

# Along the Coast to Labrador



## Highlights

August - December 2013

### Forest Fire Anxiety

*Red Cross volunteers  
respond to emergency*

### Festive photographs

*A look at Christmas activities  
around the region*



Labrador-Grenfell  
**Health**

# Care and compassion

**F**orest fires are not uncommon in Labrador. The combination of a hot, dry climate, primarily in the interior areas, and a combustible layer of caribou moss that blankets huge tracts of forest, can fuel a fire for days and weeks on end. Toss in the frequency of lightning strikes and you soon understand why many people greet the late spring and early summer months with heightened anxiety. Some years are better than others. The summer of 2013 may not have been the worst, but residents of Labrador West will remember it for the raging forest fires just a short distance from Wabush that threatened their health and safety.

Fortunately, due to the efforts of hundreds of people and a consistent rainfall, the threat was averted and life returned to normal in the mining town of 1,800. A story in this edition of *Along the Coast to Labrador* recounts the evacuation of the community's residents and the response turned in by the Red Cross and its volunteers. More than 100 people from Wabush and Labrador City put their lives on hold to help people who had become displaced from their homes. It represented a remarkable example of compassion and the people who stepped forward to help their friends and neighbours should be commended for their swift and caring actions.

This edition also highlights many other significant and interesting developments in the Labrador-Grenfell Health region in recent months. They include a student who designed an anti-bullying T-shirt which was used region-wide to bring awareness to the issue of bullying; recognition for the health professional teams in Labrador City, St. Anthony and Happy Valley-Goose Bay who are improving patient safety in delivery rooms; donations from a groups and individuals in the name of improving health care services and equipment in the region; highlights of community events which bring awareness to the reality of mental illness and the help that is available; and, of course, several pages of photographs from events which took place during the Christmas season.

The Regional Newsletter Committee which oversees *Along the Coast to Labrador* welcomes feedback from readers. Please consider offering a viewpoint, a comment, a recollection from the past, or an interesting photo from yesteryear. We're listening.

*Allan Bock*

Allan Bock, Chair  
Regional Newsletter Committee

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# Contents

Giving and Receiving .....	2
Around the Region .....	3
Around the Region .....	4
Red Cross Comes to Aid of Wabush Residents .....	5
Charlottetown Staff Bid Farewell to Dr. O'Keefe .....	6
Photo Trivia .....	6
Professional Development .....	7
Notice to Readers .....	7
Bringing Awareness to Bullying .....	8
Advanced Technology Enhances Eye Surgery. ....	9
National Recognition for St. Anthony's MORE <sup>OB</sup> Team	10
Service Awards for Staff Members .....	11
Donations .....	12
Community Events Promote Awareness of Mental Illness .....	19
From the Homes .....	20
From the Homes .....	21
Labrador-Grenfell Health Staff Support Food Banks.	22
Fundraiser Enhances Rehabilitation Services for Stroke Clients. ....	23
Friends of Along the Coast .....	23
Retirements .....	24
Obituaries .....	25
Pastoral Care Week .....	26
Former Labrador West Residents Donate Funds ....	26
Comings and Goings .....	27
From the Past .....	28

See page 9 for cover details. Members of St. Anthony Basin Resources Inc. (SABRI) and the Grenfell Foundation receive an introduction on the operation of a new ophthalmic surgical microscope at Charles S. Curtis Memorial Hospital. They are: (l-r) Alonzo Bessey, acting chair of the foundation's south chapter; Sam Elliott, executive director of SABRI; Dr. Christopher Jackman, Ophthalmologist; and Wayne Noel, chair of SABRI.



**Labrador - Grenfell  
Health**

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# Around the Region

## LABRADOR CITY, WABUSH

### Coalition Raising Awareness of Housing Issues

**T**he Labrador West Housing and Homelessness Coalition (LWHHC) is a committed group of community stakeholders who work together to reduce and prevent homelessness in Labrador West. Its membership is comprised of staff from Labrador-Grenfell Health, the towns of Labrador City and Wabush, Hope Haven, and other organizations.

The coalition hosted a free soup luncheon on Nov. 22, 2013 to commemorate National Housing Day. More than 30 community members dropped in to get out of the cold, have a free meal and meet members

of the coalition.

While housing issues are ever present in Labrador West, the coalition continues to work on a number of projects to help alleviate the problem. Four homes have been built in partnership with Habitat for Humanity Newfoundland and Labrador. In addition, a 10-unit affordable apartment building for single parent families is tentatively scheduled for completion in the summer of 2014.

*Danyelle Lavers, Primary Health Care Facilitator*

## LABRADOR CITY, WABUSH & HAPPY VALLEY-GOOSE BAY

### Mayors Proclaim FASD Awareness Day

**L**abrador-Grenfell Health staff took part in proclamation signings to bring awareness to Fetal Alcohol Spectrum Disorders (FASD). The mayors of Labrador City, Wabush and Happy Valley-Goose Bay proclaimed Sept. 9, 2013 as FASD Awareness Day to inform the public of the effects of prenatal exposure to alcohol, increase compassion for those individuals so affected, minimize further effects, and ensure healthier communities around the region.

► Joining Happy Valley-Goose Bay Mayor Leo Abbass in a proclamation signing were: Back (l-r) Lisa Wiggins (Addictions Coordinator), Leanne Fowler (Youth Early Intervention Outreach Worker) and Julia O'Brien (Regional FASD Coordinator).



► Wabush Mayor Ron Barron (left) and Labrador City Mayor Karen Oldford (right) signed a proclamation to promote FASD Awareness Day. They were joined by: Back (l-r) Nadia Dubé (Addictions Counselor), Aldena Hillier-Legge (Mental Health Case Manager), Laurie Russell (Mental Health Case Manager), Nicole Northcott (Social Worker), Carla Penney (Youth Early Intervention Outreach Worker) and Dena Hobbs (Addictions Counselor).



# Around the Region

## HAPPY VALLEY-GOOSE BAY IGA Board Members Visit Happy Valley-Goose Bay

The board of directors of the International Grenfell Association (IGA) had an opportunity to tour the Labrador Health Centre and Long-Term Care Home in Happy Valley-Goose Bay as part of meetings in the area in September 2013. The tour was led by Tony Wakeham (left), Chief Executive Officer of Labrador-Grenfell Health. Participating in the tour were: (l-r) Mr. Wakeham, Ruth Bell Steinhauer (IGA guest), C. Randolph Bell (IGA director), Alexandra Pinder (IGA guest), Keating Hagmann (IGA vice-chair), Cynthia Roney (IGA director), Jennifer Smith (director, Grenfell Association of America), Edward Goudie (IGA director), Belle Marks (director, Grenfell Association of America) and Dr. Norman Pinder (IGA chairman).



