a modern flare.

Some of the menu items included mini moose burgers with partridgeberry relish and tossed salad, baked salmon and ginger basmati rice, and partridgeberry crumble.

Besides learning how to cook traditional food with a modern twist, the young participants learned about kitchen and food safety, how to use and apply the Canada's Food Guide for First Nations, Inuit, and Métis, and everyday safety skills such as snow-mobile safety and safety during the holidays.

*Danyelle Lavers, Primary Health Care Facilitator*



## Take Back the Night



▲ A group of Nain residents, including staff of the Labrador-Grenfell Health community clinic, participated in a 'Take Back the Night Night' walk on Sept. 18, 2015. The mission of Take Back the Night, an international event and non-profit organization, is ending sexual, relationship, and domestic violence in all of its forms. Among those who supported the event were: (l-r) Mayor Joe Dicker, Const. Henry Broomfield, Trina Reynolds (Personal Care Attendant), Jane Broomfield (Regional Nurse), Ivy Dicker (Personal Care Attendant), Kealin Wong (medical student), Shannon Murphy (Regional Nurse), Michelle Davis (archeologist), Robyn Lannon (Regional Nurse), and Kyle Crotty (Maintenance).



# Grenfell Foundation

## Cooks on a Mission



**P**roceeds from the sale of a cookbook were presented to the Grenfell Foundation

(South chapter) in November. Labrador-Grenfell Health staff at the Mission Store building in St. Anthony wanted to give back to the community with a project that involved compiling recipes, publishing the cookbook, and selling the finished product. Entitled *Cooks on a Mission*, the cookbook was dedicated to the late Janet Cox, a long-time nurse and midwife who worked in the St. Anthony area, Labrador and the North Shore of Quebec during a career that spanned 43 years. She passed away in 2015. The Mission Store has a rich history in St. Anthony and staff who work in the building carry on the tradition of having socials and

celebrations together. Since food is a part of every celebration, the idea to bring together recipes in a cookbook was born. The cookbook was a big hit as \$2,272 was presented to the Grenfell Foundation. *Cooks on a Mission* is available at the Grenfell Interpretation Centre. The Grenfell Foundation congratulated the Mission Store staff on their initiative and interest in recognizing the traditions of the Grenfell Mission. Taking part in the presentation were: (l-r) Una Davis, cookbook committee; Agnes Patey, coordinator of the Grenfell Foundation (South); and Wendy-Dale Woodford, cookbook committee.

## IOC Employees Donate Funds to Grenfell Foundation



**T**he Grenfell Foundation (Labrador West chapter) was the recipient of a donation amounting to \$26,812.43 from employees of the Iron Ore Company of Canada (IOC). The proceeds came from the employee portion of the Employee Support Program Fund, which was dissolved by IOC employees and the company. Also receiving a donation was the Labrador West Ministerial Association. Taking part in the presentation of the funds to the Grenfell Foundation on Dec. 16, 2015 were: (l-r) Christa Kerfont, Jeanette O'Keefe and Kerry Pike (IOC), Andrew Robertson (Grenfell Foundation), Jean-Claude Lalumiere (IOC), and Mark Brophy and Mitchell Marsh (IOC).

*PHOTO COURTESY OF IOC*



## Photo Trivia

### This issue

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

### Last issue

**Q:** Who is the nurse in the photo who practiced in the region for 30 years and left a lasting impression on the lives of many people?

**A:** Mary Taylor moved to Labrador from her home in England in 1953 to practice as a nurse. She remained in Forteau for 30 years until a new health facility opened in the area. More than three generations of Southern Labradorians were brought into the world by a nurse who was revered by many for her care and compassion. Mary was photographed on the steps of the Forteau Nursing Station with her dog, Chips. Thanks to Tom Green, Jean Brandt Vizzini, Jeanette Hostetter, Pearl Buckle and Alwyn Sansford for submitting answers to the photo trivia question.





