

Along the Coast to Labrador



Highlights

September - December 2014

New Beginnings

*First Baby Arrives at Labrador
West Health Centre*

Bounce Back and Thrive

*Teaching Resiliency Skills
and Strategies for Parents*



Labrador - Grenfell
Health

Remembering Their Contribution

Every issue of *Along the Coast to Labrador* contains a section entitled 'Obituaries'. The objective is to document the many people whose paths brought them to the health service in Northern Newfoundland and Labrador, acknowledge their contributions, record the places where they worked and the roles they played, and finally, to respectfully note their passing.

Some issues include one or two obituaries, and others, such as the issue you are reading, lists nine individuals. Just as the number varies in each issue, so too does the role that these individuals played in helping to shape the delivery of health care services. They came from different walks of life, but there is a common thread that travels through their life stories. A glance at the pages in this issue tell us about a man who trained to become an auto mechanic, but later served a lifetime in the radio-telephone department. An esteemed physician and professor, who spent a summer in St. Anthony while attending medical school, credits his time in the North for learning about caring for the sick. Then there is the story of an individual who didn't work in the health service, but made a significant contribution to improving the lives of others through her extensive volunteer and fund-raising efforts.

The Regional Newsletter Committee strives to document every individual who worked in the North. We gratefully acknowledge the information and notices received and would encourage readers to advise and inform the undersigned of individuals from the health service who have passed on. We want to tell their stories.

This is a larger than normal issue and it reflects the advances that are being made in the health care sector. As an article on page 5 illustrates, the good work that is being done goes beyond Newfoundland and Labrador. Health officials in a Nigerian hospital are grateful for the donation of surgical instruments from Labrador-Grenfell Health. This issue also contains six pages of events and activities which took place in our health care facilities and the groups and organizations which benefited from good deeds that were performed during the Christmas period.

Thanks to everyone who contributed articles and photographs for this edition. We continue to encourage submissions from staff and readers alike so that we can shine a spotlight on the ongoing efforts to improve the quality of health care services in this region.

Allan Bock, Chair
Regional Newsletter Committee



Labrador-Grenfell
Health

Along the Coast to Labrador

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Front cover photo: Emily Allison Casey Gallant will always have the distinction as the first baby born at the new Labrador West Health Centre in Labrador City. The daughter of Stephanie and Tim Gallant, Baby Emily was born on Nov. 27, 2014 just hours after obstetrical staff relocated to their new surroundings from the Captain William Jackman Memorial Hospital. In recognition of the special event, the Labrador West Health Centre Auxiliary presented new mom and baby with several gifts, which included items with the name of the new hospital and a silver cup. Shown in the photo are: (l-r) Paulette Abbott, auxiliary treasurer; Stephanie and Emily Gallant; and Irene Simpson-Bench, auxiliary president.

JUDY RUSSELL PHOTO

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Around the Region

Addictions Awareness Week 2014

The Town of Happy Valley-Goose Bay proclaimed the week of Nov. 17-21, 2014, as Addictions Awareness Week. Activities and events during the week were aimed at raising awareness about alcohol, other drugs and gambling. This year's theme was 'Youth Drug Use Prevention'. The week also celebrated the professionals and agencies in the region who assist individuals reaching out for help. Displaying the flag in front of the town hall were staff of Labrador-Grenfell Health's Mental Health and Addictions Department, representatives of partner organizations, and members of town council: (l-r) Holly Moores Snook, Crystal Anderson of the RCMP, Nancy Lushman, councilor Jackie Compton Hobbs, Lisa Wiggins, Mayor Jamie Snook, councilors Tanya Michelin and Tony Chubbs, and Cpl. Peter Robinson of the RCMP.



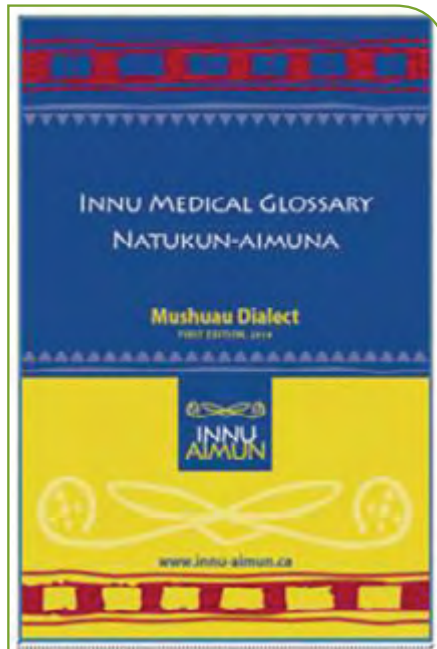
A Step Forward in Delivering Health Care to Innu Patients

Innu translators, interpreters and other professionals working in the health system in Newfoundland and Labrador now have access to a new resource, one that aims to improve the experience of Innu patients in the province's health care system.

Published by Mamu Tshishkutamashutau - Innu Education Inc. (MTIE), a glossary of over 1,200 medical terms, translated into the two Labrador dialects of Innu-aimun, is available as a printed book as well as a mobile app that includes audio recordings for each term.

The Innu Medical Glossary marks the culmination of a three-year collaboration between MTIE, Health Canada, the Social Health Department of the Sheshatshiu Innu First Nation, the Innu Language Project (ILP) of Memorial University, the Algonquian Language Collaborative Digital Infrastructure Project of Carleton University, and numerous community collaborators, including interpreters and health professionals from Labrador.

Continuing the work started under a previous project, the mandate of the ILP has been



to work with Innu schools and community organizations in Labrador to provide language resources. This translation tool marks a significant movement towards bridging the gap in communication between Innu patients and health care providers in the province.

Jack Penashue, Director of Social Health for the Sheshatshiu Innu First Nation, says: "This medical glossary is an important step as we move into a new era of community and health development. I hope it will also help to promote understanding and be of assistance to both the medical community and the Innu."

The new glossary provides translations for health conditions, diseases, procedures, and medical affixes, and includes two sets of 32 diagrams of body parts and systems, each labelled in English and one of the two dialects of Innu spoken in Sheshatshiu and Natuashish. It also includes an explanation of the more complex terms in plain English. Audio recordings on the app make it possible for Innu patients to listen to the translations spoken in their own dialect and for health care providers to become familiar with Innu pronunciations.

Copies of the book have been distributed to translators, interpreters and various members of the medical communities in the Labrador-Grenfell Health region and St. John's.

Around the Region



Staff Participate in LEAP Training

The Learning Essential Approaches to Palliative and End-of-Life Care (LEAP) course was offered for the first time to staff in Happy Valley-Goose Bay on Nov. 4 and 5, 2014. LEAP was attended by 15 Labrador-Grenfell Health staff members from the nursing, pharmacy, rehabilitation therapy, and medical departments. The course is comprised of eleven modules covering topics such as pain management, communication, delirium, and last days. During the two-day course there was great discussion and sharing of stories from staff on their past experiences in working with palliative and end-of-life clients and

families. The course also allowed for staff to see how they work together as an interdisciplinary team providing palliative and end-of-life care to clients and families in Happy Valley-Goose Bay and surrounding areas. Course participants included: Front (l-r) Tina Jacque, Dr. Ana Maleeva, Cavell Bolger, Vanessa Bartlett, Flora Purchase, Richelle Weeks, Marjorie Cooney. Back, Vena Goudie, Casey Wong, Heather Rowbottom, Dr. Jeff Patterson, Natalie Oake, Dr. Karen Horwood, Chat Mullins, Wavey Montague, Lauretta Nwangene and Krista Blake.

Vanessa Bartlett, Regional Palliative Care Coordinator

Health Care Funding Benefits Coastal Labrador Communities

Ten health facilities serving communities along the north and south coasts of Labrador received upgrades and new equipment through an investment of \$382,000 from the Provincial Government. Residents of Black Tickle, Cartwright, Charlottetown, Forteau, Hopedale, Makkovik, Mary's Harbour, Nain, Port Hope Simpson and Postville benefited from the funding.

"Having access to health care services is essential to residents living in rural communities, said Health and Community Services

Minister Steve Kent in a Dec. 18, 2014 news release. "Being able to stay close to home to receive care and treatment is important for families."

The funding supported the purchase of several pieces of new and replacement equipment, including instrument washers used for infection control and sterilization practices, upgraded telehealth video conferencing equipment, pediatric equipment used in diagnostic imaging and new snowmobiles for patient and medical personnel

transportation.

In addition to the equipment, medical staff housing in Cartwright, Black Tickle, Port Hope Simpson, Mary's Harbour and Makkovik will be upgraded.

"As community clinics on the north and south coasts of Labrador provide essential primary care services to the residents they serve, it is important that we have the most up-to-date equipment in place," said Tony Wakeham, President and CEO, Labrador-Grenfell Health.

Re-connecting with Social and Mental Health

The Northern Wellness Coalition held its annual gathering at the Polar Centre in St. Anthony on Sept. 10 and 11, 14. The theme of the event, 'Re-Connecting with Social and Mental Health', engaged 40 participants to consider how the management of our mental health can at times be taken for granted or that it can take a back seat to our physical wellness. As well, participants were educated about networking and the benefits this can have for our social health.

The coalition conveyed that our individual health and well-being is intrinsically linked to the health of our communities and our interactions with others. Further, participants were introduced to examples of activities that simply promote happiness, personal fulfillment, and community involvement.

Visiting guest speakers shared their



▲ Sarah Ferber, education manager with the Food Security Network, teaches participants container gardening and the importance of eating local.

expertise and skills through the use of tutorials. They demonstrated how to incorporate meaningful activities into the management of our mental and social health. For example: container gardening, bottling and preserving and landscape painting. Examples of networking successes were showcased throughout the annual gathering. The Northern Wellness

Coalition is pleased to extend its partnership to such groups as the St. Anthony and Area Boys and Girls Club and Community Readiness, an initiative that provides services and support to persons with disabilities.

Karla Loder, Health Promotion and Education Consultant

Caring Beyond Our Region

Surgical Instruments Donated to Nigerian Hospital

The Operating Room at the Labrador Health Centre in Happy Valley-Goose Bay started a process last March to replace their older surgical instruments. As new instruments were purchased, the old instruments were taken out of circulation and packaged for storage – unlikely to be used again. Sebastian Idiong, a Registered Nurse who works in the Perioperative Program, knew these instruments could be put to good use in underprivileged hospitals in his home country of Nigeria.

Sebastian started looking into the prospects of acquiring the instruments from Labrador-Grenfell Health in form of a donation. With the necessary approvals in place, he looked at taking the instruments with him as part of freight cargo during a trip he was planning to make to Nigeria in June. Since this would prove to be a costly delivery, Sebastian contacted Ati Annang, a socio-cultural, not-for-profit organization based in Canada. The organization agreed to cover the cost of transporting the surgical instruments to Nigeria.

