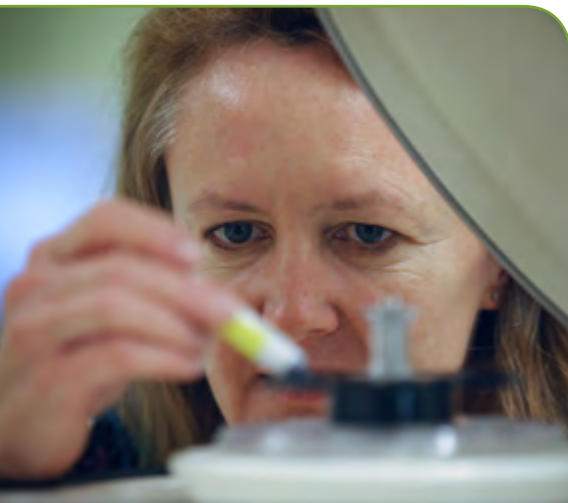


Along the Coast to Labrador



Highlights

January - March 2013

Enhancing Patient Safety

*Medical Laboratories Achieve
Accreditation see page 6*

40 Years of Giving

*Hospital Auxiliary
Celebrates Anniversary*



Labrador - Grenfell
Health

In the Service of Others

The Oxford dictionary defines service as “the action of helping or doing work for someone.” It’s a brief definition that is to the point, but as with all such descriptions, it is very broad. In fact, it almost sounds a bit cold and heartless.

By contrast, there is nothing cold or heartless about the service that takes place in health care facilities. Anyone walking into any facility in the Labrador-Grenfell Health region can attest to the help that is offered by a smiling and caring face. Unlike the tasks that people are trained to do in their jobs, you can’t teach someone to respond to the needs of another person with compassion and concern. It’s an inherent trait possessed by people who are drawn to work in the field of health care and other similar vocations.

Every year, Labrador-Grenfell Health recognizes its employees for the work they do for others and the organization. The certificates that are presented during service award ceremonies at community clinics, health centres and hospitals are an acknowledgement of the number of years that an individual has worked for the organization. Yet, it’s much more than a number on a piece of paper. It represents a thank you and is humbly presented by the organization on behalf of the general population. Call it a pat on the back for good work.

This edition of *Along the Coast of Labrador* features photographs of staff members from all areas of the region who were so honoured for their achievements. Similarly, we are pleased to tell you about other individuals who were recipients of the prestigious Queen Elizabeth II Diamond Jubilee Medal. The commemorative medal honours the significant contributions and achievements of Canadians from all walks of life. They served others, not for money or glory, but because they wanted to do something for their neighbour and their community.

As recipients of service and good deeds, we can do our part. Let’s make a conscious effort to say ‘thank you’ more often. You just may be surprised by the reaction you get and it’s bound to make you smile as well.

Allan Bock

Allan Bock, Chair
Regional Newsletter Committee

Along the Coast to Labrador

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Labrador-Grenfell
Health

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Around the Region

HAPPY VALLEY-GOOSE BAY Routine Pap Testing Saves Lives

Pap Test Awareness Week was held October 21–27, 2012 across Newfoundland and Labrador.

The objective of the ‘Don’t Just Sit There’ campaign was to increase awareness of the need for women to have regular screening. The campaign encouraged women to be active in their own health and to make sure women don’t just sit there...but take action and “go the distance” to prevent cervical cancer.

The campaign targeted women 20–69 who have not been screened or under screened. Women were encouraged to contact their health care provider and make an appointment for a Pap test.

In Newfoundland and Labrador, three out of 10 women do not have routine pap testing. Cervical screening guidelines suggest that women 20–69 make an appointment with their health care provider every three years unless their physician or health care provider tells them otherwise.



▲ Labrador-Grenfell Health’s Cervical Screening Initiatives Program partnered with hair salons in the region to promote the benefits of regular screening. Displaying promotional literature are: (l-r) Renee Davis (Administrative Assistant), Wanda Boocock and Joann Lethbridge of Creative Curl, Happy Valley-Goose Bay, and Tracey Winters (Coordinator).

LABRADOR CITY

Pillow Cases Give Sick Kids a Reason to Smile

A group of staff members at Captain William Jackman Memorial Hospital recently came together to hold a special ‘sewing bee’. Over the past several months, the volunteers met to establish a local chapter of a special organization known as ‘ConKerr Cancer’. The group makes bright, ‘kid-friendly’ pillow cases which are sent to the Janeway Children’s Hospital in St. John’s and other hospitals for distribution to seriously ill children on their units.

ConKerr Cancer originated in the United States with the mother of a young cancer patient who lost his battle with cancer at the age of 18. His name was Ryan Kerr and during his many years of cancer treatment, his mom would often brighten his days on the unit by making new and fun pillow cases to place on his hospital bed. Cindy Kerr soon found herself making pillow cases for all of the children on the unit, letting them pick their favourite fabrics and sometimes even helping them make their own. As a tribute to her son, Cindy founded the ConKerr Cancer volunteer organization, which now reaches across North America, the United Kingdom and South Africa.



▲ Members of the ConKerr Cancer group in Labrador City include: Front (l-r) Cynthia Hiscock, Jennifer Bourgeois, Susan Bourgeois. Back, Ruth Moulund, Patti Moores, Michelle Boland, Karen Bruce, Frances Lynch and Heather Leriche.

Staff in Labrador City became familiar with the organization and discovered that the Janeway had not joined the network. Since contact was made, a total of 60 pillow cases have been made and delivered – with more on the way. The sewing, materials, time and shipping are freely donated for the cause. Participants say it’s great fun for a great cause. Others in the region who are interested in contributing in any way can contact Susan Bourgeois at the hospital in Labrador City.



Breastfeeding Initiation Rates Improving

The number of mothers in Northern Newfoundland and Labrador who initiate breastfeeding in the hospital is on the rise

Information released earlier this year by the Newfoundland and Labrador Provincial Perinatal Program reveal a breastfeeding initiation rate of 71.1 per cent in the Labrador-Grenfell Health region. That represents a significant increase over 2011, when the breastfeeding initiation rate was 62 per cent.

Provincially, the breastfeeding initiation rate for 2012 was 68 per cent. Depending on the region of the province, the rates fluctuate from 44 per cent to 74 per cent.

The increase in the breastfeeding initiation rate reflect the efforts of dedicated health care professionals in promoting breastfeeding in the region and provincially. Indicators in the Labrador-Grenfell Health region include the following:

- Continued implementation and adherence of Labrador-Grenfell Health's breastfeeding policy.
- An active Regional BFI (Baby Friendly Initiative) Committee, as well as an active PEA (Public Education and Awareness) Committee.
- Active Labrador Grenfell Breastfeeding Network.
- Development of a promotional DVD in partnership with the Aboriginal Family Centre which builds on the traditional breastfeeding culture of Inuit families.
- Promotion of the Breastfeeding Friendly Premises Program in many businesses throughout the region.
- Annual celebration of World Breastfeeding Week throughout the region.
- Labrador Grenfell Health has active representation on the Baby-Friendly Council of Newfoundland and Labrador.
- Ongoing facilitation of accredited breastfeeding education for staff directly involved with breastfeeding assessment, support and intervention. (Making a Difference: Breastfeeding Level 1©

Course).

The Baby-Friendly Council of Newfoundland and Labrador, supported by the provincial government and regional health authorities, has made important gains in promoting and supporting breastfeeding. A few of the most recent endeavours include the following:

- Pregnant women and breastfeeding families can access support and resources (interactive blogs, videos, news items, photo gallery) through the babyfriendlynl.ca website, Facebook page, and Twitter following.
- A series of promotional and educational videos entitled Newfoundland and Labrador Breastfeeds and released in March, 2013, feature celebrities from the province.
- Health professional education initiatives such as an e-Newsletter and continued work in the development of resources for physicians.
- Province-wide infant feeding research study and focus groups with grandmothers.

Janet Murphy-Goodridge, Provincial Breastfeeding Consultant, said: "it is rewarding to see progress within Labrador-Grenfell Health to enhance supports for breastfeeding families. The increase in breastfeeding rates in this region give us a renewed commitment to continue this important work and to strive even harder to ensure that all women who make an informed decision to breastfeed receive much needed support from the health care system and the broader community."

"It is rewarding to see progress within Labrador-Grenfell Health to enhance supports for breastfeeding families."

Janet Murphy-Goodridge,
Provincial Breastfeeding
Consultant

It is very important to recognize the efforts of Labrador-Grenfell Health staff who promote breastfeeding and the implementation of the Baby-Friendly Initiative within our Regional Health Authority. It's time to celebrate the efforts of those who so diligently promote and support breastfeeding. They should also be commended for:

Introducing breastfeeding prenatally and giving moms the knowledge to make informed decisions about how they wish to feed their child.

Supporting and encouraging the initiation of breastfeeding once the baby is born, and throughout the hospital stay.

Promoting sustainability of breastfeeding and encouraging exclusive breastfeeding, and working towards increasing a mother's confidence in her innate ability to nourish her child.