## HAPPY VALLEY-GOOSE BAY Maxine's Wish Fulfilled



Maxine Merrick had a wish for the Meals on Wheels program in Happy Valley-Goose Bay. As a Personal Care Attendant with Labrador-Grenfell Health's Home Care Program, she managed the meal service continuously for the past 20 years. Prior to her passing in December, Maxine advised family members that donations in her memory should be set aside for Meals on Wheels. Her family members fulfilled the wish and presented a donation in the amount of \$1,000

to Labrador-Grenfell Health. Taking part in the presentation were: (l-r) Brian Rideout, brother; Delia Connell, Chief Operating Officer/Labrador East, Labrador-Grenfell Health; Pastor Elaine Rideout, sister; and Beverly Woodward, Home Care Manager. The funeral for Maxine Merrick was co-officiated by Pentecostal Pastor Rideout and Lieut. Brent and Melissa Haas, Salvation Army.

# Red Cross Comes to Aid of Wabush Residents



▲ Red Cross volunteers register Wabush residents who evacuated their homes during a forest fire in June.

The summer of 2013 is one that residents of Labrador West won't soon forget. Thick smoke from a forest fire that burned just a few kilometres from Wabush settled over the area for several weeks and compromised air quality. Waterbombers grappled with poor visibility and the raging fire, fueled by dry conditions and wind, scorched large tracts of trees and severed telephone and internet connections.

Residents were already on edge in the early days of the forest fire, but their anxiety escalated when town officials declared a state of emergency and alerted Wabush's 1,800 residents of an evacuation to Labrador City.

The emergency signaled a call for volunteers and, as they have done in the past on several occasions, individuals stepped forward to offer their assistance. Among them was Heather LeRiche, a manager who works in budgeting and financial analysis for Labrador-Grenfell Health at Captain William Jackman Memorial Hospital in Labrador City. Heather and more than 100 other people joined the Red Cross team that arrived in the area to bring some order to the movement of thousands of displaced Wabush residents.

"My family saw a call for volunteers for the Red Cross and decided that we could easily give our time," says Heather. "So my husband, daughter and I were just receiving our initial training from the Red Cross when the evacuation notice was broadcast. We were put to work right away registering displaced residents of Wabush. It was fantastic to see the number of people that volunteered during the fire crisis and we will certainly keep up our Red Cross training so that we can be of assistance again in our community."

The Red Cross is accustomed to going to places to help people in times of distress, but their need for local volunteers in this situation was especially acute. Judy Bond, one of two members of the Red Cross team who arrived in Labrador West amidst the smoke and flames from Corner Brook, says there were only two trained volunteers in Labrador West – and one of them was out of town.

"We had a number of people step forward and they did a fabulous job," she says. "They gave people water and provided chairs for people when required. The business community supported us by donating food, water and phones, and the support of the Arts and Culture staff while we were there certainly made the operation go a lot smoother."

More than 1,700 residents were evacuated during the state of emergency. Most found accommodations with family members and friends in Labrador City, while 156 individuals were housed in camps for two nights. As smoke conditions improved, town and government officials lifted the state of emergency, permitted residents to return to their homes.

Ms. Bond says she appreciates the support and outpouring of goodwill from area residents. "So many times when we were out in the community, people stopped us and shook our hands and said thank you," she explains. "I saw the genuineness in their appreciation. Their faces, their eyes, I can't forget."

The 100+ Labrador West residents donated more than 800 hours of their time as members of the Red Cross team. Almost half of that number advised the Red Cross that they are available in the event of another emergency and have signed on to receive additional training.



## Charlottetown Staff Bid Farewell to Dr. O'Keefe

**T**he Charlottetown Community Clinic hosted its annual Christmas supper on Dec. 12, 2013. This year staff also took the opportunity to celebrate with Dr. Trudy O'Keefe on the occasion of her impending retirement. Her December visit to Charlottetown was her last locum visit after being with this clinic for 18 years. Dr. O'Keefe

first visited in September 1995 and faithfully visited the community on a regular basis, as well as offering support to the staff upon returning to St. Anthony. She often contacted the clinic and made herself available for consult while away on vacation when there was a particular client who required continuity of care.

Over the years there were many snowmobile trips and some boat trips to the outlying communities, often times with a medical student who certainly was exposed to the way of Labrador life and rural medicine. Some of her visits were very eventful and she was of great assistance when here for the emergencies, but she was also a source of support to the staff when not here and patient difficulties occurred. In 18 years there were many.

The gathering was meant to be a 'good luck supper' and not a 'good bye'. We will miss Dr. O'Keefe and her visits and we do wish her the very best in the future for both her and Dr. Fitzgerald. We trust they



▲ Front: (l-r) Brenda Ash, Marilyn Kippenhuck, Dr. Trudy O'Keefe, Anne Marie Freake, Ella Marshall. Back, Justin Murphy, Cherilee Campbell-Oram, Dr. Yaris, Carl Kippenhuck, Phyllis Morris, Darrell Turnbull and Chelsea Jensen.

will pop by for a visit and a cup of tea as they travel during their retirement years.

*Marilyn Kippenhuck, Clinical Manager Community Clinics -Southern Zone*

## Photo Trivia



### This issue

Q: Name the man disembarking from an aircraft during a visit to an outpost nursing station.

### Last 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.

A: Kate E.M. Hettasch is pictured with two north coast boys in this undated photograph. Known as 'Labrador Kate', she was born in Hopedale, Labrador in 1905, where her parents were Moravian missionaries. Kate began teaching in Labrador in 1925 at an English-speaking boarding school in Makkovik. Upon leaving Labrador in 1951, she moved to Bethlehem, Pennsylvania, to care for her mother. In 1955, Kate returned to Labrador and served as a missionary and teacher at Hebron, Makkovik, Hopedale and Nain. She retired and returned again to Bethlehem in 1973. Thanks to Carol Brice-Bennett for submitting the correct answer.



# PROFESSIONAL DEVELOPMENT

## Dental Department Enjoys Continuing Education



▲ Staff of the Dental Department at Labrador-Grenfell Health took part in a continuing education session.

As a welcome adjunct to the Medical Symposium hosted in September in St. Anthony, the Dental Department was pleased to have an afternoon of continuing education devoted to 'Medical Emergencies in the Dental Setting'.

Despite the best endeavours of sub-tropical storm Gabriel and a thick blanket of fog shrouding St. Anthony, Provincial Airlines touched down at the second attempt. Our speaker, along with attendees from elsewhere in the province, had landed! The staff of the Dental Department had been excited about the prospect and were grateful to Tony Patey, Executive Director of the Newfoundland and Labrador Dental Association, for his encouragement, facilitation and efforts to promote the event. Thanks to the generous support of CDSPI, Dental Supplies, Island Dental and Labrador-Grenfell Health (the latter for the facility and use of technical equipment) the session was arranged for

Sept. 13, 2013. Contrary to folklore it proved to be far from an unlucky day.

The presentation, given by Dr. Amin Alibhai, was excellent. Fortunately medical emergencies are rare and as such if we allow ourselves we can become complacent and forgetful of the correct procedures. The course offered staff a plethora of good information and a timely reminder of the importance of reviewing protocols on a regular basis. Thank you Dr. Alibhai for your time and the work put into your comprehensive presentation. It was much appreciated by all.

