

Along the Coast to Labrador



Highlights

January - April 2014

A Lifetime of Service

*Physicians close the book
on 45-year careers*

Enhancing Cancer Care

*Initiative will benefit
Aboriginal people in Labrador*



Labrador-Grenfell
Health

What They Leave Behind

What goes through a person's mind when they ponder retirement? Some have accumulated the required number of years to qualify for a pension. Many look back at their work careers and decide to call it a day because they have accomplished everything they set out to do. Still others grow weary of the daily grind and feel it's time to step aside because they aren't in a position to bring the same interest or dedication to their duties. Then there are those who bring an end to one career and start another because they have a thirst for new challenges.

The reasons for choosing to retire are as varied as the individuals themselves. Retiring is a personal decision so no two exits are not exactly the same. This publication believes it is important to acknowledge the people who have dedicated their lives in the service of others. The few paragraphs that accompany a photograph hardly do justice to the contributions they have made over a lifetime of working, but their milestones are noted and preserved forevermore in the historical record.

More significant than the years of service, or perhaps a framed retirement certificate, is what the retirees have left behind. Think about the vast amount of knowledge and experiences that have been passed on to co-workers. Consider the mentoring which took place when a senior employee took a new or inexperienced colleague under their wing and taught them the tools of their respective trade or profession. How often do we make it a point of extracting from our co-workers the wealth and breadth of their know-how before they vacate the premises? We can do a better job.

This edition of *Along the Coast to Labrador*, as all issues do, documents several health care workers whose work life has come to an end. They are professionals in every sense of the word, having worked as nurses, administrators, food service workers, physicians, researchers and the list goes on. Some are ready to pass in their stethoscope and others aren't prepared just yet to turn in their broom, but one thing is certain – they all deserve praise and gratitude for the sacrifices and contributions they have made in carrying out their responsibilities.

The next time you become aware of someone retiring, before they go through the door, tell them thanks and that you appreciated what they did. It's important to remind them that their service was valued.

Allan Bock

Allan Bock, Chair
Regional Newsletter Committee

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Dr. William Fitzgerald and Dr. Trudy O'Keefe graciously accept a Danny Rose painting during a retirement tea held in their honour at Charles S. Curtis Memorial Hospital, St. Anthony.



Labrador - Grenfell
Health

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Around the Region

CEO Meets With Combined Councils of Labrador

The Combined Councils of Labrador (CCL) held its annual general meeting in L'Anse au Clair, Labrador, Feb. 19-23, 2014. Among the speakers was Tony Wakeham, Chief Executive Officer, Labrador-Grenfell Health, who fielded questions from mayors and councilors in Labrador about a variety of health-related issues. Labrador-Grenfell Health welcomed the opportunity to hear first-hand from the municipal representatives. Members of the executive in attendance included: (l-r) Jamie Snook, Mayor of Happy Valley-Goose Bay; Hedley Ryland, Mayor of L'Anse au Loup; Anthony Andersen, AngajukKak of Nain and CCL President; Mr. Wakeham; Charlotte Wolfrey, AngajukKak of Rigolet and Labrador North Vice-President; Sheila Chubbs, Deputy Mayor of L'Anse au Clair and Labrador Straits Vice-President; Rick Casmey, Labrador City councilor and Labrador West Vice-President; and Alton Rumbolt, Deputy Mayor of Mary's Harbour and Labrador Southeast Vice-President.



Ministers Visit Natuashish Community Clinic



Two provincial cabinet ministers travelled to Natuashish on Feb. 5, 2014 to attend meetings organized by Innu Grand Chief Prote Poker, Mushua Innu Chief Gregory Rich and members of the band council. Paul Davis, Minister of Child, Youth and Family Services (CYFS) and Nick McGrath, Minister of Labrador and Aboriginal Affairs, who were joined by Labrador-Grenfell Health CEO Tony Wakeham, also met with CYFS and community clinic staff to tour the clinic and talk about their work in the community. Taking part in the sessions were: (l-r) Elsie Greenham, Mr. Wakeham, Delrose Gordon, Minister McGrath, Joy Barrett, Carol O'Brien, Sandra Hancock and Minister Davis.

Board Members Tour New Health Care Facility

VThe Board of Directors of Labrador-Grenfell Health had an opportunity to tour the new health centre under construction in Labrador West while convening for a board meeting in the area. The facility, which is being constructed by Pomerleau, is scheduled to open in 2014. Taking part in the tour of the Labrador West Health Centre in September 2013 were: Front (l-r) Hedley Ryland, L'Anse au Loup; Rick Pelley, St. Anthony; Lori O'Brien, L'Anse au Loup; Iris Decker, Ship Cove; Gloria Toope, Pond Cove; Mary Abbass, Happy Valley-Goose Bay; Todd Hedderson, Gunner's Cove; Trudy Baikie, Nain. Back, David Milley, Labrador City; Raymond Norman, Roddickton; Tony Wakeham, Chief Executive Officer; Josephine Hodder, Board Secretary; and Andrew Robertson, Labrador City.



Around the Region

March Proclaimed as Nutrition Month

The Happy Valley-Goose Bay Town Council gathered in the kitchen of the Salvation Army Church to proclaim March as Nutrition Month in the community. They were joined by Labrador-Grenfell Health and members of the Community Food Hub and the Labrador Friendship Centre at the community kitchen. The group meets monthly to share cooking skills and talk about the importance of nutrition in eating. The proclamation, which encourages Canadians to eat well and learn about making healthier food choices, was signed during the preparation of a meal. Taking part in the proclamation signing were: Front (l-r) Elizabeth Penashue, Mayor Jamie Snook, William Frieda,

Gift Madojemu (Masters of Public Health student), Lynn Blackwood (Regional Nutritionist, Labrador-Grenfell Health); back, Tuttu Hunter, councilors Bert Pomeroy and Tony Chubbs, Erin Saunders, and councilors Cora Hamel Pardy, Shannon Tobin and Jackie Compton Hobbs.



Happy Valley-Goose Bay

Creating Awareness About Eating Disorders

A proclamation declaring Feb. 2-8, 2014 as Eating Disorder Awareness Week was signed by Happy Valley-Goose Bay Mayor Jamie Snook. Eating disorders include behaviours such as compulsive eating, obesity, anorexia and bulimia nervosa. There is no single cause or cure for eating disorders and they can affect anyone, regardless of gender, ethnicity, or career choice. Since eating disorders have negative effects on healthy living, there is an urgent need to raise awareness and understanding of this pattern for the sake of bettering lives. Mental Health and Addictions staff with Labrador-Grenfell Health offer various services to assist individuals, families and communities with eating disorders. Labrador-Grenfell Health staff taking part in the proclamation signing were: (l-r) Petra Kieser, Mayor Snook, Brenda Kennedy. Back, Robyn Drake, Patti Ryland, Lynn Blackwood, Leeanne Fowler and Wendy Groves.

New Year's Babies 2014



Physicians in the province have been providing safe rides home for newborns at hospitals for the past 27 years. Under the Newfoundland and Labrador Medical Association's (NLMA) Infant Car Seat Program, the first baby born in the New Year at the 10 hospitals that perform deliveries in Newfoundland and Labrador each receive a car seat. The program encourages parents to use approved car seats for their children from the moment they leave the hospital as newborns.

Charles S. Curtis Memorial Hospital

Jessica Brown and Steve Hurley of Churchill Falls are the proud parents of the first baby born in 2014 at Charles S. Curtis Memorial Hospital in St. Anthony. Baby Kaylee, weighing 7 lb. 11.5 oz., was born on Jan. 4, 2014. The parents donated the car seat to the hospital so it could benefit another newborn. The seat was donated by Walmart and delivered by the Day and Ross Transportation Group and Crosstown Express. Taking part in the presentation were: (l-r) Steve Hurley, baby Kaylee, Jessica Brown, and Rita Reardon and Dr. Sarada Paladugu of Labrador-Grenfell Health.

Captain William Jackman Memorial Hospital

Casey William Hann was the first baby born at Captain William Jackman Memorial Hospital in Labrador City. Born to Mary-Ann Parsons and Jeffrey Hann, the 8 lb. 2 oz. baby arrived on Jan. 2, 2014. The proud parents and their newborn received three presentations – an infant car seat donated by Walmart; a silver cup donated by the Hospital Auxiliary; and a \$100 gift certificate donated by Mommy & Me, a local business. (l-r) Violet Tarrant and Paulette Abbott of the Hospital Auxiliary; Sheryl Piercey, owner of Mommy & Me; Mary-Ann Parsons, Casey William, Jeffrey Hann; Dr. Ahmad Sawwan, Obstetrician/Gynecologist. Back, Dr. Tolulola Akinbiyi, Chief of Staff, and Dr. Adekunle Owolabi, Family Physician.