We should be extremely proud of the improvement in breastfeeding initiation rates. Thank you all for your efforts – they are paying off. It would not be possible without dedicated, educated and supportive staff. Let's continue to work towards making Labrador-Grenfell Health baby-friendly so that rates show an even greater increase in the years to come.

Heather Gates, Regional Lactation Consultant

Technology Opens Doors to Education

Distance was bridged when videoconferencing technology was used to deliver a breastfeeding course to staff in community clinics on the southeast coast of Labrador. Staff participated in the core course, 'Making a Difference - Breastfeeding', in two separate sessions in February and March. The facilitator for the course was Heather Gates, Regional Lactation Consultant, who is based in Labrador City.

Marilyn Kippenhuck (Clinical Manager, Community Clinics in the South) said the use of videoconferencing worked very well. "The key information was covered and although separated by geography, technology brought us together and enabled good interaction with Heather. Staff was able to view the presentation on screen and the videos at the community clinic in Port Hope Simpson," she stated. "It was a great learning experience and certainly demonstrated that technology is able to open doors to education. Thank you, Heather, for being so diligent in getting this course completed."

Viva Pittman, Regional Telehealth Coordinator, noted that challenges in making arrangements for course delivery can be overcome. "Thanks to Heather's willingness to work with the Information Management and Technology Department, we were able to persevere, which allowed Heather to facilitate this two-day course without having to travel from Labrador City."

Viva pointed out that the department is eager to work with Labrador-Grenfell Health staff in providing education at remote sites. "Feel free to contact me to discuss your training initiatives."

Medical Laboratories Achieve Accreditation in 2012



▲ Members of the Ontario Laboratory Accreditation (OLA) team met with staff in 2012 during an assessment at the Labrador Health Centre in Happy Valley-Goose Bay and other facilities in the region. They are (front, L-R): Beate Anding of the OLA team, Miriam Holwell, Gwen Harding. Back (L-R): Charles March, Jenna Williams, Karin Schlossek, Cathie Myers, Ronnie Elson, Patrick Matthews, April Yetman, Heidi Best, Kristin Ryan-Roberts, Yvonne Tiller-Edwards and OLA team leader Susan Randell.

It was an exceptional year for six medical laboratories operated by Labrador-Grenfell Health in Northern Newfoundland and Labrador. In 2012, the facilities – located at Roddickton, Labrador City, Forteau, Happy Valley-Goose Bay, Flower's Cove and St. Anthony – were assessed and granted four-year accreditation certificates by the Institute for Quality Management in Healthcare (IQMH). Every medical laboratory in Newfoundland and Labrador, totalling 38, received accreditation.

All laboratory staff working in the medical laboratories worked extremely hard to achieve accreditation. They are doing an incredible job maintaining extremely high ISO standards.

The IQMH was contracted by the Provincial Government to lead and complete the accreditation process. Accreditation is a peer review process which ensures that laboratories meet explicit quality management criteria, standardize their processes, and meet national benchmarks. Each of the province's 38 labs

was visited and assessed by IQMH representatives. Any corrective needs were identified and addressed and the laboratories then received accreditation.

In March, 2012, a team of assessors from Ontario Laboratory Accreditation (OLA) assessed the work performed in the medical laboratory at the White Bay Central Health Centre's medical laboratory in Roddickton. The OLA team also did a second site visit to the Charles S. Curtis Memorial Hospital in St. Anthony to review processes that had been implemented after its initial accreditation visit in December, 2010. The medical laboratory at St. Anthony was the first in the province to be licensed in July, 2011.

In June, 2012, a team of OLA assessors completed a full laboratory accreditation assessment on the four remaining medical laboratories: Captain William Jackman Hospital; Labrador Health Centre; Labrador South Health Centre; and Strait of Belle Isle Health Centre. Up to that point, the four medical laboratories had not been through

the OLA accreditation process. The OLA assessors also visited community clinics where Laboratory Specimen Collections and Laboratory Point of Care Testing is done in preparation for the 2014 OLA Laboratory Point of Care Accreditation.

The Cameron Report on the Commission of Inquiry on Hormone Receptor Testing recommended that all medical laboratories in the province be accredited. Health and Community Services Minister Susan Sullivan noted that meeting the recommendations of Madame Justice Cameron has been and remains a priority for the Provincial Government. "Each of these laboratories has undergone a comprehensive and rigorous assessment to meet the standards established by the Institute for Quality Management in Healthcare," she added. "Through this process, the public can be assured that laboratory medicine in Newfoundland and Labrador is practised to a very high standard."

Wendy Christensen
Regional Director, Diagnostic Services

New Year's Babies 2013

Three hospitals in the Labrador-Grenfell Health region again participated in the Newfoundland and Labrador Medical Association's (NLMA) Infant Car Seat Program. Under the program, physicians in the province annually provide safe rides home for the first baby born in the New Year at the 10 hospitals that perform deliveries in Newfoundland and Labrador. The intent of the NLMA's car seat program is to encourage all parents to use approved car seats for their children from the moment they leave hospital as newborns.

Captain William Jackman Memorial Hospital

The Captain William Jackman Memorial Hospital's New Year's baby, Renata Marcela Gosse, was born on January 4, 2013 to proud parents Marcela Sanchez and Colin Gosse of Labrador City. A car seat donated by the Labrador City Wal-Mart was presented by Dr. William Arsenault and Dr. Toloulola Akinbiyi on behalf of the NLMA. Baby Renata was also presented with a silver cup from the Captain William Jackman Memorial Hospital Auxiliary. In the photo at top right are: (l-r) Dr. Toloulola Akinbiyi (Chief of Staff), Colin Gosse, Marcela Sanchez and baby girl Renata, and Dr. William Arsenault (Family Physician). At right, Pauline Abbott, treasurer of the Captain William Jackman Memorial Hospital Auxiliary, presented a silver cup from the auxiliary to Colin Gosse and Marcela Sanchez.



Labrador Health Centre, Happy Valley-Goose Bay

Callie Johnston-Matthews was welcomed as the Labrador Health Centre's first baby of 2013. She was born on January 2, 2013. Proud parents are Abigail Matthews and Hartley Johnson of Happy Valley-Goose Bay. A car seat donated by Goose Sales/Home Hardware of Happy Valley-Goose Bay was presented by Dr. Melanie Halvorsen and Dr. Robert Forsey on behalf of the NLMA. In the photo at right are: (l-r) Hartley Johnston and Abigail Matthews with baby girl Callie; Dr. Melanie Halvorsen; and Dr. Robert Forsey.



Charles S. Curtis Memorial Hospital

Ellie Blake was the first baby of the New Year born at Charles S. Curtis Memorial Hospital in St. Anthony. She was born on January 10, 2013 to Sharmon Hedderson and Chris Blake of St. Lunaire-Griquet. Dr. Ravi Vatturi (left) and Alison Craigen (Nurse/Midwife) were on hand to present a Safety First car seat to the proud parents. The seat was donated by the St. John's East Wal-Mart on Aberdeen Avenue and delivered by the Day & Ross Transportation Group.



From the Homes

Happy Valley-Goose Bay Long-Term Care Home



◀ Members of the Pentecostal ladies' knitting group donated three lap blankets during a visit to the Long-Term Care home in February: (l-r) Resident Pearl Baikie, Violet Simpson, Lorraine Jacque and Jodi Jacque.

▼ Natasha Gallant (Nursing Student) and Anne Wells (Head Nurse) delighted residents by running the 'egg on a spoon' race during the annual Valentine's Day party.

▲ Crowned as the Valentine's Day kings and queens were: Front (l-r) Residents Kathleen Blake and Vilroy Hefler. Back, Personal Care Attendants Rayna Morris and Marcel Lavers.



Labrador South Health Centre, Forteau Sweet Treats for Valentine's Day

Residents at the Long-Term Care unit at the Labrador South Health Centre in Forteau celebrated Valentine's Day by organizing a cake sale. Proceeds from the sale are used to support activities and recreation which residents enjoy throughout the year.



► Residents Elizabeth Pye (left) and Hazel Thomas were joined by auxiliary volunteer Ann O'Brien at the sales table.

◀ Elizabeth Letto, a resident at the Long-Term Care unit in Forteau, was proud to receive a Valentine's Day cake.



From the Homes

John M. Gray Centre, St. Anthony

A large group of residents and family members celebrated St. Valentine with an afternoon party. The Valentine's Day spirit filled the air as residents took in the brightly-coloured decorations and the

traditional Newfoundland dancing and singing. Residents received festive Valentine's day treats. A special thank you to all participants, local performers and staff who made the event a success.



▲ Heather Bromley (Recreation Specialist) and resident Ambrose Curl dance to an old-fashioned waltz performed by local musicians.



▲ Crowned Valentine's Day king and queen were residents Gordon Alyward and Gloria Brown. They had the honour of participating in a cake-cutting ceremony.