During a formal presentation on June 24,

2014, the surgical instruments were donated to Our Lady of Mercy Hospital in Abak, Akwa Ibom State. The proprietor of the hospital, Most Reverend Camillus Umoh, was represented by Reverend Father Leo Amah. Hospital board members, representatives from the host community of the hospital and members of Ati Annang were present and made the event a

colourful celebration by wearing their uniforms. This was such a remarkable donation and the event was aired on local television stations and radio stations in Nigeria.

A formal thank you letter was written and sent to Labrador-Grenfell Health by the receiving hospital, the proprietor and host community which the hospital serves, in appreciation for the gesture of goodwill in donating these instruments. Sebastian says, "it was amazing to be part of the celebrations where people were so elated about the new instruments



▲ Dignitaries representing the hospital board, the host community and Ati Annang were grateful for the donation and demonstrated their appreciation during a community celebration.

that were just received by the hospital. These instruments will help physicians deliver services to patients in the community that otherwise could not have been possible. It also made me proud of being an employee of Labrador-Grenfell Health as they made it possible to help people in another country, which is what health care is all about."

Jyoti Sharma-Maher, Clinical Nurse Manager, Labrador Health Centre

PHOTOS COURTESY OF SEBASTIAN IDIONG

Expert Shares Knowledge at Breastfeeding Workshop

The Labrador edition of the Breastfeeding 101 was held in Happy Valley- Goose Bay on Nov. 4 and 5, 2014. The keynote speaker was Dr. Jack Newman, an internationally renowned expert on breastfeeding. Dr. Newman discussed issues and barriers facing breastfeeding families such as poor latch, tongue tie, and sore nipples. Participants of the two-day session learned invaluable tips and tools to support breastfeeding families. Increasing the knowledge of health care providers will help to increase both the breastfeeding initiation rates as well as breastfeeding duration rates.

Janet Murphy Goodridge, Provincial Breastfeeding Consultant and chair of the Baby-Friendly Council of Newfoundland and Labrador, shared with participants some international, national, provincial and regional data and facts on breastfeeding. The provincial breastfeeding initiation rate has risen since the mid-1980s, however, continued effort is needed to normalize breastfeeding within the province as the

normal method to feed infants.

Public health nurses and physicians from Labrador-Grenfell Health in Happy Valley-Goose Bay, regional nurses from Nain and Natuashish, nurses from acute care at the Labrador Health Centre, public health staff from the Nunatsiavut Department of Health and Social Development, public health nurses from Sheshatshiu Innu First Nation and Mushuau Innu First Nation, nutritionists, resource mothers, and nursing mothers from around the region attended the event. Unfortunately, a winter storm affected travel plans and some staff were unable to travel. A total of 40 participants attended the sessions.

This event was a partnership involving several organizations, including: the Labrador Regional Wellness Coalition, Nunatsiavut Department of Health and Social Development, Sheshatshiu Innu First Nation, Mushuau Innu First Nation, Aboriginal Family Centre and the Mokami Status of Women Council. All parties are involved in supporting breastfeeding families. This is the first time such an event has been held in Labrador. Planning was led by Judy Voisey, Resource Mother with the Aboriginal Family Centre.

Labrador-Grenfell Health is committed to baby-friendly hospitals and having staff trained to assist moms with successful breastfeeding. Events and education such as this are a great way to support the ongoing learning of our staff.

Diane Oliver-Scales, Public Health Clinical Program Manager



▲ Dr. Jack Newman, a renowned expert on breastfeeding, was the keynote speaker at a workshop held in Happy Valley-Goose Bay Nov. 4 and 5, 2014.



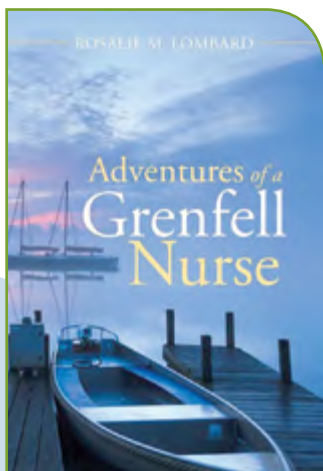
▲ Allison Brennan and her daughter, Claire, attended the Labrador edition of the Breastfeeding 101 workshop.

New Stories from a Grenfell Nurse

A new book which recounts the adventures of a nurse who lived in Northern Newfoundland has been released. *Adventures of a Grenfell Nurse*, written by Rosalie M. Lombard and published by Xlibris, is a riveting collection of stories depicting the author's adventures in the early 1950s in the sub-arctic climate of Newfoundland and Labrador. These include a train wreck, dog sled travel, delivery of a baby onboard a coastal steamship, a harrowing sailing experience, and near-shipwreck in gale-force winds.

Ms. Lombard spent most of her career in some aspect of nursing. Following her two years in St. Anthony, she taught nursing at Columbia University and the University of Vermont where she was an associate professor. She later was the Associate Director of Nursing at the Medical Center Hospital of Vermont. She earned academic degrees from Columbia University, the Teachers College of Columbia University, and Boston University. In retirement she lives in The Villages, Florida.

The author welcomes communication from anyone with a special interest in the Grenfell era in Newfoundland and Labrador. Her e-mail address is: rmlom57@comcast.net



Core Teams Launch Year Three of MORE^{OB} Program



▲ Staff at Charles S. Curtis Memorial Hospital launched module 3 of the MORE^{OB} program and displayed their achievement award during an event on Dec. 9, 2014. Taking part were: (l-r) Dr. Sarada Paladugu, Helen Penney, Michael Simmonds, Dr. Bose Ibude, Sharon Penney, Barbara Molgaard Blake, Rita Reardon, Kathy Hughes, Beverly Pittman, and Dr. Devika Roopram



▲ Proudly displaying achievement awards are core team members: (l-r) Helen Penney, Dr. Sarada Paladugu, Sharon Miller, Pamela Browne, Patti Gover, Traci Burt, Dr. Charlene Fitzgerald, Dr. Alison Morris, Rita Reardon, Rufina Letto, Dr. Karen Horwood and Norma Forsey.



▲ An education session took place at the Labrador Health Centre to launch year 3 of the MORE^{OB} program. Among the participants who engaged in a small group discussion were: (l-r) Labrador-Grenfell Health staff members Jennifer Bull and Deanne Welsh, and medical student Alana Rumbolt and Dr. Laura Callaghan.

Congratulations to the Labrador-Grenfell Health obstetrical teams for completing the second year of the Managing Obstetrical Risk Efficiently (MORE^{OB}) program, a patient safety program focusing on obstetrics. Hospital sites at Labrador City, St. Anthony and Happy Valley-Goose Bay have an active core team that facilitates educational sessions, skills drills, emergency drills, audits and system improvements.

Participation is reviewed on an annual basis and in 2014, the St. Anthony and Happy Valley-Goose Bay sites received recognition awards for completing 80 per cent of the training modules, culture assessment survey, and clinical knowledge tests.

We are very proud of all the work that has been done over the past two years. We have made many safety improvements, including updating policies and protocols, organizing equipment, improving checking procedures, displaying emergency protocols and implementing structured communication tools. We regularly practice emergency situations which helps us to assess and make improvement to our system.

Core team training involving team members from St. Anthony, Happy-Valley-Goose Bay and Labrador West took place at the Labrador Health Centre, Happy Valley-Goose Bay, on Nov. 6, 2014. During a full day session facilitated by staff of Salus Global, provider of the MORE^{OB} program, team members prepared to launch and implement year three of the program. We are looking forward to the upcoming year, which will focus on event reviews and implementing other patient safety tools. Patient safety is our top priority and our obstetrical staff are working together to give the best care to families on our obstetrical units.

Dr. Alison Morris, Patient Safety Physician



▲ The launch of module 3 for the MORE^{OB} program took place at the Labrador West Health Centre: (l-r) Dr. Chris Okoroafor, Patti Gover, Sharon Miller, Corina Porter and Traci Burt.

Health Professionals Participate in First FASD Interdisciplinary Clinic

Fetal Alcohol Spectrum Disorder (FASD) can present a challenge for diagnosis. Professionals from multiple disciplines are needed to accurately assess and interpret the broad array of outcomes that define the diagnosis.

Based on the identified need in the Labrador-Grenfell Health region, trainers from the Lakeland Centre for Fetal Alcohol Spectrum Disorder in Alberta came to Happy Valley-Goose Bay in November 2013 to provide training to an Interdisciplinary Diagnostic Team. The team, comprised of a physician/pediatrician, psychologist, speech-language pathologist and occupational therapist, is coordinated by Labrador-Grenfell Health's Regional FASD Coordinator. The regional coordinator is also responsible for intake and screening of referrals as well as collecting the required client background information for the clinic.

Assessment and diagnosis is based on the four-digit diagnostic code from the University of Washington, which was originally created in 1997 in accordance with the Canadian guidelines. In addition to an assessment and diagnosis, recommendations are provided in relation to assessed needs and strengths of the child/youth on clinic day with a more in-depth report to follow.

Labrador-Grenfell Health is pleased to report that the first FASD clinic took place in Happy Valley-Goose Bay Nov. 17-19, 2014. The clinics will alternate between Happy Valley-Goose Bay and St. Anthony and provide services to the entire region. Referrals will be accepted on individuals between the ages of eight and 18 years old who reside in the Labrador-Grenfell Health region.



▲ Members of the FASD Interdisciplinary Diagnostic Team include: (l-r) Dr. Alison Morris, physician; Dr. Padma Guntamukkala, pediatrician; Patti Moores, occupational therapist; Marie McIntosh, speech language pathologist; Nadine Genge, Regional FASD coordinator; Jodi Bowles, occupational therapist; and Heather Paul, psychologist (contractural).

Although the clinics have an assessment and diagnostic focus, preventative work is still occurring. Conversations with birth mothers, caregivers, community members, agency partners as well as other health professionals are raising awareness of FASD. Through the coordination of the interdisciplinary team, networking and connections are being established in the region on several levels.

Connections with prenatal care professionals when gathering required information opens discussions regarding current practices and what we can do differently to better educate and promote awareness of FASD. These discussions also open conversations regarding signs of FASD and potential referrals for assessment.

Nadine Genge, Regional FASD Coordinator

Gus Rowe Teaching Award Presented to Dr. Gabe Woollam

Dr. Gabe Woollam, Chief of Staff at the Labrador Health Centre and director of the Northern Family Medicine Education Program, Happy Valley-Goose Bay, was named the 2014 recipient of the Gus Rowe Teaching Award. The recipient of the award is chosen each year by family medicine residents and honours physician teachers in the program who are exemplary physicians, laudable teachers, and have an interest in sharing those aspects of their skills and ideals which are particularly pertinent to good family practitioners.

Dr. Woollam was unable to attend the ceremony, which took place in St. John's at the 2014 Family Medicine Education Forum on Oct. 1-2, 2014. The presentation to Dr. Woollam was made by Dr. Charlene Fitzgerald, past president of the Newfoundland and Labrador College of Family Physicians of Canada.

