

# Along the Coast to Labrador



## Highlights

April - July 2013

### 25-Year Partnership

*Dalhousie program benefits  
dental hygiene students*

### Healthy Living

*Watch for warning  
signs of stroke*



Labrador-Grenfell  
**Health**

# Thanks to our partners

**P**eople who work in the field of public relations make it their business to track things they see and hear. Among the things they like to monitor are trends, opinions and even overused words found in press releases and publications. One of those words is 'partnership'. It's right up there with words like 'solutions', 'performance' and 'leading'. It's a good word because it's simple and clear, but it begs the question, should we stomp out the word partnership and banish it from our vocabulary? Of course not. While it may be an overused word, there is no better way to describe what happens when groups, organizations and individuals reach out and work together towards a common goal.

This edition of *Along the Coast to Labrador* represents a good example of the good work that is taking place in our midst. The same could be said for just about every edition of this publication, since the delivery of health care services does not occur in a vacuum. These pages, however, aptly reflect the association that takes place.

We're pleased to highlight a few of them here. The Straits Regional Fire Department had issues in responding to backcountry incidents during the winter months, so it launched an effort to gather the funds needed to purchase a rescue bogan. St. Anthony Basin Resources Inc. agreed that an Ophthalmic Surgical Microscope would benefit area residents, so it committed the full amount of the purchase price. The School of Dental Hygiene at Dalhousie University, with help from Labrador-Grenfell Health, was able to offer more than 150 students the opportunity to develop their skills through placements in facilities in the region. And finally, the Grenfell Foundation and the International Grenfell Association regularly direct funds raised through donations, special events and investments to the Regional Health Authority for the purchase of much-needed equipment to keep pace with developments in medicine and technology.

There are many more that could be highlighted, but the point has been made. Labrador-Grenfell Health is grateful for the efforts of so many people who place the health of people in such high regard. Let's hope that health care professionals continue to earn the trust and respect of the people who make these partnerships work for the benefit of everyone.

*Allan Bock*

Allan Bock, Chair  
Regional Newsletter Committee

## *Along the Coast to Labrador*

is a quarterly publication from  
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*See page 13 for cover page details. Participants in the Pre-Med Summer Institute in 2013 were: (l-r) Dr. Michael Jong and students Lauren Duffy of Corner Brook, Samantha Leonard of Grand Lake, Nova Scotia, Brittany Chubbs of Goulds, Katie Alyward of St. John's and Sarah Park of Corner Brook*



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# Around the Region

## FilmFest Provides Information on Managing Diabetes



▲ Lorraine Rich (right) of Sheshatshiu receives a diabetes risk assessment screening from Norma Huxter, RN with the Sheshatshiu Innu Health Commission.

**A** Diabetes FilmFest was held at the Mary May Healing Centre in Sheshatshiu on June 19, 2013 to raise awareness about diabetes. The event was organized by staff with the Innu Integrated Diabetes Initiative with assistance from Labrador-Grenfell Health staff. Diabetes videos specific to the aboriginal population were shown and several interactive games and activities were offered, including bingo. In addition, screenings aimed at assessing the risk of diabetes were carried out by health professionals and healthy snacks and hypoglycemia treatment kits were available.

Mona Joudry, a consultant who works with the Innu Integrated Diabetes Initiative in Sheshatshiu, explained that the gathering represented an informal approach to advising people on things they can do to live with diabetes.

## Entertainment Helps Deliver Message to Senior Citizens



**P**romoting health and wellness among senior citizens was the objective of a play that was presented on February 28, 2013 at Cloud River Academy in Roddickton. Sponsored by the Northern Regional Wellness Coalition and organized by the Community Health staff at the White Bay Central Health Centre, the Bruno and Alice play was performed by Lauralee Earle's Grade 11 students and a meal served to a group of 26 seniors was prepared by

Rhonda Strowbridge's Grade 8 and 9 class.

Bruno and Alice is a story about two senior citizens, Bruno and Alice, who learn the importance of taking precautions around the home to prevent injuries. The play has previously been presented with involvement by Labrador-Grenfell Health staff at Labrador City and Happy Valley-Goose Bay.

# Around the Region

## Community Representatives Provide Feedback

**C**aptain William Jackman Memorial Hospital brought together representatives of the Labrador West community in May to gather feedback on health care programs and services provided by Labrador-Grenfell Health. The discussion was part of a broader survey of the regional health authority during an accreditation survey by Accreditation Canada. Among the partners who attended the session were: (-r) Jackie Whelan, Insp. Paula Walsh, Frank Saville, Charlie Perry and Meghan Saville.



## Rescue Boggan Improves Emergency Services



▲ Proudly displaying a newly-acquired rescue boggan are: (l-r) Mike Rowsell, Claude Genge, Todd Chislett, Cpl. Terry Alexander, Renie Diamond, Kevin Diamond, Camille Barney, Ted King, Jamie Hughes, Mark Lawless, Blade Genge, Danny Rose and Hank Diamond. NORTHERN PEN PHOTO

**E**mergency services in the Straits area were enhanced with the acquisition of a rescue boggan. On April 15, 2013, the Straits Regional Fire Department unveiled a piece of equipment that can aid the department and Labrador-Grenfell Health in responding to a backcountry emergency. Funds raised from various groups resulted in the purchase of the rescue boggan, valued at \$10,000. The donors

included area firefighters, Lions Clubs in the area and the NorPen Regional Services Board. The rescue boggan, purchased from Equinox Industries in Winnipeg, is a fully-enclosed and heated unit which is stocked with a stretcher and medical supplies and capable of carrying four people.



# Labrador-Grenfell Health Achieves Accreditation Status



▲ Members of the accreditation survey team included: Front (l-r) Sue Carpenter, Kathy McPhail, Barbara Hall, Catheryn Martens and Dawne Barbieri with Paula March and Norma Forsey of Labrador-Grenfell Health. Back, Labrador-Grenfell Health CEO Tony Wakeham, Dr. Dave Williams and Tim Guest.

Labrador-Grenfell Health has received accreditation status for successfully meeting the fundamental requirements under the Qmentum program. The Health Authority was informed of the decision in June through a letter from Suzanne Larocque, Chair of the Accreditation Decision Committee. "This is a milestone to be celebrated and we congratulate you and your team for your commitment to providing safe, high quality health services," she said.

A team of Accreditation Canada surveyors visited the Labrador-Grenfell Health region from May 12-17, 2013. The three main hospital sites at Labrador City, Happy Valley-Goose Bay and St. Anthony were included as part of the survey visit, in addition to the long-term care facilities at St. Anthony, Forteau and Happy Valley-Goose Bay and clinics in Hopedale and Sheshatshiu. Weather didn't permit a planned visit to the Postville Community Clinic. However, an assessment was conducted via teleconference.

Accreditation Canada presented Labrador-Grenfell Health with a report which outlined observations, overall strengths and areas for

improvement based on a comprehensive set of national standards and best practices in healthcare. The report noted that managers, staff and physicians have a 'can do' attitude and work together to find the best solutions for the population served. In addition, employees were praised for placing a consistent emphasis on quality care and patient safety.

Labrador-Grenfell Health CEO Tony Wakeham said achieving accreditation status acknowledges the efforts of the organization and its employees in providing a consistent and high quality of care to the people of Northern Newfoundland and Labrador. "I am especially proud of the way employees take a personal approach to providing services across the health care spectrum."

To maintain its accreditation status, Labrador-Grenfell Health must demonstrate progress in addressing several recommendations outlined by Accreditation Canada by October 17, 2013. Management and staff have been working towards meeting the recommendations.

# SABRI Donation Covers Purchase of Surgical Microscope

The South Chapter of the Grenfell Foundation expected it would take at least several months to raise the funds required for the purchase of an Ophthalmic Surgical Microscope. It represented a necessary and vital acquisition for Charles S. Curtis Memorial Hospital in St. Anthony. However, the price tag was steep – the microscope came with a sticker price of \$150,000.

Earlier this year, the chapter's board of directors took on the challenge and coordinator Agnes Patey set about the task of circulating information about the campaign in Northern Newfoundland and Southern Labrador and informing businesses, groups and individuals of ways they could donate to support the acquisition.

The campaign was off to a good start and Ms. Patey says she was encouraged by the positive response she was receiving. Yet, she didn't anticipate that funds for the microscope would soon come from a single source. St. Anthony Basin Resources Inc. (SABRI) unveiled its generous donation during its annual general meeting in St. Anthony on May 3, 2013. Wayne Noel, chair of the community development group, informed representatives of communities from Cook's Harbour to Goose Cove and special guests of the board's decision to fund the entire purchase price.

"The SABRI executive committee contemplated the request for support and after some discussion we learned that four of the six people sitting at the table had a need or their family members had a need for the service provided by an Ophthalmic Surgical Microscope," he explained. "We did some research and met with a representative of Labrador-Grenfell Health to get a better idea of the need."

Mr. Noel said the SABRI board endorsed a recommendation from the executive committee to fund the full amount of the purchase price. "We felt a significant contribution was in order, over and above the usual \$10,000 donation we make annually," he added. "SABRI is pleased to support this venture and look forward to the day when residents of the region won't have to travel outside the area for this valuable and needed service."