▲ The Irish spirit was alive and well during the annual St. Patrick's Day party at the John M. Gray Centre. Traditional Newfoundland/Irish music was performed by the Pumper Boys. Residents, family members, friends and staff, many of whom were attired in St. Patrick's Day green, enjoyed dancing to jigs, listening to recitations and delighted over treats. Among those who enjoyed the festivities were residents Gloria Brown and Evelyn Wilcox.

Students Receive a Lesson on 'Body Works'

"Ewww, that's disgusting!" That's the way one student from Peacock Primary described the specimens in the presentation. Other students in the Happy Valley-Goose Bay school thought the specimens of bones and organs were 'cool'. Teachers couldn't wait to see the presentation as word from fellow teachers in other schools spread that it was amazing.

Dr. Shakti Chandra, an Associate Professor in the Faculty of Medicine with Memorial University, seeks to educate audiences on the importance of making healthier choices and tries to foster increased respect for our bodies and its important functions. Through the Anatomy Outreach Program, presentations are delivered using bones, anatomical specimens, artificial joints, basic medical tools and photos. The program gives Dr. Chandra the opportunity to travel, delivering knowledge to children, youth and the community. The program also provides an opportunity for Memorial University to share its resources and encourage people to make healthier choices and consider careers in medicine.

Dr. Chandra visited several schools in December to encourage a healthier lifestyle. Her message came down to three statements: Don't smoke, wear a helmet, and keep your body healthy by eating right and exercising. She visited Lake Melville School in North West River, the Sheshatshiu Innu School, and Peacock Primary School, Queen of Peace Middle School and Mealy Mountain Collegiate in Happy Valley-Goose Bay.

Reaction from teachers and students was priceless; some could not wait to touch the specimens, while others made faces that were worth a thousand words.

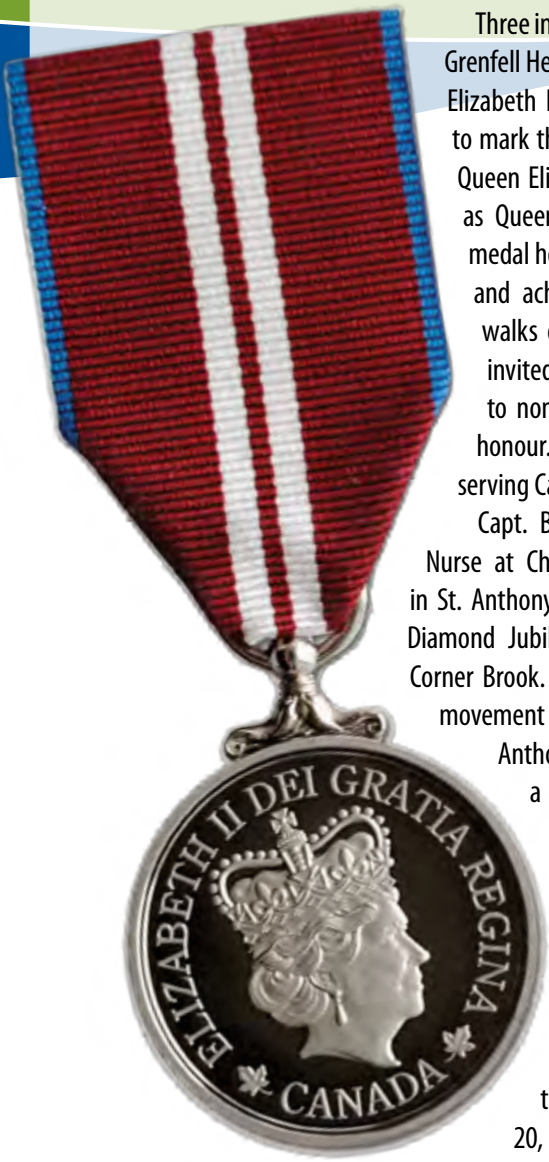


▲ Dr. Shakti Chandra uses the model of a lung to explain to students at Peacock Primary School the importance of making healthy lifestyle choices.

Specimens that had the most impact were the smoker's lung and the brain. The smoker's lung was smaller and black compared to the healthy lung which was large and pink. The brain fit perfectly into the skull and caught the attention of students. The presentations were a great success and Dr. Chandra was invited to return to Labrador.

Janice White & Karla Loder
Health Promotion & Education Coordinators

Queen's Diamond Jubilee Medallions Recognize Contributions



Three individuals associated with Labrador-Grenfell Health are the recipients of the Queen Elizabeth II Diamond Jubilee Medal. Created to mark the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada, the commemorative medal honours the significant contributions and achievements of Canadians from all walks of life. Partner organizations were invited by the Government of Canada to nominate candidates for the national honour. Under the program, 60,000 deserving Canadians were recognized.

Capt. Beverly Scott, a Licensed Practical Nurse at Charles S. Curtis Memorial Hospital in St. Anthony, was presented with the Queen's Diamond Jubilee Medal on March 16, 2013 at Corner Brook. Her contributions to the air cadet movement and supporting youth in the St. Anthony were acknowledged during a ceremony with her peers at the Armouries.

Jane Lethbridge, a resident at the Happy Valley-Goose Bay Long-Term Care facility, received the Queen's Diamond Jubilee Medal from Labrador MP Peter Penashue during a ceremony at the Labrador Health Centre on Jan. 20, 2013. Family members, friends, long-term care residents and Labrador-Grenfell Health staff attended the presentation. Mrs.

Lethbridge was praised for helping to make Happy Valley-Goose Bay a better place to live during a lifetime of volunteer activities. "I would like to thank everyone for their help," she stated in accepting the honour.

A group of musicians have been bringing smiles to the faces of residents at the Happy Valley-Goose Bay Long-Term Care facility for a long time. Every week, the Downhomers bring their guitars and other instruments to entertain residents with a selection of toe-tapping songs and familiar tunes. Labrador MP Peter Penashue presented the Queen's Diamond Jubilee Medal to the musicians and several members of the community during a ceremony on January 20, 2013.



▲ Capt. Beverly Scott displays her Queen's Jubilee medallion.



▲ Jane Lethbridge accepts a Queen's Jubilee medallion from Labrador MP Peter Penashue.



▲ The Downhomers are: (l-r) Francis Blake, Bill Saunders, Wayne LeBlanc (Maintenance Manager, Labrador Health Centre), Mr. Penashue, Don Welsh, Ray Garnier and Lloyd Mansfield.

Professional Development

CPR Instructors' Course Benefit Clinic Staff



Three staff members from Community Clinics participated in a CPR instructors' course at Happy Valley-Goose Bay from February 18-21, 2013. Instructor Judy Applin-Poole taught participants how to instruct the course on the opening day followed by a second day on what to instruct. Day three and four of the training involved monitoring instructors on teaching a course.

The Department of Community Clinics at Labrador-Grenfell Health would like to congratulate the staff members on successfully completing the instructors' course. It is essential to have clinic support staff properly trained in Cardio Pulmonary Resuscitation and involved in educating nursing and support staff at the various community clinics in the region.

Chris Sampson (Natuashish), Angela Shiwak (Rigolet) and Clive Bennett (Nain) now join the team of instructors – Carl Kippenhuck at Charlottetown and Larry Powell at Sheshatshiu – in place at community clinics.

Clinic Staff Trained as Respiratory Fit-testers

Six staff members from community clinics gathered at Happy Valley-Goose Bay on February 12, 2013 to attend a training course to become respiratory fit-testers. They were trained in the qualitative fit-testing procedure for use of the N-95 respirators. N-95 respirators are an approved method of protection from airborne infectious agents (such as SARS, tuberculosis, pandemic, etc.) and/or particulates that staff may encounter while performing their daily job tasks. The clinic staff, who are now qualified fit-testers, returned to their respective workplaces with new qualitative fit-test kits to carry out respirator fit-testing on all staff at the community clinics. The training was facilitated by Leaton Johnson (Regional Occupational Health and Safety Officer). The trained staff were: (l-r) Lavern Broomfield, Postville; Chris Sampson, Natuashish; Clive Bennett, Nain; Tim Coombs, Black Tickle; Lucy Morris, Cartwright; and Yvonne Parsons, Sheshatshiu;



First Aid Courses for Clinic Staff

Courses in standard first aid were delivered to Community Clinics staff at the Nain Community Clinic on January 26 and 27, 2013 and at the Labrador Health Centre in Happy Valley-Goose Bay on February 9 and 10, 2013. Staff enrolled in the courses were eager to learn and participated in all aspects of first aid care, including spine immobilization, Cardio Pulmonary Resuscitation, splinting, bandages and applying dressings. First aid courses are educational and practical, especially in community clinics that are located in remote communities.



▲ Staff enrolled in the first aid course at Nain were: Front (l-r): Philip Reynolds, Ron Dicker, Helena Kautjasiak, Donnie Sampson, Clive Bennett, Mark Pijogge. Back, Maggie Angnatok, Sarah Nochasak, Elizabeth Pijogge, David Dickinson, Robyn Michelle Merkuratsuk, Pat Crotty, Garfield Wheeler and Donna Matthews.