The Gus Rowe Teaching Award is named in honour of Dr. Gus Rowe, past chair of the Discipline of Family Medicine, Faculty of Medicine, Memorial University, for his contributions in promoting continued excellence in the teaching of examination, assessment and treatment of the whole patient.



▲ (l-r) Dr. Judy Ophel, Dr. Karen Horwood, Dr. Jeff Patterson, Dr. Gabe Woollam, Dr. Charlene Fitzgerald, Dr. Yordan Karaivanov and Dr. Samantha Harper.

Grenfell Foundation

Charity Golf Tournament Raises \$15,500

The 18th Annual Grenfell Foundation Charity Golf Tournament, held on Aug. 14, 2014 at the Amaruk Golf Club in Happy Valley-Goose Bay, raised \$15,500, bringing the total raised in the 18-year history of the tournament to more than \$135,000.

The event was originally established in 1997 as the Air Labrador-Nasittuq Memorial Cancer Tournament to raise funds to assist with the cost of cancer education, awareness and prevention initiatives. In 2008, it was determined that all proceeds from this tournament would be used to support the Grenfell Foundation. Since 2008, funds raised through the tournament have been used to purchase priority medical equipment, such as a CT scanner, and funds are now being used to support the purchase of portable ultrasounds for the Labrador Health Centre.

"It was a very successful day financially for the Grenfell Foundation," said Rex Goudie, chair of the Labrador East chapter of the Grenfell Foundation. "I want to thank all of the companies, organizations in the region and the golfers for their continued support."

Mr. Goudie added that he wanted to thank and acknowledge Nasittuq as one of the tournament's major sponsors since its inception in 1997. "Nasittuq's management and staff supported and participated in all aspects of this event, including the planning and running of this event, and were a big part of its success," he stated. "We look forward to working with the business community and other community partners as we look at ways to improve and enhance this golf tournament and make it even more successful in the coming years."



▲ Warr's Pharmacy was the best team among 20 entries in this year's Air Labrador-Nasittuq Memorial Cancer Tournament, held on Aug. 14 at the Amaruk Golf Club. Members of the winning team were: (l-r) Tom Newman, Chris Warr, Mick Kennedy and Greg Warr with Rex Goudie, chair of the Labrador East chapter of the Grenfell Foundation.

Rotary Club Donation Will Help Acquire New Equipment



▲ The Rotary Club of Labrador City and Wabush presented a cheque for \$30,000 on Oct. 7, 2014 to the Labrador West chapter of the Grenfell Foundation. Participating in the presentation were: Front (l-r) Todd Seward, Danielle King, Paulette Abbott, Fred Blundon, Ozette Simpson, Gordon Head, Peter Reccord. Back, Andrew Robertson, Robert Wellon, Gerry Rideout, Insp. Sean Ennis, Peter Cornick and Denis Allard.

The Labrador West Health Centre is benefiting from a \$30,000 donation from the Rotary Club of Labrador City and Wabush. The funds, which were raised during the Rotary Club's auction in November, 2013, will be used to purchase audiology and gynecology equipment.

Andrew Robertson, chair of the Labrador West chapter, accepted the cheque in front of the newly-constructed hospital in Labrador City. "We're hoping this will mean more visits from specialists and result in increased efficiencies for patients." He noted the public has supported the Rotary Club over the past 20 years, largely because the money they contribute stays in the community. "In Labrador West, private donations in the past 20 years have been a substantial amount of money. The public reacts to something they believe is for a good reason, and what's a better reason than the local healthcare?"

Rotary Club president Gordon Head said the organization is grateful for the support it receives, adding that the new hospital was an obvious choice to benefit from the funds that were raised. "The hospital is one of the cornerstones of the community. We'd like to say we don't need it, but unfortunately, we do. It's nice to see a wonderful facility like this in Labrador West."

Source: The Aurora newspaper • PHOTO COURTESY OF THE AURORA

Mental Illness Awareness Week

Activities Paying Off

Every year, a week in October is set aside to help people learn about mental illness and the importance of treating it as any other physical illness. Through greater awareness, the stigma, or negative attitudes and beliefs, towards mental illness can be reduced and hopefully eliminated.

Efforts by Labrador-Grenfell Health and other organizations to tackle the stigma and provide education, particularly among young people, are paying off in Northern Newfoundland. During Mental Illness

Awareness Week, Oct. 5-12, 2014, several events received considerable support.

Three years ago, a T-shirt campaign was launched in the Flower's Cove area as a spin-off from a province-wide program called 'Let's Talk About It', which started in 2010. Mental Health and Addictions staff in the Labrador-Grenfell Health (South) area, as well as staff members at the Strait of Belle Isle Health Centre in Flower's Cove, showed their support by wearing the T-shirts, and in recent years, businesspeople in the area got on board. This year the campaign was extended to the K-12 schools in the area and another 276 T-shirts were purchased. By wearing the T-shirts, people are visibly showing their support towards individuals and families who live with mental illness.

In addition, two community awareness walks were held and presentations were delivered to Grades 2, 3 and 4 students at Viking Trail Academy in Plum Point and Canon Richards Memorial Academy in Flower's Cove. It represented an opportunity for children to gain an understanding about what mental illness is and the hurtful effect that negative remarks and actions can have on people.

One in five Canadians will experience mental illness during their lifetime. If everyone does their part, we can make a difference for the nearly six million Canadians who are affected by mental illness.

Janice Genge, Mental Health Case Manager, Labrador-Grenfell Health



▲ Staff at the Strait of Belle Isle Health Centre demonstrate their leadership by proudly wearing their Mental Illness Awareness Week T-shirts.



▲ Labrador-Grenfell Health partnered with the Community Youth Network to organize a community walk at Plum Point.



▲ Grade 2 students at Viking Trail Academy, with their teacher, Doreen Doyle, learn that mental illness should be treated like any other physical illness.



▲ Flower's Cove area residents braved difficult weather conditions to take part in a Mental Illness Awareness Week community walk. Mental Illness doesn't stop for rain and neither did the participants.



▲ Grade 4 Students at Canon Richards Memorial Academy, with their teacher Amanda Parrill and principal Marsha Genge.

Staff Engage in 'Bounce Back and Thrive' Training

Intervention Services and Mental Health and Addictions staff applied for and received a \$30,000 grant from the International Grenfell Association to train staff to deliver the 'Bounce Back and Thrive: Parent Resiliency Skills' training program. Fourteen Intervention Services and Mental Health and Addictions staff from throughout the Labrador Grenfell Health service area took part in the 'trainer intensive' at Happy Valley-Goose Bay, Nov. 3-7, 2014. Three Nunatsiavut staff members and one staff member from Child, Youth and Family Services were also able to take part in this training, which was delivered by Jennifer Pearson, and will partner with Labrador-Grenfell Health staff to deliver this program.

Resiliency is the ability to recover or adjust easily to misfortune or change and to become strong, healthy or successful after something bad happens. Resilience helps people handle stress, overcome childhood disadvantage, bounce back from trauma and reach out to others. It is a combination of skills and positive attributes that people gain from their life experiences and relationships. These attributes help them solve problems, cope with challenges, handle stress, recover from trauma, overcome disadvantaged childhoods and contributes to healthy child development. Resilience is associated with better health and greater success in life which can improve future health and well-being for the individual and for the community.

Bounce Back and Thrive: Parent Resiliency Skills Training program is a 10-week program designed to help parents, help their children to build resilience. Parents are taught the thinking and coping skills that promote resilience and can teach these skills to their children by being role models. The first part of the program focuses on enhancing parent's capacity to provide a caring relationship and role model skills by exploring why caring relationship, positive role models and a strength based approach helps to build resilience in young children. The program also builds self-regulation skills to enhance emotional regulation, impulse control and capacity



▲ Participants in the Bounce Back and Thrive training sessions included: Front (l-r) Natasha Cadwell, Rhea Dale, Cathy Earles, Sherry Squires, Anne Marie Freake, Jennifer Hayden, Sherri-lynn Mulrooney. Back, Joselito Libres, Vickie Biles, Tara Thomas, Megan Churchill, Charlene Rumbolt, Sarah Hunt, Amanda Harnom, Diane Lake, Janice Allen-Parsons, Jennifer Pearson, Lisa Wiggins and Sandra Dicker.

for reflection about reactions to stressful circumstances.

The second part of the program helps parents apply behaviour guidance and resiliency-building strategies directly with their children. They do this by learning to use empathy to build close relationships, develop emotional literacy skills and help children develop a 'can do' attitude by offering opportunities to master skills.

Bounce Back and Thrive is an interactive program delivered through information exchange, hands-on activities, discussions, practicing skills and video clips of parents and children demonstrating resilience building strategies. Plans are under way to offer this program at sites throughout the Labrador-Grenfell Health region.

Thank you to the International Grenfell Association for providing funding that enabled Labrador-Grenfell Health to provide this worthwhile and important programming.

Diane Lake, Social Worker, Therapeutic Intervention/Rehabilitation Services

\$9.8 Million Investment Enhances Health Care Services

A ceremony was held on Oct. 3, 2014 to turn the sod for the expansion of the Happy Valley-Goose Bay Long-Term Care Home and to announce funding for the Labrador Health Centre in Happy Valley-Goose Bay.

An \$8.2 million contract was awarded to increase capacity at the facility from 50 to 70 beds. The 20-bed expansion will be completed by Pomerleau Inc. and is expected to be ready for occupancy in winter 2016. The expansion of the Happy Valley-Goose Bay Long-Term Care Home is one of several investments made by the Provincial Government as a result of \$150 million secured through the Hebron Benefits

agreement.

In addition, an investment of \$1.6 million will support the purchase of new and replacement equipment at the Labrador Health Centre, including 14 patient beds, sterilizers, stretchers, intravenous pumps, and vital signs monitors, as well as a sound isolation booth used in audiology.

▶ Turning the sod for the expansion of the Happy Valley-Goose Bay Long-Term Care Home were: (l-r) Tony Wakeham, President and CEO, Labrador-Grenfell Health; Labrador and Aboriginal Affairs Minister Keith Russell; Health and Community Services Minister Steve Kent; and Jamie Snook, Mayor of Happy Valley-Goose Bay.



Donations



Scotiabank Bright Futures Program

▲ Scotiabank provided a \$5,000 donation to the Labrador West chapter of the Grenfell Foundation under the Bright Futures program. The funding was used to purchase a therapeutic laser machine, a set of cuff weights, a teaching skeleton, a therapy bar, and a set of medicine balls for the benefit of inpatient and outpatient clients at the Labrador West Health Centre. Taking part in the presentation were: (l-r) Jennifer Sullivan, physiotherapist; Ozette Simpson, Chief Operating Officer; Peter Reccord, Grenfell Foundation; Paulette Abbott, representing the Scotiabank Bright Futures program, Andrew Robertson and Rick Hiscock, Grenfell Foundation; and Gail Moores, physiotherapist aide.