Labrador Health Centre

Ruby Nochasak and Luca Onalik of Hopedale are the proud parents of the first baby born at the Labrador Health Centre in Happy Valley-Goose Bay. Baby Brendon, weighing 8 lb. 13 oz., was born on Jan. 3, 2014. An infant car seat, donated by Home Hardware, was donated to the new parents. Taking part in the presentation are: (l-r) Dr. Weislaw Rawluk, Obstetrician/Gynecologist, Ruby Nochasak, Luca Onalik, and Dr. Gabe Woollam, representing the NLMA.



Harbourview Manor Welcomes Donation of Bus

Residents of Harbourview Manor in Mary's Harbour are looking forward to excursions in their newly-acquired bus. The wheelchair accessible vehicle was delivered on Feb. 25, 2014 by Labrador-Grenfell Health during the manor's 10th anniversary celebrations.

"On behalf of everyone here at Harbourview Manor, we sincerely thank you for the donation of the wheelchair accessible vehicle," said Isobel Rumbolt, chairperson of the board of directors for the Battle Harbour Assisted Living Corporation. "Your gesture means so much to the residents who are very housebound, especially in the winter months."

Ms. Rumbolt noted it is difficult to push adults in wheelchairs over gravel roads, adding that many of the residents of the manor find it difficult to get in and out of vehicles due to mobility issues. "They will now be able to go out for rides, attend community functions, go to shops, and visit surrounding communities," she said. Previous efforts to find funding for a vehicle have been unsuccessful, so this gift is very much appreciated."

Labrador-Grenfell Health CEO Tony Wakeham, who personally delivered the bus, said the bus became surplus to the health authority's needs with the acquisition of a new bus for the long-term care facility in Happy Valley-Goose Bay. "Labrador-Grenfell Health was pleased to be able to make arrangements to have the bus inspected and repaired for the benefit of residents of Harbourview Manor," he stated. "We



▲Labrador-Grenfell Health CEO Tony Wakeham presents the keys of a wheelchair accessible bus to Marilyn Rumbolt, manager of Harbourview Manor in Mary's Harbour.

were happy to present the bus to the Battle Harbour Assisted Living Corporation for a nominal sum of \$1 because we know it will be well-used by the residents of this wonderful facility."

Rosie the Robot Featured at Remote Presence Forum

The use of remote presence technology to administer health care to the residents of Nain was featured during a three-day workshop at the University of Saskatchewan in Saskatoon March 3-5, 2014. Global leaders shared views on how technology can address health care and training gaps in rural, remote and northern communities.

Pat Crotty, Nurse-in-Charge at the Nain Community Clinic, was invited by organizers to deliver a presentation to delegates on the application of the 'Rosie the Robot' in the Labrador-Grenfell Health community clinic. Rosie is the name given to a remote presence robot used by physicians at Happy Valley-Goose Bay and other locations to communicate with patients and clinic staff. Health Canada provided funding in 2009 for a pilot project spearheaded by Dr. Ivan Mendez, head of the Dalhousie Medical School and the Capital Health Division of Neurosurgery in Halifax. Rosie has since transitioned from a temporary fixture to the flagship of the province's Regional Telehealth Program. A new and improved Rosie, the RP7I, manufactured by InTouch of California, was purchased for the Nain Community Clinic in 2011 by the Nunatsiavut Government.

"Presenting at an international conference on the use of robots to provide care for clients in remote areas of Canada was an eye-opener to the multitude of uses that could occur in our regime of 'first point of care,'" said Ms. Crotty. "Instead of clients travelling for appointments beyond their community, in areas of medicine, physiotherapy and dietetics, for example, clients can avail of these services in their home community."

Conference delegates learned that telerobotics is being introduced in the area of dentistry in remote areas of Saskatchewan. In Siberia, robots have been introduced to teach nursing programs, and in rural Saskatchewan, a program called 'Learn Where You Live' is introducing robots to teach nursing students in their own communities.

"For these students, this is an exciting and innovative way of learning and also means they can stay home with their families, drastically reducing the cost and stress of living away from home while learning," she added.

Representatives from Canada, the United States, the Philippines and Russia came together to share their expertise on how a new and emerging area of health technology is changing the lives of residents of the North.



▲Regional Nurse Pat Crotty delivers a presentation on the impact that Rosie the Robot has had in delivering health care to residents of the Northern Labrador community of Nain. UNIVERSITY OF SASKATCHEWAN PHOTO

Initiative Will Enhance Cancer Care for Aboriginal People in Labrador

A three-year initiative entitled 'Journey in the Big Land', aimed at enhancing cancer care services for Labrador Inuit, Innu and members of the NunatuKavut Community Council was launched in Happy Valley-Goose Bay on March 11, 2014.

The initiative was made possible with \$800,000 from the Canadian Partnership Against Cancer, which is an independent organization funded by the federal government to accelerate action on cancer control for all Canadians. The funding was awarded to the Cancer Care Program of Eastern Health, which provides programs and services to all residents of the province. The initiative recognizes the unique challenges faced by many Aboriginal people when confronted with a cancer diagnosis, including language barriers, cultural differences and geographical isolation from primary care to secondary and tertiary health centres.

"This initiative represents the most significant partnership to date with our partners in Labrador," said Vickie Kaminski, President and CEO, Eastern Health. "With the help of clients, families, Labrador-Grenfell Health and our partner Aboriginal governments and organizations, we have gained first-hand insight into the complexity of social, cultural and jurisdictional issues facing our patients of Labrador's Aboriginal groups."

The initiative will focus on three priority areas:

- Enhance transitions in care between hospital and community setting;
- Expand tele-oncology for enhanced consultation between oncology specialists and Labrador-Grenfell physicians, nurses in community clinics and clients themselves; and,
- Increase cultural sensitivity through employee training programs, information packages in the languages of the Labrador Aboriginal groups and the placement of Labrador imagery at the Dr. H. Bliss Murphy Cancer Centre in St. John's.

The framework for the Journey in the Big Land initiative was developed as a result of a stakeholder forum held in Happy Valley-Goose Bay in October of 2013, which included participation from cancer clients and community elders.

"The cancer care journey for Inuit living in Labrador is very complex and often means extended periods of time away from home, family, and friends," said Patricia Kemuksigak, Minister of Health and Social Development, Nunatsiavut Government.

NunatuKavut Community Council President, Todd Russell, said: "We



▲(L-R) Katherine Chubbs, Vice-President of Cancer Care, Eastern Health; Kenneth Mesher, NunatuKavut elder; Vickie Kaminski, CEO, Eastern Health; Gary Mitchell, Minister of Education and Economic Development, Nunatsiavut Government; Dorothy Earle, CEO, NunatuKavut Community Council; and Tony Wakeham, CEO, Labrador-Grenfell Health.

are happy to support and be involved in this important initiative that will help make a difference to our people."

While cancer among the country's Aboriginal peoples was relatively uncommon just two generations ago, according to a 2011 report by the Canadian Partnership Against Cancer entitled 'First Nations, Inuit and Metis Action Plan on Cancer Control', rates of common cancers have gone up in the past few decades. In some Aboriginal populations, these rates are now at, or above the incidence in the general Canadian population.

"Labrador-Grenfell Health welcomes the opportunity to partner with Eastern Health to establish important linkages with Aboriginal People in our region who are diagnosed with cancer and require information and treatment about their condition," said Tony Wakeham, CEO, Labrador-Grenfell Health. "People who live in remote communities and whose first language is not English, need to understand their diagnosis, treatment and follow-up care. This involves improving the exchange of information between health care providers at Labrador-Grenfell Health's community clinics and hospitals, and cancer specialists at Eastern Health."

The Journey in the Big Land initiative will enable the Aboriginal people of Labrador who are diagnosed with cancer to be more actively involved in their health care, according to Katherine Chubbs, Eastern Health's Vice-President of Cancer Care, a native of Lodge Bay, Labrador, who spent several years working in Labrador's health care system.

"We must provide patients of Labrador's Aboriginal people with the information they need in a way they understand, encourage them to seek help early and increase their comfort level with their cancer journey, as together we work towards more positive outcomes."

Donations

Labrador West

Carol Lake Shotokan Karate Club Raises Money for Hospital

Members of the Carol Lake Shotokan Karate Club raised \$2,700 and presented the funds to the Labrador West chapter of the Grenfell Foundation. The funds will be used to purchase equipment for Captain William Jackman Memorial Hospital. The karate club, led by Frank Saville, also received a \$1,000 donation from Carol Auto. Taking part in the presentation were: (l-r) Clarke Pearce, Alex Cranford, Hailey Pilgrim, Colin Maddox, Sarah Maddox, Ozette Simpson (Chief Operating Officer, West, Labrador-Grenfell Health), Rick Hiscock (representative of the Grenfell Foundation, Labrador West Chapter) and Frank Saville (instructor). Missing from photo was Nicole Maddox.