The formalities over, the dentists set off for L'Anse aux Meadows and the Norseman Restaurant. Although the day had remained wet and really rather gray, the atmosphere inside was warm and friendly. The food was delicious and the company good, a perfect ending to the day.

*Dr. Annie Hornett, Dentist*



▲ Dr. Amin Alibhai delivered a presentation on medical emergencies in the dental setting to Labrador-Grenfell Health staff.

## Notice to Readers

Thank 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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# Bringing Awareness to Bullying

## Student Designs Anti-Bullying T-shirt

Patrick Humby is using his artistic talents to help spread the anti-bullying message. A design created by the Truman Eddison Memorial student was used as a logo on a T-shirt to bring awareness to the long-standing issue.

During Bullying Awareness Week, staff with the Mental Health and Addictions Department at Labrador-Grenfell Health personally delivered the printed T-shirts to Patrick and students at the Gunner's Cove school on Nov. 29, 2013.

"The students at Truman Eddison Memorial were very proud that a student from their school won and they were wearing his design on their shirts," said Sherry Squires, a Youth Outreach Worker, who worked on the project with Social Worker Nadine Genge. "Bullying is happening everywhere so an event like this gets students talking and thinking about this very important issue. It was a great event and to see the excitement and pride from Patrick was heart-warming."

In the fall of 2012, Grades 4, 5 and 6 students in the Labrador-Grenfell Health region were invited by Mental Health and Addictions to design a logo for a T-shirt. The student who was judged to have the second best design had their submission printed on placemats that were distributed to restaurants in the area last month.



▲ Sherry Squires (left), a Youth Outreach Worker with Labrador-Grenfell Health and Patrick Humby, a student at Truman Eddison Memorial in Gunner's Cove, proudly wear T-shirts with an anti-bullying message designed by Patrick.

*"Bullying is happening everywhere so an event like this gets students talking and thinking about this very important issue. It was a great event and to see the excitement and pride from Patrick was heart-warming."*

Sherry Squires, Youth Outreach Worker

Mental Health and Addictions extends thanks to all students for their interest in the contest and for submitting designs. Bullying is a societal issue that negatively impacts all people, regardless of their age, gender, culture, religion or nationality. The key to curtailing bullying is through education and awareness, especially among young people.



▲ Taking part in an event to proclaim Anti-Bullying Week in Happy Valley-Goose Bay were: (l-r) Nicole Baker, Patti Ryland, Happy Valley-Goose Bay Mayor Jamie Snook, Leanne Fowler, Sarah Hunt and Veronic Arseneau.

## Anti-Bullying Week Proclamation Signing

The Happy Valley-Goose Bay Anti-Bullying Week Committee took part in a proclamation signing on Nov. 13, 2013. The event involved students at Queen of Peace School in Happy Valley-Goose Bay. Members of the committee work together to promote, educate, and create awareness within the community on issues relating to bullying. Events during Anti-Bullying Week, November 17-23, raised public awareness of bullying issues and the resources available in the community to combat bullying.

# Advanced Technology Enhances Eye Surgery

## Community group funds purchase of new surgical microscope at Curtis Memorial Hospital

A community-based development group has teamed up with a registered charitable organization to greatly improve eye health services for individuals who require precision cataract and retina surgery.

A newly-installed ophthalmic surgical microscope at Charles S. Curtis Memorial Hospital brings advanced technology to the St. Anthony hospital and makes it easier for residents of Northern Newfoundland and Southern Labrador to access services close to home.

"I wasn't surprised when I learned of the support received for the purchase of this state-of-the-art equipment," says Dr. Christopher S. Jackman, a St. John's-based ophthalmologist who has been travelling to St. Anthony on a regular basis for the last eight years to perform eye surgeries. "When a group of people put their mind to it, they get things done. There is a lot of support locally and that helps people in the region."

The new centrepiece of medical technology is an OPMI Lumera 1, a surgical microscope manufactured by Zeiss. Following a period of installation and calibration, the surgical microscope went into service late in the fall. Dr. Jackman performed 30 surgeries over a three-day period and gave a glowing review of its capabilities.

"Having this equipment in place provides us with a level of comfort that we are providing the highest level of care we can to patients in the region," he states. "The previous microscope at Curtis was quite old and outdated and it wasn't providing the level of care we wanted. In addition, servicing the equipment became quite concerning."

The move to replace the aging equipment started with the south chapter of the Grenfell Foundation, an organization which supports the work of Labrador-Grenfell Health through fund-raising for the purchase of priority medical equipment. Dr. Jackman advised the foundation what was required and a target of \$150,000 was set to enable the purchase of a new surgical microscope. The campaign had barely gotten off the ground when St. Anthony Basin Resources Inc. (SABRI) stepped forward and served notice that it was prepared to cover the entire purchase price.

"We were quite pleased to get such positive support and in fact we have had a lot of support in developing the ophthalmology program at Charles S. Curtis Memorial Hospital," notes Dr. Jackman. "I was pleased to have an opportunity to meet with representatives of SABRI and the Grenfell Foundation while I was in St. Anthony so that I could show them how the new microscope works and what we do with it."

SABRI has responsibility for managing a 3,000 metric tonne allocation of northern shrimp and using the proceeds to expand the economic base in the area from Big Brook to Goose Cove on the tip of the Northern Peninsula. Wayne Noel, chair of the group's volunteer board of directors, says members supported the purchase because it tied directly to SABRI's mission.

"We recognized that it would have taken the foundation a long time to raise that kind of money. As a board, we reached the conclusion that this was a vital and necessary piece of equipment, not only for this area, but for the region," he states. "Now that the microscope is in service, there



▲ The OPMI Lumera I is a state-of-the-art ophthalmic surgical microscope used to perform precision cataract and retina surgery. Manufactured by Zeiss, a global company which specializes in microsurgery, the advanced equipment was purchased for \$150,000.

is a great amount of satisfaction on the board that this was a worthwhile purchase because it is providing direct benefits to people who might otherwise have had to leave the area to receive this service."

Mr. Noel adds that SABRI appreciates the opportunity presented by Dr. Jackman and Labrador-Grenfell Health to learn first-hand what the new surgical microscope can do. "SABRI is very proud to have been a part of a project that supports health care in this region," he says.

The acting chairperson of the Grenfell Foundation, Alonzo Bessey, says SABRI's substantial donation made it easier for the south chapter to fund other priority medical equipment. "We are very appreciative of the continued support from SABRI and the people of Northern Newfoundland and Southern Labrador should be proud that a community group includes health care needs as one of its priorities."

Dr. Jackman says residents of the region should be proud of SABRI's generous donation towards improving the ophthalmology program. "This important investment improves the confidence that surgeons have in the equipment and it will attract other surgeons to come and provide the service that is needed here," he adds. "People should also know that the OR (operating room) staff at Curtis have been amazing. They provide a really high level of service in a rural location with their professionalism and their skills, and that makes it rewarding for me and other ophthalmologists to come to St. Anthony."