# Grenfell Foundation

## Donations for Chemotherapy and Dialysis Units

**T**he Grenfell Foundation (South chapter) purchased priority medical equipment in 2015 for the benefit of residents of Northern Newfoundland and Southern Labrador. The purchases, which were placed in the Charles S. Curtis Memorial Hospital, St. Anthony and amounted to \$18,000, included three patient recliners and one motorized chair for the Dialysis Unit, and two patient recliners for the Chemotherapy Unit. The Dialysis Unit also received a donation of a dialysis chair from the Lily Pond Derby for Dialysis, a group of outdoor enthusiasts who have a passion for helping others raise money to purchase dialysis equipment by organizing an annual fishing derby in Central Newfoundland.



▲ Jessie Gould (left) of Bear Cove, a chemotherapy patient at Charles S. Curtis Memorial Hospital, says the new recliners in the Chemotherapy Unit are comfortable. She shares a story with Bonnie Decker, Oncology Nurse and Cancer Patient Navigator.



▲ Receiving treatment in the Dialysis Unit in one of the new chairs purchased by the Grenfell Foundation is patient Edmund Coles of Sandy Cove. In the photo are: Front (l-r) Eliza and Edmund Coles. Back, Dialysis Unit Nurses Glenda Patey and Cathy Carroll; Barbara Molgaard Blake, Chief Operating Officer (South) and VP of People and Information; and Licensed Practical Nurse Sue Pilgrim.



▲ Rocky Genge of Anchor Point benefits from the new chair purchased for the Dialysis Unit by the group which organizes the Lily Pond Derby for Dialysis. Rocky displays a photo of participants in the derby who raised money in 2015 to purchase the dialysis chair. Joining him were his father, Melvin, and Sue Pilgrim, Licensed Practical Nurse.



# From the Homes

## St. Anthony



▲ Labrador-Grenfell Health staff members and their children, grandchildren and friends dressed in Halloween costumes to delight and bring cheer and smiles to residents at the John M. Gray Centre. Thanks to the Helping Hands fundraising group for donating treats for this event.



▲ Recreation therapist Heather Bromley and resident Martha Jane Pollard join hands as they dance to traditional music during Halloween festivities held on Oct. 30, 2015.

## Forteau



**S**tudents at Labrador Straits Academy in L'Anse au Loup used their woodworking skills to make name plaques for individuals who reside at the long-term care facility at the Labrador South Health Centre in Forteau. The wood and equipment were donated by Labrador Straits Youth Centre and the ladies' Auxiliary. Upon completion, the students presented the plaques to the residents. Placed in the hallway,



the plaques identify the residents and where they reside. In the photos, resident Royden Kippenhuck proudly displays his name plaque, and students Hailey Parsons, Maria Normore, Brittany Normore and Hailey Flynn are shown manufacturing the plaques. Thanks to the students for their interest and for donating their time and effort.

## John M. Gray Residents Pampered Through Spa Day Program



Resident Gloria Brown enjoyed getting her nails polished by volunteer Bailey Reardon.

**T**he St. Anthony Boys and Girls Club teamed up with Labrador-Grenfell Health to offer a spa day program for female residents at the John M. Gray Centre in St. Anthony. The program was launched in May 2015 and continued on a weekly basis until the end of June.

The program, developed by Heather Bromley, recreation therapist at the senior citizens' home, and junior girls at the Boys and Girls Club, was designed to offer the women an opportunity to enhance their physical, mental and social well-being, which in turn enriched their quality of life. The program also

# From the Homes

## Happy Valley-Goose Bay



▲ Residents of the Happy Valley-Goose Bay Long-Term Care Home enjoy the musicians and singers who perform for them during special occasions. During the annual German Christmas party in December, a group delivered a selection of Christmas favourites to the residents. They included: (l-r) Nellie Roberts, Pauline Edwards, Bridget Murphy, Val Oliver, Mary Abbass and Helen Hickey.