▲ Wayne Noel (right), chair of the St. Anthony Basin Resources Inc., presents a cheque for \$150,000 to Julie Nicholas, Chief Operating Officer (South) and VP of Acute Care Services, and Agnes Patey, coordinator of the South Chapter of the Grenfell Foundation, for the purchase of an Ophthalmic Surgical Microscope.

Julie Nicholas, Chief Operating Officer (South) and VP of Acute Care Services for Labrador-Grenfell Health, said the Grenfell Foundation and the health authority is grateful to SABRI for its generous donation.

"Residents of the area have benefitted from the support which we have received from SABRI over the years, but this is an extraordinary contribution from a community development group that will aid greatly in enhancing services available at Charles S. Curtis Memorial Hospital."

The Ophthalmic Surgical Microscope is specifically designed to magnify parts of the eye's anatomy during microsurgery. A prism splits a beam of light so that the procedure can be videotaped by a surgeon and an assistant simultaneously. The equipment is operated by visiting ophthalmologists with support from Labrador-Grenfell Health.





# Professional Development

## Celebrations Mark National Nursing Week



▲ Amanda Guy (left) and Sarah Winsor, emergency room nurses at Captain William Jackman Memorial Hospital, took part in a cake-cutting ceremony to mark National Nursing Week.



▲ Enjoying a luncheon at the Mission Store Building were: Front (l-r) Una Davis, Wendy-Dale Woodford, Marlene Penney, Ethel Byrne. Back, Beverly Simms, Tanya Gibbons, Vanessa Bartlett, Kelly Penney, Diane Alyward and Cora Foster.

The contribution that nurses make to the health care system was celebrated during National Nursing Week, May 6-12, 2013. Nurses across Canada and in the Labrador-Grenfell Health region ensure that individuals, at every stage of life, receive the best possible care. They bring expertise and knowledge to their workplace and are recognized by their clients for providing high quality health care. In the Labrador-Grenfell Health region, events took place at Labrador City and St. Anthony. At Captain William Jackman Memorial Hospital, nurses celebrated the occasion with a cake, while at the Mission Store Building in St. Anthony, nurses were treated by their colleagues to a luncheon and gifts of appreciation. A group of nurses at Charles S. Curtis Memorial Hospital also engaged in a walk.

## Forteau Staff Receive ACLS Training

Physicians and nurses at the Labrador South Health Centre in Forteau participated in a two-day Advanced Cardiac Life Support course on June 3 and 4, 2013. The course was facilitated by Dr. Ernest Buitendag, Anesthesiologist, and Kerry Decker, Clinical Nurse Manager at Charles S. Curtis Memorial Hospital in St. Anthony. The ACLS course teaches participants a set of clinical interventions for the urgent treatment of cardiac arrest, stroke and other life-threatening emergencies.

Staff welcomed the opportunity to receive the training. The expertise and assistance offered during the training sessions was invaluable. Management and staff extend thanks to their colleagues for their time and effort and to Employee Development Coordinator Peggy Penney for arranging the training. As one employee noted, "It makes it worthwhile when people like them work in our health authority."

*Cornelia Linstead, Site Manager*

# Spreading the Benefits of Living a Healthy Lifestyle

Labrador-Grenfell Health's Health Promotion (Regional Stroke Action) Subcommittee was busy spreading the 'Stroke Awareness' message during June. In addition to focusing on the warning signs of stroke, the committee strived to educate people of all ages, no matter how young or old, on the benefits of living a healthy lifestyle in order to prevent the warning signs from occurring.

Committee representatives partnered with the following to deliver Healthy Living Checks: NL Public Service Week; the Serco Employee Wellness Committee, Terrington Co-op and NorthMart at Happy Valley-Goose Bay; Roddickton Pharmacy in Roddickton; and Earle's Grocery in L'Anse au Loup. Public Health Nurses conducted blood pressure checks, recorded blood sugar levels and people had an opportunity to speak to nurses and receive recommendations. The Healthy Living Checks were a great success and well-received.

The committee also partnered with the schools in Happy Valley-Goose Bay to spread the 'Living a Healthy Lifestyle' message and encourage students to get moving and active. Ticker Tom joined the Grade 3 students at Peacock Primary School and took part in a jumping challenge. Queen of Peace Middle School's Grade 4 and 5 students took part in skipping challenge at Kinsmen Park.

The Labrador City Recreation Department helped spread the stroke awareness message by organizing a list of activities for FitWeek to encourage physical activity. They included: A family walk around Centennial Park, Zumba in the park, book camp in the park, parents and tots bike/stroller walk led by First Steps in the Park, Mayors' March for Heart and Stroke, a family 'mini berry'run at the Tanya Lake trail, and a family and pet walk around the Tanya Lake Trail.

The objective was to focus on the positive things that people already do to keep healthy in the hope they realize that every little effort helps and encourage them to set goals to become even healthier. The committee challenged Labrador-Grenfell Health staff to take a 'Heart Healthy Mission' and employees were asked to write about what they are currently doing or plan to do for their heart health.

Thank you to the subcommittee for their continued dedication and to all who partnered to make the Stroke Awareness Month activities possible and a success throughout the region.

Sondra Spearing, Primary Health Care Facilitator



▲ Queen of Peace Middle School students in Happy Valley-Goose Bay were enthusiastic participants in a skipping challenge.



▲ Labrador-Grenfell Health staff at the Mission Store Building in St. Anthony with their 'Heart Healthy Mission' display. They are: Front (l-r) Wendy-Dale Woodford, Marlene Penney, Una Davis. Back, Donna Parsons, Penny Carpenter, Diane Alyward, Vanessa Bartlett, Cora Foster, Brenda Best, Glorine Saunders and Kelly Penney. Missing from photo are: Nadine Calloway, Elaine Hillier, Karla Loder and Beverly E. Patey.



▲ A Healthy Living Check at Earle's Grocery in L'Anse au Loup.

*The objective was to focus on the positive things that people already do to keep healthy in the hope they realize that every little effort helps and encourage them to set goals to become even healthier*



# Breastfeeding Group Offers a Warm and Supportive Environment

**B**reastfeeding mothers, their partners and families in Happy Valley-Goose Bay are benefitting from the formation of a support group and a facility that provides a warm, safe and nurturing environment. The Breastfeeding Support Group held its first session in May at the Women's Centre.

An official opening celebrating the launch of the support group was held on April 24, 2013. In attendance were breastfeeding mothers, representatives of the Mokami Status of Women Council (MSWC), the Labrador Friendship Centre, the Ikajuttiget Board and Labrador-Grenfell Health. The MSWC recognized the contributions of Judy Voisey, Resource Mother at the Aboriginal Family Centre's Healthy Baby Club, for turning a dream into a reality. Ms. Voisey was praised for her tireless efforts to establish a Breastfeeding Support Group that is open to everyone.

The Ikajuttiget Board provided seed funding to give the support group the start it needed. Vyann Kerby, vice-chair of the board, thanked the partners who supported the formation of the group and the mothers who are benefitting from a sharing and nurturing environment. "It's all about the babies," she stated. "They're the next generation and that is so important."

The Breastfeeding Support Group also received an endorsement from Theresa Dyson of Labrador-Grenfell Health and Jennifer Hefler-Elson of the Labrador Friendship Centre, who stated they were pleased to be able to provide resource staff to ensure that women receive answers to their questions, guidance and post-natal support.



▲ A brightly-lit and spacious multipurpose room provided by the Mokami Status of Women Council in Happy Valley-Goose Bay is used by breastfeeding mothers and their families. Taking part in the official opening were: Front (l-r) Kathy Grabe and daughter Labbrienna, Mary Beth Rich and son Kevin. Back, Kelly Goudie of the Mokami Status of Women Council's board of directors, Jennifer Hefler-Elson of the Labrador Friendship Centre, Vyann Kerby of the Ikajuttiget Board, and Theresa Dyson of Labrador-Grenfell Health.

The Breastfeeding Support Group offers a drop-in service that is open to everyone, which includes family activities, special events and nutritious snacks.

## Baby Baskets Promote the Importance of Speech and Language Development



▲ Allison Brennan, Speech-Language Pathologist at the Labrador Health Centre in Happy Valley-Goose Bay, presents a gift basket to Charlotte Rich of Sheshatshiu and her newborn baby.

**T**he Newfoundland and Labrador Association of Speech-Language Pathologists and Audiologists celebrated Speech and Hearing Month in May by providing baby baskets containing toys and information to help stimulate speech, language and hearing development. A basket was presented to the first baby born in May 2013 at birthing hospitals in Newfoundland and Labrador. The baskets also contained booklets about normal speech, language and hearing development, warning signs, and activities and resources for promoting the development of

speech, language, and hearing skills. The campaign helped raise awareness of the importance of early speech, language, and hearing development and its role in spoken communication and literacy.

A presentation took place at the Labrador Health Centre in Happy Valley-Goose Bay on May 2, 2013. Similar presentations were planned for Charles S. Curtis Memorial Hospital in St. Anthony and Captain William Jackman Memorial Hospital in Labrador City. However, unavoidable circumstances prevented the presentations from taking place.

# From the Homes

## Happy Valley-Goose Bay Long-Term Care Home

### Residents Enjoy Lawn Festival

It was hot and sunny during the annual Lawn Festival at the Happy Valley-Goose Bay Long-Term Care facility on June 28, 2013. The Canada Day celebration featured a barbecue, entertainment and games for residents, family members and staff.