The Operators Support Pediatric Room

A musical group based in Labrador West, The Operators, contributed their talents to support Captain William Jackman Memorial Hospital. A concert held at the Royal Canadian Legion in January raised \$1,100. The funds were presented to the Labrador West chapter of the Grenfell Foundation and will be used for the pediatric room at the hospital. Members of The Operators are: (l-r) Peter Brownrigg, Corey Waterman and Robert MacDonald.



New medical equipment for hospital

Labrador-Grenfell Health and the Grenfell Foundation (Labrador West chapter) gratefully accepted medical equipment through funds raised by the Hospital Auxiliary and the 2013 Legion Telethon. Purchases amounting to \$125,000 included a Life Pak 15 monitor/defibrillator, a fetal monitor, a video bronchoscope and a Bookwalter Retraction Kit. Labrador-Grenfell Health would like to express its appreciation to the communities of Labrador West for its generous donations and to the Hospital Auxiliary and Legion Telethon for its ongoing support. Representatives of Labrador-Grenfell Health, the Grenfell Foundation, the Hospital Auxiliary and the Royal Canadian Legion took part in the presentation, including: (l-r) Ozette Simpson, Brian Corcoran, Eleanor Fowler, Paulette Abbott, Ed Daigle, Carol Valcourt, Patsy Ralph, Josie Collier, Vida Connors, Gerard Hoskins, Bernie Denief, Maurice Connors, Eileen Dixon, Jim Stanton and Karen Andrews.



Donations

St. Anthony

Guitar Donated to Curtis Memorial Hospital

Inpatients at Charles S. Curtis Memorial Hospital now have the opportunity to strum some tunes on a guitar. Thanks to the efforts of Ruby Best and Jackie Adey (Environmental Services), a guitar and case was donated to the hospital. The purchase was made through fund-raising efforts at the hospital. Jackie and Ruby hope that clients make good use of the guitar and extend thanks to staff and the public for purchasing tickets. Taking part in the presentation were: (l-r) Jackie Adey, Wayne Alyward and Sheila Hillier of the Mental Health and Addictions Department, and Ruby Best.



Happy Valley-Goose Bay

Labrador Health Centre Auxiliary

The Labrador Health Centre Auxiliary donated a blanket warmer, slings and two calendar boards to the residents of the Happy Valley-Goose Bay Long-Term Care Facility on Jan. 23, 2014. The presentation was made by: (l-r) Sheila Rowe, Bride Saunders, Violet Simpson, Marie Campbell, Josie Gillard, Margaret Newman, Bessie Michelin, Donna Best and Hilda Newman. Thanks to members of the auxiliary for their continued support throughout the years.



Layettes for Newborns

The Women's Connection Group from Bethel Pentecostal Church in Happy Valley-Goose Bay presented 12 baby layettes on April 7 for newborn babies at the Labrador Health Centre. The layettes, which are given to mothers who need a helping hand, include a quilt, sleepers, a plate, a spoon and other items. Taking part in the presentation were: (l-r) Pastor Terry Snow; Lency Chacko, Colleen Wheeler, Vena Goudie and Vyann Kerby of the inpatients nursing team; and Mil Pilgrim (representing the Women's Connection). Labrador-Grenfell Health thanks the Women's Connection for responding to the community's health care needs.



Professional Development

Health Professionals Enhance Skills Through Medevac Workshop



▲Stephanie Smitheram is immobilized during an exercise that taught health professionals the proper procedures for stabilizing an accident victim. Help is provided by: (l-r) Dr. Monica Walke, Krista Blake and Shawna Whyte.



▲Preparing to apply a neck brace on patient Kate Mackeracher are: (l-r) Willie Bell, Ajda El-Zabet and Lauren Feldhoff.

The Medical Services and Employee Development, Training and Health Departments at Labrador-Grenfell Health organized a Medevac Workshop at Happy Valley-Goose Bay on Jan. 27-29, 2014. The aeromedical transport workshop included

classroom sessions, presentations by the Triple 4 Combat Support Squadron, 5 Wing MIR and nursing staff, and a review of vital equipment used during medevacs. The objective of the workshop was aimed at enhancing the knowledge required to respond

to medical emergencies, especially during challenging conditions presented by climate and geography in the North. The medical students, nurses and paramedics who enrolled in the workshop built emergency survival shelters and responded to simulated accidents.

Physiotherapists Participate in Neck and Shoulder Workshop

Ten physiotherapists gathered in Happy Valley-Goose Bay on Jan. 25 and 26, 2014 to take part in a course which focused on treatment of neck and shoulder ailments. The health professionals included Labrador-Grenfell Health staff from Labrador City, St. Anthony and Happy Valley-Goose Bay and private clinic staff from Labrador City. The course was facilitated by Jill Robertson, a professor from Dalhousie University in Halifax, Nova Scotia who is also a certified physiotherapist. Participants included: Front (l-r) Bev Forsey, Happy Valley-Goose Bay Long-Term Care facility and home care; Katie Soper, Physio North, Labrador City; Richelle Paine, Jodi MacPhail and Charlene Kinsella, Labrador Health Centre; Shara Noble, Charles S. Curtis Memorial



Hospital. Back, Arthur Ash, Captain William Jackman Memorial Hospital; Matthew Sullivan, Physio North, Labrador City; Jenny Bourgeois, Captain William Jackman Memorial Hospital; Stephanie Brown, Charles S. Curtis Memorial Hospital; and Jill Robertson.

Second Medical Flight Team Based in Labrador



▲ Members of the medical flight team based in Happy Valley-Goose Bay are: (l-r) Tammy Smitheram, Lindsay McMillan, Ryan Quinlan, Kayla Hickey, Robert Humphries, Caroline Boyden and Duncan MacRae.

The provincial air ambulance program – Med Flight NL – has expanded its operation and now provides service out of Labrador. Med Flight NL provides air ambulance services throughout Newfoundland and Labrador. It is coordinated 24/7 through a medical dispatch centre staffed by paramedics with on-call medical physicians for advice and coordination of patients via air ambulance.

Med Flight NL has two stations in St John's and Happy Valley-Goose Bay. From each station a specially trained team of Medical Flight Specialists (MFS) are on stand-by to respond to air ambulance missions via aircraft or helicopters. The MFS teams are comprised of highly experienced and specially trained Registered Nurses and Advanced or Critical Care Paramedics. The MFS team carries all the necessary equipment and supplies to deal with almost any medical emergency.

The MFS teams respond anywhere in the province and transport all patients regardless of age or medical condition, as well as, provide care and transport for patients requiring transport out of province for essential medical care, such as Nova Scotia or Ontario. Med Flight NL provides care to some of the most ill and injured patients in one of the highest risk areas of clinical practice. This high level of skill and expertise ensures quality and safe care for clients while being transported within or outside of the province for essential medical services.

There are approximately 1,600 air ambulance missions each year in the province, which includes hospital to hospital transfers and

emergency scene responses to remote or isolated emergencies or accidents.

*Corey Banks, Program Manager and EMS Chief,
Paramedicine and Medical Transport, Eastern Health*



▲ Medical Flight Specialists utilize two specially-equipped vehicles for transportation between the hospitals and airports in Happy Valley-Goose Bay and St. Anthony. The vehicles were purchased by Eastern Health and Labrador-Grenfell Health. CEOs Tony Wakeham (left) and Vickie Kaminski (centre) receive an overview of the vehicle's practical uses from Tammy Smitheram, a member of the medical flight team.

Service Awards 2014

St. Anthony and Area



5 years

▲ Staff in the St. Anthony area who received five-year service awards at Charles S. Curtis Memorial Hospital on Feb. 28, 2014 were: Front (l-r) Rhoda Parsons, Pansy Simms, Amanda Genge, Bonita Ward, Hank Diamond, Deana Diamond, Dwayne Snow, Jenetta Pilgrim, Jody Sutton and Michelle Snyder.



10 years

▲ Service awards for 10 years of service were presented to: (l-r) Drucilla Cassell, Dr. Sarada Paladugu, Bart Gilbert, Michele Hodder, Ken Patey, Tina Coombs, Wayne Brown, Nadine Calloway and Pamela Cronhelm.



15 years

▲ Receiving 15-year service awards were: (l-r) Blanche Pilgrim, Trevor Simms and Sherry Whiteway.



20-35 years

▲ Service awards were presented to staff at Charles S. Curtis Memorial Hospital in St. Anthony and the Strait of Belle Isle Health Centre in Flower's Cove at the Founder's Day dinner. Recipients were: Front (l-r) Valerie Rowsell, Donna Parsons, Patsy Noel, Gaye Colbourne, Darlene McLean, Donna Colbourne, Elaine Hillier, Dale Budgell. Back, Philomena Ricks, Judy Ward, Leaton Johnson, Joanne Bailey, Trudy Coles, Ches Rowsell, Bonnie Decker and Sharon Penney.



20-35 years

◀ Certificates of Service were presented to retired staff members at the Founder's Day dinner on Feb. 28, 2014. They included: (l-r) Leaton Johnson, Anne Alyward, Sharon Colbourne, Janet Cox, Pauline Ivany and Oscar Colbourne.