# National Recognition for St. Anthony's MORE<sup>OB</sup> Team



▲ Members of the MORE<sup>OB</sup> teams from St. Anthony, Labrador City and Happy Valley-Goose Bay are: (l-r) Dr. Charlene Fitzgerald, Nicole Blake, Sharon Miller, Dr. Devicka Roopram, Dr. Bose Ibude, Helen Penney, Corina Porter, Dr. Alison Morris, Dr. Karen Horwood and Rita Reardon. Missing from photo is Dr. Sarada Paladugu.

**A** program that focuses on patient safety and quality in the delivery room is producing positive outcomes and earning accolades for Labrador-Grenfell Health staff.

Now in the second year of a three-year, multidisciplinary professional education program, Managing Obstetrical Risk Efficiently, or MORE<sup>OB</sup>, brings together professional practice standards and guidelines with current and evolving safety concepts. With participation from physicians and nurses involved in client care, the program aims to improve clinical outcomes, decrease the risk of adverse events and improve the quality of work life.

The first year of the program involved regular study sessions, updating policies and practices, and skill drills. Year two will be comprised of further educational programming and evaluation.

The MORE<sup>OB</sup> program is in place at Charles S. Curtis Memorial Hospital in St. Anthony, Captain William Jackman Memorial Hospital in Labrador City, and the Labrador Health Centre in Happy Valley-Goose Bay. During

a training session held at Happy Valley-Goose Bay in November to kick off year two of the program, the St. Anthony team was recognized by the program provider, Salus Global, for completing 80 per cent of the training modules. The team received a MORE<sup>OB</sup> Recognition Award for its notable achievement.

"The Labrador-Grenfell Health MORE<sup>OB</sup> Team, along with all the participants, are to be commended for their hard work and dedication over the past year," says Norma Forsey, Vice-President of Quality Management. "Improvements in obstetrical services and care are being realized as a result of this work, and I want to sincerely thank all involved. We are excited to launch year two, and look forward to further learning and improvements as we continue with the MORE<sup>OB</sup> program."

Labrador-Grenfell Health is grateful to the International Grenfell Association for its financial assistance in launching and delivering the MORE<sup>OB</sup> program.

# Service Awards for Staff Members

## William's Harbour

For more than 19 years, Vera Russell provided essential services to the residents of William's Harbour. As a Personal Care Attendant, she provided medications and opened her home for clinics held in the community. Thanks to Vera's support and assistance, it was much easier to have health care services available in William's Harbour. Community

Clinic Services would like to thank Vera Russell for her commitment and passion in providing these services. It has been a true pleasure working with her and we wish her health and happiness in her future plans.

*Marilyn Kippenhuck, Clinical Manager, Community Clinics (Southern Zone)*



## Makkovik

► Irene Heard, Personal Care Attendant at the Makkovik Community Clinic, received her 25-year service award. The presentation was made by Tony Wakeham, Chief Executive Officer.

## Forteau

◀ Two staff members at the Labrador South Health Centre in Forteau, Rosetta Flynn (Licensed Practical Nurse) and Tania Keats (Registered Nurse), were recognized for their years of service during a volunteer and employee appreciation dinner, held at the Lawrence O'Brien Community Centre in L'Anse au Loup on June 11, 2013. Rosetta has 10 years' service and Tania has 15 years of service.



# Donations

## New Equipment for Physiotherapy Department

**T**he Hospital Auxiliary at Captain William Jackman Memorial Hospital and Scotiabank presented a donation in the amount of \$5,000 on Sept. 27, 2013 to the Physiotherapy Department. The Hospital Auxiliary, with help from Scotiabank employees at Labrador City, sold tickets and raised \$2,500. Scotiabank matched the funds through an initiative entitled Team Scotia Community Program. Funds were used to purchase an Interferential Current/Ultrasound combination unit, a TENS unit, and a neuromuscular electrical stimulation unit. Several other pieces of smaller exercise equipment were also purchased with the donation.

### Support for Food Drive

▼ Sarah Winsor, a Registered Nurse at Captain William Jackman Memorial Hospital in Labrador City, initiated a hospital food drive after discovering the need for more supplies at the local food bank. With the approach of the Thanksgiving season, Sarah decided it was a good opportunity for staff to give back and show their thanks.



▲ Displaying equipment purchased for the Physiotherapy Department through funds raised by the Hospital Auxiliary and Scotiabank were: (l-r) Arthur Ash, Physiotherapist; Irene Simpson-Bench, Scotiabank Area Manager; Pauline Abbott, Auxiliary Treasurer; Violet Tarrant, Auxiliary President; and Gail Moores, Physiotherapy Assistant.

### New Televisions for Residents and Clients

Jackie Adey and Ruby Best, staff members with the Environmental Services Department at Charles S. Curtis Memorial Hospital and the John M. Gray Centre in St. Anthony, donated a 47-inch television to the recreation department of the long-term care home and a 32-inch television to the Obstetrics/Pediatric unit of the hospital. Thank you to Jackie and Ruby for their hard work and generous donations. Jackie and Ruby are commended for their continuing efforts to obtain more equipment for residents and clients.



▲ Recycling and fundraising efforts helped purchase two televisions for the John M. Gray Centre and Charles S. Curtis Memorial Hospital. Taking part in the presentation on Oct. 11, 2013 were: (l-r) Arthur Kinsella, Environmental Services Manager; Jackie Adey; Ruby Best, Heather Bromley, Recreation Therapist; and Sharon Penney, Nursing Site Manager, Acute Care.

## Golf Tournaments Support Health Services in Labrador West

Three golf tournaments held in Labrador West in 2013 benefitted health care services for clients at Captain William Jackman Memorial Hospital. The annual 'Fore the Cure' tournament raised \$5,128.50 for the oncology unit at the hospital. The 2<sup>nd</sup> annual Emergency Responders Golf Tournament raised \$6,000, with the proceeds earmarked for furnishing a room for children in the new hospital. The 4<sup>th</sup> annual Charity Golf Tournament, sponsored by Joy Global Inc., was held on September 15, 2013. A total of \$7,396.74 was presented to the Grenfell Foundation (Labrador West Chapter) and will be used to purchase priority medical equipment for the hospital.

▼ Joy Global Inc. sponsored the 4<sup>th</sup> annual Charity Golf Tournament. Taking part in the presentation of proceeds to the Grenfell Foundation were: (l-r) Aubrey Blundell, Betty Matthews, Vanessa Decker, Pauline Abbott, Peter Reccord, Patsy Ralph, Andrew Robertson and Ozette Simpson.



▲ Proceeds from the 2<sup>nd</sup> annual Emergency Responders Golf Tournament amounted to \$5,128.50: (l-r) Mark Pritchett, Fish and Wildlife Enforcement Division; Susan Bourgeois and Eleanor Fowler of Labrador-Grenfell Health; and Const. Dawn Kieley, Royal Newfoundland Constabulary.