▲ Iris O'Leary and her mom, Muriel Andersen, waved the colours of the Canadian flag.



▲ Personal Care Attendant Marcel Lavers (right) celebrated Canada's birthday with Mary Ann Noah.



▲ Entertainment was provided by: (l-r) Francis Blake, Aden Clark, Lloyd Goudie and Hewlett Clark.



### Special Musical Guest

▲ Residents of the Happy Valley-Goose Bay Long-Term Care facility received a special visit in May from Peter Nunn, a member of the Canadian rock band Honeymoon Suite. The group was in the Labrador town to play a concert. Prior to the show, Peter sat down to the piano and played a series of classic rock tunes to the delight of residents and staff. Joining Peter for a photo were: (l-r) Betty Bolger, Jill Piercey, Maegan Barney, Wanda Saunders, Peter Nunn, Cindy Barrett and Floyd Hedderson.

### Alzheimer's Walk for Memories

The weather was cold and wet, but spirits were high during the Alzheimer's Walk for Memories at Happy Valley-Goose Bay on May 26, 2013. Labrador-Grenfell Health staff and community members turned out for the activity and raised more than \$1,700 for the Newfoundland and Labrador chapter of the Alzheimer Society. Dr. Jeff Patterson and daughter Mackenzie braved the elements to participate in the Walk for Memories. ▼





# From the Homes

## John M. Gray Centre, St. Anthony



▲ Resident Gloria Brown participates in a cake-cutting ceremony during the World Elder Abuse Awareness Day Social.

### World Elder Abuse Awareness Day

The recreation department at the John M. Gray Centre and the Northern Committee Against Violence held a social on June 14, 2013 to acknowledge World Elder Abuse Awareness Day. Residents and staff received a presentation on elder abuse from Mental Health Nurse Rhonda Green, participated in a World Elder Abuse Awareness Day survey, played a game of Simon Says, and enjoyed prize draws, refreshments and treats. Resident Gloria Brown had the honour of cutting the World Elder Abuse Awareness Day cake. Thank you Darlene Rice and Rhonda Green for making the event possible.

### Mother's Day Social

Residents and staff gathered together on May 10, 2013 at the John M. Gray Centre to honour and acknowledge mothers during a Mother's Day Social. The event was comprised of musical entertainment, Mother's Day poems, singing by Tiffany McLean, dancing and an assortment of Mother's Day treats. All mothers were delighted to receive a carnation. Special thank you to the musicians who performed during the event.



▲ Recreation specialist Heather Bromley and resident Naomi Strangemore dance to an old-fashioned waltz during the Mother's Day Social.



▲ Taking part in the Iceberg Festival sing-a-long were: Front (l-r) Residents Esther Compton, Ambrose Curl, Gloria Brown, Gordon Alyward, Edith Humby. Back, Heather Bromley, Katie Cull, Calvin Blake and Katie Baggs.

### Iceberg Festival

The annual Iceberg Festival included a social for residents of the John M. Gray Centre on June 10, 2013. The event featured a variety of traditional Newfoundland music performed by musician Calvin Blake and folk singer Katie Baggs. Residents enjoyed a delicious dessert and prizes donated by the Iceberg Festival Committee. Thank you to festival coordinator Katie Cull for organizing the event and including residents in the celebration.

# Dalhousie Dental Hygiene Celebrates 25-Year Partnership

**T**he School of Dental Hygiene at Dalhousie University commemorated the 50th anniversary of its inaugural graduating class with a celebration on April 26 and 27, 2013. More than 300 alumni, faculty, staff, students and friends participated in the festivities.

During the celebratory dinner, two former directors paid tribute to the Dental Hygiene Externship with the Labrador-Grenfell Health, which marks its 25th anniversary this year. The partnership between the School of Dental Hygiene and Labrador-Grenfell Health has seen more than 150 students hone their skills as part of the cooperative program in the four clinical sites operated by the health authority on the coast of Labrador and Northern Newfoundland.

The program was established by Dr. James Messer, former Chief Dental Officer of Grenfell Regional Health Services (GRHS) and Dr. Margery Forgay, Director of the School of Dental Hygiene. "We realized there was a unique opportunity for service and for learning between the School of Dental Hygiene and (GRHS)," remarked Dr. Forgay. "The program began in 1988 – it wasn't just a success, it was a barnburner!"

The program was continued by Dr. Peter Hornett, Chief of Dental Services with Labrador-Grenfell Health since 1993, and Dr. Joanne Clovis, Professor in the School of Dental Hygiene. Dr. Annie Hornett and many other clinical dentists in four communities have guided the students in their learning. Throughout the program, Donna Parsons, administrative officer with the health authority, has consistently gone above and beyond the call of duty to help organize the student placements.

Dr. Peter Hornett was invited to the Dalhousie celebration and was presented with the following framed inscription: "In appreciation for the 25-year educational partnership of the School of Dental Hygiene at Dalhousie University with Labrador-Grenfell Health, the commitment to its establishment by Dr. Jim Messer and Dr. Marnie Forgay, its continuation by Dr. Peter Hornett and Dr. Joanne Clovis, the extraordinary experiences of the Dental Hygiene students, and the improvements in the oral health of the patients and the communities."

"For their constant and caring maintenance of this partnership, we express our thanks and appreciation by presenting this certificate of appreciation which we hope will be placed in the clinic at St. Anthony," said Dr. Clovis. "We also have six sets of dental hygiene instruments that have been donated to us by Hu-Friedy and we are passing these on to you for placement in various locations in Labrador-Grenfell Health."

Dr. Peter Hornett said he was astonished and pleased to hear that more than 150 students have participated in the externship program. "This has been an excellent partnership. We have been able to offer well-trained and highly competent dental hygiene students an opportunity to experience real-world practice in a supportive environment outside of the academic setting prior to graduating," he stated. "This



▲ Dr. Peter Hornett, Chief of Dental Services, accepts a certificate of appreciation on behalf of Labrador-Grenfell Health from Dr. Joanne Clovis, Professor and former Director of the School of Dental Hygiene.

has enabled them to realize confidence in their skills and abilities. Our patients have benefited immensely from the clinical care they have received from the students."

Dr. Hornett added that dental staff at Labrador-Grenfell Health have benefitted from the opportunity to teach and nurture enthusiastic students who receive placements in its facilities.

"Thank you to those who have and who continue to make this externship program possible. I am indebted to my predecessor, Dr. Messer and Dr. Forgay for their extraordinary vision. Exceptional collaboration and assistance has been forthcoming from Dr. Clovis," he stated. "Our staff has played a pivotal role in maintaining the program, including the dentists as clinical preceptors, our dental assistants and dental hygienists as mentors, and Donna Parsons as coordinator. I must also acknowledge the generous donations of the International Grenfell Association over many years. Significant funding contributions to the Health Professional Student Travel Assistance Project have helped in facilitating dental hygiene student travel from Halifax to placement locations in the Labrador-Grenfell Health region."

Expressing gratitude to the students for the care and treatment of patients, Dr. Hornett said many of them spoke to him at the anniversary event to tell him that their externship experience was the highlight of their training. "They truly become part of our team for a period of time and help us so much with our ongoing efforts to optimize the oral health of individuals and communities. I hope to see this program continue for many years into the future."



# Friends of Along the Coast to Labrador



## 'I feel blessed...'

I am sitting here in the Mission Store Building, sitting at my desk with my office window open. I hear a chainsaw, hammering seagulls and children at play. The air is cool and refreshing, the sun is shining, the sky is blue and the water on the harbour is calm. I see Fishing Point off in the distance and I am overlooking the old Grenfell Dock area with childhood memories of periodically visiting my father at work. I am reliving the sound of men's voices, the smell of wood and oakum and I am walking in freshly curled and crispy wood shavings with sawdust at my feet.

As my mind shifts from this and that and everything in between, there are so many things around me today that I feel deeply and passionate about. Stress is everywhere and many times we have no idea what the person next to us is going through or having to deal with and vice versa.

But today... I just want to say I feel blessed! Blessed by the simple things in life that I see and hear out my office window that money/power/fame/control cannot buy! And... I swear to the good Lord above that the chainsaw, hammering, seagulls and children are all playing the most beautiful melody in perfect harmony!

*Submitted by K. Elaine Hillier, Social Worker in the Department of Family and Rehabilitative Services, St. Anthony*

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



## Students Exposed to Aboriginal Health Care Issues

Since she was 10 years old, Brittany Chubbs has wanted to be a doctor. At an early age, she was exposed to the health care system through her mother, who is a nurse. "I was always fascinated by the doctors I would see coming and going and I thought their job seemed really cool," she says. "As I grew older, I realized being a doctor would be more than just 'cool' – it was an opportunity to help others on a daily basis."

Brittany and four other students gained an insight into the prospect of a career in medicine through their involvement in a Pre-Med Summer Institute at Happy Valley-Goose Bay. During a three-week period in June, 2013, the students were exposed to a broad range of health care programs and services through the Aboriginal Health Initiative, a program of Memorial University's School of Medicine and Labrador-Grenfell Health. The students were selected for the program based on their Aboriginal heritage and their interest in applying for admission to the School of Medicine.