Service Awards 2014

Labrador West



▲ Awards for five, 10 and 15 years of service were presented at Captain William Jackman Memorial Hospital on March 7, 2014. They are: Front (l-r) Shelley Cormier (five), Eileen Hillier (five), Allen Thompson (five), Evelyn Clarke (10), Ozette Simpson (Chief Operating Officer, West) and Susan Bourgeois, Regional Director, Health Records. Back, Kelly Richards (five), Gail Moores (15), Patricia Moores (10), Lisa Pelley (five), Wanda Slade (15) and Corry Lee Rogers (10).



▲ Staff members recognized for 20, 25 and 30 years of service were: (l-r) Emma Stirling (20), Susan Bourgeois (30), Eleanor Fowler (20) and Karen Andrews (20).



▲ Staff called upon to cut the service awards cake were: (l-r) Allen Thompson and Wanda Slade.

Service Awards 2014

Happy Valley-Goose Bay



5 years

▲ Service awards were presented to staff on March 3, 2014 for five years of service. Recipients were: Front (l-r) Delia Connell, Chief Operating Officer and VP Community and Aboriginal Affairs, Wendy Groves, Vickie Musseau, Gerald Asivak, Melisa Chaulk, Sondra Spearing, Melissa Myrden, Gwen Harding, Tammy Cleary, Renée Asivak. Back, Jennifer Snow, Dr. Gabe Woollam and Tony Wakeham.



10 years

▲ Several staff members received 10-year service awards from CEO Tony Wakeham and Delia Connell, Chief Operating Officer and VP Community and Aboriginal Affairs. They are: Front (l-r) Delia Connell, Sharon Lethbridge, Angie Lawrence, Shirley Fitzpatrick, Roxanne Cabot. Back, Lesley Tucker, Gail Hughes, Tina Combden, Stephanie Almon-Drake and Tony Wakeham.



15 years

▲ CEO Tony Wakeham and Delia Connell, Chief Operating Officer and VP Community and Aboriginal Affairs congratulated staff for achieving 15-year service awards. Taking part in the presentation were: Front (l-r) Delia Connell, Barb Wolfrey, Tracey Winters, Doreen Hawco-Mahoney, Bev Woodward, Joanne Kavanagh, Dianne Whalen. Back, Maurice Greenleaves, Tony Wakeham and Heidi Bent.



20 years

▲ Service awards for 20 years of service were presented to: Front (l-r) Eileen Morrissey, Bonnie-Lou Cabot, Lee Woodward, Cathy Bennett and Zena Curlew.



25 years

◀ Receiving awards for 25 years of service were: Front (l-r) Dr. Robert Forsey, Paula March, Ruth Cull, Jeanette Kenington, Sheila Battcock, Diane Oliver-Scales, Brenda Dawson and Edward Hedderson.



30 years

▲Three staff members received awards for 30 years of service. Receiving recognition from CEO Tony Wakeham (left) and Delia Connell, Chief Operating Officer and VP Community and Aboriginal Affairs (third from left) were: (l-r) Paulette Barney, Jane Rowsell and Audrey Dunphy.



35 years

▲Dave Blake displays his certificate for achieving 35 years of service.



Retiree

▲A retirement certificate was presented to Edna Blake.



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.

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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Gala Dinner Raises \$17,000 for Priority Medical Equipment

The 6th Annual Grenfell Foundation Gala Dinner held on Feb. 8, 2014 was another exciting evening of great food and entertainment – and it was a financial success. More than \$17,000 was raised, which will be used to purchase priority medical equipment for Labrador Health Centre and community clinics throughout the region. The event was organized by the Labrador East Chapter of Grenfell Foundation and was held at the Canuck Club in Happy Valley-Goose Bay.

The 100 guests who attended the event were treated to a dinner prepared by culinary wizard Brian Abbott in a beautiful Winter Wonderland setting that was coordinated by Colleen Baikie. Dave White and Carl Peters entertained the group with a wide variety of music and popular ballads.

The gala dinner is one of the foundation's fundraising events, along with the annual golf tournament held in August. The Labrador East Chapter, established in 2007, enjoys incredible support from the community, individuals, businesses and service groups. Since its inception in 2007, the local chapter has raised more than \$300,000.

In 2012, the chapter reached its goal to raise \$150,000 to assist with the cost of acquiring a new CT scanner for the Labrador Health Centre. New funds will be used to assist with the cost of portable bedside ultrasounds, which allow for a more accurate diagnosis and treatment of many medical conditions and will permit clients to receive treatment without having to leave their home community. The units



▲ John and Kathleen Hicks, shown serving wine to dinner patrons, were among a large group of volunteers who assisted with the annual Grenfell Foundation Gala Dinner at the Canuck Club in Happy Valley-Goose Bay.

cost approximately \$50,000 and the hope is to purchase an initial basket of four units for the Labrador Health Centre and clinics along the north coast.

"We have received tremendous support from the community for all our efforts," said Rex Goudie, Chair of the Labrador East Chapter. "I am confident that based on past support and dedication from a large group of volunteers that we will be able to meet our new goal to raise funds for these portable ultrasounds."

Foundation coordinator Mary Snelgrove added the gala dinner is a major undertaking. "Support from the community and a large group of dedicated volunteers makes it much easier," she stated. "It is very rewarding knowing that proceeds go for such a worthwhile cause."

Photo Trivia



A: The name of the man in the photograph is Dr. Gordon W. Thomas. The aircraft is the CF-MIT, better known as the 'Mission plane', and Dr. Thomas was a frequent flyer to outpost nursing stations in Northern Newfoundland and coastal Labrador. Born in Ottawa and educated at McGill University, he came to St. Anthony in 1946 as a medical officer and surgeon for the Grenfell Association. He was appointed executive director and surgeon-in-chief of the International Grenfell Association in 1960, positions he held until 1977. He is remembered for his commitment to the people of Northern Newfoundland and Labrador. Thanks to Edward Roberts, Paddy Simpson, Dr. John Gray, Alywn Sansford, Pam Thomas and Tom Green for submitting the correct answer.

This issue

Q: What is the name of this supply vessel that visited Labrador stations during the summer months in the 1940s and 50s?

Last issue

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

Social Workers Organize Service Agency Fair for Colleagues



▲ Among those who attended a Service Agency Fair were: Front (l-r) Mona Gregory, Cathey Earles, Tina Chaisson, Vickie Musseau, Caroline Mullins, Jennifer Snow. Back, Charlene Kinsella, Alison Keats, Nancy Lushman, Mary Ann Spearing, Tracy Blake, Erin Broomfield, Jennifer Shiwak, Richelle Paine, Alicia Neville, Cassandra Whalley, Reta Saunders, Lorne Montague, Patti Ryland, Kimberly Beers, Beverly Stickley, Sondra Spearing, Andrea Keats, Evelyn Lidd, Jackie McCarthy and Robin Drake.

A Service Agency Fair was organized for social workers, health professionals, administrative and front line staff working in all government sectors, health promotion and non-profit community agencies at Happy Valley-Goose Bay on March 13, 2014. The event represented an opportunity to share information, resources, discuss new projects and share contact information with other service providers.

The fair was one of the highlights in March during National Social Work Month. This year's theme was 'Social Workers Promoting Equity for a Stronger Canada'. Gwen Watts, a 2009 recipient of the Canadian Association of Social Workers' Distinguished Service Award, gave a powerful speech that embraced the importance of equity for all. She reminded participants that we are all helpers in the community and with patience, hard work and advocacy, we can bring fairness and equal opportunities to the entire community. Gwen referenced the local community in speaking about the struggles of homeless people, aboriginal women and men, the LGBTQ2 community

and victims of violence.

"Too many people in this area do not know where they will sleep tonight, or if they do find a place if they will be emotionally, physically and sexually safe, or wonder where they'll get food for their children, or wonder if tonight is the night their partner finally kills them," she stated. "When people have to focus on bare survival, they do not have the luxury of thinking of such things as equity."

Social Worker Vickie Musseau, one of the organizers of the service agency fair, pointed out that community helpers often experience busy schedules, pressing timelines, and complex issues with the clients they work with. "We have the ability to give positive guidance and offer compassion in someone's life," she stated. "Remember to take time to reflect on your own professional practice and what motivates you to be the best helper you can be. In turn you will be able to empower others to make positive changes in their lives and create equal opportunity for all."

From the Homes

John M. Gray Centre



▲ The Irish spirit came to life during the annual St. Patrick's Day Party held on March 17, 2014 at the John M. Gray Centre in St. Anthony. Residents enjoyed listening and dancing to local Irish music while enjoying green sweets. (l-r) Residents Jean Roberts, Rita Hedderson and Minnie Hancock were dressed in St. Patrick's Day attire for the special event.



▲ Residents William Russell (left) and Aubrey Ings (right) celebrated the luck of the Irish during the annual St. Patrick's Day celebration in March.