▼ Linda McMillan, Oncology Coordinator at Captain William Jackman Memorial Hospital (left) accepts a cheque representing proceeds from the Fore the Cure golf tournament from Eleanor Fowler, who represented the tournament organizing committee.



## Radios for Health Centre

◀ The Strait of Belle Isle Health Centre in Flower's Cove is grateful for the support of the Grenfell Foundation (South Chapter) in the purchase of new radios for the Emergency Department. The foundation provided \$900 towards the cost of the radios. Displaying the new equipment are: (l-r) Primary Care Paramedics Sabrina Humby and Richard Dempster.

# Christmas Along



▲The table at the Makkovik Community Clinic was brimming with a wide array of food for the staff Christmas dinner. Sitting down to the festive meal were: (l-r) Nevie McNeill, Shannon Mitchell, April Andersen, Ivy Strangemore, Josie McNeill and Nicole Allen. Missing from photo were Karen Andersen, Irene Heard and Goldie White.



▲Senior citizens at Captain William Jackman Memorial Hospital received a visit from Carolyn Wells' Grade 1 class at A.P. Low Primary School. The students made decorations for the Christmas tree and chatted with the seniors. Joining resident Harry Follett were Ms. Wells, vice-principal Theresa Gale, recreational therapy worker Wanda Paddock and the Grade 1 students.



▲Departments at Captain William Jackman Memorial Hospital vied for bragging rights in the annual Best Decorated Door contest. This year's winners were Mental Health and Addictions. Taking part in the presentation of the prize were: (l-r) Chief Operating Officer Ozette Simpson, Nadia Dubé, Lindsay Maddox, Laurie Russell, Aldena Legge-Hillier, Cynthia Soper and Shelley Cormier. Second prize went to Human Resources and third prize for the mummer was claimed by Inpatient Services.



▲The annual Captain William Jackman Memorial Hospital Christmas chapel service on Dec. 20 brought together long-term care residents, staff and clergy members for carols and prayer.

◀There was plenty of excitement at the staff children's Christmas party in Labrador City when Santa Claus arrived. Enjoying the festivities were: (l-r) Kathy and Avery Twyne, Sonja and Savanna Avery, Santa Claus, and Chantelle and Mason Gillis.

# ong the Coast



▲ Bently Penney was the winner of the prize for the youngest baby at the staff children's Christmas party in Labrador City. The young winner is shown with his father, Devon, and party volunteer Patti Moores.



▲ Sitting down to Christmas dinner at Captain William Jackman Memorial Hospital were members of the Rehabilitation Services Department: (l-r) Nicole Elford, Blenda Dredge (regional director), Patti Moores, Jennifer Bourgeois and Bernadette Wheaton.



▲ Erin Walsh and her daughter, Emily, enjoyed the company of friends and co-workers at the staff dinner at Captain William Jackman Memorial Hospital.



▲ Management staff at Captain William Jackman Memorial Hospital: Front (l-r) Shelley Cormier, Eleanor Fowler, Nadine Jeffrey, Sandy Penney. Back, Ozette Simpson, Stephen Ricketts, Heather Leriche and Josée Morel.



▲ Santa Claus relied on his two elves, Tammy Pilgrim (left) and Kelly Goudie, to help him pass out presents to children at the staff Christmas party in Happy Valley-Goose Bay.



▲ Enjoying a Christmas dinner amongst colleagues and friends at Labrador City were: (l-r) P. Harninder, Dr. Visweswara Pullala, Dr. Bhagvanth Gunna and Dr. Harninder Hans.



▲ Decorating the atrium of the Labrador Health Centre was accomplished through a team effort. Getting into the festive spirit were: Front (l-r) Lenora Taite, Kelly Goudie, Brenda Kennedy, John Holwell. Back, Darren Humby, Junior Hodder, Josephine Hodder, Carolyn Janes, Terri Greene, Janice White and Lorenzo Webber.



▲ The food services department at the Labrador Health Centre prepared a Christmas turkey dinner and all the trimmings for more than 300 staff members and guests. Taking a brief respite for a photo after the meal was served were: Front (l-r) Kim Wheaton, Gail Eddy, Jessie Hawe. Back, Perry Fry, Elva Martin, Kay McKay, Sheila Blake, Wanda Dyson, Tracey Duder and Robert Shiwak. Missing from photo were Marion Brown and Bev Broomfield.



▲ Andy and Fiona Wilson (RN1, Operating Room, Labrador Health Centre) received an early Christmas gift with the arrival of their first child, Caitlin.



▲ Dr. Michael Jong, Vice-President of Medical Services, was on gravy detail during the annual staff Christmas dinner at the Labrador Health Centre.



▲ Bella Smigak, a visitor at the Happy Valley-Goose Bay Long-term Care Home, has a wish for Santa Claus.

◀ The Pentecostal ladies' knitting group presented a blanket they knit for residents at the long-term care home in Happy Valley-Goose Bay.



▲ Laboratory and X-ray staff at the Labrador Health Centre pooled their proceeds from dress down days and other activities to make a \$550 donation to the Roland Shears Hamper Fund. Taking part in the presentation were: (l-r) Miriam Holwell, Rev. Jean Shears, representing the Lake Melville Ministerial Association, and Yvonne Batstone.



▲ The social club at Happy Valley-Goose Bay presented a \$500 cheque to the Lake Melville Ministerial Association in support of the food bank. Committee member Keith Russell made the presentation to Rev. Jean Shears.



▲ Members of the Labrador-Grenfell Health paramedic team in southeast Labrador joined the Port Hope Simpson staff for Christmas dinner. They included: (l-r) Glen Leyte, Sarah Ward, Barb Campbell and Jonathan Crocker.



▲ In the spirit of giving at Christmastime, the Labrador Friendship Centre Food Bank and the Lake Melville Ministerial Association each received donations of \$250 from members of Local 2201 of the Newfoundland and Labrador Association of Public and Private Employees (NAPE) during a coffee break at the Labrador Health Centre. The donations were presented to Kathryn Hope, representing the food bank, and Rev. Nellie Thomas, representing the ministerial association, by NAPE members and the local executive, including Viva Pittman, Ed Hedderson, Leo Drake and Roxanne Cabot.



▲ Inpatients at Charles S. Curtis Memorial Hospital and residents at the John M. Gray Centre had something to smile about on Christmas morning. Wrapped gifts and stockings stuffed with goodies were prepared by members of the Curtis Memorial Hospital Auxiliary and distributed to the various locations. Displaying the Christmas deliveries are: (l-r) Laura Biles, May Kinsella, Jeanette Hostetter, Christine Richards, Dora Penney, Wanda Greenham, Louise Greenham, Roberta Stevens, Adelaide Richards, Evelyn Rumbolt and Ruby Carpenter.



▲ Staff members at the Port Hope Simpson Community Clinic don't often get an opportunity to gather at one time, but they did for the annual Christmas dinner. (l-r): Alicia Russell, Sherry Leyte, Joanne Bridle, Shane Bridle, Anne-Marie Freake, Lael Crocker, Claudine Foster, Violet Strugnell, Elizabeth Hicks, Kim Stasiak, Alton Samson and Lemuel Penney.