▲ Santa Claus made the rounds at the Happy Valley-Goose Bay Long-Term Care Home to bring greetings and gifts to residents. Muriel Andersen was among those who enjoyed seeing the jolly old gent in the red suit.



▲ Arthur Stickley, a resident at the Happy Valley-Goose Bay Long-Term Care Home, was beaming after receiving a gift from Santa Claus during Christmas celebrations.



▲ The German association in Happy Valley-Goose Bay annually sponsors a Christmas party for the residents of the long-term care facility. It's a celebration which residents, staff and members of the association eagerly anticipate every December. In the photo, Hans Lindner (right), representing the German association, presents a \$500 cheque to Teena Doyle, recreation therapist at the Happy Valley-Goose Bay Long-Term Care Home.

provided an avenue for youth to socialize and interact with seniors while gaining knowledge about how seniors live their lives.

The women were brought to the salon and received assistance in selecting shades of nail polish. As the young girls decorated and polished their nails, they chatted with the seniors in a relaxed atmosphere while music played in the background.

The recreational opportunity presented a variety of benefits to the residents, including: meeting new people and fostering new friendships; providing a means of socialization and interaction between the seniors and youth; and improving their overall well-being. Spa day benefitted the junior girls by allowing them to interact with seniors, develop an appreciation for contributing their time and talents, and improve their self-confidence.



Volunteer Crystal Colbourne gives resident Rita Hedderson special treatment during the spa day program.



# Retirements

## Bev Whalen



**C**ongratulations to Bev Whalen, who retired from Labrador-Grenfell Health on July 31, 2015. Bev is a long-time resident of Labrador City and graduated from Labrador City Collegiate in 1978. She continued her studies and attended a 10-month Business Education program at Labrador City Collegiate.

Bev started working at the hospital in Labrador City on Aug. 29, 1979 and worked in finance/administration as a payroll officer until 2000. She continued her role in finance and human resources as a payroll and benefits clerk until her retirement. Bev gained a wealth of knowledge and work experience in her positions, had a strong work ethic and was well-respected by her co-workers.

Bev and her husband, Albert, have two daughters, Melissa and Julia, who now work and reside in Happy Valley-Goose Bay. She is also the proud grandmother of two beautiful grandchildren and can be seen from time to time walking down the streets with a double stroller! She is enjoying her well-deserved retirement!

*Sam Mansfield, Regional Director, Human Resources*

## Celestine Earle

**S**taff at Labrador South Health Centre said farewell to a long-time friend and colleague, Celestine Earle. She started work at the Charles S. Curtis Memorial Hospital, St. Anthony, in July, 1975. As a Licensed Practical Nurse, she worked in various departments throughout the hospital, including medicine, obstetrics and pediatrics. She concluded her eight years in St. Anthony in June 1983 and moved to work at the Labrador South Health Centre in Forteau, where she worked for 31 years until her retirement in January, 2015. Many of 'Tene's' years at Labrador South Health Centre were spent in the pharmacy where she dispensed every medication to every client in the Labrador Straits for many years. Scheduling and Materials Management were among a few of the other duties she was assigned over the years – all mammoth responsibilities in themselves. Tene was a most conscientious and reliable member of our health centre team and will be missed. We wish her all the best for a happy and healthy retirement.

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



## Dale Penney-Budgell

**D**ale obtained her Nursing education at the Salvation Army School of Nursing in St. John's. She was first hired full-time by Grenfell Regional Health Services as a nurse in 1983. In 1985, she began working in the Intensive Care Unit at the Charles S. Curtis Memorial Hospital, St. Anthony, and this became her primary workplace for the next 10 years. During those years, she also spent some time working on other units and as a Clinical Nurse Educator.

In 1997, Dale took on a position as the Project Leader in an MIS Workload Measurement System initiated by the Department of Health and Community Services. St. Anthony was one of the provincial pilot sites. After several years, this position became permanent and Dale continued as the MIS Coordinator.