▲ The annual Valentine's Day celebration was held on Feb. 14, 2014 at the John M. Gray Centre. A large crowd gathered in the brightly-coloured, Valentine-themed lobby to celebrate the occasion with singing, dancing, Valentine treats, a cake-cutting ceremony and the crowning of the Valentine King and Queen. Residents Rita Hedderson (left) and Gordon Alyward (right) were crowned queen and king and took part in the cake-cutting ceremony.

Happy Valley-Goose Bay Long-Term Care Home



▲ Residents from the Happy Valley-Goose Bay Long-Term Care Home were happy that spring has sprung because it means they can get out for their weekly ride on the bus. A trip to the docks and an ice cream certainly made their day. Taking part in the excursion were: (l-r) Florence Elson, Steven Janes (Recreation Specialist), Jane Lethbridge, Lizzy Zarpa, Elsie Heard and Muriel Andersen.

RETIREMENTS

Barb Dyson



On Jan. 31, 2014, Food and Nutritional staff at the Labrador Health Centre gathered and treated Barb Dyson to a steak dinner. Barb retired from her food service position after 36 years.

Barb was born in Cartwright, Labrador and moved to Happy Valley and started her work career in food services at Melville Hospital, located at the former American base, in June 1978. Barb has witnessed many changes within the organization and has positively adjusted. She grew with the organization as a food service member and has passed on the character of hospitality to the many individuals whom she has orientated.

Barb is a remarkable individual with a charismatic personality. Her warm, genuine smile has been appreciated by the clients she has had the privilege to serve. Barb always thought about the client and managed to provide the extra care and attention to tray delivery that made mealtime the high point of their day. Children would receive the cherry on top of the whipped cream, for example, while another client may have seen a happy face printed on their place mat. Barb provided the 'special touch' from food services which put a smile on a client's face.

Barb also wrote inspirational quotes on the menu board. The quotes were always meaningful and I am positive that readers felt the warmth of the words after reading the menu.

We all miss Barb and the fun and good times we shared in the workplace. We wish Barb the best in retirement. The union and her co-workers purchased Barb a chainsaw and we know she will be helping Lorenzo with cutting firewood for the cabin.

Perry Fry, Food Operations Manager, Labrador Health Centre

Eleanor Fowler

As a newly-trained nurse, Eleanor Fowler graduated from St. Clare's Mercy Hospital in St. John's in 1977. She was first employed with Captain William Jackman Memorial Hospital in September of that year on the Obstetrical Unit and in 1982 she transferred to the Medical/Surgical Unit as Supervisor.

She departed Captain William Jackman Memorial Hospital in 1984 for family reasons and worked at Sir Thomas Roddick Hospital in Stephenville. In 2000, Eleanor returned to the hospital in Labrador City as a Nurse Manager in Emergency/Medicine/Operating Room, and then Site Manager for Nursing.

Eleanor has been a professional, dedicated, hard-working and valued member of our team and will be missed greatly. Her knowledge and experience contributed to the efficient management of the nursing department. Eleanor plans to stay in her hometown of Labrador City and looks forward to spending time golfing, enjoying the Labrador sunshine and spending time with family and friends.

The past 37 years have been a major part of Eleanor's life and she feels blessed to have spent most of her nursing career at Captain William Jackman Memorial Hospital. She wishes to thank all the staff with whom she has worked with over the past years.

We would like to wish Eleanor health and happiness as she starts the next chapter of her life.

Ozette Simpson, Chief Operating Officer, Labrador West



Julie Nicholas



Staff at Labrador-Grenfell Health said a fond farewell and happy retirement to Julie Nicholas, Chief Operating Officer (South) and Vice-President of Acute Care/Chief Nurse, at the end of December 2013. Julie, who originally spent several years in St. Anthony with her family as a teenager, returned to the area in September 2008 to start in the senior executive and leadership position of Chief Operating Officer (South). This move followed a very successful and more than 25-year career in a variety of roles with Central Health in Gander.

It didn't take her and her husband, Larry (who took on the position of Food Services Manager at Charles S. Curtis Memorial Hospital with Aramark Canada), long to settle back in to the community and life at Labrador-Grenfell Health. Always open to new challenges, Julie accepted the additional responsibilities of Vice-President of Acute Care Nursing and Chief Nurse in July of 2010. Through both of these roles, Julie took the opportunity to travel throughout the Labrador-Grenfell Health region, meeting with many staff, clients, volunteers and other key stakeholders.

While officially retiring from the provincial public service, Julie has relocated with Larry to Paradise in Conception Bay South and has already started a new career in health care leadership in the private long-term/continuing care industry. On behalf of her colleagues on the senior executive team and staff throughout the region, I thank Julie for her contributions and wish her all the best in her new endeavours.

Barbara Molgaard Blake, Vice-President, People and Information

RETIREMENTS

Glorine Saunders



After 38 years, Glorine Saunders retired from her position as a secretary with Community Health in St. Anthony on Sept. 30, 2013. She began her career as the secretary for the Medical Officer of Health when the organization was known as the International Grenfell Association. During her career, she has seen many changes in the organization and many people come and go through the doors of the Mission Store. Her knowledge of Community Health amassed over a period of 38 years will be difficult to replace.

The things that she will be remembered for most are her punctuality, the quality of her work, and for being environmentally conscious. On most days she would arrive at work at least an hour before the regular workday began and you could set your watch at 4:30 when she left every day on the dot. In 38 years, you could count on one hand the days she was sick, and never once was she late in submitting her timesheets. Even in the days before word processing programs, with spell and grammar checks, the work she produced was flawless. Glorine was a friend of the environment before it was part of the popular culture. She composted, recycled paper, and reused envelopes – even her teabags.

Not one for the spotlight, for her retirement, she wanted a small celebration with her friends and colleagues at the Mission Store. A special touch was added to this event when her tea was served from her grandmother's China tea set.

Now that she has some spare time, she can pursue her personal interests of gardening, baking and traveling. We wish her good luck and happiness in her retirement.

Diane Alyward, Regional Director, Primary Health Care

Harold Butt

Harold Butt had a background in mining when he arrived in Labrador City on July 7, 1980 to work as a Power Engineer at Captain William Jackman Memorial Hospital, but he didn't return to the mining industry again. After getting accustomed to the area, the hospital and his duties, Harold was named Director of Engineering in 1986. In 1995, he assumed additional responsibilities for Environmental Services, and in 2008, Environmental Services duties were shifted to Aramark. Harold concluded his career as Manager of Support Services.

Harold stated that his career had been a series of tremendous learning experiences. "Even though each new additional job was a challenge, I have enjoyed working with a lot of people over the years," he said. During that time, Harold has also seen many changes in the management and administration of health services, starting with the Salvation Army, Health Labrador Corporation, and today, Labrador-Grenfell Health. He witnessed the comings and goings of staff and the changes to make improvements in how things are done through accreditation and other measures. Harold maintained watch over the hospital for 34 years; he has seen it through good and bad. Natural disasters and staffing pressures were par for the course on any given day and he always rose to the challenge.

Harold and his wife of 34 years, Holly, have two children and five grandchildren. "We consider ourselves very fortunate for our families and say they are our greatest gift."

We thank Harold for his commitment to the people of Labrador West, staff and the facility we know as Captain William Jackman. We wish Harold all the best in his retirement.

Randy Cull, Regional Director, Support Services



Holly Osmond-Russell

After 38 years, Holly Osmond-Russell retired from her position as a Licensed Practical Nurse (LPN) with Labrador-Grenfell Health on Jan. 31, 2014.

Holly completed her LPN training at Western Memorial Regional Hospital in 1974. She then started at the former Melville Hospital in Goose Bay on the Inpatient Unit and from there she worked in most areas of the hospital, including the operating room, maternity unit, and dialysis before concluding her career in the Outpatient Department.

It is not hard to miss Holly and her 38 years of experience. She was always known for her happy demeanor and she is sorely missed by the physicians in the Outpatient Department of the Labrador Health Centre.

Holly plans to relax and enjoy her grandchildren in her retirement. She loves to garden and hopes to travel and spend lots of time at her cabin. We wish her the best in her retirement.

Carolyn Janes, Outpatient Department Manager, Labrador Health Centre



▲Joining Holly Osmond-Russell for some retirement cake were: Front (l-r) Samantha Morgan, Dr. Charlene Fitzgerald, Bev Austin. Back, Fran Lawrence, Mary Ann Marshall, Joanne Kavanagh, Brenda Dawson, Carolyn Janes and Josephine Hodder.

RETIREMENTS

Ina White



Ina White started working at Charles S. Curtis Memorial Hospital in 1971 as a Nurses' Aide during the summer months while still attending high school. She decided to pursue a career in nursing, sponsored by Charles S. Curtis Memorial Hospital. Ina graduated from the Central Newfoundland School of Nursing Assistants and started working at the hospital in St. Anthony in August 1973.