▲ Medical staff at Charles S. Curtis Memorial Hospital made their annual contribution to the St. Anthony and Area Food Sharing Association during the Christmas season. Taking part in the presentation were: (l-r) Dr. Sivaruban Kanagaratnam, Dr. Sarada Paladugu, Dr. Ravi Vatturi, Maj. Dinzel Baggs of the food sharing association, Dr. Kweku Dankwa and Dr. Malgorzata Krupski.



▲ Children joined their parents and grandparents to sing Christmas carols in the Rotunda of Charles S. Curtis Memorial Hospital during the annual tree lighting ceremony.



▲ Tiffany McLean joined a chorus of voices during carol singing in the Rotunda of Curtis Memorial Hospital.



▲ Three-year-old Alexis Burden of St. Lunaire-Griquet had the honour of joining St. Anthony Mayor Ernest Simms in the lighting of the brightly-coloured Christmas tree.



▲ The line formed early for the annual staff Christmas dinner at Charles S. Curtis Memorial Hospital. Servers Brenda Eddison (left) and Blenda Dredge started heaping food on plates for Barbara Molgaard Blake, Julie Nicholas and Larry Nicholas.



▲ Alexis Burden receives a gift of appreciation for her assistance during the tree lighting ceremony from Julie Nicholas, Vice-President of Acute Care Services and Chief Operating Officer (South).



▲ Dr. Kweku Dankwa (left) and Wendy Christensen donned Santa hats and aprons for their roles on the serving line at the annual staff Christmas dinner in St. Anthony.



▲ Barbara Molgaard Blake (left) and Julie Nicholas still managed to smile for the camera while filling plates for hungry staff at the annual staff dinner.

*Thanks to the following staff members for contributing Christmas photos: Anthony Cronhelm, Kim Stasiak, Sandra Pink, Judy Russell, Karla Loder, Cara Hancock, April Andersen, Jillian Elson and Heather Bromley.*

# Community Events Promote Awareness of Mental Illness



▲ Residents of Charlottetown learned more about the facts of mental illness during a walk in the community.



▲ Plum Point area residents of all ages participated in a MIAW walk.



▲ A Mental Illness Awareness Week walk was held in Flower's Cove.



▲ Mental Health Case Manager Janice Genge speaks to Grade 4 students at Viking Trail Academy about mental illness and depression.

**M**ental Illness Awareness Week (MIAW) is an annual national public education campaign aimed at opening eyes to the reality of mental illness. The week in October is coordinated by the Canadian Alliance on Mental Illness and Mental Health in cooperation with groups and organizations across Canada, including Labrador-Grenfell Health.

Mental Health and Addictions staff in all areas of the region organized several community events to promote activities designed to end the stigma associated with mental illness. The following is an overview of the events held in the region:

**Flower's Cove area:** MIAW kicked off with a staff activity at the Strait of Belle Isle Health Centre, featuring cake and refreshments and staff wearing their MIAW T-shirts. Staff and the business community look forward to participating each year in the T-shirt campaign. Community awareness walks were held in Flower's Cove and Plum Point, representing a positive show of support towards individuals and families who are affected by mental illness.

Janice Genge, Mental Health Case Manager, presented to Grades 4-6 students at Canon Richards Memorial Academy and Viking Trail Academy and spoke about the stigma of mental illness. She also read a book about depression, which helped students gain a better understanding of mental illness. Janice and co-worker Tammy White visited the Ivy Durley Place in Flower's Cove and chatted with the seniors over cake and tea.

**Southeast Labrador:** A walk held in Charlottetown launched MIAW activities in October. During the walk, a Mental Health and Addictions counselor talked about the myths and facts of mental health. Prizes were drawn and snacks were enjoyed at the Charlottetown Community Clinic. Display boards and snacks were also set up at community clinics in Mary's Harbour, St. Lewis and Port Hope Simpson. Placemats were distributed to restaurants in the areas and information was posted in the clinics throughout the week.

**St. Anthony:** The kick-off event for MIAW was a cake break at Curtis Memorial Hospital for staff and visitors, along with a display board about mental illness. A community awareness walk was held in St. Anthony for 45 participants, including the Seniors Walking Group. Refreshments were provided at the Lions Club and a trivia contest was held.



▲ Residents at the Ivy Durley Place in Flower's Cove enjoyed a chat over cake and tea with Labrador-Grenfell Health staff during Mental Illness Awareness Week.

# From the Homes

## John M. Gray Centre

◀ Residents Gordon Alyward, Ambrose Curl, Gloria Brown and Esther Compton enjoyed an afternoon movie on the newly-donated flat screen television during the Showtime Recreation Program. Residents gather on regular basis for an afternoon theatre show which involves watching a variety of programs from *Land and Sea* to Walt Disney productions. This program helps rekindle and recapture reflections of past memories while creating a sense of reminiscing among long-term care residents. A special thank you to staff members Ruby Best and Jackie Adey for their generous donation.



▶ Resident Jane Canning (left) and Recreation Specialist Heather Bromley enjoy a fall stroll and admire the colourful scenery and leaves on their adventure.



◀ It was a fun-filled afternoon when the bingo cards came out for the weekly game: (l-r) Residents Edith Humby and Ambrose Curl, Recreation Specialist Heather Bromley, and residents Gloria Brown, Gordon Alyward, Melina Gould and Jane Canning.

# From the Homes

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

► Staff member Anne Wells (left) and resident Elsie Learning enjoyed a beautiful fall day at Cindy Barrett's cabin.



◀ Muriel Andersen (left) and Jane Lethbridge were observed relaxing at the annual cabin day in September. Thanks to Cindy Barrett, Anne Wells and Bunty Mugford for volunteering their time to make this trip possible.

▼ Students from Queen of Peace Middle School in Happy Valley-Goose Bay spent time with residents on Thursday afternoons during the month of October.



# Labrador-Grenfell Health Staff Support Food Banks



▲ Bern Bromley (left), representing the St. Anthony and Area Food Sharing Association, accepts a cheque in the amount of \$1,085 from Julie Nicholas, Chief Operating Officer (South) and Vice-President of Acute Care Services, Labrador-Grenfell Health.

Labrador-Grenfell Health and employees at Labrador City, St. Anthony and Happy Valley-Goose Bay collectively supported food banks in those communities during the Christmas season. On behalf of its employees who purchased tickets for the annual Christmas dinners held at the three hospital sites, Labrador-Grenfell Health presented the proceeds in December to the respective food banks. The total of the donations amounted to \$3,190 and the money will be used by food bank organizations to supplement their food shelves.



▲ Representatives of the Labrador West Ministerial Food Bank, Allen Thompson (left) and Pastor David Milley (centre), accept a \$545 cheque from Ozette Simpson, Chief Operating Officer (West), Labrador-Grenfell Health.