Dale was a very dedicated employee. She worked closely with Nursing staff to implement and adopt MIS workload standards – first at St. Anthony and later at all health centres and community clinics in the Labrador-Grenfell Health region. In recent years, she began the process of expanding into Happy Valley-Goose Bay and Labrador City.

Since retiring, Dale has done some travelling, including trips to see her beautiful granddaughter. I am sure many more such trips are in her future. You may also see her working occasionally as she sometimes returns to her nursing roots and works as a casual employee on nursing shifts.

We will miss Dale and wish her a long and healthy retirement.

*Michele C. Hodder, Regional Director, Budgeting and Data Quality*

# Retirements

## Donna Arsenault



**D**onna Arsenault began working as a casual Regional Nurse with Grenfell Regional Health Services in September, 1981. Her work in Labrador has taken her to community clinics at Natuashish, Makkovik, Hopedale, Sheshashiu, Black Tickle, Cartwright and Nain. She began as a permanent full-time Regional Nurse I in Rigolet in March, 2009.

Donna's last day of work in Rigolet was Nov. 30, 2015. For more than six years, Donna worked closely with Regional Nurse Helen Michelin, Personal Care Attendants Carole Flowers and Paula Flowers, and Maintenance Repairers Barry Sheppard and Dan Michelin. Donna was a dedicated Labrador-Grenfell Health employee who has delivered professional care to the residents of Rigolet. She has been a key person in helping with maintaining an organized and prepared clinic.

Thank you, Donna, for your commitment and the nursing care you have delivered. We wish you health and happiness in retirement.

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

## Pat Crotty

**P**at Crotty retired as Regional Nurse II at the Nain Community Clinic on July 31, 2015. For more than 17 years, Pat provided care to the residents of Nain. She has such an outstanding work ethic, and her attention to detail and organizational skills had a positive impact on the operation of the Nain clinic and to all community clinics. Pat was always able to meet the demands of this busy clinic with such skill. Many staff and partners have had the privilege of working with her and her consistency has been a great resource. One of her most recent accomplishments was representing Labrador-Grenfell Health on the CBC Television series, 'Keeping Canada Alive'.

Pat has been nursing for more than 25 years and plans to continue practicing in short-term roles. Pat and her partner have relocated to Loon Bay in Central Newfoundland. We wish Pat health and happiness in her retirement.

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



▲ Pat Crotty (left) receives her retirement certificate from Kathy Elson.

## Norma Pretty

**N**orma Pretty, Medical Laboratory Assistant, retired on Aug. 27, 2015, after working more than 34 years at the Captain William

Jackman Memorial Hospital (CWJMH), and recently at the Labrador West Health Centre (LWHC) in Labrador City. She graduated from the College of Trades and Technology with a Hotel-Motel Restaurant Operations Certificate and a Certificate in Front Office Procedure, and started working at the hospital in 1981.

In the early years, she held positions as emergency clerk, clerk/receptionist, and stenographer, before moving to Laboratory Services at CWJMH as a typist in 1988. Norma went on to work as a laboratory typist, recreation therapy aide, physiotherapy stenographer, and library clerk. In 2009, her role was reclassified as a Medical Laboratory Assistant, a position she held until her retirement.

Norma is married with three children. Her colleagues in Laboratory Services and the LWHC wish her all the best for the future, and hope she has a long and happy retirement. Now she is able to spend quality time and rest and relaxation with family and friends.

*Wendy Christenssen, Regional Director, Diagnostic Services*



▲ (L-r) Ashley Gilbert, Tina Martin, Avery Twyne, Elaine Boyde, Donna Lawlor, Norma Pretty, Christina Pelletier, Kathy Twyne and Doreen Lovell-Hann.