She has worked in various positions over the years, transferring to Melville Hospital in Goose Bay in 1984, to the long-term care unit at the Labrador South Health Centre in Forteau in 1993, and the Strait of Belle Isle Health Centre in Flower's Cove in 1997. In November 2009, Ina accepted a permanent position at the John M. Gray Centre, which is where she remained until her retirement.

Ina embraced the Licensed Practical Nurse's scope of practice, preceptored many nursing students, and oriented many new staff. Best wishes on your retirement from the staff at the John M. Gray Centre, St. Anthony.

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

Janet Cox

A 43-year career in health care came to a graceful end on Dec. 31, 2013 when Janet Cox, Registered Nurse, midwife and clinical research assistant, said her last good-byes to her colleagues as she walked through the doors of Charles S. Curtis Memorial Hospital in St. Anthony. As she reflected on her work life and the places she had been, Janet doled out considerable praise to the people she had worked with over the years.

"I have always appreciated the cooperation and support I've had from all of the staff," she stated. "I couldn't have done this without them. People were ever so good in helping me."

Janet left her native England in 1970 and came to St. Anthony in response to an advertisement seeking nurses to work in the Grenfell Mission. Working first as a staff nurse and a midwife on the hospital's obstetrical unit with the International Grenfell Association, she soon relocated to work in nursing stations in Harrington Harbour and Kegaska on Quebec's Lower North Shore. In the early 1990s, she moved to Happy Valley-Goose Bay and took a position as Grenfell Regional Health Services' assistant director of nursing for the northern nursing stations. Janet returned to St. Anthony a few years later and pursued on a full-time basis the work that she had been doing on the sidelines with surgeon Dr. William Fitzgerald for several years. Together, they determined there was a genetic cause to the high incidence and premature mortality in some families from colon cancer. Research and documentation of medical histories confirmed that family members who were diagnosed with Hereditary Non Polyposis Colon Cancer were at risk of developing not only this particular type of colon cancer, but other types of cancers as well. By establishing clinical screening programs that would help identify those individuals at highest risk, cancer at an early, pre-cancerous stage could successfully be removed through surgery.

In addition to administering the screening program, Janet also arranged client appointments, accommodations and diagnostic studies. Upon her retirement, approximately 1,000 individuals were involved in the screening program. She credits the International Grenfell Association for providing the funding in 1994 to firmly establish and fully develop the screening program, and says the interest and care shown by Dr. Fitzgerald early on and throughout the years represents the foundation of the program's success. "There were many other surgeons, gynecologists and others who worked with us and helped out – we couldn't have done without them."

In 2012, Janet was among eight individuals who received the highest honour that can be bestowed in Newfoundland and Labrador for her work as a clinical researcher. She was invested into the Order of Newfoundland and Labrador for demonstrating excellence and achievement in a field of endeavor that benefitted the province and its residents. The spirit of the Order embodies selflessness, devotion and dedication to improving the lives of Newfoundlanders and Labradorians.

Before moving on, Janet assisted in the transition of her successor, Jennifer Simms, assuming the research nurse position with the Familial Cancer Community Screening Program based at Charles S. Curtis Memorial Hospital. She says she's encouraged by the fact that the hallmarks of the program, prevention and early detection, will carry on and continue for the benefit of others.



RETIREMENTS

Larry Nicholas



▲ Colleague Janet Hamel (left) and wife Julie (right) joined Larry Nicholas at his retirement dinner.

Congratulations are extended to Larry Nicholas on his retirement from the Food Services Department at Charles S. Curtis Memorial Hospital, St. Anthony, in December 2013. He started work in 2008 as the Food Operations Manager for Aramark Canada Ltd. He came from Central Newfoundland with many years of experience in the health care system, having most recently worked as Supervisor at Lakeside Homes in Gander and Support Services Manager at North Haven Manor in Lewisporte. A red seal cook by trade, Larry shared his cooking talents throughout his years at Charles S. Curtis Memorial Hospital during special events such as Heritage Day and by cooking up vegetarian meals for staff during the annual staff Christmas dinner.

After years of hard work and dedication, Larry will now have more time for snowmobiling, boil-ups and especially for his favourite hobby, woodworking. We wish him well in his chosen endeavors and all the best in his retirement.

Tracey Duder, Regional Director, Food and Nutrition Services

Leaton Johnson Jr.

Leaton Johnson Jr. commenced employment with Grenfell Regional Health Services (GRHS) in 1983 as a shift engineer at the Charles S. Curtis Memorial Hospital power plant in St. Anthony. In 2001, following an energy retrofit, the power plant shift to a guarded or unmanned status. Leaton and his co-workers transitioned into the support services department at the hospital.

Following the amalgamation of GRHS and the Health Labrador Corp. in 2005, the St. Anthony native took on a new position of Regional Occupational Health Safety Officer with Labrador-Grenfell Health. Some of the groundwork for the new department was completed by local volunteer committees, which led to the establishment of the regional health authority's policies and procedures, but for the most part, a considerable amount of work had to be done in the early days. "The work was trying and with travel to sites, it was challenging, but it gave me the opportunity to meet staff and see the quality of professionalism and caring that makes up the health care workforce in Northern Newfoundland and Labrador," he says.

Leaton adds there were many challenges and accomplishments during the eight-year period from 2005-13. "It was a role I enjoyed and I felt that I was part of the difference of helping to move towards a culture of safety at Labrador-Grenfell Health."

In the late 1980s, Leaton began an association with the Heart and Stroke Foundation that continues to this day. In addition to becoming a CPR instructor, he was a member of a committee that was instrumental in identifying a need for portable Semi Automated External Defibrillators and raising funds for the purchase of 20 units for placement in hospitals, community clinics and ambulances in the region. Leaton was also active in the workplace, serving on a variety of committees, and he was involved in many community activities over the years.

Leaton retired on July 31, 2013 after 30 years of service. He looks forward to continuing his interest and involvement in hockey, fishing, golf and travel.

Ernie Slade, Regional Manager of Occupational Health and Safety



RETIREMENTS

DR. WILLIAM FITZGERALD & DR. TRUDY O'KEEFE



▲ Dr. Trudy O'Keefe (left) and Dr. William Fitzgerald were called upon to cut their retirement cake.

The careers of Dr. William Fitzgerald and Dr. Trudy O'Keefe were celebrated by their co-workers, colleagues and friends during a retirement tea held at Charles S. Curtis Memorial Hospital in St. Anthony on Jan. 29, 2014. The cafeteria was filled to capacity as several speakers paid tribute to the couple's lifetime of service and dedication as physicians in serving the people of Northern Newfoundland and Labrador for some 45 years.

whom they have worked, and foremost, with the clients that they have served and saved.

They arrived in St. Anthony in 1970 but left two years later so that Dr. Fitzgerald could pursue a residency in general surgery at the University of Toronto. They returned in 1976 to establish their medical practices – Dr. Fitzgerald with the Department of Surgery and Dr. O'Keefe with the Outpatient Department – and had a family of four children. Many busy years followed, including several educational sabbaticals in Canada and Nigeria. Both Dr. Fitzgerald and Dr. O'Keefe accepted leadership roles in the hospital, community and professional associations. Between them, they have served as Chief of Staff, Chief of Outpatients, held clinical appointments at Memorial University, took senior leadership roles with their respective professional associations, founding member and editor in chief of the Grenfell Clinical Quarterly, Jackrabbit coordinator at the Aurora Nordic Ski Club, senior members of St. Mary's Anglican Church, St. Anthony Winterfest Patron and many more activities.

In the mid-1980s, Dr. Fitzgerald and a group of his colleagues, including Janet Cox, noticed trends in illnesses and became involved in colon cancer research. This led to the establishment of the hereditary colon cancer screening program, which also involves patient management and treatment. This program has saved many lives in generations of families. This program has also now been copied around the province as part of a provincial program.

In 1996, Dr. O'Keefe established a private practice in St. Anthony, but continued her association with the hospital. The John M. Gray Centre and the Charlottetown Community Clinic, and in 2011, she was named a recipient of a Rural Service Award by the Society of Rural Physicians of Canada.

Dr. Fitzgerald's professional leadership and community involvement was recognized on a national scale with an appointment to the Order of Canada and he was elected as the 40th president of the Royal College of Physicians and Surgeons of Canada in 2008.

"Each and every one of us has seen the compassion, generosity and dedication – whether it is a kind and reassuring word spoken to us or a family member in a medical crisis, some homemade chocolate bark brought in as a treat, a little inspirational note attached to a bulletin board, a formal thank you letter received in the mail when staff have risen to the challenge and dealt with an overwhelming situation, or the billeting of hockey players from out of town during a tournament," noted Ms. Molgaard Blake.

She wished them both a happy, healthy and well-deserved retirement, noting that "it's not good-bye, but au revoir."

Dr. Fitzgerald and Dr. O'Keefe thanked the staff for sharing their confidence in them. "It's been a privilege to work with everyone one of you," said Dr. Fitzgerald. "Thank you for your support... I can't tell you how much it has meant to us."