Sarah Park points out that visits with Inuit elder Jean Crane and an Innu elder, Elizabeth Penashue provided insight into the issues and hardships facing Aboriginal people. "We were taught how they each lived their lives and made use of for forest for everything from clothing and shelter to food and medicine," she explains. "They also educated us on the health care issues facing those cultures such as diabetes and obesity. These epidemics are major problems that do not garner much

awareness on the national level and certainly deserve further research and attention."

Lauren Duffy says it was inspiring for her to spend time shadowing busy physicians. "The Pre-Med Summer Institute went further than simply learning the physician's role, since it provided a well-rounded understanding of health care," she offers. "Workshops focused on topics ranging from CPR, pre-hospital care, ethics, traditional medicine and the cultural impact on Aboriginal health."

Katie Alyward says she has a better understanding of the struggle facing Aboriginal people who wish to retain their cultural values and accept the benefits of modern medicine. "I have learned to look at health as one big picture that incorporates all the determinants of health such as environment, culture, shelter, geography, social status, support systems and mental well-being."

Dr. Michael Jong, Vice-President of Medical Services at Labrador-Grenfell Health, describes the Pre-Med Summer Institute as an opportunity for students to be exposed to the best of rural and remote medicine that helps to address the disparities in the health status of rural Canada and Indigenous communities. "It offers the students an affinity to provide care of the population with the greatest need," he says. "The hope is that they will aspire to become doctors and return to work in their communities where they came from, including the Labrador-Grenfell Health region."

# Grenfell Heritage Day 2013

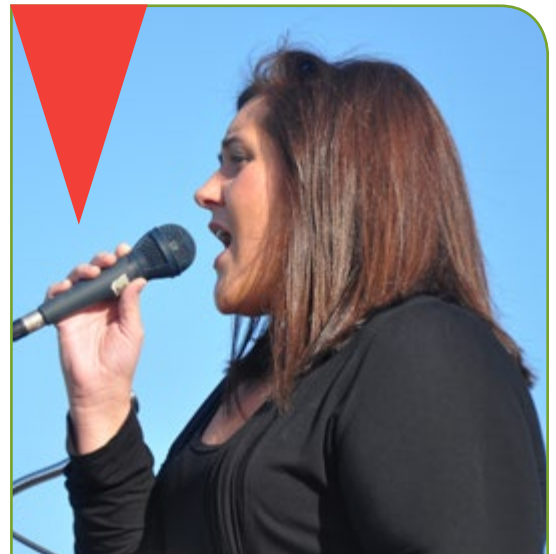
**G**renfell Heritage Day 2013 was a great success this year. The annual outdoor event was blessed with good weather and no one seemed to mind when the air turned cool as the sun went down. Organized by the South Chapter of the Grenfell Foundation and Labrador-Grenfell Health, the festivities were held on July 9, 2013 at Grenfell Park in St. Anthony. Proceeds from the activities are used to acquire capital equipment and support research and

staff development for health care programs and services in Northern Newfoundland and Southern Labrador.

Special guests included: St. Anthony Mayor Ernest Simms; Jerome Ward, assistant to MP Gerry Byrne; Straits and White Bay North MHA Christopher Mitchelmore; and Charlene Johnson, Minister of Child, Youth and Family Services. Barbara Molgaard Blake, VP of People of Information, brought greetings on behalf of Labrador-Grenfell Health.

Organizers extend thanks to the sponsors, donors and volunteers for their commitment and effort towards making Grenfell Heritage Day a success. The event continues to serve as an example of community spirit and recognition of the efforts and perseverance demonstrated by Dr. Wilfred Grenfell in establishing a medical mission in Northern Newfoundland and Labrador.

*Agnes Patey, Coordinator, Grenfell Foundation*



Residents of St. Anthony and surrounding communities turned out in big numbers at Grenfell Park.

Krista Howell (Nurse 1) opened Grenfell Heritage Day with a rendition of *O Canada*.

Dale Budgell (MIS Nursing Coordinator) prepares to serve a plate of steamed mussels.





# Grenfell Heritage Day 2013



▲  
Brenda Eddison  
(Regional Director,  
Employee  
Development, Training  
and Health) was busy  
cooking French fries for  
hungry participants.



▶  
Members of the Curtis  
Hospital Auxiliary had  
little difficulty selling  
a large selection of  
baked goods, knitted  
items and crafts.



▶  
The Roughwater  
Square Dancers  
entertained a large  
crowd who gathered  
to watch a lively series  
of sets at the Grenfell  
Park stage. Max Sexton  
provided the musical  
accompaniment  
on accordion.



▶  
The Skipper Hots  
Band from Straitsview  
played a series of  
traditional tunes.

# Health Minister Announces Investments in Facilities



▲ Taking part in a tour of the Labrador South Health Centre at Forteau were: (l-r) Ray Norman, chair of the Labrador-Grenfell Health board of directors; Nick McGrath, Minister Responsible for Labrador Affairs; Corneila Linstead, Site Manager at Forteau; Susan Sullivan, Minister of Health and Community Services; and Tony Wakeham, Labrador-Grenfell Health CEO.

**F**unding for the purchase of new equipment and infrastructure repairs and renovations at Labrador-Grenfell Health facilities was announced by Health and Community Services Minister Susan Sullivan during a visit to the region May 27-29, 2013.

The investments, which were provided through Budget 2013: A Sound Plan, A Secure Future, amounted to \$5.2 million. "Under the leadership of Premier Kathy Dunderdale, we are ensuring individuals in all regions have access to high-quality treatments and new technologies that enhance the delivery of health care," she stated. "The investments build on the many initiatives that we have advanced in this region over the last several years, and ensure that essential health care services are readily available when needed by individuals and families."

Minister Sullivan was joined by Nick McGrath, Minister Responsible for Labrador Affairs, and Labrador-Grenfell Health CEO Tony Wakeham. Board chair Ray Norman

attended the funding announcements in St. Anthony and Forteau.

The following are highlights from the funding announcements:

## Charles S. Curtis Memorial Hospital, St. Anthony

- ▶ \$1.5 million for the replacement of health care equipment, including eight dialysis machines, an EEG machine, video conferencing equipment for Telehealth and diagnostic imaging equipment.
- ▶ \$628,000 for upgrades to the building envelope and elevator, as well as the air handling unit.

## White Bay Central Health Centre, Roddickton and Strait of Belle Isle Health Centre, Flower's Cove

- ▶ \$800,000 for the replacement of equipment such as new urinalysis systems, coagulation analyzers and backups,

microscopy and laboratory equipment, as well as the installation of a central air conditioning system at the White Bay Central Health Centre.

## Labrador South Health Centre, Forteau and Community Clinics

- ▶ New laboratory, telehealth and snow clearing equipment, and infrastructure and accommodations improvements for health care workers at facilities in Forteau, Black Tickle, Cartwright, St. Lewis, Port Hope Simpson, Mary's Harbour and Charlottetown.

## Labrador Health Centre, Happy Valley-Goose Bay

- ▶ Over \$1.7 million for new equipment and renovations at the Labrador Health Centre. This includes six new dialysis machines, telehealth and laboratory equipment, a patient monitoring system and a dual detector general x-ray. Renovations are being made to the emergency department, medical records and outpatient areas to address an anticipated increase in services as a result of increased economic activity in the area.
- ▶ \$500,000 to begin planning for the extension to the long-term care facility in Happy Valley-Goose Bay, which is a direct result of the compensation collected through the Hebron Benefits agreement.

## Community Clinics

- ▶ The North West River Community Clinic is receiving a new powered ambulance cot and the Churchill Falls Community Clinic is getting new telehealth equipment.



# Grenfell Foundation

## SOUTH

### Donations Presented to South Chapter

The South Chapter of the Grenfell Foundation was the recipient of several donations from businesses and groups in Northern Newfoundland and Southern Labrador. The Grenfell Foundation is a registered charitable organization created to support the work of Labrador-Grenfell Health. Funds raised are used for capital equipment, research and staff development, relating to the services provided by the regional health authority. The following donations were presented to representatives of the foundation at a Volunteer Appreciation Dinner, held May 13, 2013 at the Royal Canadian Legion in St. Anthony: Curtis Hospital Auxiliary, \$25,000; Consumers PharmaChoice (corporate), \$1,000; Consumers PharmaChoice (staff), \$500; Maurice's Service Center, \$500; and Royal Canadian Legion, \$500. Donations presented to the foundation at a Volunteer Appreciation Dinner, held June 11, 2013 at L'Anse au Loup included the following: Eagle River Credit Union, \$2,000; Labrador South Health Centre Hospital Auxiliary, \$1,000.



▲ Kevin Jones (left), representing the Eagle River Credit Union in L'Anse au Loup, presents a cheque in the amount of \$2,000 to Julie Nicholas, VP of Acute Services and Chief Operating Officer (South).



▲ Ellen Flynn (left), president of the Labrador South Health Centre Hospital Auxiliary in Forteau, presents a cheque in the amount of \$1,000 to Julie Nicholas, VP of Acute Services and Chief Operating Officer (South).