# Retirements

## Maggie Angnatok

**M**aggie Angnatok, Regional Nurse I at the Nain Community Clinic, retired from her position on Oct. 31, 2015. For more than 22 years, Maggie provided nursing care to the residents in her hometown of Nain. Maggie will be missed and we wish her happiness and health in her retirement.

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



## Margaret Spracklin

**O**n Sept. 30, 2015, Margaret Spracklin retired as Regional Nurse II in the Cartwright clinic, a position she had held since February, 2003. Marg came to Labrador-Grenfell Health as an experienced nurse in September, 2000, and travelled to various sites providing relief until she accepted the Regional Nurse I role in Rigolet in July 2001, followed by the Regional Nurse II position at the Cartwright clinic. Marg oversaw the operations of that site with great pride and always ensured that all client concerns and issues for the site were brought forward and dealt with as quickly as possible. Her leadership and insight will be missed. Marg has retired to live in Ottawa and her colleagues join me in wishing her much health and happiness in her retirement.

*Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres*

## Constance Howley and Richard Morris

**T**wo staff members at the Cartwright Community Clinic retired on July 31, 2015. Constance Howley was the Nurse Practitioner at the clinic from 2010 until her retirement, but she started working with Grenfell Regional Health Services in 1991 as a casual nurse. Prior to taking up duties in Cartwright, Constance, or 'Consie', as she was known, practiced for one year at the Nain clinic.

She began her nursing career in 1975 and had many and varied experiences while working as a nurse. Her role as the nurse coordinator for the HIV program began in 1988 and she received recognition for the contributions to the lives of those who were living with HIV, who had loved ones with the disease, or who lost their lives due to this disease. She received the St. John's Purple Award for Innovation, the Canadian Nurses' Association in HIV/AIDS Care Jill Sullivan Award for Excellence in Clinical practice in 2003, and the Order of Newfoundland and Labrador in 2012. The clientele that she worked with in Labrador-Grenfell Health also benefited from her knowledge, leadership, compassion, and expertise during her employment and she will be missed. We would like to extend congratulations to Consie in her retirement and wish her the best for the future.

Richard Morris, Maintenance Repairer, retired after commencing



his employment with the organization in 1988 as a casual employee and became the full-time maintenance repair person in November, 1989. During his tenure at the Cartwright clinic, Richard saw the local facility and the organization undergo many changes. Many staff have come and gone since he commenced his employment, but Richard was always there to greet staff with a smile and a warm handshake. We trust that Richard will enjoy his retirement and wish him all the best for the future.

*Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres*



## Obituaries



### Bessie MacWhirther

It is with sadness that Labrador-Grenfell Health notes the passing of Bessie MacWhirther. She was born at St. Anthony on Oct. 31, 1950, and passed away on Nov. 7, 2015, at the age of 65 at the White Bay Central Health Centre, Roddickton. The former Bessie Cull of Englee started teaching school at the age of 16 in the community of St. Anthony Bight before moving to St. John's to study as a laboratory technician. Upon graduation, she was employed with the International Grenfell Association at the hospital in St. Anthony and subsequently worked at North West River and Baie Verte. She later moved to Corner Brook and then on to Gander where she was employed as the lead technician and supervisor for the Central area. Bessie and her husband relocated to Alberta where she found employment at the Devon Medical Lab. Her professional career spanned a total of 28 years. She had a reputation for being counted on to respond to a medical emergency at any hour.

She is survived by her husband, Frank; sons Richard and Frank Jr.; daughter Rebecca; mother Maude; brothers Freeman, Larry, Wesley and Morris; sisters Ada, Cindy and Winnie; three grandchildren; and a large circle of family and friends. Funeral services took place at the Apostolic Faith Church in Englee on Nov. 12, 2015.