A member of Labrador-Grenfell Health's board of directors, Rick Pelley, congratulated the doctors for the "tremendous service" they provided and he praised their efforts for advancing the delivery of medical services to a rural area of the province.

Dr. Kweku Dankwa, Associate Vice-President of Medical Services for Labrador-Grenfell Health, said his colleagues are leaving a lasting impression on clinicians, fellow staff and the people who came under their care for more than four decades. "I recall them saying to me, when I was considering coming to St. Anthony, that if I was to take this job, I would never be bored," he noted.

Dr. Dankwa added that among their greatest accomplishments is the teaching and mentorship they provided to medical students, their colleagues, and staff who worked alongside them, whether it was in the operating room, the emergency department, or at the bedside of a patient.

Barbara Molgaard Blake, Vice-President of People and Information, provided an overview of their careers. She explained that it was the summer of 1968 when Dr. Fitzgerald of Toronto spent some time as a medical student with the International Grenfell Association (IGA) Mission in St. Anthony. Following that experience, he advised Dr. Gordon Thomas, executive director of the IGA, in 1969 of his plans as a graduating medical student to practice in Northern Canada and that he was to be married to Mary G. O'Keefe, who was also due to graduate that year. "While Miss O'Keefe was also unsure about her long-term medical career plans, she had made it clear to her fiancé that she would be accompanying him should he ever again take a notion to depart for such distant parts as St. Anthony," she said.

Ms. Molgaard Blake noted that what followed was a 45-year love affair – both with each other and the family they raised, with the community that they made into their home, with the organization and staff with



Obituaries



Ann Alice Quinlan

It is with regret that Labrador-Grenfell Health notes the passing of Ann Alice Quinlan of St. Anthony. A long-time employee at Charles S. Curtis Memorial Hospital, she passed away on June 8, 2013 in her 59th year.

Ann (née Patey) started working with the International Grenfell Association in 1973 in the Housekeeping Department with Grenfell Regional Health Services and Labrador-Grenfell Health. She spent most of her career in housekeeping before

transferring to laundry. In 2005 she took on a position as a Sterile Supply Technician/Medical Services Aide and continued in that role until her retirement in March 2009.

Funeral services took place on June 14, 2014 at the United Church in St. Anthony, with Rev. Stephanie McClellan officiating. Ann is survived by her husband, Woodrow, daughter Wendy, son Michael, brothers Loudon, Hedley, Ron and Ralph Patey, sisters Vickie and Clara, and a large circle of family and friends.

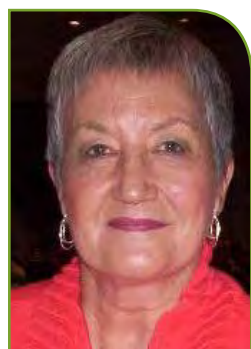
Donald Melvin Decker

It is with regret that Labrador-Grenfell Health notes the passing of Donald Melvin Decker of Roddickton. He passed peacefully away at his home on Jan. 31, 2014. He was in his 63rd year.

Donald worked with the International Grenfell Association, Grenfell Regional Health Services and Labrador-Grenfell Health for 30 years as an ambulance driver and maintenance person at the White Bay Central Health Centre in Roddickton. He was dedicated to his work and respected by everyone he worked for and with during his career, retiring in 2007. Don was a well-respected member of the community and held in high regard by his co-workers.

An avid outdoorsperson, Donald and his wife of almost 40 years, Violet Jacobs (Site Manager, White Bay Central Health Centre), enjoyed their cabin, his boat and all manner of outdoor activities. Cited as his three passions were salmon fishing, berry-picking and dry wood. Don was famous for his smoked salmon and Violet for her jams, and together they worked at everything as a team.

Donald passed away following a difficult illness. Funeral services were held at the United Church in Roddickton on Feb. 5, 2014. He is survived by his wife, Violet, sons Brian and Conrad, his daughter Beverly, six sisters and one brother, two grandchildren, and a large circle of family and friends.



Elaine Sparkes

It is with sadness that Labrador-Grenfell Health notes the passing of Elaine (Blake) Sparkes, RN, who passed away at St. John's on March 3, 2014 in her 68th year. Born in North West River, Labrador, where she received her early education, Elaine entered nursing at the Grace General Hospital, St. John's. She nursed for 30 years in the emergency department of the

Carbonear General Hospital. From there she went into regional nursing along the Labrador coast. Active in the Newfoundland Sound Ladies' Barbershop Chorus and Quartet, Elaine's interests also included decorating, craftwork and gardening. Elaine is survived by her husband, Reg, son Blake, twin sister Bernice, sister Daphne, and brothers Edward, Ted and Ernie.

Jacquelyn Marilyn Louise Davis

It is with sadness that Labrador-Grenfell Health notes the passing of Jacquelyn Marilyn Louise Davis of Happy Valley-Goose Bay. She passed away on March 12, 2014 in her 52nd year.

Jackie, as she was known to family and friends, worked in the Food Services Department at the Labrador Health Centre from 2007 to 2013. Her co-workers described her as a caring and giving person who enjoyed a good laugh and someone who was fun to work with. Jackie's talents in the kitchen were well-known and she had a good reputation for her homemade bread, fish and brewis and cinnamon rolls.

Many of the memories shared about Jackie following her passing spoke of her wonderful sense of humour, her strength, and the determination she demonstrated to overcome the challenges brought on by illness. She is remembered for the manner in which she spread joy throughout her lifetime.

Funeral services were held at Bethel Pentecostal Tabernacle in Happy Valley-Goose Bay on March 16, 2014. She is survived by her husband, Thomas, children and stepchildren, Tanya, Tracy, Dwayne, Terri Lynn, Billie Jean, Brian and Brad, sisters Maxine, Pauline and Salome, brothers Max, Todd, Toby and David, and a large circle of family members and friends.



Please Support the 2014-15 Capital Equipment Fundraising Campaign

The Grenfell Foundation (South Chapter) is launching its 2014-15 Capital Equipment Fundraising Campaign. The following is a list of items which the Grenfell Foundation is interested in purchasing to support Labrador-Grenfell Health in providing quality health care services to residents in Northern Newfoundland and Southern Labrador.

Fetal Monitor	to be used on the Maternal/Child Health Unit at Curtis Memorial Hospital to monitor the heartbeat of an unborn baby
Infusion Pumps	to be used on the Chemotherapy and Medical/Surgical Units at Curtis Memorial Hospital to administer fluids and medications to clients
Rhinolaryngoscope	a scope to be used by an ENT Specialist to examine the nose and larynx (voice box)
Ferno Passenger Loading Chairs	to be used on the Southeast Coast/Labrador Straits schedevac service to assist clients with mobility issues when boarding and exiting the airplane
Wheelchair Scale	to be used at the John M. Gray Centre to safely weigh residents while they are sitting in a geriatric chair or wheelchair
Omnifuse PCA Pump	an intravenous (IV) pump that will be used by clients on the Southeast Coast of Labrador while they are receiving palliative pain relief in their own homes
Pediatric Immobilizers	to be used at the health centres in Flower's Cove and Roddickton to safely keep children still when taking x-rays



TOTAL:
\$107,800

Yes, I would like to support the Grenfell Foundation in the purchase of priority medical equipment. I understand that the Grenfell Foundation is a registered charitable organization created to support the work of Labrador-Grenfell Health. Enclosed is my donation to support this important work.



Name _____

Mailing address _____

Country _____ Postal Code/Zip Code _____

Please detach and send to:

Agnes Patey, Coordinator, Grenfell Foundation (South Chapter)
c/o Charles S. Curtis Memorial Hospital, 178-200 West Street, St. Anthony, NL, Canada, A0K 4S0

For further information, telephone 709-454-0244 or e-mail agnes.patey@lghealth.ca

Thank you for your support

Nain Clinic Staff Celebrate Christmas With Elders



▲ Juanita and Ray Whalen are the first recipients of Nain's Honorary Champion of Healthcare Award.



▲ Santa Claus made an appearance at the elders' Christmas party in Nain, much to the delight of the honoured guests.



▲ Staff at the Nain Community Clinic pause a moment for a photograph during the hustle and bustle of the Christmas season.

Staff at the Nain Community Clinic host a Christmas party annually for the elders in the community. With assistance from the Nunatsiavut recreation department, it's a party that the elders really look forward to, complete with Santa's visit and gifts for everyone, compliments of Vale. There is considerable planning that goes into the party, including the formal request to Vale for gifts and letters to businesses in the community to help with purchasing food for the dinner. The Nain clinic staff is truly dedicated to this endeavour and every year

the smiles on the faces of our elders make it all worthwhile.

In 2013, organizers introduced the 'Honorary Champion of Healthcare' award. The intent was to recognize an individual/individuals who do not work in healthcare, but people who contribute to the community and support Labrador-Grenfell Health's mission of 'healthy people living in healthy communities'. The first recipients of the award were Ray and Juanita Whalen, both seniors living in Nain.