Photos in Memory of Rose Blundell

▲ Staff of JoyGlobal donated framed photos for the new Labrador West Health Centre in Labrador City. The gifts, which were presented to Acute Care/Long-Term Care Services, were donated in memory of an employee's wife, Rose Blundell. Participating in the presentation were: (l-r) Wanda Slade, Amy Dumaresque, Betty Matthews and Ozette Simpson.



Donation Benefits Long-Term Care Residents

▲ Doreen Blanchard has been a volunteer at the Happy Valley-Goose Bay Long-Term Care facility for the last several months. She donated a sum of money that was left over from the horticulture group for the purchase of items that benefited residents of the seniors' home. In the photo, Doreen assists resident Sally Voisey with placing pattern blocks.



Assessment Wheelchair

▲ The Happy Valley-Goose Bay Long-Term Care facility was pleased to receive a MyOn wheelchair from Invacare Corp. through the efforts of David Gould, Atlantic Canada representative. The adjustable wheelchair comes with interchangeable parts to configure the chair so it suits the needs of the client. The addition to the rehabilitation department at the seniors' home improves the accuracy of prescriptions, which in turn improves client safety and comfort. The wheelchair, valued at \$4,500, is particularly useful in Labrador as the cost of shipping a wheelchair without a proper fit and assessment in place is high. Displaying the new acquisition is Bev Forsey, physiotherapist.

Donations



LFUSCO Supports Purchase of Training Mannequin

▲The Labrador Fishermen's Union Shrimp Company (LFUSCO), a fish and shellfish processing and harvesting organization based in L'Anse au Loup, presented \$2,000 on Oct. 1, 2014 to the South Chapter of the Grenfell Foundation. The generous donation from LFUSCO will go a long way to help with the purchase of an Advanced Life Support (ALS) training simulator mannequin for the Labrador South Health Centre, Forteau. The training mannequins feature a fully functional airway and allow the training instructors to focus on advanced skills training, including CPR, and then monitor, assess and debrief students easily and efficiently. Participating in the presentation were: (l-r) Barbara Molgaard Blake, Chief Operating Officer (South) and VP of People and Information, Labrador-Grenfell Health; Gilbert Linstead, general manager, LFUSCO; and Marilyn Kippenhuck, Regional Director, Health Centres and Community Clinics.



JoyGlobal Charity Golf Tournament

▲JoyGlobal held its 5th Annual Charity Golf tournament at the Tamarack Golf Club in Labrador City on July 12, 2014. Proceeds were donated to the Labrador West chapter of the Grenfell Foundation to purchase equipment for the local hospital. A total of 144 golfers participated and \$8,262.60 was raised. Organizers would like to thank participants, volunteers and staff at the club for a great day, and they hope to see everyone again next year. Participating in the presentation of funds were representatives of JoyGlobal and the Grenfell Foundation: (l-r) Ozette Simpson, Rick Hiscock, Andrew Robertson, Paulette Abbott, Peter Reccord, Wallace Marsh, Betty Matthews, Vanessa Decker, Kim White and Christine Mills.



Residents Donate Food at Flu Clinics

▲Donations were made to the Labrador West Ministerial Association during Community Health's annual influenza vaccination clinic, Oct. 24-30, 2014, which was held at the USW Local 5795 Union Centre in Labrador City. A total of 1,670 grocery items were donated by residents who received the seasonal influenza vaccination. Taking part in the presentation were: (l-r) Murray Butt, Fabien Benoit, Meaghan Milley, Karla Lambert, Beverly Maher, Tamara Taylor, Ashley Winter, Sharmin Miller and William Burt.



Wal-Mart Staff Support Oncology Services

►▲Associates at the Wal-Mart store in Labrador City donated \$250 to the oncology department in support of Breast Cancer Awareness Month, which is observed every October. Staff involved in raising the funds included: Front (l-r) Marilyn Ryan, Kristi Stoodley, Daphne Eastman. Back, Melissa Pilgrim, Gladys Benoit, Loretta Benoit, Valerie Taylor, Wanda Burton, Wanda Collins, Edna Walsh, Pauline Bartlett, Lynette Willcott, Keith Fitzpatrick, Linda McDonald and Leanne Kendell. At right, Linda Macmillan, Oncology Department coordinator, accepts a cheque from Edna Walsh of Wal-Mart.



Christmas at Labrador-Grenfell Health



▲ Medical staff at Charles S. Curtis Memorial Hospital in St. Anthony made its annual donation to the St. Anthony and Area Food Sharing Association during the Christmas season. (l-r) Dr. Kweku Dankwa, Dr. Devicka Roopram, Tom O'Rielly (chair of the Food Sharing Association), Dr. Padma Guntamukkala and Dr. Gilbert Hla.



▲ Santa gets a helping hand every Christmas from the members of the Curtis Memorial Hospital Auxiliary. They prepare and fill stockings for inpatients and residents of the John M. Gray Centre for delivery just before Christmas. Showing off their work are: (l-r) Roberta Stevens, Laura Biles, Adelaide Richards, Neta Richards, Dora Penney, Wanda Greenham, Jeanette Hostetter, Evelyn Rumbolt, Mary Tucker and May Kinsella.



▲ Jaylin Eddison had the honour of lighting the Christmas tree during the annual event at Curtis Memorial Hospital. She was joined by Deputy Mayor Darl Scott (left) and her mom, Deanna.



▲ Carol Brice-Bennett joined a group of volunteers to decorate the Christmas tree in the atrium of the Labrador Health Centre.



▲ Kristen Ryan Roberts (left) and Tanya Hancock (right) presented \$350 to Rev. Jean Shears for the Roland Shears Memorial Christmas Hampers. The funds were raised through Jeans Day contributions by diagnostic imaging and laboratory staff at the Labrador Health Centre. Staff also donated 14 turkeys in the annual CBC Radio turkey drive.



▲ The Ward family was the winner of two airline tickets provided to the Labrador West Health Centre Auxiliary by Provincial Airlines for a Christmas draw. Auxiliary treasurer Paulette Abbott made the presentation to Della Ward and her sons, Joshua and Simon.



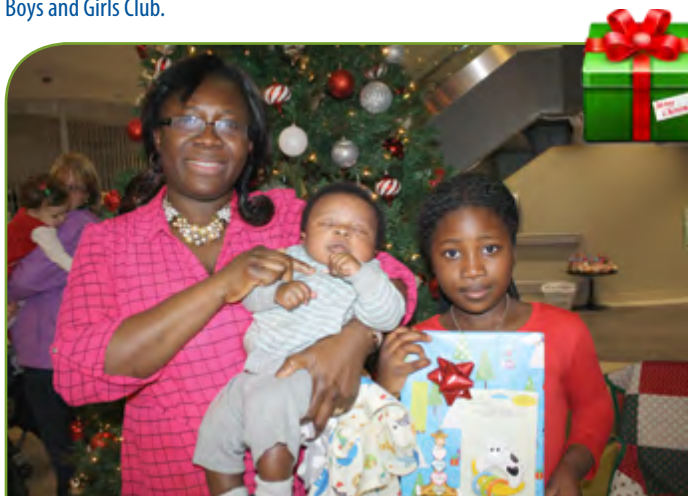
▲ Physicians at Curtis Memorial Hospital presented a donation to the St. Anthony and Area Boys and Club during a Christmas social. Taking part in the presentation were: Front (l-r) Maggie Crisby, Mackenzie Snow, Emma Carroll, Basia Krupski. Back, medical staff members Dr. Mahesh Guntamukkala, Dr. Gilbert Hla, Dr. Padmavathy Guntamukkala, Dr. Malgorzata Krupski, and Colleen Loder, executive director of the Boys and Girls Club.



◀ The tree of memories, located in the Rotunda of Curtis Memorial Hospital, is a Christmastime tradition. The south chapter of the Grenfell Foundation receives donations from people who purchase doves and cardinals in memory of loved ones. Standing next to the tree of memories is St. Anthony resident Phyllis Ireland.



▲ The atrium of the Labrador Health Centre took on a festive look when staff members came together to hang decorations and place ornaments on the Christmas tree. Taking part in the effort were: (l-r) Lorenzo Webber, John Holwell, Edward Strugnell, Carol Brice-Bennett, Bev Woodward, Delia Connell, Ann Earle, Roger Snow, Ernie Slade. Back, Michelle Pollard, Lenora Taite and Ken Grant.



▲ Daniel Owolabi earned the distinction as the youngest participant at the annual Labrador West Health Centre children's Christmas party. Daniel, shown in the photo with his mom, Funmi, and sister, Rosemary, is the son of Dr. Adekunle Owolabi.



▲ Enjoying a meal of turkey at the annual staff Christmas dinner at the Labrador Health Centre were Perry Fry (right), Fran Lawrence (second from right), and her children, Jessica and William.



▲ Christmas treats made of ice cream, sprinkles and syrup were served up to young and old alike at the children's Christmas party in Happy Valley-Goose Bay. Showing off their yummy creations were: (l-r) Chloe Lushman, Holly Reardon and Alex Reardon.



▲ Albert and Kelly Penney made it a family affair at the annual Christmas dinner at Curtis Memorial Hospital. They were joined by Kelly's Mom, Joyce Butt, and their daughter, Sarah.



▲ Sampling the Christmas treats at the nurses' open house at Curtis Memorial Hospital were: (l-r) Pam Cronhelm, Tiffany McLean and Heather Bromley.



▲ Curtis Memorial Hospital staff and their family members, along with residents of the St. Anthony area, gathered in the Rotunda for the annual carol sing at the tree lighting ceremony.



▲ A German Christmas carol helped Muriel Andersen, a native of Makkovik and a resident of the Happy Valley-Goose Bay Long-Term Care Facility, and volunteer Christiane Vollprecht rekindle a bond that was forged decades ago. Christiane's grandparents, Gerhard and Ingeborg, were former Moravian missionaries in the Labrador community and knew Muriel when she was a young girl. Together, Muriel and Christiane sang Morning Star in German and English. Muriel, 97, said the Christmas Eve service at the Moravian Church was a special occasion which no one wanted to miss. Christiane, spending her first Christmas away from home, enjoyed the opportunity to sing with a special friend of her family.



▲ Rita Hedderson was joined by her granddaughter, Kelsey Kinsella, and daughter Angela Kinsella, as she lit the Christmas tree during the annual Candlelight service at the John M. Gray Centre in St. Anthony.



▲ Staff at the dialysis unit, Labrador Health Centre, do something special every year for their clients at Christmastime. This year they knitted hats and prepared cherry loaves. Harrison Woodward was all smiles upon receiving his gifts from (l-r) Jeanette Kenington, Maxine Elliott and Gail Edmunds. Missing from photo were Della Gosse, Jeo Chacko, Audrey Dunphy, Tina Jacque and Katie Snow.



▲ Serving up plates of turkey and all of the trimmings to staff at the Labrador West Health Centre during the annual Christmas dinner were: (l-r) Debbie Fudge, Karen Andrews, Josée Morel and Susan Bourgeois.



▲The Calloway family enjoyed their traditional Christmas dinner at Curtis Memorial Hospital. Joining Nadine was her husband Michael and their children, Benjamin and Brooklynn.