### Jane Errington

It is with regret that Labrador-Grenfell Health notes the passing of Jane Errington. She was born on Dec. 17, 1923 and passed away on July 10, 2015, at the age of 91, in Elie, Fife, Scotland. Throughout her life, she was a cook, shepherd, occupational therapist, dietitian, horsewoman, champion of the disabled, and a dedicated supporter of charities. A notice on her passing in a local newspaper noted that "the common factor at the core of all she did was a profound concern for others and her enthusiasm and determination changed the lives of many, thanks to her propensity for concentrating on what could be done, rather than what could not."

Her career in occupational therapy took her to Vancouver and eventually to Newfoundland and Labrador, where she joined the Grenfell Mission in 1953. She began work at the hospital in St. Anthony and then moved to the hospital at North West River, Labrador, where she was employed as a wash housekeeper and dietitian.

Jane returned to Scotland and set up her home in Elie to cater to the needs of disabled friends. Described as a dog lover, a weaver and storyteller, she took up watercolour painting and wrote and illustrated her own stories. She is survived by her brother John, sister Meme, and extended family.





# Comings and Goings

## WELCOME TO:

### Cartwright

George P. Cabot  
Cody Holwell-Dyson

Maintenance Repairer  
Maintenance Repairer

Meriah Cole  
Stuart Layton  
Amy Tucker  
Brittany Wicks

Personal Care Attendant  
Clinical Occupational Therapist  
Youth Outreach Worker  
Personal Care Attendant

### Churchill Falls

Kimberly Patey

Personal Care Attendant

### Flower's Cove

Elizabeth Stainwright  
Matthew Surridge

Regional Nurse  
Primary Care Paramedic

Rhonda Young-Beaulieu

Regional Registered Nurse

### Makkovik

### Mary's Harbour

Catherine Earles

Social Worker

### Forteau

Christie Barney  
Ruth Butler  
Jean Layden  
Tiffany Piercey

Cook Helper  
Regional Nurse  
Domestic Worker  
Clerk

Sallie Ann McKay  
Stephanie Sullivan  
Pamela Webb

Regional Nurse  
Regional Nurse  
Clerk

### Nain

### Happy Valley-Goose Bay

Rose Marie Bennett  
Janelle Budgell  
David Butt  
Zachery Clark  
Sharon Cormier  
Emily Doucette  
Megan Harris-Edwards  
Amira Imdadullah  
Sarah Lynn Kennedy  
Kevin Jordan Lyall  
Krystal O'Brien  
Lorie O'Halloran  
Luke Otter  
Jennifer Noseworthy  
Abida Sharmin  
Amanda Simms  
Charlene Catherine Snow  
Katelyn White  
Darlene Woodward

Mental Health Counselor  
Health Promotion Liaison Consultant  
Registered Nurse  
Utility/Domestic Worker  
Clerk Typist  
Food Service Worker  
Personal Care Attendant  
Family Physician  
Social Worker  
Food Service Worker  
Clerk  
Switchboard Operator  
Trades Worker  
Utility/Domestic Worker  
Laboratory Technologist  
Food Service Worker  
Registered Nurse  
Licensed Practical Nurse  
Switchboard Operator

Sybella Andersen  
Vanessa Reid

### Natuashish

Personal Care Attendant  
Mental Health & Addictions Counselor

### Postville

Personal Care Attendant

### Roddickton

Samantha Jacque

Ji Hwan Kim  
Char-lee Tulk  
Barbara Wiseman

Dentist  
Regional Nurse  
Regional Nurse

### St. Anthony

Licensed Practical Nurse  
Occupational Health & Safety Officer  
Clinical Occupational Therapist  
Clerk Typist  
Family Physician  
Registered Nurse  
Personal Care Attendant  
Clinical Occupational Therapist  
Social Worker  
Medical Internist  
Personal Care Attendant  
Surgeon  
Switchboard Operator

Audrey Baines  
Austin Ball  
Kristen Blackmore  
Hellen Brown  
Tarek Moustafa  
Kelly Noseworthy  
Caitlyn Parrill  
Andrea Pittman  
Lorenza Reid  
Nasinuka Saukila  
Kristi Sheppard  
Lauren Smith  
Tara Whiteway