▲ The Curtis Hospital Auxiliary presented a donation in the amount of \$25,000 to the South Chapter of the Grenfell Foundation. Auxiliary members on hand for the presentation on May 13, 2013 were: (l-r) Ruby Johnson, Ruby Carpenter, Eva Lawrence, Wanda Grinham, Cassie Penney, Chris Richards, Adelaide Richards, Laura Biles, Louise Grinham, Ethel Rumbolt, Evelyn Rumbolt, Bobbi Stevens and Mary Tucker.

## LABRADOR EAST

### Golf Tournament Raises \$15,000 for Grenfell Foundation

The 17<sup>th</sup> annual Air Labrador-Nasittiq Memorial Cancer Tournament took place on August 8, 2013 at the Amaruk Golf Club in Happy Valley-Goose Bay. The tournament was a huge success and close to \$15,000 was raised at the event, bringing the total raised to more than \$220,000 since the inception of the tournament in 1997. All proceeds from this tournament are used by the Labrador East chapter of the Grenfell Foundation to support cancer awareness, education, detection and prevention initiatives.

The Labrador North Chamber of Commerce team comprised of Ernie McLean, Ruby Durno, Mary Ann Aylward and Allister McLean was the overall winner based on a modified scoring system for best ball tournaments. Team Vale – Shawn Broomfield, Matt Rich, Wayne Blake and

Nick Tsibidis – claimed the low gross score with a score of 60 which is the lowest gross score recorded at this tournament.

"We are most grateful for the continued support of all our sponsors, participants and volunteers who make this tournament such a huge success," said Rex Goudie, chair of the Labrador East chapter. "All proceeds from this event will be used locally to support the purchase of priority medical equipment and programs and services at the Labrador Health Centre."

The Grenfell Foundation is a registered charitable organization that was created to support the work of Labrador-Grenfell Health. In 2007, the Labrador East Chapter was established to support work at the Labrador Health Centre. The golf tournament and the annual Gala Dinner are the two main fundraising events.



▲ A total of 19 teams took part in the Air Labrador-Nasittiq Memorial Cancer Tournament. Ken Fizzard was called upon to hit the opening drive.

# MAKING A DIFFERENCE

## Labrador-Grenfell Health Recognizes Contributions of Volunteers

**V**olunteers who make unselfish contributions of time and effort to support the health care system were honoured by Labrador-Grenfell Health during a series of special events in the region. National Volunteer Week, which was observed April 21-27, 2013, represented an opportunity to say 'thank you' to volunteers.

### LABRADOR CITY

Captain William Jackman Memorial Hospital paid tribute to volunteers during an appreciation dinner on May 9, 2013. Chief Operating Officer Ozette Simpson praised the people who are vital members of the health care team. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which has the potential to turn a life around," she stated.

Guest speaker for the function was Labrador City Mayor Karen Oldford. She spoke about the impact that voluntarism has had on her life and her family's influence on her willingness to help wherever she can. Tony Wakeham, Chief Executive Officer of Labrador-Grenfell Health, highlighted the efforts of local groups, including the hospital auxiliary and the Royal Canadian Legion, in raising thousands of dollars to assist in the purchase of much-needed medical equipment. He added that he was impressed with the way in which the Labrador West community pulled together to assist during two incidents that affected operations at Captain William Jackman Memorial Hospital.

### ST. ANTHONY

Volunteers and community partners in the St. Anthony area came together at the Royal Canadian Legion on May 13, 2013 for the annual Volunteer Appreciation Dinner. Labrador-Grenfell Health hosts the event to publicly express its appreciation for the volunteer efforts and significant contributions of several groups, including members of the Curtis Hospital Auxiliary, the Grenfell Foundation, and individual volunteers who enrich the lives of clients and residents on a daily basis.



▲ Taking part in a volunteer appreciation dinner at Labrador City were: Front (l-r) Pauline Abbott, Karen Oldford, Wanda Paddock. Back, Sandy Penney, Ron Earl, Tony Wakeham, Peter Reccord and Ozette Simpson.



▲ The former chair of the Grenfell Foundation (South Chapter), Wilfred Rumbolt, was presented with a gift during a volunteer appreciation dinner at St. Anthony on May 13, 2013. Making the presentation were Labrador-Grenfell Health representatives Julie Nicholas, Chief Operating Officer (South), and Barbara Molgaard Blake, Vice-President of People and Information.

As part of the evening's celebrations, Evelyn Rumbolt, President of the Curtis Hospital Auxiliary, described all of the

fundraising and other activities that the dedicated small group of members undertake each year, such as Grenfell Christmas Card sales,



# Volunteer Recognition

bake sales, and the preparation and distribution of gift baskets and stockings to inpatients and residents at Christmas time. As a result of their fundraising efforts, the Auxiliary presented a cheque for \$25,000 to the Grenfell Foundation (South Chapter) to be used for the purchase of essential medical and diagnostic equipment.

The event came to a close with the showing of a very enjoyable film made in 1992 during the Grenfell Centennial Celebrations depicting the life of Sir Wilfred Grenfell and the evolution of the organization from the time of his arrival in Labrador in 1892.

## FORTEAU

On June 11, 2013, Julie Nicholas, Chief Operating Officer South and VP, Acute Care Services, and Barbara Molgaard Blake, VP of People and Information, visited the Labrador Straits to recognize both the valuable contributions of Labrador-Grenfell Health employees' service to the organization and the Labrador South Health Centre (LSHC) Auxiliary and community volunteer partners' contributions to healthcare services to the residents of the Forteau and surrounding area. An afternoon tea with very tasty treats was held at the Labrador South Health Centre (LSHC) to present service awards to employees. This was followed by a Volunteer Recognition Dinner at the Lawrence O'Brien Community Centre in L'Anse au Loup. Volunteers and community stakeholders present were treated to a humorous presentation from Lisa Davis-Ryland, music and singing by Sabrina Hancock (Dental Assistant) and Laquita Normore, and words of appreciation from a variety of guests.

## HAPPY VALLEY-GOOSE BAY

Volunteers were singled out for their untiring efforts during an appreciation dinner at the Masonic Lodge in Happy Valley-Goose Bay on May 1, 2013. Guest speaker Stanley Oliver said the work of volunteers does not go unnoticed. "We volunteer for the rewards that can



▲ Dana Belben and Alfreda Normore were selected to cut the volunteer cake at the appreciation dinner in L'Anse au Loup. Dana is the youngest member of the Labrador South Health Centre Hospital Auxiliary and Alfreda is the oldest member.



▲ Individuals who support the efforts of the Grenfell Foundation were honoured at Happy Valley-Goose Bay. They include: Front (l-r) Mary Snelgrove, Cindy Wall, Kevin Lamond and Delia Connell, COO, Labrador-Grenfell Health. Back, Tony Wakeham, CEO, Labrador-Grenfell Health.

make a difference," he stated. "We are forever indebted and eternally grateful."

Delia Connell, Labrador-Grenfell Health's Chief Operating Officer (North and Central), said volunteers deserve a huge thank you. "We cannot do the things we do in the health

care system without the support of volunteers," she offered. "You show caring, genuine concern and interest."

Represented at the dinner were volunteers who commit their time and effort as members of a variety of groups and organizations.

## Students Learn the Value of Growing Food



▲ Tracey Winters (left), Regional Cervical Screening Initiatives Coordinator, supervises the watering of seedlings by students from Queen of Peace Middle School.

For the past three years, staff from Labrador-Grenfell Health Promotion and Primary Health Care, along with the Community Food Hub, have been offering a seedling program with the Grade 4 students at Queen of Peace Middle School in Happy Valley-Goose Bay. The program gets under way in March when students are educated on what a plant needs to grow and what foods can be grown in Labrador. Each student plants two cell packs of seeds and helps nurture them until they are ready to plant in the Children's Community Garden.

By mid-June, the students travel to the garden and transplant their seedlings into the community garden and greenhouse. Students then have an opportunity throughout the summer to visit the garden and help with watering the plants. A family day event was planned and students were asked to serve as garden tour guides on Saturdays for local residents interested in visiting the garden.

In the fall, the students return to the garden to help with the harvest. Each student is able to take home a bag of produce and they also get an opportunity to prepare a healthy meal at school using the vegetables they have grown. The goal of the program is to get students interested in gardening or farming and to encourage healthy eating by growing their own food.

*Kelly Goudie, Health Promotion and Education Coordinator*

## Events Celebrate Social Work Month

Social workers in the Labrador-Grenfell Health region organized several events to acknowledge and celebrate the social work profession in March, 2013. In St. Anthony, a trivia question contest was posted on the employee intranet and an information sharing session was held for all staff at the Charles S. Curtis Memorial Hospital on March 27, 2013, supported by the Newfoundland and Labrador Association of Social Workers.

The theme of Social Work Month was 'Social Workers Defending Social Programs for a Stronger Canada'. A website launched by the Canadian Association of Social Workers (CASW) draws attention to the Canadian Social Transfer and its potential to address Canada's growing income inequality gap with accountable investments in the social determinants of health.



▲ Staff at the White Bay Central Health Centre in Roddickton showed their appreciation to Social Workers on March 28, 2013 at coffee time with cake, fruit and vegetable trays and flowers. Staff from Child, Youth and Family Services (CYFS) and Labrador-Grenfell Health were involved. Pictured are: (l-r) Pat Fitzpatrick (CYFS), Erin Russell (CYFS), Crystal Fitzpatrick (CYFS), Vicki Kearney (Labrador-Grenfell Health), Charlene Kearney (CYFS), Natalie Hopkins Andrews (Labrador-Grenfell Health) and Sheila Fitzgerald (CYFS).