◀Todd Blake (left) and Frank Kean were among staff members who took in the annual nurses' open house in the Rotunda of Curtis Memorial Hospital.



▲Members of the Labrador Health Centre Auxiliary held another successful Christmas sale at the Anglican Church in Happy Valley-Goose Bay. In the weeks leading up to the sale, members sold baked goods and crafts in a matter of minutes. Front (l-r): Bride Saunders, Violet Simpson, Margaret Newman, Effie Roberts, Hilda Newman, Marilyn Mugford. Back, Sharon Lethbridge, Jennifer Best, Josie Gillard, Marie Campbell, Thelma Allingham, Bessie Michelin, Donna Best and Roberta Primmer.



▲Members of the clergy, staff of the Labrador West Health Centre and long-term care residents held a Christmas Chapel Service on Dec. 19, 2014. Front (l-r) Christine Lane, Milton Goudie. Second row, Marion Walsh, Mary Power, Bob Beasley, Josa Kajui, Colleen Peckford, Julie Blanchette. Back, Lieut. Norman Porter, Fr. Joy Paul Kallikkattukudy, Rev. Dean Sellars, Fr. John Bosco, Pastor David Milley, and Rev. Rowena Payne.



▲Many residents at the Happy Valley-Goose Bay Long-Term Care Home gave a little bit of themselves during the annual tradition of giving Christmas cards to family members and friends. A series of Christmas cards, which featured the candid faces of residents, were produced by Aimee Chaulk and John Gaudi. A photo shoot was arranged in November and the cards were printed with funding from the Labrador Regional Wellness Coalition. The cards arrived just in time for giving and brought much joy to many people.



▲The annual Christmas party for children of staff at the Labrador West Health Centre generated plenty of excitement among young and old: Front (l-r) Adam Reid, Keisha Travers, Shayne Hiscock. Middle row, Kyle Dyson, Justin Doyle, Alex Power, Charlotte Drover. Back, Michelle Ralph, Chloe Power, Ishaan Hans, Poonam Hans and Muskaan Hans.



◀Lynn Yetman and her granddaughter, Anna Yetman, enjoyed the arrival of Santa Claus at the annual children's party in Happy Valley-Goose Bay.



▲ Paramedic and nursing staff at Curtis Memorial Hospital in St. Anthony encouraged the public to donate food, toys, personal care products and pet items by filling the back of an ambulance. Taking part in the 'Pack the Back' event at St. Anthony were: (l-r) Staff members Gary Richards, Jesse Pynn and Philomena Ricks, and Cyril Simmonds.



▲ Members of NAPE Local 2201 presented \$250 to the Lake Melville Ministerial Association and \$250 to the Happy Valley-Goose Bay Food Bank. Taking part in the presentations were NAPE members, members of the clergy, and executive members of Local 2201. Front (l-r) Patty Maloney, Gerald Asivak, Rev. Glenna Tasedan, Viva Pittman, Archdeacon Nellie Thomas and Ed Hedderson.



▲ Enjoying the bright and colourful displays in the annual Santa Claus Parade at Happy Valley-Goose Bay were Dr. Margo Wilson, her daughter Rilla, and the family dog, Maude.



▲ Irene Allingham and her husband, Basil, were delighted to receive a visit from Santa Claus as he presented them with a beautiful Christmas gift basket during the annual Christmas party at the John M. Gray Centre.



▲ Vena Goudie presented a treat to resident Horace Goudie at the Happy Valley-Goose Bay Long-Term Care Home during the annual German Christmas party.



▲ A group of moms and their children came together for a group photo at the Labrador West Health Centre's children's Christmas party: (l-r) Wren Winsor, Lulu Winsor, Sarah Winsor, Erin Walsh, Emily Walsh, Mason Lilly, Traci Burt, Kristen Wells, Halle Maddox, Lindsey Maddox, Chloe Power and Michelle Ralph.

Thank you to the following for contributing Christmas photos for this section: The Labradorian, Melanie Humby, Steven Janes, Judy Russell, Carmella Rose, Kristen Ryan-Roberts, Heather Bromley, Angie Elliott and Anthony Cronhelm.



Labrador-Grenfell Health Staff Support Food Banks

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 to the respective food banks. The total of the donations amounted to \$3,270 and the money will be used by food bank organizations to supplement their food shelves.

► Peggy Carter, manager of food services at Charles S. Curtis Memorial Hospital, presents a cheque in the amount of \$1,035 to Tom O'Reilly, chair of the St. Anthony and Area Food Sharing Association. Taking part in the presentation were: Front (l-r) Barbara Molgaard Blake, Chief Operating Officer (South) and VP of People and Information, Tom O'Reilly, Peggy Carter, Mabel Ricks, Pam Hillier, Back, Kathy Burden, Nadine Simms and Jennifer Patey.



◀ Ozette Simpson, Chief Operating Officer (Labrador West) and food services staff present a \$475 cheque to Pastor David Milley, president of the Labrador West Food Bank. Taking part in the presentation were: Front (l-r) Ozette Simpson and Pastor David Milley. Back, Triffie McLean, Barb Baziuk, Ellen Parsons, Julie Reid and Carol Welshman.



◀ Labrador-Grenfell Health presented a cheque in the amount of \$1,760 to the Labrador Friendship Centre Food Bank. Taking part in the presentation were administrative and food services staff: (l-r) Delia Connell, Chief Operating Officer (East) and Vice-President of Community Affairs; Jennifer Elson, representing the food bank. Back, Rey Limpangog, Tom Davis, Jose Tovera Jr., Tracey Duder, Bev Broomfield, Wanda Dyson, Charlene Davis, Gail Eddy, Jessie Hawe, Robert Shiwak and Elva Martin.

The 12 Days of Christmas

Christmas is a time when we like to give to those less fortunate than ourselves, but sometimes we are unsure of what to do. Staff at the White Bay Central Health Centre in Roddickton decided to give to their local food bank, through the Helping Hands Concert, and celebrate the 12 days of Christmas by giving to others!

Over the course of 12 days, a food item, such as a bag of flour or two cans of protein, was listed for each day. Each participant was asked to bring in the food item noted for that day. Items were chosen based on the needs of those who avail of services from the food bank.

At the end of the 12 days of Christmas, staff from Labrador-Grenfell

Health and the Department of Child, Youth and Family Services had donated and collected a significant amount of food. The food was presented to the Helping Hands Committee for distribution to families and individuals in the area. Thanks to the Northern Committee Against Violence, the Northern Peninsula Family Resource Centre, and the Northern Regional Wellness Coalition for providing prizes to staff members who took part in this project.

The 12 Days of Christmas project demonstrated generosity and consideration for people who need a helping hand from time to time.

Melanie Humby, White Bay Central Health Centre, Roddickton



▲ Labrador-Grenfell Health and Child, Youth and Family Services staff at the White Bay Central Health Centre who took part in the '12 Days of Christmas' project included: (l-r) Sabrena Parsons, Mandy Quinlan, Violet Decker, Sharon Gill, Erin Russell, Eunece Woodfine, Marlene Randell, Benay Sinnicks, Marilyn Caines, Delores Fillier, Crystal Fitzpatrick, Sheila Fitzgerald, Melanie Humby and Paula Clements. Missing from the photo were Gertie Bromley, Jean Reid, Selina Gibbons, Melissa Randell, Natalie Hopkins-Andrews, Tanya Simon, Phyllis Joy, Flossie Hancock, Vicki Kearney, Brada Tucker and Suzanne Quinlan.

Pastoral Care Week 2014

Spiritual Well-Being

Ministerial committees at Labrador City, St. Anthony and Happy Valley-Goose Bay celebrated the spiritual well-being of people during Pastoral Care Week in October 2014. Pastoral caregivers share in the mission that the health and well-being of an individual is an important aspect of their overall health and healing. Thank you to everyone who participates in pastoral care at Labrador-Grenfell Health facilities for their faithful and important service.



► Resident Gloria Brown (right) was joined by Josie Powell, Lorelie Cull and Heather Bromley during a cake-cutting ceremony to celebrate Pastoral Care Week activities, Oct. 19-25, 2014, at the John M. Gray Centre in St. Anthony.

◀ A cake-cutting ceremony was held at the Happy Valley-Goose Bay Long-Term Care Home on Oct. 24, 2014 to celebrate the work of the Pastoral Care Committee. Taking part were: (l-r) Steven Janes, resident Sam Pottle, Rev. Jean Shears, and Kim White.

▲ Pastoral Care Week activities were celebrated at the Captain William Jackman Memorial Hospital in Labrador City on Oct. 24, 2014. Participating were: (l-r) Lieut. Norman Porter, Lieut. Crystal Porter, Rev. Rowena Payne, Pastor Lisa Meade, Rev. S. Dean Sellars, and Hayward Sheppard.



Photo Trivia

This issue

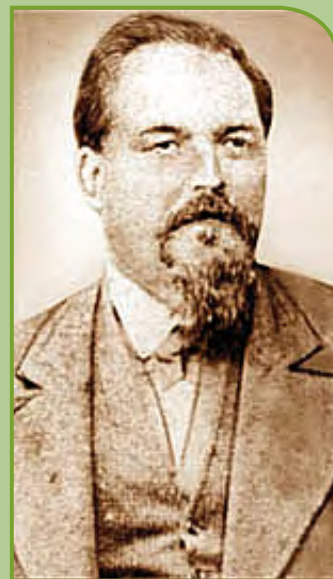
Q: Name the individual in the photo, a revered captain who commanded sealing vessels and is perhaps best known for a rescue which took place at Spotted Islands more than 140 years ago.

Last issue

Q: Name the individual in the centre of the photo with two WOPS (Workers Without Pay). The photo was taken in 1961 at North West River.



A: The individual in the photo is Ron Watts of North West River, who spent 35 years with the International Grenfell Association and Grenfell Regional Health Services. He retired in 1991 as assistant administrator of the Melville Hospital. Mr. Watts served as the mayor of North West River and contributed his services to many boards, councils and committees. The photo, taken in 1961, features a physician, Dr. Jack Cormack (left) and a nurse, Mary Stephens (right) who were en route to the North West River Hospital. Thanks to Susan Felsberg for advising that the two individuals with Mr. Watts were not WOPS, and for pointing out that the photo was inadvertently 'flipped' when published in the May to August, 2014, edition of *Along the Coast to Labrador*.



From the Homes



Happy Valley-Goose Bay

◀ Ashley McPherson from the Canadian National Institute for the Blind helped facilitate an activity that involved residents making snowmen. Taking part were: Front (l-r) Juliana Lidd, Lizzy Zarpa, Winnie Parady, Muriel Andersen, Mary Clarke. Back, Ashley McPherson.



◀ Residents at the Happy Valley-Goose Bay Long-Term Care Home helped carve pumpkins for the annual Halloween party. They are Front (l-r) Sarah Voisey, Stella Cooke, Juliana Lidd and Mary Clarke. Back, Ashley McPherson of the CNIB. The home sponsored a pumpkin carving contest and the winner was the entry from the long-term care staff. Also entering the contest were staff from community health, health promotion, long-term care residents and administration.