### Labrador City

Carla Coffey

Child Management Specialist

## GOOD-BYE AND GOOD LUCK TO:

### Cartwright

Constance Howley  
Richard Morris  
Margaret Spracklin

Nurse Practitioner  
Maintenance Repairer  
Regional Nurse

Lorraine Loder  
Barbara Ropson

Regional Nurse  
Typist

### Churchill Falls

Najwa Esabri  
Marilyn Faulkner

Family Physician  
Personal Care Attendant

David Dickinson

### Flower's Cove

Social Worker

### Forteau

Willy Yogolelo

Family Physician

## Happy Valley-Goose Bay

Jenna Blake	Clerk Typist
Reuben Bonnell	Registered Nurse
Nicole Boutilier	Registered Nurse
Carol Brice-Bennett	Regional Director Aboriginal Affairs
Erin Broomfield	Addictions Counselor
Valerie Ann Earle	Accounting Clerk
Marjorie Flowers	Utility/Domestic Worker
Victoria Forsey	Clinical Physiotherapist
Alyssa Hogan	Registered Nurse
Megan Hudson	Community Health Nurse
Caroline Mullins	Child Management Specialist
Catherine Snow	Social Worker
Morgan Winn	Registered Nurse
Minal Mistry	Psychiatrist

## Labrador City

Justin Cribb	Primary Care Paramedic
Ashley Davis	Clerk Typist
Courtney Hann	Youth Outreach Worker
Nnamdi C. Okoroafor	Gynecologist
Patricia Moores	Clinical Occupational Therapist
Florence Morgan	Registered Nurse
Norma Pretty	Medical Laboratory Assistant
Beverly Whalen	Human Resources Pay and Benefits Clerk

Cassandra Winsor

Shannon Mitchell

Julie Aucoin

Maggie Angnatok

Kathy Blouin

Scott Carroll

Osagie Igbinoba

Kevin Wardle

Todd Warren

Tiffany Andrews

Tiffany Genge

Brittany George

Valda Hancock

Krista Hillier

Gilbert Hla

Preston Johnson

Lydia Van Niekerk

Utility/Domestic Worker

## Makkovik

Maintenance Repairer

## Mary's Harbour

Regional Nurse

## Nain

Regional Nurse

Personal Care Attendant

## Roddickton

Licensed Practical Nurse

Family Physician

Dentist

Regional Nurse

## St. Anthony

Licensed Practical Nurse

Licensed Practical Nurse

Occupational Health & Safety Officer

Registered Nurse

Clerk Typist

Pediatrician

Primary Care Paramedic

Clinical Psychologist

# Notice to Readers



Thank you for your continued interest in our magazine.

*Along the Coast to Labrador* is also available electronically on our website at [www.lghealth.ca](http://www.lghealth.ca). Go to News and Publications to access the current issue and archived editions.

In an effort to reduce our printing and mailing costs, we would like to know if you would prefer to read our magazine online. If so, please let us know and we will add you to our e-mail circulation list. You will receive notification each time a new edition is posted to our website. *Along the Coast to Labrador* is published three times a year.

If you wish to continue receiving a hard copy, we will be pleased to continue to send it to you by regular mail and no follow-up is required. Please send address changes and other notifications to the undersigned so that we can maintain a current and accurate mailing list.

Thank you for your co-operation.