▶ A group of staff from community clinics learned the proper techniques of administering CPR during a first aid course at Happy Valley-Goose Bay. They included: Irene O'Brien, Tim Coombs, Grant Wheeler, Anders Andersen, Moses Broomfield, Ed Strugnell, Emma Ashini, Kathleen Morris and Chris Sampson.

Service Awards 2013



Community Clinics

Two staff members in the Community Clinics Department were recipients of five-year service awards. At left, Christal Reardon (Regional Office, Happy Valley-Goose Bay) received here service award from CEO Tony Wakeham. At right is Kerri-Lynn Blake (Mani Ashini Clinic, Sheshatshiu).



Service Awards an Opportunity to say 'Thank You'

Health care workers are used to hearing the words 'thank you' as they go about their daily duties. Pat Crotty, who was guest speaker at service award dinners held in Happy Valley-Goose Bay and St. Anthony on February 27 and 28, 2013, suggested that while some don't feel it's necessary to say thank you to people who are committed in the service to others, she believes it means so much.

"You have been healer, confidante and a friendly face to those facing life-threatening stressors, those who were alone, those who were unsure what the future held for them. All the while you provided a safe, clean environment, competent care, never wavering," said Pat, who has served as the nurse-in-charge at the Nain Community Clinic for the past 13 years. "Along the way, there have been struggles; not everyone is kind and receptive to your attempts to help, but you have mastered the art of forgiveness."

In praising staff members for upholding Labrador-Grenfell Health's mission of 'healthy people living in healthy communities', Pat said she respects all service award recipients and retirees for their motivation, determination and loyalty. She quoted Dr. Wilfred Grenfell, who stated: "The service we render to others is really the rent we pay for our room on this earth. It is obvious that man himself is a traveler, that the purpose of this world is not to have and to hold, but give and serve. There can be no other meaning."

Tony Wakeham, Chief Executive Officer of Labrador-Grenfell Health, paid tribute to hard-working and dedicated staff members for achieving significant milestones in their careers. "It's only right and proper that we set aside some time to say thank you for your efforts in the selfless service to others," he said at both functions.

The service award proceedings at St. Anthony included an

ecumenical service and a special tea for the presentation of service awards to staff for five, 10 and 15 years of service. The events were held on Founder's Day in commemoration of Dr. Grenfell's birthday. At Happy Valley-Goose Bay, recognition was bestowed upon staff for achieving five, 10 and 15 years of service in addition to a dinner for long serving staff and retirees. Staff at Labrador City were recognized during special events in March. On March 15, some staff of community clinics were recognized during a ceremony at the Mani Ashini Community Clinic in Sheshatshiu.



▲ Guest speaker Pat Crotty (left) receives a gift from Julie Nicholas (COO South and Vice-president, Acute Care Services).

Service Awards 2013

St. Anthony



▲ Award recipients for five years of service at Charles S. Curtis Memorial Hospital were: Front (l-r) Jennifer Simms, Brad Simms, Effie Genge. Second row, Alma Green, Barbara Tucker, Marlene Penney, Stacey Knudsen, Darlene Simms, Teena Patey. Back, Sharon Elliott, Michael Simmonds and Sasha Pike-Hedderson.

► Receiving 15-year service awards were: (l-r) Sheila Biles Holloway and Helen Penney.

▼ Service awards for 10 years of service were presented to: Front (l-r) Maria Tucker, Trixie Patey. Back, Dr. Ravi Vatturi, Tammy White and Emily Campbell.



▲ Long service awards were presented to: Front (l-r) Bonnie Pelley (30 years), Sharon Brushett-Saunders (30 years), Beattie Simms (30 years), Randy Cull (25 years), Barbara Molgaard Blake (20 years). Back, Iris Decker (member of the Board of Directors), Eric Ash (35 years) and Julie Nicholas (COO South and Vice-president, Acute Care Services).

▼ CEO Tony Wakeham (left) presented retirement certificates to recipients at the annual Founder's Day Dinner on Feb. 27, 2013. He was joined by Ray Norman (right), Chair of the Labrador-Grenfell Health Board of Directors. Recipients were: (l-r) Bonnie Pelley, Verna Hussey, Ruth Randell, Judy Green and Elsie Slade.



Service Awards 2013

Happy Valley-Goose Bay



◀ Service awards were presented to staff for five, 10 and 15 years of service. Recipients were: (l-r) Janice Montague (five years), Williamina Mugford (10 years), Ebert Edmunds (10 years), Lillian Marshall (15 years). Back, Delia Connell (COO Northern and Central Labrador and Vice-president Community and Aboriginal Affairs), Kristen Ryan-Roberts (five years), Roger Snow (five years), Junior Hodder (10 years), Wavey Bartlett (10 years), Patricia Downton (10 years) and CEO Tony Wakeham.



◀ Service awards for 20 years of service were presented to: Front (l-r) Peggy Hann, Karen Gillard, Robert Shiwak, Anne Wells, Kim White, MaryAnn Marshall, Delia Connell (COO Northern and Central Labrador and Vice-president Community and Aboriginal Affairs) and Josephine Hodder.



◀ Receiving awards for 25 years of service were: Front (l-r) Delia Connell (COO Northern and Central Labrador and Vice-president Community and Aboriginal Affairs), Vivian Davis, Maxine Elliott, Diane Head, Cavell Bolger. Back, Bill Russell, Charles March, Cathy Fewer and CEO Tony Wakeham.



◀ Recognition for 30 years of service was bestowed upon staff by members of the Senior Executive team. They are: (l-r) CEO Tony Wakeham, Holly Osmond-Russell, Yvonne Batstone, Violet Manuel, John Holwell and Delia Connell (COO Northern and Central Labrador and Vice-president Community and Aboriginal Affairs).

Service Awards 2013

Happy Valley-Goose Bay



◀ Members of the Senior Executive team presented retirement certificates to staff for their years of service. They are: (l-r) CEO Tony Wakeham, Elizabeth Michelin, Janet Dumaesque, Bessie Michelin and Delia Connell (COO Northern and Central Labrador and Vice-president Community and Aboriginal Affairs).

Labrador West



▲ Award recipients for five, 10 and 15 years of service at Captain William Jackman Memorial Hospital were: Front (l-r) Crissy Stoodley, Trudy Philpott, Zena Penney. Back, Ozette Simpson (COO West and Vice-president, Long-Term Care), Alisha Downs, Sheila Hedderson, Kelly Webber, Debbie Batson and Barbara Molgaard Blake (Vice-president, People and Information).

► Ozette Simpson (COO West and Vice-president, Long-Term Care) presented a 20-year service award to Sandy Penney.



Activities Help Spread the 'Heart Health' Message



▲ Members of the AES Psycho Peeps are: Front (l-r) Shelley Broomfield, Francine Winters, Peggy Chubbs. Back, Rodney Roberts, Nancy Matthews, Andrea King and Lanny Barney. Missing from photo is Melanie Cayouette of Labrador West.

The Regional Stroke Action Subcommittee at Labrador-Grenfell Health was busy spreading the 'Heart Health' message during February. One of the main events was the Physical Activity Challenge, which involved participation throughout the region and encouraged people to help prevent heart disease by being active.

A total of 13 teams from St. Anthony, Port Hope Simpson and Happy Valley-Goose Bay completed the challenge. The winner of the challenge was the AES Psycho Peeps, whose team members completed 2,199,720 steps through a variety of activities. Participants especially enjoyed the 'face-off challenges', where two teams were randomly selected each week to compete against each other for the most steps and earn bragging rights.

Other activities included several Healthy living checks which involved Public Health Nurses conducting blood pressure checks and recording blood sugar levels. Health

living checks also took place at the following locations: Nunatsiavut luncheons in Happy Valley-Goose Bay and North West River and Labrador Friendship Centre in Happy Valley-Goose Bay; Earle's Grocery in L'Anse au Loup; and Foodland in Roddickton. The checks were a great success and well-received by communities.

Happy Valley-Goose Bay hosted a 'Heart Healthy' free skate at E.J. Broomfield Memorial Arena and the lights were on at the ballfield as people enjoyed an invigorating, evening snowshoe.

Labrador West hosted a free Valentine Skate for Grades 6-8 students as well as a Sweetheart Adult Skate and a Family Valentine's Skate. The Menihek Nordic Ski Club offered ski and snowshoe discounts and a family barbecue. Labrador West also hosted a 50+ luncheon, 'Joyful Music for a Healthy Heart', during which a healthy lunch was provided, local entertainers performed songs with heart in the title, and information was distributed on heart health.

The Bruno & Alice dinner theatre took place at Cloud River Academy in Roddickton. The Grade 11 class performed the play and Grades 8 and 9 girls prepared the meal. A total of 26 senior citizens attended and offered positive reviews.

Thank you to all of our partners who helped make the Heart Health Month activities possible and a success throughout the region.

Sondra Spearing, Primary Health Care Facilitator

Start the Conversation on Advance Care Planning

An elderly woman with incurable end-stage heart disease is rushed to hospital and quickly goes into cardiac arrest. Despite her poor condition and minimal chance of survival, her panicked husband requests that the health team do everything they can to save her. Medical staff work tirelessly to resuscitate her, breaking several of her frail ribs in the process before the doctor finally ends the ordeal. He pronounces the woman dead and the obviously distressed attending nurse quietly whispers, "thank you."