◀ Labrador-Grenfell Health presented a cheque in the amount of \$1,560 to representatives of the Labrador Friendship Centre Food Bank. Taking part in the presentation were: (l-r) Roger Snow, Chief Financial Officer, Labrador-Grenfell Health; Kathryn Hope, Labrador Friendship Centre; Delia Connell, Chief Operating Officer (East) and Vice-President of Community Affairs; and Jennifer Hefler-Elson and Hope Sheppard of the Labrador Friendship Centre.

# Fundraiser Enhances Rehabilitation Services for Stroke Clients

Rehabilitative services in Labrador West have been enhanced with the acquisition of equipment and educational materials. Staff at Captain William Jackman Memorial Hospital who provide a wide range of rehabilitation services to clients welcomed the aids and are using the new material on a daily basis.

The purchases came about through the efforts of Thelma Ricketts. Her husband, Tom, suffered a stroke and required therapy at the Miller Centre in St. John's. Upon their return to Labrador City, Thelma took it upon herself to do something to help the hospital acquire additional rehabilitative equipment. She organized a fund-raiser and with the help of friends, a gospel sing was held in April 2013 at the Arts and Culture Centre. The Labrador West community threw its support behind the cause and a sum of \$1,500 was matched by the Labrador West chapter of the Grenfell Foundation, bringing the total raised to \$3,000 for the purchase of much-needed equipment.

"We are very appreciative of the efforts of the Ricketts family and the community for supporting this fund-raiser," says Patti Moores, Clinical Occupational Therapist with Labrador-Grenfell Health. "We were able to purchase several pieces of equipment and materials which directly benefit the health and recovery of our clients."

The equipment is used in all facets of rehabilitative



▲ Displaying newly-acquired equipment and materials at the Rehabilitation Services Department in Labrador City are: (l-r) Frank Delahunty (client), Arthur Ash (Physiotherapist), Patti Moores (Clinical Occupational Therapist) and Gail Moores (Physiotherapy Aide). Missing from photo were Jennifer Bourgeois (Physiotherapist), Colette Blanchard (Speech Language Pathologist) and Bernadette Wheaton (Secretary).

services – occupational therapy, physiotherapy and speech language pathology. Acquired with the funding was the following: Height adjustable table; arm and hand therapy materials; therapy aids for balance retraining; anatomical models for use with clients and family members, such as a brain and a throat; and several educational posters.

The acquisition of the equipment and ongoing professional development for staff members are part of efforts by the Rehabilitation Services Department to improve services for stroke clients in Labrador West. The department looks forward to adopting and implementing additional best practice approaches for stroke care.

## Friends of Along the Coast

Dear Editor,

Many thanks for your e-mailing a link to [Along the Coast to Labrador](#). I always enjoy reading it although I am now somewhat out of touch. I was the travelling doctor for the Grenfell in 1972 and 1973, covering Port Saunders, Flower's Cove, Forteau and Mary's Harbour.

I had always heard of Olive Matthews by reputation (along with people like Mary Taylor, who I knew) and was sad to read the obituary. What astounded me was that this was the same Olive Matthews who I knew as a medical student when I was living in Methodist International House in Bayswater.

Many thanks for keeping us up to speed with some of the 'originals.

Kindest regards,

Ian Dale

Clinical Assistant Professor (Orthopaedic Surgery), Dundas, Ontario

*We welcome comments from our readers.*

*Send your thoughts to the Editor. See page 2 for contact details.*



# Retirements

## Ann Cull

**A**nn (Elliott) Cull was born and raised in Raleigh. She started working for the Grenfell Mission when she moved to St. Anthony and met her husband, Wilfred. They raised a son, Cephas, in the community of Great Brehat. Ann's employment with the International Grenfell Association started on July 14, 1975 as a domestic worker at Charles S. Curtis Memorial Hospital in St. Anthony. In 1990, she took up duties in the Laundry Department. In 2000, Ann returned to domestic work at the John M. Gray Centre, where she remained until her retirement on

August 31, 2013. Ann spent 38 years as an employee Charles S. Curtis Memorial Hospital and the John M. Gray Centre. Ann was a very loyal and committed employee. She worked very hard and we are going to miss her tremendously. We wish her all the best as she spends time with her two grandchildren and husband. Good luck Ann and all the best.

*Art Kinsella, Manager, EVS Laundry, Charles S. Curtis Memorial Hospital*

## Sally Penney

**S**ally Penney was born in Happy Valley-Goose Bay and started working on a full-time basis at the former Paddon Memorial Home in October 1979. She was employed as a registered nursing assistant for three and a half years before taking on secretarial duties. Sally received her education at the Western Memorial School of Nursing in Corner Brook, St. John's and the College of the North Atlantic in Happy Valley-Goose Bay.

The Paddon Memorial Home was the first nursing home established in Labrador. Senior citizens and elders from all parts of Labrador and some from the Island took up residence at the home. Sally points out that everyone worked together to establish a home-like atmosphere. "It was very enjoyable and rewarding," she recalls. "I always enjoyed the close connection to the residents and had the privilege of working with many wonderful and dedicated staff members."

Following a career that spanned almost 34 years, Sally is looking forward to enjoying more golf, outdoor activities and relaxing. She is always looking forward to spending more time with her son, daughter-in-law and two grandchildren.

Staff at the Happy Valley-Goose Bay Long-Term Care Home join with me in congratulating Sally on her contributions to long-term care and the health care system and we wish her much health and happiness in her retirement.

*Kim White, Regional Director of Long-Term Care Services*



## Ann Alyward

**C**ongratulations are extended to Anne Alyward, who retired from Labrador-Grenfell Health on July 31 2013 after working with the organization for more than 30 years. On July 26, 2013, a retirement supper held in her honour was attended by her co-workers and friends.

Anne graduated from Sir Sandford Fleming College in Peterborough Ontario with a Nursing Diploma in June 1979. Upon graduation, her nursing career started in Prince Rupert Regional Hospital, Prince Rupert British Columbia. In October of 1980, Anne moved to St. Anthony to accept a nursing position with the former Grenfell Regional Health Services (GRHS). During her career with GRHS Labrador-Grenfell Health, she worked in a variety of different nursing roles, including mental health, pediatrics and day surgery. Her final responsibility with the organization came in November 2009 when she accepted the position of Regional MDS – Clinical Information Coordinator with the Information Management and Technology Department.

Anne was a highly respected employee and known for her great work ethic. She was always willing to help someone in need and was a great advocate for her patients. She was also renowned for her great sense of humour.

The Information Management and Technology department will miss Anne and would like to wish her a long, happy and healthy retirement.



## Sarah Hancock

It was with mixed feelings that staff, family and friends gathered on July 30, 2013 for a tea and again on Aug. 20, 2013 for a barbecue to celebrate Sarah Hancock's retirement and to wish her well. On July 31, 2013, after more than 30 years of service, Sarah retired from her position as Team Leader at the Labrador South Health Centre in Forteau.

As a friend and colleague who contributed so much to the health care of residents in this area, it is sad that we will no longer benefit from her stable and compassionate leadership.