► Nadine Calloway (left) presents Beverly Patey with a framed 'Code of Ethics' following a prize draw that took place on March 27, 2013.



# Bike Rodeo Promotes Safety



▲ Cpl. Rick Mills distributes ice cream coupons to Mark Canning and Nicholas Clarke.

Children and youth of Happy Valley-Goose Bay enjoyed an afternoon of biking, food, and fun at the annual Bike Rodeo on June 8, 2013. More than 150 children and their parents, grandparents and caregivers enjoyed a range of activities, which included an obstacle course and bike engraving offered by the RCMP, a bike decorating contest and a bike maintenance station offered by Minipi Outfitters.

The Bike Rodeo Organizing Committee is comprised of several community organizations, including the Town of Happy Valley-Goose Bay, the RCMP, Labrador-Grenfell Health, Nunatsiavut, and the Community Youth Network. Volunteers from NunatuKavut and Minipi Outfitters also helped out. The project is a great example of partnership and collaboration that represents the importance of delivering a safety



▲ Const. Marcel Gallant guides Madison Hurley-Fillier on the obstacle course.

message to children and youth.

Organizers distributed 50 helmets free of charge to children and offered instruction on the proper fitting of a helmet. In addition, coupons for ice cream donated by Midway Garden Restaurant and the Town of Happy Valley-Goose Bay were randomly distributed to children and youth who were observed wearing a helmet while riding a bicycle.

Bike safety events took place in other communities during the month of June and other towns have expressed an interest in planning their own events.

*Janice White*

*Health Promotion and Education Coordinator (Injury Prevention)*

## IGA Grants Support Health Care Projects

The International Grenfell Association (IGA) approved new grants totaling \$240,850 at its 162<sup>nd</sup> General Meeting, held on May 18, 2013, to support 12 new projects in the Labrador-Grenfell Health region. The projects, submitted for consideration by the health authority, support health care initiatives on the Northern Peninsula and in coastal Labrador.

The grants awarded were as follows:

- ▶ Health Professional Student Travel Assistance - \$25,000.
- ▶ Health Intern Program - \$19,200.
- ▶ Spreading the Message: Perinatal Resources - \$18,500.
- ▶ LEAP facilitators' training - \$18,500.
- ▶ Education for community clinics - \$33,600.
- ▶ DUMO training - \$47,000.
- ▶ Jaundice meter (Curtis Memorial Hospital, St. Anthony) - \$8,250.
- ▶ Glucose monitoring systems (regional) - \$6,000.
- ▶ Neo-natal resuscitation mannequins (regional) - \$13,500.

- ▶ Cardiac holter monitors (Curtis Memorial Hospital, St. Anthony) - \$7,800.
- ▶ Blood pressure monitors for clinics (regional) - \$12,500.
- ▶ Portacount Pro (Curtis Memorial in St. Anthony and Labrador Health Centre, Happy Valley-Goose Bay) - \$31,000.



All grants awarded by the IGA are funded through monies raised in the early 1900s by Dr. Wilfred Grenfell from supporters in Canada, the United States, as well as Great Britain and Ireland. Income from these funds now supports a grant program that is responsive to the medical, educational and community-based needs of Northern Newfoundland and Labrador.

Applications for funding are submitted annually prior to a Nov. 1 deadline. Further information about the grant program is available by contacting the IGA through its website at [www.iga.nf.net](http://www.iga.nf.net)

# Retirements



▲ Kevin Montague was called upon to help Edna Blake cut a cake on the occasion of her retirement from Labrador-Grenfell Health after 38 years. Like Edna, Kevin also retired following a career that spanned more than 32 years.

## Edna Blake

**E**dna was born and raised in the Happy Valley-Goose Bay area and started working in health care 38 years ago as a relief cook at the former hospital on Hamilton River Road (now known as the Goudie Building). A few years later she went to the North West River Hospital in the same capacity and continued to work there until 1984, at which time she transferred to the Paddon Seniors' Home in Happy Valley-Goose Bay. During that year a full-time position came up outside the

health care system so she left to take up that post. Twelve years later she returned to the Paddon Home and worked in several positions until finally settling in to a full-time position as a Domestic Worker at the Labrador Health Centre.

On June 28, 2013, co-workers, family and friends joined Edna in the atrium of the Labrador Health Centre for her retirement tea to wish her farewell. Everyone at Labrador-Grenfell Health wishes you and your family all the best in your retirement. May you and Francis have good health and many sunny days to enjoy your cabin, children and grandchildren.

## Kevin Montague

**K**evin was born and raised in North West River where he took advantage of, and still enjoys, all of the outdoor activities that come with living in this area. He married Shirley (Lyll), raised two children and Shirley and Kevin still call this area home.

Kevin started working in health care in 1980 with the International Grenfell Association in the RT Department at the hospital in North West River. In 1983, when the hospital in North West River closed and the position was moved to the Melville Hospital in Goose Bay, Kevin decided not to move from his beloved community, but instead chose to commute from North West River to Goose Bay so that he could continue working with the IGA. In 2004, he transferred to the Laundry Department where he continued to work until his retirement at the end of June.

All of your co-workers would agree that his quiet nature, big smile and easy-going attitude have made it a pleasure to work with him over the years. You will be greatly missed. Everyone at Labrador-Grenfell Health wishes you and your family all the best in your retirement.

*Debbie Fudge, Regional Director, Environmental Services*

## Oscar Colbourne



▲ Oscar Colbourne receives a retirement gift from Rita Reardon, Clinical Nurse Manager.

**O**scar began his career with Charles S. Curtis Memorial Hospital in December 1982 as a Security Guard. In 1985 he took a position as Ambulance Operator/Attendant I. He continued his education to become a Paramedic I and went on to become a Paramedic II, a position he held until his retirement on April 30, 2013. In 2003, Oscar became

a member of the Provincial Paramedic Advisory Committee. Oscar has been more than willing to share his knowledge and assist with various courses offered in this region, which has been greatly appreciated over the years. His need to have a job well done has been more than evident at his workplace. I am sure his grandson will enjoy having 'Pop' around more often and helping him with his many carpentry projects. Oscar has been a well-respected asset to his profession, this organization and his community and it has been my pleasure to have worked with him. We wish him a long, healthy, happy retirement.

*Sharon Penney, Site Manager, Acute Care, Charles S. Curtis Memorial Hospital*



## Eric Power



**E**ric Power retired from Labrador-Grenfell Health earlier this year, bringing an end to a career in accounting and financial management in the health care sector. He joined the organization in January 2010 as Vice-President of Financial and Corporate Affairs, and though his tenure was relatively brief,

he left an indelible mark on the regional health authority and the people he worked with.

Eric graduated from Memorial University and Dalhousie University and worked with a national chartered accounting firm in Central Newfoundland for 10 years before becoming a Certified General Accountant in 1983. The Grand Falls-Windsor native joined Carmelite House that year as assistant

administrator. In 1994, he was appointed administrator of the long-term care facility. Shortly after, he joined the Central Regional Health Authority as Director of Finance and following a restructuring in 2005, he was appointed Regional Director of Central Health, a position he held until 2007. Eric relocated to Edmonton, Alberta and was hired as Director of Finance for Capital Care and then became Director of Finance and Director of Shared Services until December 2009.

During his time with Labrador-Grenfell Health, Eric served as Chief Executive Officer (acting) from January to August, 2012.

Eric and his wife, Janice, have relocated to Sarnia, Ontario, where they are pursuing their interests in travelling and motorcycling. Eric was a tremendous asset to Labrador-Grenfell Health and we miss his experience and knowledge, but we congratulate him on his retirement and wish him all the best in his new life.

*Tony Wakeham, Chief Executive Officer*

## Cathy Simms

**C**athy began her career as a Registered Nurse at Charles S. Curtis Memorial Hospital in October 1988 on the Obstetric Unit. In 2002 she took a temporary position as Team Leader at the John M. Gray Complex. It proved to be a short stint, as she accepted a position as Team Leader on Maternal/Child Health in May 2002. She remained there until she took the position of Float/Dialysis nurse in October 2007. This was a very challenging role and represented a big learning curve for Cathy. However, she was part of the team that was instrumental in setting up a unit and offering a new service to our clients. In 2009 she took the lead role for this unit.

Throughout her career, Cathy was an advocate for her clients and staff alike. Cathy has met challenges with professionalism and

enthusiasm and has made a solid contribution to Nursing Services in this organization and to the nursing field. It has indeed been a pleasure to have worked with her. I have no doubt she will enjoy spending time with her family and we wish her a long, happy, healthy retirement.

*Sharon Penney Site Manager, Acute Care, Charles S. Curtis Memorial Hospital*



## Theresa Blake



**T**heresa Blake retired from Labrador-Grenfell Health on May 31, 2013 following a long and successful career in the health care field. She started working in June, 1973 as a maid in a part-time role at the former International Grenfell Association (IGA) hospital in North West River. She joined the full-time ranks in 1976 where she worked in the office at the hospital in accounting and had

responsibility as drug clerk. In 1983, Theresa was appointed clerk typist. With the closure of the North West River Hospital in 1984, she relocated to Melville Hospital in Goose Bay and eventually joined the Public Health Department in 1989, working from the Goudie Building.