◀ Health Promotion staff Kelly Goudie (left) and Janice White (right) accompanied Ticker Tom to bring a smile to the faces of residents at the Happy Valley-Goose Bay Long-Term Care Home.

St. Anthony

▶ Staff at the John M. Gray Centre came together and rang in the holiday season early on Dec. 1, 2014 with a staff potluck. An assortment of festive Christmas food and desserts was served while Newfoundland Christmas music played in the background. Thank you to all who participated as it was a great way to launch the Christmas season.



▶ The Halloween spirit was apparent at the John M. Gray Centre with spooky and brightly-coloured decorations. Residents dressed in Halloween attire celebrated the occasion while enjoying various Halloween treats. Everyone enjoyed a fun-filled afternoon of traditional Newfoundland singing, dancing and receiving tricks or treats. A special thank you to everyone who attended. Residents Jean Roberts, Esther Compton and Edith Humby proudly wore their witches' hats while anxiously awaiting the start of the Halloween party.



▶ Residents Gloria Brown and Gordon Alyward and Heather Bromley (Recreation Therapist) showed off their festive Halloween costumes during the annual Halloween Party at the John M. Gray Centre.



Professional Development

Oncology Nurses Gather to Discuss Advances in Cancer Care



▲ Chemotherapy nurse Angie Lawrence is shown in front of Montmorency Falls, Quebec City, during the CANO 2014 conference.

As a part of the Eastern Health Satellite Cancer Care program, in conjunction with the Cancer Care Foundation, I was given the opportunity to attend the Canadian Association of Nurses in Oncology (CANO) Conference 2014, held in Quebec City, Oct. 26-29, 2014. I would like to thank the Dr. Kim E. Hong Endowment Fund for providing this experience.

This year's conference was entitled 'Patient Engagement'. Listening to patients and their personal experiences with cancer and reports from oncology teams across our country was certainly an enlightening experience. The conference was organized in such

a fashion that we learned from our peers. Current research was presented and pharmaceutical companies exhibited the latest in high standard medications.

While we learned much about the science of the disease, the newest drugs for treatment, and the resources available, the most important take home message for me was the need to bring nursing care back to the basics. Research, diagnosing, and treating the acute illness is a large part of our daily care, but we have to look, listen and feel. We need to focus on the patient. From the patient, we will be better able to research, diagnosis and treat earlier, with the objective of having a

much better prognosis with any disease, especially cancer.

By attending the conference, the social networking aspect was particularly important. By social networking, I mean, discussing directly with health care providers from all over the country, we now have more contact. This provides us with the ability to gain so much knowledge from others, which will in turn lead to better patient care. It also gave us the opportunity to exchange contact information whereby we can call upon our peers for guidance and suggestions when providing care. It was particularly nice to meet my own colleagues within our province.

The success of the Patient Navigation program was certainly outlined, along with the benefits of telehealth, all of which is provided within Labrador-Grenfell Health. Given this opportunity, it was easy to see the advances in cancer care, and the struggles we all face. The wish of the conference was that all patients across Canada would have, for one day, access to high standard quality care, regardless of ethnicity, financial background or geography. By attending this conference, we are all working toward this goal and moving in the right direction for our clients.

Angie Lawrence, Chemotherapy Services, Labrador Health Centre



Special Care Unit Workshop

A Special Care Unit workshop was held at the Labrador Health Centre, Happy Valley-Goose Bay, on Oct. 30 and 31, 2014, for newly-hired nurses and other nurses from various service areas, including the Operating Room and Inpatients. The two-day workshop covered topics which included Assisting with Intubation, CPAP vs Bipap, Hemodynamic Monitoring including art lines, CVP lines and their set-up, vasoactive drugs, and an introduction to Advanced Cardiovascular Life Support. Receiving instruction from Respiratory Therapist Chris Bird on assisting with intubation are: (l-r, clockwise from left) Hillary Chesher, Crystal Spontaneo, Alyssa Hogan, Mario Cotic, Krista Blake and Hani Mohamed.



▲ A student takes care in cutting carrots for the soup.



▲ Many hands were involved in cutting vegetables for the salad.



▲ The process of making soup and salad was a team effort for Queen of Peace Middle School students and health promotion staff from Labrador-Grenfell Health.

From the Garden to the Pot

For the fourth year, Grade 4 students at Queen of Peace Middle School in Happy Valley-Goose Bay planted seeds for the Children's Community Garden. Students, Labrador-Grenfell Health staff and members of the Community Food Hub planted about 400 vegetable seeds. Before the seeds were planted, students learned about the lifecycle of the plant and what was needed to grow healthy plants. The seedlings here placed in grow stations and watered daily until they were transplanted to the garden in late June by students, Community Food Hub volunteers and Labrador-Grenfell Health staff. During the summer, vegetables harvested early were sold at the local Outdoor Community Market and, all proceeds will be used to help make the seedling program sustainable.

The bounty of vegetables harvested from the children's garden included potatoes, carrots, broccoli, beans, peas, onions, lettuce, tomatoes and cucumber. All of the vegetables grown during the summer were taken back to the school. Last year's Grade 4 students, now Grade 5 students, helped to wash and cut up the vegetables to prepare a soup and salad that was served at lunch time for the whole school. Some children were very eager to try the soup and salad and often came back for another helping. Others were reluctant to try it, but easily persuaded by their peers. At the end of the lunch break, the two big pots of soup and bowl of salad were empty – the students enjoyed it.

When children get involved with growing food, food shopping and food preparation, they are more likely to try new foods. They may not always like the food, but remember, it can take up to 20 times before the new food is accepted. Get children involved as soon as they can. For example, young children can help with food preparation by washing vegetables, and as they get older they can take on more complex tasks. Families that cook together are families that eat together. Healthy eating starts at home!

Lynn Blackwood, Regional Nutritionist

New Regional Nurse Successfully Completes Mentorship Program

Registered Nurse Diana Mounce started the seven-month Regional Nurse Mentorship Program in February, 2014, at the Labrador Health Centre in Happy Valley-Goose Bay. The mentorship program provides nurses with the guidance and skills they need to become a Regional Nurse in a community clinic. Elements of the program involve rotations in Inpatients, Obstetrics, and Emergency with Registered Nurses at the Labrador Health Centre, and a Nurse Practitioner rotation at community clinics in Natuashish and Nain.

Diana's constant mentor was Maggie Angnatok, Regional Nurse I at the Nain Community Clinic. Diana successfully completed the program and started her new nursing career as a Regional Nurse at Nain in September, 2014. Congratulations are extended to Diana from her colleagues as she applies the knowledge and skills she has gained in a community clinic setting. Thank you to the Registered Nurses who offered themselves as preceptors for their continued support in making the mentorship program a success.

Katherine Elson, Clinical Nurse Manager (North clinics)

► Diana Mounce (left) receives congratulations from Katherine Elson upon successfully completing Labrador-Grenfell Health's Regional Nurse Mentorship Program.



Service Awards for Community Clinics Staff



Long-time staff members at community clinics were presented with service awards. Alvina Shuglo (Domestic Worker, Hopedale) received her 15-year service award on Dec. 18, 2014, and Larry Powell (Emergency Medical Responder, Sheshatshiu/North West River) was recognized on Sept. 30, 2014, for his 25-year contribution with Labrador-Grenfell Health. James Feltham (Registered Nurse I) and Helen Sullivan (Registered Nurse II) presented the service award to Alvina, while Katherine Elson (Manager, Community Clinics, North) presented the service award to Larry.



Roles in Healthcare: The Nursing Scope of Practice

Scope of practice is a phrase often heard when nursing is being discussed and a comment is made about something being in or beyond a nurse's scope of practice. The expression refers to the range of roles, responsibilities and activities that nurses are educated to perform, and are authorized by their professional associations to practice.

Within the nursing profession, there are different categories of caregivers, including nurse practitioners, registered nurses, and licensed practical nurses. Support to nurses is provided by personal care attendants. Most nursing professionals are regulated with standards of practice, legislation and codes of ethics, but at the present time regulations are not defined for personal care attendants.

Certain broad or basic skills are included in the scope of practice for all nurses, such as giving a needle or setting up an intravenous. However, an individual nurse's scope of practice is significantly influenced by their experience in particular specialties, by the needs of the population for whom they are working, and by expectations or policies of an employer. For example, nurses have specialized training in dialysis or long-term care, and community members seek health care from different departments such as public health for vaccinations and obstetrics for childbirth. Healthcare authorities need policies to ensure that nurses have the direction and support to practice within their full scope.

Nursing is an ever-changing profession and consequently the scope of practice for different caregivers is frequently altered to better respond to client needs, while at the same time meeting standards of care and best practices defined by their governing associations.

A nurse's scope of practice grows as they gain experience through formal and informal training. Clinical nurse managers and educators are responsible for identifying educational needs, developing learning programs to raise skills enabling nurses to perform their full scope of practice, and ensuring that appropriate policies are in place. Without additional orientation and training, a nurse working in public health would not be familiar with procedures and equipment to assist in surgery.

Labrador-Grenfell Health has introduced a Model of Clinical Nursing Practice derived from a framework created by The Ottawa Hospital. The model places the patient at the centre of care and creates an environment for nurses to be accountable, autonomous and provide continuity of care to patients. Implementing the model will enhance opportunities for nurses to achieve their full scope of practice and improve the delivery of healthcare, bringing higher quality and satisfaction to patients, nurses and the overall community.

Kim White, Regional Director, Long-Term Care Services

Retirements

Anne Wells

Staff at the Happy Valley-Goose Bay Long-Term Care Facility recently said good-bye to a long-time friend and colleague. Anne Wells, a Registered Nurse, started working at the former Paddon Memorial Home in 1992. She relocated with residents and co-workers with the opening of the new long-term care home in 2010 and retired in May, 2014. Anne was a long-time advocate for residents of the home and for her co-workers throughout her career. Her experience and professionalism will certainly be missed, but Anne is deserving of the opportunity to enjoy her leisure time. Staff join with me in wishing Anne a happy and healthy retirement.

Melissa Yetman, Clinical Nurse Manager, Long-Term Care Services



David Blake

Staff at the Labrador Health Centre bid a fond farewell and happy retirement to David Blake, who worked in the Radio Telephone (RT) department for the majority of his 36-year career in the health care service. David's last day of work was on Dec. 31, 2014.

He joined the International Grenfell Association in November, 1978, at the North West River Hospital, where he worked as a drug clerk with responsibility for medical supplies and purchasing. In 1983, with the closure of the North West River Hospital, David took a position as a utility/security worker at the Melville Hospital in Goose Bay. In 1986, he joined the RT department as an aircraft dispatcher and remained in that position until his retirement.