Allan Bock, Editor  
Regional Newsletter Committee,  
Labrador-Grenfell Health  
Happy Valley-Goose Bay, NL A0P 1E0  
Phone (709) 897-2351 Fax: (709) 896-4032  
E-mail: [allan.bock@lghealth.ca](mailto:allan.bock@lghealth.ca)





# FROM THE PAST

## St. Anthony in Transition

By Cynthia Russell

Anyone returning to St. Anthony this year after absence would be surprised by the changes he sees in the town. The years 1967 and 1968 have been transitional years for St. Anthony. For the first time high-school students from surrounding communities are bussed into St. Anthony to swell Harriot Curtis Collegiate's enrollment to over 300; the American Air Force Base has given official notice of its closing in June 1968; a new hillside house has been completed for Dr. Thomas and his family; and the Charles S. Curtis Memorial Hospital has been open for use since February 1968. The opening of the new hospital is perhaps the event which best characterizes St. Anthony's transition.

Its size and architecture dominate the harbor and give evidence that modern living is moving up the coast to the tip of Newfoundland. Open house at the hospital on February 4th brought an estimated 1,000 visitors from St. Anthony and surrounding communities. On that Sunday afternoon cars lined the road as visitors took an hour's conducted tour through the hospital. The tour commenced at two o'clock with an explanation of the rotunda's mural given by Mrs. Thomas and her daughter, Paddy. The mural, an impressionistic mosaic by the Canadian artist Jordi Bonet, gives the artist's impression of Newfoundland and its people and the role I.G.A. has played in its development. Following the introduction to the mural, the crowd was divided into groups of 15 and guided through the new hospital by staff secretaries and nurses. The tour of the four floors and three wings took approximately one hour and included operating and X-ray rooms which had not been used and would never again be open to the public.

The hospital contains roughly 160 beds, approximately the same number as the old hospital, but there are many more double, quadruple, and private rooms. One's impression on walking through the wards is the atmosphere of brightness. The rooms are decorated in yellows, reds, and oranges with matching curtains and furniture. The bright color combinations, combined with the expanse of windows gives the wards an air of cleanliness and cheer. The beds are equipped with oxygen equipment and a buzzer system. When a patient presses his buzzer a light goes on outside his door and simultaneously rings a bell at the desk of the nurse on duty. The nurse need only look

down the hall to discover which patient is calling.

The first floor of the hospital consists of three wings which include the surgical area, the Outpatient Clinic, the X-ray Department, Medical Records, a lecture room, and Medical library. Surgery includes two operating rooms, one orthopedic operating room, and a cystoscopy room. The second floor contains the Pediatric Department with isolation units and a playroom, a medical unit, and an intensive care unit. The unit for intensive care is situated above the rotunda and consists of ten open rooms encircling a central desk. The nurse on duty is able to see each patient at a glance.

The Obstetrical area is located on the third floor and consists of two delivery rooms, two labor rooms, incubator units for premature babies, isolation units, a ward for mothers, and a nursery. The basement includes the Supply Department, the Pharmacy, Morgue, Kitchen and Cafeteria. Food is supplied by the Toronto firm, Versi-foods, and is shipped into the hospital by truck. (Grenfell House no longer serves meals to the staff. Instead all staff eat their meals in the new cafeteria and pay for each meal as they come.) In addition to the main departments, there are comfortable lounges for the nurses, aides and maids, and doctors, and a chapel decorated with green wall-to-wall carpeting and dark woodwork.

The hospital's open house ended at 4:30 pm that Sunday afternoon. Those who had not seen the hospital before were impressed by the wards, the cafeteria, the chapel and the elevators. The primary reaction was one of awe mixed with fear at such an expansive building. But there was also the feeling of delight. As one woman said on leaving, "It's just like another world," and so it is. The new hospital signifies a new world in the St. Anthony area. The old world of the personal, informal, mission spirit is gradually disappearing and being replaced by a new world of organization and efficiency. At present St. Anthony is caught between the two worlds. Her people look backwards with fondness for the old times and forwards with anticipation to new times with modern conveniences. The Charles S. Curtis Memorial Hospital marks a new era for northern Newfoundland and her people.

*(Taken from the July 1968 edition of Among the Deepsea Fishers. Cynthia Russell, a graduate of Lawrence University in 1967, was a Children's Home Assistant at St. Anthony).*