Pat Crotty, Nurse-in-Charge, Nain Community Clinic

Improvements for South Coast Chartered Air Service

Residents of communities on the southeast coast of Labrador are benefitting from improved access to medical services following the introduction of changes to the chartered air service.

Labrador-Grenfell Health announced in February two significant changes for residents who must travel from their communities to regional referral centres to access specialized health care services. First, through a partnership with Air Labrador, the chartered air service now departs from Happy Valley-Goose Bay and makes scheduled stops at Cartwright, Black Tickle, Charlottetown, Port Hope Simpson, St. Lewis and Mary's Harbour before reaching St. Anthony Airport. Later during the day, the chartered air service returns to the same communities. Secondly, the regional health authority implemented a toll-free telephone number so clients can make a reservation to fly to Happy Valley-Goose Bay or St. Anthony.

"Labrador-Grenfell Health has worked closely with Air Labrador to implement a system which is convenient for residents to make their own flight arrangements when they have a referral to see a physician or specialist at a regional centre," said Labrador-Grenfell Health CEO Tony Wakeham.

The chartered air service operates three days a week – Mondays, Wednesdays and Fridays. Information is available by calling the toll-free



▲ The Labrador-Grenfell Health scheduled service takes on passengers and freight during a brief stopover at the Charlottetown airstrip while en route to Happy Valley-Goose Bay.

telephone number, 1-844-667-6660, or residents can contact their local health care providers in the community clinics.

Comings and Goings

WELCOME TO:

Happy Valley-Goose Bay

Jenna Blake	Clerk Typist II
Misty Brown	Clerk II
Frederico Delas Alas	Food Service Worker
Dominic Demers	School Health Promotion Liaison Consultant
Julian Gear	Security Guard
Jennifer Holm	Licensed Practical Nurse
Lana Learning	Food Service Worker
Brandon Mesher	Switchboard
Raylene Stacey	Nurse I
Glenda Tapp	Nurse I
Sarah Watson	Nurse I
Gina Wheeler	Speech Language Pathologist
Harriett White	Community Health Nurse
Brittany Wiseman	Health Records Technician

Labrador City

Kayla Brophy	Clerk IV
Meghan Churchill	Mental Health and Addictions Counselor
Amanda Downey	Child Management Specialist
Christina Glassford	Utility/Domestic Worker
Andrea Greeley	Nurse I
Leaton Johnson	Trades Worker II

Shana O'Brien
Dr. Nnamdi Okoroafor
Paula Williams

Diana Mounce

Joetta Adams
Katie Bartlett
Gina Lee Collins
Junior Earle
Petrina Eddison
Dr. Najwa Esabri
Adrienne Lavallee
Bethany McGonigle
Wavey Pilgrim
Alfreda Wellman
Nicole Whiteway

Marlene Randell

Switchboard
Gynecologist
Domestic/Utility Worker

Nain

Nurse I (Nurse Mentorship Program)

St. Anthony

Laboratory Technologist
Personal Care Attendant
Domestic/Utility Worker
Trades Worker II
Clerical Support Worker
Family Physician
Nurse I
Dental Assistant
Accounting Clerk II
Licensed Practical Nurse
Clerical Support Worker

Roddickton

Emergency Medical Responder

GOOD BYE AND GOOD LUCK TO:

Flower's Cove

Dr. Engin Aras	Dentist
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Happy Valley-Goose Bay

Ian Blake	Trades Worker III
Marcia-Lisa Dennis	Clinical Occupational Therapist
Barbara Dyson	Food Service Worker (retired)
Lauree Eddison	Clerk Typist II
Christi Lalatag	Domestic/Utility Worker
Paul Johnson	Security Guard
Holly Osmond-Russell	Licensed Practical Nurse (retired)
Dr. Adekunle Owolabi	Assistant Medical Officer
Katie Rumbolt	Nurse I
Jerry Varghese Thomas	Nurse I

Hopedale

Tracy Denniston	Mental Health and Addictions Counselor
Sarah Jensen	Personal Care Attendant (retired)

Hilda Burke
Harold Butt
Adrienne Edwards
Rhonda Fillier
Michelle Kelly
Denise Morgan
Karon Pearcey
Helen Picco
Stephanie Seymour
Michelle Simon

Funmilola Adeagbo

Celeste Cooper

Maureen Bromley-Tucker
Daniel Chipeta
Eileen Taylor
Crystal Weir

Labrador City

Domestic/Utility Worker
Environmental Services Supervisor (retired)
Computer Support Specialist
Switchboard
Community Health Nurse
Nurse I
Switchboard
Switchboard
Domestic/Utility Worker
Risk Management Coordinator

North West River

Community Health Nurse

Roddickton

Regional Nurse I

St. Anthony

Nurse I
Medical Internist
Personal Care Attendant
Licensed Practical Nurse



FROM THE PAST

▲ Bob Shomler photographed St. Anthony in the spring and summer of 1961. This is an aerial view of the town. Other photos from the collection can be found at the Town of St. Anthony's website.

'Two of the most exciting and interesting years of my life'

One year after graduation from Columbia-Presbyterian Nursing School, I decided that New York City was not for me; that I wanted a more adventurous experience. My earlier ambition to become a medical missionary had changed, but the desire still beckoned to use my nursing skills in a new and unusual environment.

Sir Wilfred Grenfell founded the Grenfell Mission in Northern Newfoundland and Labrador in 1892 as a medical service to the people in that isolated part of Canada. As late as my own time there (1952-1954), no roads connected that area to the southern part of the province. In addition to the Newfoundlanders, many Inuit (Eskimo) and Innu (Indian) patients came down from 'the Labrador' for medical care. The primary means of transportation was by boat in the summer and dogsled in the winter. Air travel for patient care was still in its infancy. One lone caterpillar-traction snowmobile had arrived for the purpose of transporting huge cans of milk from the mission dairy barn to the hospital.

My "Applicants' Information" brochure contained, among other things, the following items:

"The climate is rugged and variable. During the long winters the harbors are frozen and there is deep snow. In the coastal regions, winters are severe, there is considerable fog in summer, but the weather is bracing, with some warm days. Up the bays, the climate is dryer and somewhat milder, and summer days can be occasionally quite warm."

"Living conditions are comfortable at all Grenfell stations. Diet is adequate, though not varied."

"Hospitals: St. Anthony, 80 beds, 2 annexes, 44 beds; North West River, 17 beds; Harrington, 21 beds; Cartwright, 20 beds."

"Nursing Stations: Mutton Bay, Forteau, St. Mary's River, Spotted Islands (summer), Flowers Cove, and Canada Bay."

"Ships: Maraval, a 75 ft. hospital ship traveling the area in summer; Nellie A. Cluett, a 134 ft. freighter supplying all stations from Canadian ports."

"Annual Starting Salaries: Medical doctor in charge- \$2,500, travel and board, depending on experience; Nurse in charge of Station- \$900, travel and board (\$1,050 at St. Anthony); Assistant Nurses- \$750, travel

and board."

"The work, covering approximately 1200 miles, is divided into 4 medical districts. Hospitals are located at key points, with nursing stations interspersed at isolated places."

After an interview in the New York office, I was accepted as an Assistant Nurse at the main hospital in St. Anthony, Newfoundland. I set out for this new experience in October 1952, traveling by train from Boston to North Sydney, Nova Scotia, crossing on the overnight steamer, Cabot Strait, to Port aux Basques, Newfoundland. Then I boarded the railroad with the expectation of later being bussed to Hampden from where the hospital ship, Maraval would travel the remaining 400 miles north to St. Anthony. However, a monkey wrench was thrown into the schedule when we were train wrecked at St. Teresa -- a place near Flat Bay Ballast Pit -- but I'll leave that story for its own chapter in this saga.

Eventually I did arrive in St. Anthony where I remained for two of the most exciting and interesting years of my life. The experiences in nursing were a far cry from those I had had at the Columbia-Presbyterian Medical Center in New York City. I loved the challenges presented by having to "make do" with (or improve) scanty or obsolete equipment and working with "barebones" staffing. I enjoyed the contact with fellow workers and patients from other cultures and dealing with the elements, whether sailing on the ocean or traveling by dog team. I believe that this "Grenfell Experience" enhanced my global awareness and contributed to my desire in later years for more foreign travel. Those years spent in that isolated environment when the "Grenfell spirit" still existed, certainly enriched my life.

By Rosalie M. Lombard

(Rosalie M. Lombard reports that upon her return from Newfoundland and Labrador, her life became busy with a career in nursing, educational pursuits, travel, and other enriching experiences. "I marvel at the experience and realize now, more than ever before, how truly unique it was. Some of the events are just as vivid today as they were then. I decided that there might be some friends and family who would be interested in reading some of my recollections, and perhaps there are other potential readers who have had an interest in the Grenfell Mission. Rosalie is interested in corresponding and can be reached by e-mail at rmlom57@comcast.net).