It's an undignified death, one that goes against the wishes of most people – and yet, it's a scenario that plays out each and every day in Canadian hospitals. The reason? Most of us can't – or won't – talk about death and dying. Our unwillingness to do so is having serious side effects – not just for us, but for those who survive us.

Despite impressive medical advances, humans have yet to unlock the ultimate holy grail of science: how to avoid death. Each year, more than 248,000 Canadians die, and by 2020, that number will increase to over 330,000. And while many of us have completed wills and planned our funerals, most of us haven't talked about the dying part of death – how we want to be cared for when the end is near, and who will speak for us if we can't speak for ourselves.

We'd all like to think that we'll be coherent and lucid right until the

end. But what if you're not? What if you can't talk and are told you will soon be unable to swallow? To breathe? Who would speak for you?

Advance Care Planning is a process that involves letting others know about your future health and personal care preferences in the event that you become incapable of consenting to or refusing treatment or other care. It can be changed at any time, and would only be used if you could were not capable of speaking or making decisions for yourself. Your plan should include the name of a substitute decision maker – someone who will speak on your behalf if you cannot speak for yourself.

The most important part of your plan? Talking to the people who matter in your life – now. Don't leave others with the incredible burden of having to deal with their own grief and pain while trying to guess what you'd want.

Imagine a different future for our elderly woman with heart disease – she still dies, but this time, it's as she hoped: at home, in the arms of her husband and perhaps tended by a palliative care professional who ensures she is without pain at the end. A death that still brings grief and sorrow, but with dignity and respect for a life well lived.

It's a future within our grasp. Now, it's up to us to begin the conversation.

Source: Canadian Hospice Palliative Care Association



Note: Labrador-Grenfell Health encourages Canadians to think and talk about their wishes for end-of-life care. A website, www.advancecareplanning.ca, features tools and resources to help you make a plan and start the conversation. Talk with your family doctor or local health care provider about your wishes for end-of-life care. For more information about Advance Care Planning, contact Vanessa Bartlett, Labrador-Grenfell Health's Regional Palliative Care Coordinator, at 709-454-0665 or e-mail: vanessa.bartlett@lghealth.ca

Senior Federal Officials Visit Labrador

A group of senior civil servants and other officials visited Labrador-Grenfell Health facilities in Labrador in March as part of the Inuit Tapiriit Kanatami (ITK) Executive Arctic Training Tour in March. Each year, the ITK, as the national Inuit organization in Canada, hosts a tour in one of the four Inuit regions in Canada for federal officials. Every fourth year, the tour comes to Labrador so that officials can visit Inuit communities to learn of challenges and developments in health care and other public sectors. The officials, representing various government departments, received tours of community clinics on the North Coast of Labrador and the Labrador Health Centre at Happy Valley-Goose Bay and a presentation from Donnie Sampson, Labrador-Grenfell Health's Regional Director, Community Clinics. Representing Labrador-Grenfell Health were CEO Tony Wakeham and Carol Brice-Bennett, Regional Director, Aboriginal Programs and Research. Members of the visiting group included: Front (l-r) Edith Laflamme, Kimman Chan, Surinder

Grewal, Martin Loughheed, Lauren Kinney, Tracy Gibbons and Marcel Chevarie. Back, Tony Wakeham and Carol Brice-Bennett of Labrador-Grenfell Health, Nicole Ladouceur, Stefania Trombetti, Coleen Volk, Alfred LeBlanc, Andrew Francis, Elizabeth Ford and Donnie Sampson of Labrador-Grenfell Health.



PHOTO TRIVIA

Last issue

- Q: Name this nursing station, which was constructed in 1932 by the International Grenfell Association.
- A: The nursing station shown in the photograph was located in Englee. In his book, *From Sled to Satellite*, Dr. Gordon Thomas wrote that the building was constructed with funds donated by Miss Louie Hall of Rochester, New York, and became operational in 1936. In later years, the building was used for various purposes, including a restaurant. In 2010, the new owners of the property told the Northern Pen of plans to refit the building to its original condition. Thanks to the following for submitting the correct response: Judy Applin-Poole, Tom Green, Robert Keefe and Dr. John Cronhelm.



This issue

- Q: Can you name the people in this photograph? It was taken at the Makkovik Nursing Station.

40 Years of Giving

Labrador Health Centre Auxiliary has Contributed \$311,272 Since 1972



▲ Some members of the Labrador Health Centre Auxiliary include: (l-r) Violet Simpson, Donna Best, Margaret Newman, Sheila Rowe, Bride Saunders, Josie Gillard and Bessie Michelin.

In the fall of 1971, a group of women came together with a resolve to do what they could to support the Paddon Hospital at Happy Valley-Goose Bay. Led by Barbara Leach, who was head nurse at the facility, the newly-formed Harry L. Paddon Memorial Auxiliary had clear objectives – support the hospital with a variety of volunteer services, raise funds and promote good public relations.

Records show that the first piece of equipment purchased for the hospital by the new group was a Codman Apnoea Alarm at a cost of \$352. It was the first of several donations from a group that to this day continues to give and support health services and the purchase of medical equipment. In the fall of 2012, the Labrador Health Centre Auxiliary celebrated a milestone when it marked its 40th anniversary. Thanks to the efforts of dedicated volunteers and the support received from the community, the auxiliary has contributed \$311,272.

"This is a good group and we work together very well," said Margaret Newman, president of the group. "There is always a need to keep up with modern medical equipment so we will continue as long as we possibly can."

Membership in the auxiliary has fluctuated over the years, ranging from 12 in the early years to 50 active members in the mid-70s. These days the auxiliary has a membership of 14 members, including life member Bella Shouse, who is the only surviving member of the group that got things started in 1971.

"It's a pleasure and an honour to serve people and help support the mental and physical comfort of patients in our hospital," added Margaret. "Our members are proud when they can see that someone has benefitted from something they have done."

The group is engaged in several fundraising ventures throughout the year, including sales of coffee and baked goods at the Labrador Health Centre, ticket raffles, a fall sale and the annual memorial sing-a-long at Christmastime at the Long-Term Care facility. The auxiliary also operates the gift shop at the Labrador Health Centre where gifts, confectionary items and baby wear is sold.

The members of the group go about their business without much fanfare, but their contributions to the health care system are important and appreciated. "We are very fortunate to have the support of such a dedicated and loyal group of women," said Delia Connell, Labrador-Grenfell Health's Chief Operating Officer in Central and Northern Labrador. "I would like to express, on behalf of Labrador-Grenfell Health and people in the area, our sincere thanks for the thousands of dollars which the auxiliary has raised and donated towards the purchase of vital medical equipment over the course of 40 years."

As the auxiliary continues to fulfill the objectives set out at the inaugural meeting in 1971, Margaret encourages people to join the effort and get involved. "We're always looking for new members. It's very enjoyable and very worthwhile."

Gala Evening Raises \$17,000 for Medical Equipment



▲ The team behind the scenes at the Gala Evening included: (l-r) Kevin Lamond, Mary Snelgrove, Dave Pollock, Chuck Priest (Canuck Club manager) and Red Seal Chef Brian Abbott.

The 5th annual Grenfell Foundation Gala Evening was again another success, raising more than \$17,000. The event, organized by the Labrador East Chapter of the foundation, was held on Feb. 9, 2013 at the Canuck Club in Happy Valley-Goose Bay.

The Gala Evening is one of the main fundraising events of the foundation. The 100 guests who attended this unique event were treated to a five-course dinner, prepared by Red Seal Chef Brian Abbott. Each course was paired with wines donated by the NL Liquor Corporation. It represents the fifth year that the corporation has been the corporate sponsor. Entertainment was provided by David Hart and his band.

"The Gala Evening is a major undertaking and this year it would not

have been possible without key volunteers who came to my aid due to medical reasons," said Mary Snelgrove, foundation co-ordinator. "Cindy Wall and Colleen Baikie tastefully decorated the club, transforming it into a first-class room to rival any major hotel in North America. Dave Pollock was my right hand in the kitchen with the chef while Kevin Lamond acted on my behalf with all the duties that come with organizing such an event."

Mary extended a heartfelt thank you to the many other volunteers who helped with the event. "Your help was greatly appreciated and well noted. My thanks to businesses and individuals who purchased tickets for this event and who continue to support our efforts to purchase priority medical equipment in the region."



▲ A table filled with sweet treats was a hit with people who attended the Gala Evening.

Good bye and Good Luck to Violet Manuel



Violet Manuel has provided support and guidance to the community clinics along the Labrador coast as well as the regional office since 1996. She has earned the respect and admiration of all clinic staff, both in Happy Valley-Goose Bay and especially along the coast. The regional nurses have come to depend on her knowledge, skill and humour. The nurses admire her hard work and dedication and she is to be commended for her diligence. Violet's commitment to the department has improved health care services for all community clinics and for the staff who work in these areas.