She returned to the Melville Hospital in 1991 and took a position as administrative secretary. She remained in that position through the relocation to the Labrador Health Centre in 2000 and the Administration Building in 2009 until her retirement.

During her 40-year career, Theresa worked with the IGA, Grenfell Regional Health Services, Health Labrador Corporation and Labrador-Grenfell Health. She earned certificates in business administration, medical terminology, clerk typing and computers. Looking back on her worklife, Theresa has fond memories of the people she worked with and the developments which have taken place in health care. She enjoys spending time with her husband Harvey at their cabin in Mulligan and has plans to travel and take on craft projects now that her time is her own. I worked with 'Tela' for only a short time, but it was extremely rewarding and enjoyable and I learned much from her about the Lake Melville area and its history, geography and people. We wish her good health and happiness in her retirement.

*Tony Wakeham, Chief Executive Officer*



## Obituaries

### Olive Joyce Matthews

It is with sadness that Labrador-Grenfell Health notes the passing of Olive Joyce Matthews on May 23, 2013, in the United Kingdom. She was 97. Olive worked initially for the National Children's Home (NCH), administered by the Methodist Church, as a childcare supervisor. During this time, she travelled to Australia and escorted immigrant children. In 1957, she journeyed to North West River, Labrador, to run the dormitory for the Grenfell Mission. Anna transferred to St. Anthony in 1961 and later returned to North West River.

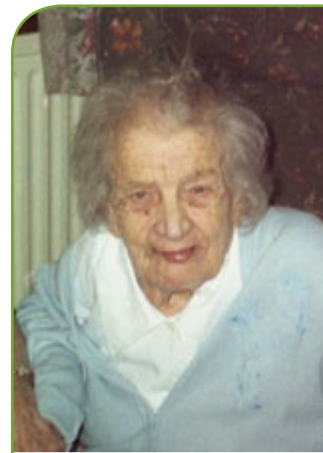
A friend and co-worker, Shirley Yates, noted in a tribute that they were paid very little and their work was supported entirely by donations. "At one time, without help, Olive cared for 92 children with an age range from infants to large teenage boys," she said. "Many of the children came for the school year in September (sometimes sewn into their only set of clothes) until June. As there were no suitable schools farther North, Olive devoted her life to seeing that the children could cope with their future lives, both academically and domestically. She always encouraged their studies, as she felt this was the best way to improve their lives."

Many of Olive's children did well for themselves, and with the help of Grenfell scholarships, went on to become doctors, nurses and teachers. She kept in touch with many of the children and was remembered with affection by many of them.

Following her time with the Grenfell Mission, Olive returned to the NCH and worked on a project in London, England for troubled young girls. She then spent many years at the Methodist International Hostel in Bayswater, London, working for students from around the world. Upon her retirement, Olive worked as a volunteer at a medical/storm mission in a deprived area of London, which provided care for pensioners. She returned to her hometown of Spalding, where she looked after her elder sister, Elsie, until she died.

Olive had a lively interest in world affairs, art, museums and classical music, and kept in touch with many her 'children'. Ms. Yates said Olive will be remembered as a good and caring friend who did such a lot of good work.

Funeral services took place at St. Thomas Road Methodist Church in Spalding, England, on June 28, 2013.



## Photo Trivia



### This issue

**Q:** Name the missionary teacher who taught in Makkovik and Nain for more than four decades. She passed away in 1987 at the age of 81.

### Last issue

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

**A:** The people in the photo are: (l-r) Sheila Paddon, Nurse Caroline (Kayzer) Andersen, Dr. Anthony Paddon and William Andersen, Sr. Thanks to Irene Heard for submitting the correct response.





## Dr. John Brocklehurst

Labrador-Grenfell Health marks the passing of Dr. John Brocklehurst on June 27, 2013 at the age of 89. Described as a leading geriatrician of his generation, he made key contributions to the clinical care of elderly people and to the way their medical services should be organized. As professor of geriatric medicine at Manchester University in England, he was a pioneer in teaching and establishing training programs for an emergent specialty that was still defining its identity. His commitment to bringing together science and daily practice resulted in the Textbook of Geriatric Medicine and Gerontology (1973), now named after him and in its seventh edition.

John was born in Liverpool and graduated from Glasgow University in 1950. After junior hospital posts and a two-year spell as senior medical officer on the troopship Medway, he joined the Grenfell Mission in St. Anthony as medical officer in 1955. After serving for a year, John served as doctor-in-charge at the North West River Hospital in 1956-57 during a sabbatical leave for the late Dr. Anthony Paddon. While in St. Anthony, John met a nurse, Susan Engle, and they were married within the year. They returned to England in 1957 and John served as a consultant geriatrician in various hospitals for nearly a decade.

An obituary notice in The Guardian newspaper stated that John was regarded as an excellent mandolin player and a talented artist. "He did not permit the many illnesses of his last years to dominate his life," wrote Raymond Tallis. "John was a modest, courteous man with a quiet sense of humour. The last time I met him, a few days before his death, he talked in particular about his time in Labrador. Although he had lost the religious underpinning of the vocation that took him there, he retained the commitment to making the world a better place as a humanist."

Dr. Brocklehurst is survived by Susan and his three children, Morag, Paul and Neil.



## Anna Wideman

Labrador-Grenfell Health notes the passing of Anna Esther Wideman on July 2, 2013 at Nithview Home in New Hamburg, Ontario. She was 93. Born at Markham, Ontario, in 1919, she was a graduate of the nursing programs of Rockingham Memorial Hospital and Eastern Mennonite College in 1954 in Harrisonburg, Virginia, United States. Anna taught nursing at Toronto East General Hospital and worked in the field of nursing in St. Anthony for 15 years. From 1963-67, she was the head nurse on medicine and the sanitorium at the former International Grenfell Association Hospital, and from 1967 to 1978, Anna served as the Assistant Director of Nursing at Charles S. Curtis Memorial Hospital. Anna was a lifelong member of the Mennonite Church of Canada (MCC) and contributed the first two years of her nursing career in voluntary

service under the MCC.

In appreciation of her devoted service and the esteem in which she was held by her associates, Anna was awarded the Queen's Silver Jubilee Medal in 1977. She completed her nursing career as Director of Nursing at Listowel Memorial Hospital in Listowel, Ontario. In her retirement years, she volunteered time and effort relief programs administered by the Mennonite Central Committee.

Funeral services took place from the First Mennonite United Church in Kitchener, Ontario, with interment at the Wideman Mennonite Cemetery in Markham. Anna is survived by sister, Ella M. Grove, and a large number of nieces, nephews and family members.

# Comings and Goings

## Welcome To:

### Happy Valley-Goose Bay

Daphne Blake	Food Service Worker I
Linda Cashin	Diagnostic Imaging Technologist I
Jonathan Connell	Utility/Domestic Worker
Angela Decker	Diagnostic Imaging Technologist I
Marion Dormody	Utility/Domestic Worker
Sheila Dyson	Switchboard Operator I
Jessie Hawe	Food Service Worker I
Felicia Hedderson	Domestic Worker I
Sara Holloway	Paramedic II
Richard Joy	Utility/Domestic Worker
Christi Lalatag	Utility/Domestic Worker
Rey Limpangog	Food Service Worker I
Melvin Woodward	Utility/Domestic Worker

### Labrador City/Wabush

Candace Campbell	Nurse I
Paul Chiasson	Power Engineer 4th Class
Noelle Davis	Switchboard Operator I & Hospital Admitting Clerk I
Amanda Edmunds	Switchboard Operator I & Hospital Admitting Clerk I
Ashley Gilbert	Medical Laboratory Assistant
Curtis Harquail	Power Engineer 4th Class
Denise Morgan	Nurse I
Holly Reid	Utility/Domestic Worker
Stephanie Sauve	Utility/Domestic
Madelyn Spurrell	Utility/Domestic
Laurie Russell	Case Manager

### Hopedale

Henry Jensen	Maintenance Repairer
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### Mary's Harbour

#### Nain

Regional Nurse
Regional Nurse
Regional Nurse
Maintenance Repairer I

### North West River

Personal Care Attendant
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### Roddickton

Primary Care Paramedic
------------------------

### St. Anthony

Personal Care Attendant
Nurse I
Nurse I
Licensed Practical Nurse
Personal Care Attendant
Personal Care Attendant
Nurse I
Licensed Practical Nurse
Nurse I
Nurse I
Personal Care Attendant
Nurse I
Licensed Practical Nurse
Nurse I

### Community Clinics

Lori Barbour	Regional Nurse
Katherine Goudie	Regional Nurse

## Goodbye and Good Luck to:

### Forteau

Sarah Hancock	Regional Nurse I (retired)
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### Happy Valley-Goose Bay

Dawn Algeo	Nurse I
Peggy Baikie	Patient Safety Data Analyst
Wavy Bartlett	Licensed Practical Nurse
Idiat Bello	Nurse
Shianne Beson	Nurse I
Edna Blake	Domestic Worker (retired)
Theresa Blake	Executive Assistant (retired)
Bernadette Carew	Domestic Worker (retired)
Victoria-Lee Elson	Licensed Practical Nurse