Sarah graduated from the Grace General School of Nursing in St. John's in 1972. She worked at the Grace General Hospital for two years before returning to her home town. Sarah worked part-time in a two-nurse nursing station and raised a family of three children. In 1983, upon the opening of a new health care facility, she returned to full-time duty, where she remained until retiring. She witnessed the administrative transition of the International Grenfell Association to Grenfell Regional Health Services and most recently, the Labrador-Grenfell Health Authority.

From 1983-1996, Sarah worked as a Regional Nurse and was very dependable. In 1997, she accepted the role as Team Leader for Long-Term Care and later for the entire facility. Her practice never changed as she was a caring and very dependable nurse. In the absence of the site manager, she assumed this role and did an excellent job. She was quite capable in meeting the demands and issues that were presented to her.

Sarah can take comfort in knowing that she did a fantastic job in her nursing career. Her contribution to the health care system and especially to our long-term care residents will long be remembered with fondness.



▲ Among staff members who attended a retirement barbecue for Sarah Hancock were: Front (l-r) Daphne Butt, Sabrina Fudge, Sarah Hancock, Betty Normore. Back, Bonita Davis, Bassam Sabah, Dr. Zaid Sabah Ghazal, Coretta Fowler, Ruth Howell, Morenda French, Cornelia Linstead, Darlene Marshall, Ron Griffin, Celestine Earle and Beatrice Hancock.

On a personal note, I am happy to have had the privilege of working with Sarah and would like to thank her for her support in my management years.

We wish her every success, good health and much happiness in her retirement. Sarah, do enjoy your cabin, outdoor activities and your grandchildren, but don't forget your friends at Labrador South Health Centre. Drop in for a cup of tea and a muffin anytime!

*Cornelia Linstead, Site Manager, Labrador Health Centre, Forteau*



## Obituaries

### Maxine Nadia Merrick



It is with sadness that Labrador-Grenfell Health notes the passing of Maxine Nadia Merrick. The Happy Valley-Goose Bay resident was a Personal Care Attendant with Community Health, Labrador-Grenfell Health, since 1993-94. She passed away on Dec. 13, 2013 at the Health Sciences Centre in St. John's at the age of 51.

Maxine moved to Happy Valley-Goose Bay with her parents at the age of 12 for a four-month period. She didn't leave and is remembered for her love of Labrador and its people. As a Personal Care Attendant, Maxine enjoyed serving others, whether it was delivering meals, home visits, taking a tray of

cookies to someone, or picking up groceries. She was actively involved in her church and was a member of the Home League at the Salvation Army Citadel.

Funeral services, which took place from the Bethel Pentecostal Tabernacle on Dec. 19, were co-officiated by Pastor Elaine M. Rideout (sister) and Lieutenants Brent and Melissa Haas. Members of the Salvation Army Home League and her colleagues at Community Health formed an honour guard in her memory. Maxine is survived by her partner, Corby Best; son Marcus; sister Elaine; brothers Terry, Brian and Sherman; and a large circle of family members and friends.

# Pastoral Care Week

## Celebrating the Importance of Overall Health and Well-being

*Committees in St. Anthony and Happy Valley-Goose Bay celebrated the spiritual well-being of people during Pastoral Care Week in October 2013. Pastoral caregivers share in the mission that the health and well-being of an individual is an important aspect of their overall health and healing. Everyone should share in this basic concern for the human spirit.*



▲ Residents, staff and clergy gathered at St. Anthony on Oct. 21, 2013 for prayer, poems, a hymn sing and a presentation on the history of Pastoral Care Week, and a display of pastoral care services within Labrador-Grenfell Health. A resident at the John M. Gray Centre, Gloria Brown (left), and Rev. Gus Pendleton participated in a cake-cutting ceremony.



▲ Happy Valley-Goose Bay Mayor Jamie Snook visited the Long-Term Care Home and was joined by residents, elders, clergy and staff in proclaiming Oct. 20-26, 2013 as Pastoral Care Week in the community. Participation in the signing ceremony included: Front (l-r) Muriel Andersen, Mayor Snook, Mary Clark. Back, Kim White, Rev. Nellie Thomas, Delia Connell, Rev. Jean Shears, Rev. Kathy Brett, Jillian Elson and Melissa Yetman.

## Former Labrador West Residents Donate Funds

**T**he Labrador West chapter of the Grenfell Foundation received donations totaling \$1,715 from former residents of the community. A group who call themselves the 'Former Ladies of Lab West' held their annual Christmas luncheons in December. The Nova Scotia and New Brunswick group raised \$940 and the Newfoundland group collected \$775. The proceeds will be used to purchase priority medical equipment for health care services in Labrador West. Displaying the cheques are: (l-r) Pauline Abbott, representing the Grenfell Foundation; Ozette Simpson, Chief Operating Officer, Labrador West, Labrador-Grenfell Health; and Violet Tarrant, a friend of the ladies.







# FROM THE PAST

## From Forteau and Flower's Cove

**D**r. Helen R. Hosmer, well known to our friends as a highly trained dietitian and comrade in arms, now stationed once more on the Labrador coast, writes from Forteau:

"It is a great help to know that Forteau is still near your heart. It will be good news to you to hear how well the potato crop has done this year. The Mission garden just in front of the station harvested twelve barrels, and almost every family in the place has a winter's supply. Along the coast one family harvested fifty barrels and another seventy barrels. It is most encouraging to see what progress has been made in agriculture since I was last on the Coast. One family has a herd of twenty cows besides two horses and several pigs. It is also interesting to see how much stronger and straighter of leg the children are in the settlements where there are cows.

"It is a revelation to me how few garden products cannot be raised on the Coast. Last summer we had in profusion lettuce, spinach, Swiss chard, radishes, beets, turnip greens, carrots, and cabbage, and I expect to expand this list another year. I have already walked the coast from Pinware to Blanc Sablon, and have been much impressed by the many acres of grazing land available. The fishery remains very poor, but agricultural resources have hardly been touched as yet.

"The opportunities on the Coast are indeed tremendous, and the sociological problems most interesting. Only by humbly following in

His footsteps can we hope to make progress."

To this I would add a report from Miss Ethel Graham, in charge at Flower's Cove. She writes enthusiastically of the increased production of green vegetables on her side of the Strait of Belle Isle, chuckling over the invitation to send some of her garden products to a more southern fishing village.

The problems of human life are not to be met either by complaining of the circumstances or by running away from difficulties. The happiest persons I have been privileged to meet in my own journey through life have overcome difficulties. The Kingdom of God can and will be brought to earth. The message of Christmas to me is exactly what Dr. Hosmer suggests – the glory and venture of life lies in cooperation with the power that was brought to earth on the first Christmas day. With it came the challenge to believe that the Creator of all the universe invites us to help Him to make this world His Kingdom of righteousness, joy, and peace. God's great experiment is surely if slowly progressing to that end in spite of all discouragements. The only thing we need to decide is, what are we going to do about it and for it.

WILFRED T. GRENFELL

*(An excerpt from the January, 1938 edition of Among the Deep Sea Fishers)*