Violet's knowledge and experience contributed to the ability to make decisions and

plans for the Community Clinics Department. Community clinics provide an essential service which is second to none and she has played a major role in assisting and working with us to deliver that service.

Friends gathered to celebrate Violet's service on January 11, 2013. During the potluck, there were skits, speeches, songs and stories about their memories of Violet. Her last day of work was January 18, 2013.

We wish her health and happiness in all of her future endeavours. She will be dearly missed.

Donnie Sampson, Regional Director, Community Clinics

Retirements



Alban Bruce

Alban Bruce started his career with the Health Labrador Corporation as an Ambulance Operator/Attendant in September, 1995. Since that time he has also worked as a Primary Care Paramedic (PCP) and an Emergency Medical Responder (EMR) with the ambulance service for the communities of North West River and Sheshatshiu, Labrador. The roles have been very busy with numerous ambulance trips over the highway to the Labrador Health Centre in Happy Valley-Goose Bay.

We wish Alban health and happiness in his retirement and thank him for the front-line emergency care he helped provide over the last 18 years. Alban's last day of work was March 31, 2013.

A retirement potluck was organized by staff at the Mani Ashini Health Centre for Alban and Carole Michelin on March 15, 2013.
Kathy Elson, Clinical Nurse Manager (North)

Sharon Colbourne

Sharon Colbourne first became involved with the Grenfell organization when she completed high school and joined Grenfell Handicrafts in St. Anthony. She furthered her education and returned to Grenfell Handicrafts in 1976.

In 1978, she obtained a position as an Invoice Clerk in the Finance Office at Charles S. Curtis Memorial Hospital, St. Anthony, and that is where she remained until her retirement. Sharon held several different positions during her employment with Finance: she was a Payroll Clerk from 1979 to 1996 and then moved to an Accounting Clerk position dealing primarily with trust accounts for long-term care residents.

In 2007, a new position of Financial

Assessor was created to work with Social Workers in assessing the financial needs of clients and ensuring payments were made. Since this was a new position, there was no clearly defined job description, so Sharon developed one as she worked. She retired on January 31, 2013.

Sharon could always be relied upon to do a good job. She demonstrated an interest in improving her skills and adding to her knowledge base.

Now that Sharon and her husband, Ern, have both retired, there is no need to wake early and she may be able to return to some of her night owl habits. I am sure there will be travelling in her future, too – especially to visit her two beautiful granddaughters.



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

Michele C. Hodder, Regional Director, Budgeting & Data Quality



Doris Simms

Doris was born in Great Brehat. As a teenager she moved to the St. Anthony area with her family, where she ended up settling down and raising two sons with her husband, Eric.

In August of 1986, Doris started working in health care. She started with the Environmental Services/Laundry Department and worked in several different positions within the department before settling into a position in Accommodations in February of 2000. On March 28, 2013, Doris' co-workers

and friends joined her on her last day for her retirement tea and to wish her farewell.

Everyone at Labrador-Grenfell Health wishes Doris and her family all the best in her retirement. We also wish her plenty of sunny days and good health so that she can enjoy her interest in fishing, boil-ups, berrypicking and whatever else she so desires during her retirement.

Debbie Fudge, Regional Director, Environmental Services



▲ Taking part in a cake-cutting ceremony to mark Diane Porter's retirement are: (l-r) Benay Sinnicks, Melanie Humby, Diane Porter and Delores Fillier.

Diane Porter

Staff at the White Bay Central Health Centre hosted a retirement party for a long-time co-worker, nurse and friend. Sixty people from Roddickton, Flower's Cove, St. Anthony and Happy Valley-Goose Bay gathered to celebrate Diane Porter's retirement on January 29, 2013.

Diane graduated in 1974 from the Grace General Salvation Army Hospital School of Nursing. She started her nursing career as a mental health nurse at the Waterford Hospital, at which time she completed a public health/mental health diploma from Memorial University of Newfoundland and Labrador.

In 1978, she moved to Roddickton and started work for Grenfell Regional Health Services. While working as a Public Health Nurse, she served

the areas of Englee, Bide Arm, Main Brook and Harbour Deep. She served this area until 2009.

In recent years, Diane had a position as Community Clinical Coordinator for Labrador-Grenfell Health. Her career concluded on January 31, 2013.

Diane is married to her husband, Vince, of 34 years. She has one child Jennifer, her husband, Tim, and two grandchildren, Jake and Mia, who reside in Alberta. We all know she plans to spend more time with them all!

Diane has had a very successful career and has shown a superior commitment to her clients, her co-workers and the organization. She will be missed!
Melanie Humby, Community Clinical Coordinator (Acting)

Carole Michelin

Carole Michelin started her nursing career as a 'Grenfell Nurse' in North West River, Labrador in August, 1989. She has worked in both the Regional Nurse I and II role in Makkovik, Forteau, North West River, Postville, Rigolet, Hopedale and numerous community clinics as a casual Regional Nurse.

As Regional Nurse at the Mani Ashini Health Centre, serving the communities of North West River and Sheshatshiu, she has provided exceptional care in the areas of prenatal and women's health. Her expertise was often acknowledged by co-workers

and she received provincial recognition from the Provincial Cervical Screening Initiatives Program for performing more than 200 pap smears in one year.

Carole has been such a mentor to others, willingly sharing her time and knowledge with others. She will be missed in community clinics and by the patients she has touched. A staff potluck was organized for her on March 15, 2013 on her last day of work. She plans on spending time now at her woodworking.

Carole, we wish you well.

Kathy Elson, Clinical Nurse Manager (North)



Jessie Samson

Jessie Samson of Brig Bay worked with Grenfell Regional Health Services and Labrador-Grenfell Health for more than 15 years as a casual receptionist at the Strait of Belle Isle Health Centre in Flower's Cove. She was always available when called for work and completed all tasks with a willing heart in caring for both clients and colleagues. We wish Jessie and her husband, Tom, a very long, happy, healthy and prosperous retirement.

Jessie was presented with a pair of

sealskin slippers at her retirement potluck supper, which was held at the health centre in January, 2013. The occasion also marked a farewell for Dr. Adejumo Agbi, who transferred to Charles S. Curtis Memorial Hospital in St. Anthony.

We wish them both lots of happiness in their future endeavors.

Staff at the Strait of Belle Isle Health Centre, Flower's Cove



▲ Jessie Samson (left) is congratulated on her retirement by Dr. Adejumo Agbi during a staff potluck.



▲ Pauline Ivany (left) accepts a retirement gift from Kerry Decker, presented on behalf of staff in Surgical Services, Charles S. Curtis Memorial Hospital.

Pauline Ivany

Pauline Ivany started working with Grenfell Regional Health Services in 1984 as a temporary Nursing Assistant II at St. Anthony. She joined the John M. Gray Centre for a period of three months in 1998 before moving to the Obstetrical Unit in 1999. In 2001, Pauline joined the General Nursing Unit and returned to the John M. Gray Centre in 2004. Her career path brought her back to the General Nursing Unit in 2005 until she joined the Day Surgery Unit in 2008, a position she held until her retirement. Pauline retired on February 1, 2013.

Prior to relocating to St. Anthony, Pauline worked as a Nursing Assistant in 1972 at Come-by-Chance and worked as a Nursing

Assistant at the Markland Cottage Hospital in Whitbourne from 1973 to 1981. In 1991 and 1993, Pauline worked as a research assistant with the Faculty of Medicine at Memorial University.

On behalf of the Nursing Department at Charles S. Curtis Memorial Hospital, Sharon Penney (Site Manager) and staff in Surgical Services, we wish Pauline a happy retirement. We thank her for her many years of service and note that she will be missed. We wish her well as she prepares to enjoy her time away from work. Enjoy yourself and congratulations.

Kerry Decker, Nursing Unit Coordinator

Rachel Parrill

Rachel Parrill graduated from the Nursing Assistant Program in Grand Falls in September, 1972. She commenced working with the International Grenfell Association at Charles S. Curtis Memorial Hospital the same year on the Surgical Unit.

With the opening of the St. Anthony Interfaith Home in 1976, Rachel's nursing career brought her into daily contact with senior citizens. Upon its close in December, 1997, she transferred to work with residents at the newly-opened John M. Gray Centre, where she remained until her retirement on

February 28, 2013.

Rachel has always shown kindness and consideration to residents entrusted to her care. Her provision of care with dignity to seniors set an example for co-workers. Rachel also preceptored students in the practical nursing program and provided mentorship to new staff.

Happy retirement from staff and residents at the John M. Gray Centre for a career that spanned 40 years and four months.

Barbara Elliott, Resident Care Manager, John M. Gray Centre



▲ Rachel Parrill (right) receives best wishes from Julie Nicholas, Chief Operating Officer (South) upon her retirement.

Ernest Colbourne

Ernest spent the early part of his life in the community of Little Brehat before his family moved to the St. Anthony area. Ern, as he became known to colleagues, started his work in health care with the St. Anthony Interfaith Home on August 10, 1992 as a Security/Utility Worker (casual). He would go on to add general maintenance work to his duties. In November, 1998, he moved into a domestic position at the Mission Store and worked in several other positions within the

Environmental Services/Laundry Department at Charles S. Curtis Memorial Hospital before settling in to his Utility/Domestic position in 2010.