Stephanie Landry	Security Guard
Deiadra Maclean	Licensed Practical Nurse
Kevin Montague	Laundry Worker (retired)
Sally Penney	Secretary I (retired)
Eric Power	Vice-President, Financial and Corporate Affairs (retired)
Cindy Williams	Regional Quality Improvement Coordinator

### Labrador City/Wabush

Jessica Brake	Nurse I
Kevin Dawe	Diagnostic Imaging Technologist
Wade Glendenning	Power Engineer 4th Class
Amy Jackson	Stenographer I



Michelle Kelly  
Bethany Miller  
Rayna Pottle  
Cassandra Winsor

Community Health Nurse  
Nurse I  
Utility/Domestic  
Utility/Domestic

Clive Bennett  
Christina Hackett

### Nain

Maintenance Repairer  
Mental Health and Addictions Counsellor

### Makkovik

Anders Andersen

Maintenance Repairer (retired)

### North West River

Alban Bruce  
Shauna Morris

Emergency Medical Technician (retired)  
Personal Care Attendant

### Hopedale

Chesley Piercy

Maintenance Repairer, PFT

### Natuashish

Michelle Parsons

Mental Health & Addictions Counsellor

### Roddickton

Wesley Cull

Paramedic II (retired)

### St. Anthony

Regional MDS-Clinical Information (retired)  
Surgeon  
Primary Care Paramedic (retired)  
Licensed Practical Nurse  
Nurse I  
Utility/Domestic Worker  
Regional Occupational Health and Safety Officer (retired)  
Laboratory Assistant  
Personal Care Attendant  
Nurse I  
Clerk I  
Manager, Support Services (South)  
Domestic Worker (retired)  
Secretary I (retired)  
Licensed Practical Nurse  
Manager, Information Management and Technology  
Nurse I

Anne Alyward  
Dr. Massey Beveridge  
Oscar Colbourne  
Cindy Coombs  
Jennifer Fry  
Audrey Hedderson  
Leaton Johnson

Kim Noseworthy  
Millicent Patey  
Crystal Randell  
Bobbi Sexton  
Damian Simmonds  
Doris Simms  
Marilyn Simms  
Nikita Simms  
Gordon Tucker  
Christina Williams

## Notice to Readers

**T**hank you for your continued interest in our newsletter. *Along the Coast to Labrador* is also available electronically on our web site at [www.lghealth.ca](http://www.lghealth.ca).

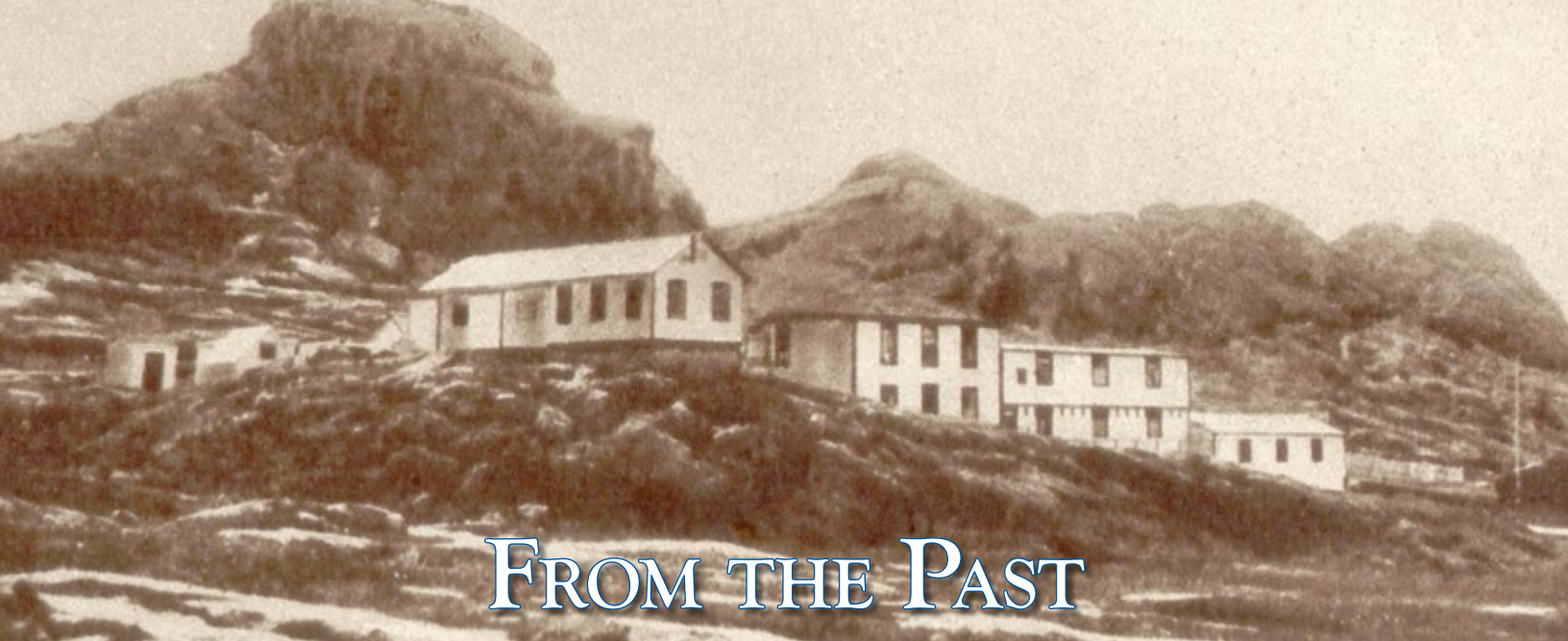


In an effort to reduce our printing and mailing costs, we would like to know if you would prefer to read our newsletter online. If so, please let us know and we will add you to our e-mail circulation list. You will receive notification each time a new edition is posted to our website.

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.

### Allan Bock, Editor

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# FROM THE PAST

## Indian Harbour Hospital

**L**ooking Back to Labrador and North Newfoundland  
How many times do the Alumni of the I.G.A. sitting at desks, in the midst of the *mélée* of the day's work in the city, stop and let their minds wander north? How often do they long for the snow covered hills of St. Anthony, the rocks of Indian Harbor and White Bay and Flower's Cove, and the dog team trips, carrying Christmas trees to isolated coves? Or perhaps they think of that class in school, and the fun they used to have working together with the children or the sewing class once a week with the mothers, or the hundred other busy hours spent in hospitals, schools, industrial rooms or clothing store.

As I sit here, with the noise and turmoil of the city racing by my window, the shrieking fire engines, the whirring taxicabs, and the policeman's whistle busy on the corner, I cannot help but think back two years to the peaceful days in St. Anthony. Busy, oh yes, from early morn to late at night. Mats to be cut and stencilled and put up, ready for distribution, orders to be filled, letters to answer, work to be given out, new types of weaving to be started, a dozen things at hand all at once, How different the scene outside the window from the one I look on now. Down across the ice-bound harbor the dog teams coming and going, bringing out load after load of wood, for fuel for the next year, or for building purposes. Perhaps two teams racing along together, the dogs barking with joy and excitement to be out and going. Or a team coming across the harbor with a water barrel on the komatik, heading for the brook, near the Goose Cove path. A nurse crossing in front of the hospital on her way out the gate to start off on a call to the north, a group of children laughing and playing on their way home to lunch from school. What a quiet peaceful life compared to the city. The days from Christmas seemed longer, as the sun began to rise in the sky. and the fiercer storms ceased to rage, and the snow piled high and hard just called us out for walks and snowshoe parties after hours and more dog team trips.

Why do our minds turn so constantly to the northland? What besides the natural beauty, the pleasant companionships and friendships formed, the many happy memories of work with those whose homes and lives are part of the life in the north, who mean so much to us always, even though we could not stay on with them, draws us closer to it? As I try to analyze my own feelings, a question from a letter recently received from the beloved Labrador Doctor comes to my mind — "Courage is practically all Christ asks for. We know after nineteen centuries what He would do. Be courageous. Do what you know He would do." It is that spirit of service which we have caught from him, which calls us all. That is why we went north in the beginning. How many of us would, no doubt, hesitate to define our reasons, Yet when there is work to be done, which appeals to the spirit of service and adventure in each one of us, it calls and calls, until we cannot help but answer. How many of us have had the way opened up more clearly because of our summer or winter on the coast, and from there have gone on, seeking where we could put our lives to the biggest use; trying to do with courage what we know He would do, That is what the name Grenfell stands for in our lives, service and greater vision of what Christ would have us do, and yet because that vision was clearer there on the coast, or perhaps we saw it for the first time, the north holds a place in the lives of each one of us which nothing else can fill. How thrilled we are to meet someone who has been up there. Immediately we have a common interest, and a foundation to build upon. We owe something to the one who has because of his life on the coast made it possible for us to go there and gain this vision. As alumni we should ever be the first ones to help carry on. Where do we stand in the ranks today, and what can we in the cities do to help repay what Labrador and north Newfoundland means to us? Think it over, when your thoughts go drifting back to the happy days gone by in the North.

"An Alumna"

*Taken from the publication, Among the Deep Sea Fishers, April, 1927)*