David says he has good memories of the people he worked with and the people on the coast who relied on the air transportation service. Now that he has retired, David plans to devote more of his time to hunting and fishing, tending to his trapline, going to his cabin on Grand Lake, and generally enjoying the outdoor life.

Staff in the RT department join with me in congratulating David and wishing him good health and happiness in his retirement years.

Ed Sharpe, Regional Director, Materials Management



Wilma Dyson

A career in nursing that started in 1983 came to an end in 2014 for Wilma Dyson. She started with Grenfell Regional Health Services at Black Tickle, where she worked as a public health nurse and also had clinical duties until 1986. From 1986 to 1991, Wilma provided seasonal relief at the Black Tickle clinic and held a nursing position with the North Haven Manor Complex, a nursing home in Lewisporte, from 1986 to 1999. In 1999, Wilma took a position with Health Labrador Corporation and worked at the Paddon Memorial Home, and with Labrador-Grenfell Health at the Happy Valley-Goose Bay Long-Term Care Facility, until her retirement in March, 2014. Always a professional who demonstrated dedication and compassion throughout her nursing career, we acknowledge Wilma's contributions in the care she provided to residents of Black Tickle and to residents of the home. While retirement may be viewed by many as an ending, it also represents a new beginning, since Wilma and her husband, David, moved from Happy Valley-Goose Bay to take up residence in North West River. We extend best wishes and congratulations to Wilma and know she will make the most of her well-deserved rest.

Melissa Yetman, Site Nurse Manager, Long-Term Care Services





Diane Alyward

Diane Alyward graduated with her Bachelor of Nursing (BN) degree in 1983 and in 1984 started her career as a Public Health Nurse with Grenfell Regional Health Services (GRHS) in the Community Health Department at St. Anthony. In 1986, she assumed a leadership role as Home Care Coordinator and in 1999 took on a temporary position as Regional Public Health Nursing Manager.

Over the years, Diane held a variety of positions encompassing many roles and responsibilities, including: District Health Coordinator, CDC/Child Health role; Oncology Nurse with the Newfoundland Cancer Research Treatment Foundation; Project Coordinator with the Primary Health Care renewal project; Regional Director of Primary Health Care; and assisted with the roll-out of the Labrador-Grenfell Health Model of Nursing Clinical Practice.

Diane demonstrated a willingness to take on additional roles and responsibilities, such as filling in for a variety of temporary positions in the area of nursing administration, and providing mentorship and support to BN students.

Diane completed a Nursing Unit Administration certificate through the CHA and has been involved in her community through a variety of initiatives, including the Northern Peninsula-Labrador Straits Family Resource Centre, Riddles and Rhymes Day Care, and the Alternative Measures committee.

Diane's last day of work was July 31, 2014. We wish her health and happiness in all of her future endeavors. She will be missed by friends and colleagues.

Donnie Sampson, VP Nursing and Chief Nurse

Karen Simms

After 30 years of nursing, staff at Charles S. Curtis Memorial Hospital sent a fond farewell to Karen Simms upon her retirement on July 31, 2014. Karen started her career in nursing working as a Registered Nurse with the International Grenfell Association in 1977-78. Over the years, Karen has experienced many organizational changes and has provided excellent service to the patients she has cared for with Grenfell Regional Health Services and Labrador-Grenfell Health. In 1985, Karen began her nursing path on the Medicine Unit where she had the privilege of providing care to clients from Northern Newfoundland and Southern Labrador. Nine years later, with much enthusiasm, Karen accepted a position in Day Surgery and was instrumental in the introduction and implementation of the Day Surgery Program at Curtis Memorial Hospital.

With more than 20 years of nursing service, Karen once again decided to share her wealth of information and experience and accepted a position in Patient Safety & Quality with responsibility for Infection Control, Risk Management and Patient Safety. The Patient Safety & Quality team was very fortunate to have had the opportunity to work with Karen and we wish her all the best as she moves on to the next chapter of her life...may it be filled with all that she desires and more.

Karen has left behind a legacy of encouragement, achievement and a work ethic that will remain with her co-workers. Congratulations on your retirement, Karen.

Paula March, Regional Director, Patient Safety & Quality



Ruth Mouland

Staff at the Captain William Jackman Memorial Hospital said farewell to a long-time friend and colleague, Ruth Mouland. She started work at the Labrador City hospital in 1981 as a Licensed Practical Nurse on pediatrics. Ruth's career in the health service took her to many departments throughout the hospital, including laboratory, registration, switchboard and the business office. She concluded her long career as a clerk in the Diagnostic Imaging (DI) Department where she worked for the past 12 years. During that time she was always a very conscientious and reliable member of the DI department and will be missed. She is looking forward to spending time now with her beautiful granddaughter. We wish her all the best for a happy and healthy retirement.

Frances Lynch, Diagnostic Imaging Technologist



Cornelia Linstead

It was 1965 when Cornelia Linstead first stepped inside the old Forteau Nursing Station and took a job as a nursing aide and cook. From those humble and unassuming beginnings, Cornelia went on to establish herself and her reputation over the next five decades as a nurse, administrator and friend. On Sept. 30, 2014, surrounded by family, colleagues, former co-workers and friends, Cornelia stepped aside from her duties during a celebration of her life and her work in service to the people of the Labrador Straits.

"For you, my friend, I see a big change coming after today," said Marilyn Kippenhuck, Regional Director, Health Centres and Community Clinics, Labrador-Grenfell Health, in a tribute to her colleague. "While we will miss your wisdom, experience and passion for what you do, we also realize that this change is for the good as you move into the next chapter of your life."

Cornelia left Forteau in 1969 to complete a nursing assistant program and returned to the area in 1970. In 1976-78, she made a decision to further her education by attending nursing school in Corner Brook. Upon completion, she landed in St. Anthony and worked as a Registered Nurse in the outpatients department for a year at Charles S. Curtis Memorial Hospital. Returning to Forteau, Cornelia worked as a Regional Nurse and improved her skills again by completing the outpost nursing and midwifery program in 1980-82, successfully challenging the Nurse Practitioner exam in 2003. In 1996, she assumed the role of District Nurse Coordinator at the Labrador South Health Centre, a position she held until her retirement.

All combined, Cornelia's years of service in the health care service exceeded 46 years. "We can only look at you and say thank you for what you have accomplished and the many hours that you have dedicated and donated to this facility to ensure the needs identified were met and that it continued to operate in the tough times as well as the good times," Marilyn added.

Following her retirement tea, Cornelia gathered with friends and co-workers at her home on Oct. 8, 2014, where she delivered a speech to thank the people who had worked alongside of her, and to acknowledge the people of the region for the support and the faith they showed in her throughout her career.



Marlene Penney

Congratulations are extended to Marlene Penney on her retirement from Labrador-Grenfell Health on July 31, 2014. With six years of working as a certified nursing assistant and with a passion for learning, Marlene continued her education in nursing and graduated from the General Hospital School of Nursing as a Registered Nurse in 1988. Moving to St. Anthony in 2004 from her hometown in Holyrood, Marlene started work with Grenfell Regional Health Services, bringing with her almost 17 years of nursing experience as a staff nurse with a primary focus in Emergency and Intensive Care. With a Certificate in Critical Care Nursing, Marlene motivated and encouraged staff participation in the CNA programs. For a short period of time, Marlene worked with Clinidata/Sykes as Director of Operations and then as Director of Client Relations. In 2009, Marlene joined the Patient Safety & Quality Department as the Waitlist Management Coordinator where she worked until her retirement.

Now, after years of hard work and dedication, Marlene will relax and enjoy gardening, walking and the many outdoor adventures that life has to offer, but most importantly, she will be doing these things with the people closest to her heart, her family and friends. We would like to wish Marlene health and happiness as she starts the next chapter in her life.

Paula March, Regional Director, Patient Safety & Quality



Obituaries



Anita Battcock

It is with sadness that Labrador-Grenfell Health notes the passing of Anita Battcock of Happy Valley-Goose Bay, who passed away on Nov. 21, 2014 at the age of 80. Anita started working in the health service in the late 1960s at the former Paddon Hospital in Happy Valley and eventually relocated with her co-workers to the former Melville Hospital in Goose Bay. She took a position as supervisor of health records, admitting and switchboard, and remained in the position until her retirement in the early 1990s. Known fondly by many as 'Mrs. B,' Anita is remembered by those who worked with her as someone who was friendly and quick to assist whenever and wherever help was needed.

A celebration of Anita's life was held at Lady Queen of Peace Church in Happy Valley-Goose Bay on Nov. 24, 2014. She is survived by her daughters, Diane, Janet and Margaret, sons Reg and Donald, several grandchildren and great-grandchildren, and a large circle of family and friends

Charles McKinley Blake

It is with regret that Labrador-Grenfell Health notes the passing of Charles McKinley Blake of Happy Valley-Goose Bay. Charlie, as he was more affectionately known to family and friends, was born on Birch Island on July 6, 1949, the son of Horace and Madeline Blake, and passed away on Sept. 19, 2014.

As a young man, Charlie enrolled in college to become an auto mechanic and returned to Labrador to work with the International Grenfell Association, Grenfell Regional Health Services and Health Labrador Corporation for more than 34 years, first in North West River, and later in Happy Valley-Goose Bay, where he continued to work with RT. He started work in June, 1972, and retired in July, 2004.

During his retirement years, Charlie satisfied a need to keep busy and took a job with Nunatisiavut as a van driver with the medical transportation program. Known for his good nature and wit, Charlie developed a group of friends through his work that he used to call 'Charlie's Angels'.

During the eulogy delivered at Charlie's funeral, he was described as a humble, caring, loving and sentimental man who loved his family and friends, and enjoyed having fun.

Charlie is survived by two brothers, Paul and Albert, and four sisters, Edna, Sheila and Tracy Blake and Marion Blake-Penney. Funeral services were held at North West River United Church on Sept. 23, 2014.



Greta Olive Cull

It is with regret that Labrador-Grenfell Health notes the passing of Greta Olive Cull of St. Anthony. Greta, who was born on Oct. 9, 1947 to Joseph and Rita Slade, passed away on Aug. 28, 2014. Greta attended nursing school in Corner Brook and worked in Churchill Falls and Charles S. Curtis Memorial Hospital as a Nursing Assistant, Licensed Practical Nurse and Ward Clerk. She retired in 2004.

In 1975, Greta married Ernest Cull and together they raised their daughter, Kristen. She is remembered as an energetic and hard-working

woman who was dedicated to her family and the United Church. Together with her husband, Greta enjoyed the outdoors at the cabin, salmon fishing, and in recent years, she enjoyed rug hooking with her friends.

She is survived by her husband, Ernest, daughter Kristin (Richard Clarke), grandson Ethan, two brothers and two sisters, and a large circle of family and friends. Funeral services took place at the St. Anthony United Church on Aug. 31, 2014.