Everyone at Labrador-Grenfell Health wishes Ern and his family all the best in his retirement. We would like to thank him for his years of dedicated service.

Debbie Fudge, Regional Director, Environmental Services



Marilyn Simms

Marilyn started her career in health care with the International Grenfell Association on September 27, 1976 at Charles S. Curtis Memorial Hospital in St. Anthony. She was hired initially as a temporary (approximately one year) Stenographer II in the Pathology Department. In April, 1979, she returned to the organization and took a permanent Stenographer I position in the Radiology Department until November of the same year, when she moved to the Typing Pool as a Stenographer II. In April, 1990, Marilyn accepted a Stenographer II position in the Executive Director's office. Following another short period in the Typing Pool in 1991, she returned to the Executive Director's office in November, 1992. Over the ensuing years, Marilyn worked in various clerical support roles in a variety of administrative areas at Grenfell Regional Health Services. Finally, in 2005, following the transition to Labrador-Grenfell Health, Marilyn moved into a Secretary I position working in a dual role with Rehabilitation/Interventions/FRS and Communications where she remained until

her retirement on March 29, 2013.

Marilyn has been a huge asset in the departments which benefitted from her careful attention to detail, her command of spelling and grammar, and her knowledge of events, individuals and history of the organization. Staff often turned to Marilyn for recollections and her insights, which made her a tremendous source of information. For 35 years, she was a loyal and valued member of the health care team and her contributions will be greatly missed.

In recognition of retirement, the Rehabilitation staff at Charles S. Curtis Memorial Hospital celebrated by taking her out to dinner and sharing an evening filled with lots of stories and laughter. All staff who worked with Marilyn will remember her for her friendliness, her loyalty to the organization and her trustworthiness. Marilyn's work ethic, the pride she takes in her work, her commitment to excellence and her wealth of knowledge made her a top notch assistant. Marilyn was always ready to assist with any duties requested and was often instrumental



in ensuring a very effective and efficient work flow/output. It was truly a pleasure working with her.

While we are sad to see her go, we are happy knowing that she is embarking upon the retirement she so richly deserves. Best wishes, Marilyn, our friend and colleague, for a happy and healthy retirement.

Blenda Dredge, Regional Director, Rehabilitation/Interventions/FRS Services
Allan Bock, Regional Director, Communications

Wesley Cull

On March 14, 2013, staff, family and friends gathered at the White Bay Central Health Centre in Roddickton to celebrate the retirement of Wesley Cull. A group of 45 people attended and shared a beautiful meal with lots of good wishes and laughter.

He started his career in health care in 1978. The Town of Englee operated its own ambulance service and Wes was hired as an ambulance driver. In November, 1984, Grenfell Regional Health Services (GRHS) assumed operation of the ambulance service from a base in Roddickton. On January 9, 1985, Wes was hired by GRHS as Maintenance/Ambulance Driver. He moved his family to Roddickton and became a resident at that time.

Over the years, Wes furthered his education to become a Level 1 Ambulance Attendant, EMA and Paramedic 1. In 2008

he completed the bridging requirement to become a Primary Care Paramedic. He worked as a Primary Care Paramedic until his retirement on March 31, 2013.

Wes has been an active member of the community and the workplace. He was president of the local union for 28 years. He was certified and became instructor for CPR and defibrillation. Wes was employed with GRHS and Labrador-Grenfell Health for more than 28 years. He has been a valued employee covering on-call shifts and willingly helped out when asked. His commitment and attendance were excellent. Thank you, Wes. We will miss you. On behalf of the staff, best wishes for a happy and healthy retirement.

Violet Decker, Site Manager, White Bay Central Health Centre



Medevac Training Helps Prepare Health Professionals

Responding to medical emergencies requires health professionals to be skillful, knowledgeable and calm. When circumstances dictate that working conditions are less than ideal, administering patient care becomes that much more challenging.

A group of medical students, nurses and paramedics are better prepared to undertake such medical emergencies after taking part in a comprehensive, three-day workshop from January 30 to February 1, 2013 at Happy Valley-Goose Bay. Organized by the Medical Services and Employee Development, Training and Health Departments at Labrador-Grenfell Health, the course helps participants learn the skills they will require when patients have to be transported by aircraft.



▲ A team made up of a physician, nurses and support staff use a snowmobile and sled to transfer an individual who had been injured in a mock shooting accident.

The aeromedical transport workshop was comprised of classroom sessions, presentations by the Triple 4 Combat Support Squadron, 5 Wing MIR and nursing staff, a review of vital equipment used during medevacs, and a visit to the Air Labrador maintenance hangar. Participants were divided into teams and built emergency survival shelters using trees and boughs, in addition to responding to simulated accidents.



▲ Cpl. Shanna Critchley (left) and LS Will McKay of 5 Wing MIR prepare an accident victim, Sara Holloway, for transport during a simulated medical emergency.



Donation to Oncology Suite

The Oncology Suite at Captain William Jackman Memorial Hospital in Labrador City welcomed the donation of an i-Pad mini for the benefit of clients who visit the facility. On hand to accept the donation was Oncology Coordinator Linda MacMillan (left). Making the presentation were: Paula March, Susan Collier and Karly Estabrooks.



Obituaries

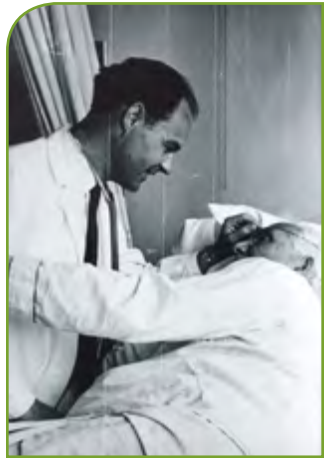
Dr. Ian Tuton

Labrador-Grenfell Health notes the passing of Dr. Ian (John Lawson) Tuton on Jan. 6, 2013 at the age of 84. He was born and raised in rural Scotland and excelled in academics and athletics. After graduating from medicine at Edinburgh University in 1953, he served with the Royal Air Force in the Far East for three years before returning to Scotland to continue his career in obstetrics.

In 1966, he emigrated with his wife, Myra, and family to join the International Grenfell Association (IGA) at Harrington Harbour on the Lower North Shore of Quebec. He served a total of 23 years with the IGA and Grenfell Regional Health Services as a physician at Harrington Harbour, North West River, Happy Valley-Goose Bay, Roddickton and Churchill Falls. Dr. Tuton also served for five years as a geriatrician at Corner Brook. He is one of few doctors who worked and stayed in Northern Newfoundland and Labrador for an extended period of time.

Upon retirement, he relocated to Wolfville, Nova Scotia, and pursued his interest in curling and art. He also joined the local Baptist Church as a member of the choir and the board of directors.

Funeral services took place at Wolfville Baptist Church. Dr. Tuton is survived by his wife of 52 years, Myra, four children, grandchildren, one great-grandchild, and a large circle of friends.



▲ Evelyn Campbell (left) receives the Order of Canada from Governor General Jeanne Sauvé in 1987 for catering to the educational, medical, legal and spiritual needs of Rigolet for almost 50 years.

Evelyn Campbell

It is with great sadness that Labrador-Grenfell Health notes the passing of Evelyn Campbell. A resident of the Happy Valley-Goose Bay Long-Term Care facility, she passed away on March 18, 2013 at the age of 84. Among her many volunteer activities, Mrs. Campbell served for a period of time on the board of directors of the former Grenfell Regional Health Services.

She was born in Rattling Brook, Back Bay, to Beatrice and Wilfred Shiwak. Evelyn had the distinction as one of the first Inuit women of her day to obtain an education and become a teacher. She taught in Mulligan for two years and moved to Rigolet to teach at the request of Gus Flowers. Mrs. Campbell started teaching in a one-room school and later became principal. She taught for 37 years and dedicated her life to teaching and the community. She was a lay dispenser for medications and ran the local radio telephone service, in addition to volunteering her time to the church.

Evelyn was the recipient of two prestigious awards. She received the Order of Canada and humbly accepted the Jack Hildes Medal for her work as a health layperson.

She was married to Francis Campbell of Mulligan and they had one child, Iris. Evelyn was especially proud that her granddaughter, Nicole Allen, studied nursing and is currently a Regional Nurse at the Makkovik Community Clinic.

Funeral services took place at St. Timothy's Anglican Church in Rigolet. She is survived by her daughter, Iris, son-in-law Hubert Allen, brothers and sisters, several grandchildren and great-grandchildren, and a large circle of family members and friends.



Obituaries



Justin Devis

With sadness, Labrador-Grenfell Health notes the tragic passing of Justin Devis on January 2, 2013 at the age of 28. He was travelling in the company of Fr. Bijou Antony, parish priest at Bird Cove. They were involved in a motor vehicle accident near Cormack on Route 430. Devis and Fr. Antony were from India.

Justin worked with Labrador-Grenfell Health as a Personal Care Attendant at Charles S. Memorial Hospital and the John M. Gray Centre in St. Anthony. A memorial service for Justin was held at St. Francis Xavier Roman Catholic Church on January 6. Their bodies were taken to India, where funeral services took place on January 17.

Through the generosity of Labrador-Grenfell Health staff in all areas of the region, friends, members of the public and organizations, the Roman Catholic Diocese of Western Newfoundland and Labrador, and the Newfoundland and Labrador Association of Public and Private Employees, funds were raised to cover the cost of funeral and travel arrangements.

Justin was well-liked by his co-workers and was described as a pleasant and happy person. According to his friends, he had just returned from India, where he had been married. He was making plans to bring his wife, Jintu, to Canada. Justin was also working towards completing requirements to become a Registered Nurse in Canada.

He leaves to mourn his wife, Jintu, his parents, a brother, and many relatives and friends.

Ruby Penney

It is with sadness that Labrador-Grenfell Health notes the passing of Ruby Penney at Harbour Grace on February 2, 2013 at the age of 68. She started her career in nursing with the International Grenfell Association at the North West River Hospital in 1966. She worked at the Grace Hospital in St. John's and at Charles S. Curtis Memorial Hospital in St. Anthony.

Ruby left St. Anthony in 1979 and took a position in nursing management at the Carbonear Hospital until her retirement in 1998.

Funeral services took place at Harbour Grace. She leaves to mourn her sister Thelma and brother Alex, several nieces and nephews, friend and colleague Madonna Chaulk, and a large circle of family members and friends.



Comings & Goings

WELCOME TO:

Flower's Cove

Janna Hughes
Dr. Bann Mahmood

Laboratory/X-ray Technologist (TCI)
Family Physician

Margaret Harris
Ashley Jones
Joanne Lundrigan

Nurse (Casual)
Nurse
Nurse (Casual)

Happy Valley-Goose Bay

Nicole Baker
Ashley Blackmore
Gary Bolger
Jodi Cabot
Emma Cumming

Mental Health Case Manager
Recruitment/Retention Officer (TFT)
Security Guard (TCI)
Personal Care Attendant (TCI)
Population Health Information
Management Analyst

Kristine Keough
Zena Sheppard

Nain

Regional Nurse (Casual)

Postville

Personal Care Attendant (PCI)

St. Anthony

Samantha Hillier
Karyn Hopkins
Dominique Keefe
Heather Kennedy
Dr. Minal Mistry
Stephanie Morgan
Dr. Adekunle Owolabi

Personal Care Attendant (TCI)
Personal Care Attendant (TCI)
Personal Care Attendant (TCI)
Nurse (Casual)
Psychiatrist
Personal Care Attendant (TCI)
CSAT Student

Natasha Bromley
Melanie Colbourne
Tammy Colbourne
Ashley Dempster
Marlean King
Joanne Lidstone
Andre Myers
Trevor Noel
Kendra Parrill
Evelyn Patey
Christa Pilgrim
Jenna Suley

Licensed Practical Nurse (TCI)
Dental Assistant (TCI)
Licensed Practical Nurse (TCI)
Computer Support Specialist (PPT)
Nurse I (Casual)
Licensed Practical Nurse (TCI)
Patient Safety Data Analyst (PFT)
Regional Laboratory Systems Data Analyst (PFT)
Licensed Practical Nurse (TCI)
Licensed Practical Nurse (TCI)
Licensed Practical Nurse (TCI)
Licensed Practical Nurse (TCI)

Labrador City/Wabush

Chelsea Breen
Ann-Marie Collins
Isaiah Hague

Paramedic (TCI)
Switchboard Operator (TCI)
Power Engineer 4th Class

GOOD BYE AND GOOD LUCK TO:

Happy Valley-Goose Bay

Brett Broomfield
Matthew Brown
Peggy Lynn Hillier
Violet Manuel
Allison Way

Domestic Worker (TC)
Biomedical Engineering Technologist I
Food Service Worker I
Clerk Stenographer III
Food Service Worker I (TCI)

Carole Michelin
Diane Porter

North West River

Regional Nurse (Retired)

Roddickton

Community Health Nurse (Retired)

St. Anthony

Brenda Drover
Deneice Haines
Helen Picco

Secretary I
Addictions Counsellor
Switchboard Operator (TCI)

Ernest Colbourne
Sharon Colbourne
Maurice Heath
Pauline Ivany
Rachel Parrill

Domestic/Utility Worker (Retired)
Financial Assessor (Retired)
Aircraft Dispatcher (Retired)
Licensed Practical Nurse (Retired)
Personal Care Attendant (Retired)

Nain

Mark Pijogge
Margaret Webb

Maintenance Repairer
Regional Nurse

Dora Poole

St. Lewis

Personal Care Attendant



FROM THE PAST

Dental Work on the Coast Last Summer

It is now seventeen years since Dr. Grenfell first included a dentist in his list of summer workers. Last summer eight went North in the dental section, two men for the full year and two dental hygienists and four dentists for the summer months.

This in brief is the story of the development of the dental part of the mission work. It would be an exaggeration to say that the problem has been fully met. That will not be until there is enough demand for dental service to make it worthwhile for dentists to settle permanently in the larger villages of the Labrador. Progress has been made to the point where everyone in the area served by Dr. Grenfell and his workers has at least the opportunity of having his dental work done once a year.

At the present time the demand for preventive dentistry is confined to the areas where teachers and nurses are in close contact with the people. The extraction of teeth for the relief of pain and their replacement with artificial teeth is generally understood and desired, but keeping teeth clean to lessen the likelihood of decay and filling teeth if they do decay are not yet generally accepted as worthwhile.

The mission dentists, so far as they are able, are trying to concentrate on the children, as there is a greater return for the labor involved in preventing decay and repairing small cavities than in replacing lost teeth for older patients.

There has been a definite result in the sections where there has been a dentist and a dental hygienist each year, and we have grounds for belief in the fulfillment of the hope that the rising generation in Labrador will have better teeth than their elders. As the time for the summer workers is brief and the natives are too busy with the fish to take much time off for dentistry, it has seemed best for the dentist to go to them.

Dr. Victor Merriam, Harvard '26, who was stationed at Battle Harbour, besides taking care of the patients at that place, did the dental work at Trap and Matty's Cove, Red Bay, West St. Modeste, Capstan Island, Fox Harbour, Cape Charles, Indian Cove, George's Cove, Seal Bight and Deep Water Creek. He saw 236 patients, of whom more than half were children. Dr. Merriam was fortunate in having Mrs. Merriam to assist him. Her experience in handling children, gained while teaching, contributed materially to the success of the summer.

The work for St. Anthony and the West Coast was combined under Dr. Roger Edwards, Harvard '26, and Mrs. M. Elta LeBlanc, D.H. Their work began at Port au Choix on the West Coast. They visited Brig Bay, Blue Cove,

Current Island, Black Duck Cove, Anchor Point, Deadman's Cove, Flower's Cove, Poverty Cove, Green Island Cove, Eddie's Cove, Cook's Harbour, Raleigh, L'anse aux Meadows and St. Anthony, and saw a total of 350 patients. Here as in other parts of the Labrador fish came first, and many an appointment was broken because of necessary work on the stages and in the boats. Dr. Edwards has returned to the West Coast this winter to work for the patients, older people especially, who could not come to him during the summer.

We welcome the new dental centre at Spotted Islands, part of the P and S activities. We doubly welcome it because it promises to be permanent. Dr. Henry G. Rieger, Columbia '26, saw 107 patients, in doing which he visited Spotted Islands, Venison Island, Bolster's Rock, Seal Island, Batteau, Red Point, Indian Tickle and Twillingate Hospital.

Dr. Charles Morton, who spent the summer of 1924 at Battle Harbour, undertook the work at Harrington last summer. He saw 148 patients and visited fifteen villages, among them Natashquan, Mutton Bay, Kegaska, Kegaska River and Whale Head. He was unable to visit Forteau, one of the largest places, because of lack of transportation.

White Bay was cared for by Dr. Lepowsky and Miss France as part of the Child Welfare work. Dr. James Krasnoff, Harvard '26, was stationed at Indian Harbour. In addition he took care of the dental needs of the communities at North West River, Mud Lake, Muddy Bay, Pack's Harbour and Rigolet. During the period of which I have a report he saw 90 patients, but of course has increased that number very greatly, as he planned on visiting the villages to the south towards Battle Harbour during the winter.

There is inevitably a certain amount of lost motion when a worker new to the country comes face to face with the multitudinous details of transportation, lodging, equipment, etc. That there was so little this year is due to the schedule carefully prepared for the dentists by Miss Criswell of the Child Welfare Department. In it every foreseeable detail was provided for.

The items of dental work completed during the summer months numbered about three thousand. These translated into items of relief from pain and suffering represent an enormous total, and those who contributed to that relief by their labors or by contributions may well be pleased.

*By Dr. Robert S. Catheron
(an excerpt from the April, 1927 edition of Among the Deep Sea Fishers)*