Doreen J. Goodyear

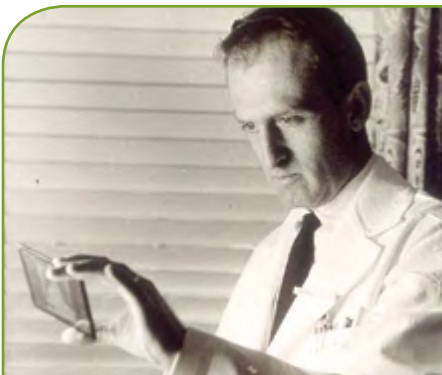
It is with regret that Labrador-Grenfell Health notes the passing of Doreen J. Goodyear, formerly of Roddickton. She passed away peacefully at the Moncton Hospital on Dec. 29, 2014 at the age of 60. Born in Bloomfield, NL, she was the daughter of the late Harvey and Virginia (Peddle) Fry.

Doreen retired as a Registered Nurse with 30 years of service, which included several years with Labrador-Grenfell Health, Grenfell Regional Health Services, and the International Grenfell Association in the areas of regional nursing and home care. She was a member of St. John's United Church in Moncton and the John Wesley United Church in Roddickton. Doreen enjoyed the outdoors and times spent in picturesque Newfoundland with Clarence and cherished her grandchildren.

A memorial service was held at St. John's United Church, on Jan. 1, 2015, with interment planned for St. Luke's United Church, Musgrave Harbour, at a later date. Doreen is survived by her husband of 40 years, Clarence Goodyear; daughter, Carla Bellefleur (Luc) of Moncton; son, Michael Goodyear of Halifax; grandchildren Nicholas and Chloe; two sisters; a large circle of family and friends; and former colleagues and co-workers. Staff at the White Bay Central Health Centre in Roddickton made a donation in Doreen's memory to the Friends of the Moncton Hospital.

Harold James Davis

It is with regret that Labrador-Grenfell Health notes the passing of Harold Davis. He passed away peacefully, with his family by his side, on Aug. 17, 2014, at the age of 83. Harold was born in L'Anse Amour and relocated to St. Anthony during his teen years where he worked at the St. Anthony Air Station, commonly known as the 'site'. In 1960, he began employment with the Grenfell Mission as a maintenance worker and remained in their employ until his retirement after 34 years in 1994. Upon his retirement, he and his wife, Olive (Cooper) settled in Stratford, Prince Edward Island, to be closer to family. Though a carpenter by trade, Harold could lend a hand at many tasks, such as electrical work, and generously shared his talents with those in the community who needed assistance. He was known for his creative and helpful spirit. Harold was also an active member of the Lions Club, the Orange Lodge, and the United Church Men's Group. Harold is survived by his wife, Olive, their children Barry (Dorothy), Greg (Ellen), and Karen (Rodney Dempsey), grandchildren, and great grandchildren. The funeral service took place on Aug. 20, 2014, at Trinity United Church in Charlottetown, Prince Edward Island.



Dr. Herbert J. Levine

It is with regret that Labrador-Grenfell Health notes the passing of Dr. Herbert J. Levine, who passed away on July 11, 2014 at West Newton, Massachusetts. He was 85. Herbert was born in Boston and graduated from Harvard College in 1950 and from Johns Hopkins University School of Medicine in 1954. He spent his third medical school summer at the Grenfell Mission hospital in St. Anthony. "It was here I got my first real taste of caring for the sick (from dentistry to thoracic surgery) and a chance to enjoy some of the best fishing I ever have had," he wrote in the 25th anniversary report of his Harvard class.

Herbert and his wife, Sandra, noted that in 2006, they took a 'sentimental journey' back to Northern Newfoundland and encountered a woman Dr. Levine had treated for tuberculosis when she was a child, more than a half century earlier.

Dr. Levine interned at Peter Bent Brigham Hospital in Boston and then was a clinical associate in endocrinology at the National Cancer Institute. He served as chief of cardiology for 26 years at the New England Medical Center Hospital and retired as professor emeritus at Tufts University School of Medicine in 2006. In 2001, the Dr. Herbert J. Levine Foundation for Cardiovascular Clinical Research was founded in his honour at Tufts Medical Center.

He is survived by his wife, Sandra, son Andrew, daughter Rachel, two sisters, and three grandsons.



Lorraine Lucy Jacque

It is with regret that Labrador-Grenfell Health notes the passing of Lorraine Lucy Jacque of Happy Valley-Goose Bay. Lorraine was a long-time member of the Labrador Health Centre (LHC) Auxiliary and a volunteer at the long-term care home. She passed away on Oct. 11, 2014, at the age of 79. Lorraine was born in Notre Dame Bay and moved to Goose Bay in 1965, where she met and married her husband, William, and raised five sons and one daughter.

Her many talents included knitting, embroidering, sewing and crocheting. She always kept the LHC Gift Shop stocked up with her knitted goods. Lorraine was an avid volunteer for most of her life. As well as being a member of the auxiliary and the knitting group at the seniors' home, she also donated her time and talents to the Canadian Cancer Society, the Newfoundland and Labrador Diabetes Association, and served in various capacities within her church.

Lorraine was an active and passionate volunteer and will be greatly missed by auxiliary members and the residents and staff of the Happy Valley-Goose Bay Long-Term Care facility. Funeral services took place at the Pentecostal Church in Happy Valley-Goose Bay on Oct. 15, 2014. In lieu of flowers, donations were made to the Labrador Health Centre Auxiliary.

Margaret Clara Howell

It is with sadness that Labrador-Grenfell Health notes the passing of Margaret Clara Howell of St. Anthony. She was born in Goose Cove on Aug. 11, 1952, to Joseph and Agnes Hancock, and passed away on July 10, 2014 with her family by her side.

Margaret graduated from Harriot Curtis Collegiate in St. Anthony and went on to graduate as a Registered Nurse from Western Memorial School of Nursing in Corner Brook in 1975. She worked at Charles S. Curtis Memorial Hospital and enjoyed the time she spent in the emergency department. Margaret also worked at the Interfaith Home for Senior Citizens and retired in 1998. Margaret married Guy Howell in 1980 and they had two children, Krista Lynn and Christopher. Following retirement, Margaret spent a great deal of her time involved in activities at her church, Bethel Pentecostal Church, and enjoyed cooking and caring for others.

She is survived by her husband, Guy, daughter Krista Lynn, son Christopher, two sisters, one brother, and a large circle of family and friends. Funeral services took place from Bethel Pentecostal Church, St. Anthony, on July 13, 2014.



Roland Hillier

It is with regret that Labrador-Grenfell Health notes the passing of Roland Hillier of St. Anthony, who passed away at Charles S. Curtis Memorial Hospital on Nov. 2, 2014. He was in his 76th year.

The son of Hedley and Pearl Hillier of Roddickton, Roland was raised in St. Lunaire-Griquet and moved to St. Anthony in 1971 with his wife, Annie. Roland worked as an engineer and deckhand on his father's schooner, and later went to work with the Grenfell Mission as an engineer. He operated snowclearing equipment for almost 40 winters and operated his own dump truck, travelling to various road construction sites on the island and in Labrador. Described as a kind-hearted, hard-working and humble man, Roland was dedicated to his family and is remembered as a storyteller and a craftsman.

He is survived by his wife, Annie; children Morey, Gloria, Winnie, Vivian, Fred, Tony and Robbie; nine brothers and sisters; grandchildren and great-grandchildren; and a large circle of family and friends. Funeral services took place at Bethel Pentecostal Church in St. Anthony on Nov. 6, 2014.

Comings and Goings

WELCOME TO:

Forteau

Edward Barney Trades Worker

Happy Valley-Goose Bay

Dallas Bartlett Computer Support Specialist
Christopher Bird Respiratory Therapist
Stephanie Coombs Nurse
Malerie Earle Nurse
Amaka Ezidiegwu Family Physician
Gabriel Flowers Utility/Domestic Worker
Sarah Hayward Nurse
Erica Heuving Social Worker
Lorraine King Personal Care Attendant
Odile Maurice Nurse
Trudi McIsaac Nurse
Jody Mugford Clinical Pharmacist
Victoria Nickerson Nurse

Lauretta Nwangene Nurse
Fatima Osomo NorFam Program Coordinator
Megan Pike Switchboard Operator
Melissa Russell Clerk
Jamie Seaward Nurse
Katie Snow Nurse
Karen Stone-McLean Nurse
Gale Wiseman Utility/Domestic Worker

Hopedale

Nadine Pierce Mental Health & Addictions Counsellor

Labrador City

Jenaya Brake Personal Care Attendant
Dion Carter Engineering Technician
Justin Cribb Paramedic
Amanda MacDougall Medical Records Technician

Nadine Patey-Moulton Utility/Domestic Worker
Katie Soper Clinical Physiotherapist
Fiona Walsh Diagnostic Imaging Technologist
Tonya Wiseman Licensed Practical Nurse

Port Hope Simpson

Barbara Campbell Personal Care Attendant

St. Anthony

Gabrielle Decker Diagnostic Imaging Technician
Greg Eddison Trades Helper
Nicole Elford Audiologist
Joy Hurley Utility/Domestic Worker
Cathy Payne Clinical Nurse Manager
Bramwell Pollett Addictions Counsellor
Kimberly Russell Social Worker
Yvon Saulnier Dentist
Terri Taylor Nurse

GOOD BYE AND GOOD LUCK TO:

Cartwright

Patricia Wadden Community Health Nurse

Flower's Cove

Tholfkar Al-Baaj Family Physician

Forteau

Rhoda Linstead Domestic Worker
Zaid Sabah Ghazal Family Physician

Happy Valley-Goose Bay

Francis Adeagbo Family Physician
Nicole Baker Mental Health Counsellor
Kim Cabot Physiotherapy Support Worker
Lency Chacko Nurse
Yassine El'Mhamdi Food Service Worker
Vanessa Fewer Nurse
Richard Mark Fradsham Security Guard
Amanda Hope Security Guard
Sarah Lesperance Family Physician
Bijoy Malayi Personal Care Attendant
Anne Martin Laboratory Assistant
Mildred Martin Food Service Worker
Clarence Morris Maintenance Repairer
Ashley Orton Utility/Domestic Worker
Jesse Pomeroy Utility/Domestic Worker
Gina Sweetapple Licensed Practical Nurse
Wayne Wall Trades Worker
Jean Wells Clerk Typist
Gina Wheeler Speech Language Pathologist
Marilyn White Secretary

Hopedale

Kaila De Boer Mental Health & Addictions Counsellor

Labrador City

Chelsea Breen Paramedic
Samantha Caines Hospital Admitting Clerk
Tammy Earle Utility/Domestic Worker
Athena Felix Domestic Worker
Alicia Hodder Switchboard Operator
Sheena MacDonald Switchboard Operator
Ruth Moulard Clerk Typist
Wanda Paddock Recreation Therapy Worker
Lynette Pilgrim Organizational Budget Analyst
Laurie Russell Social Worker
Nicole Simms Utility/Domestic Worker
Lindsey Whitten Utility/Domestic Worker

Makkovik

Nellie Winters Personal Care Attendant

Nain

Jillian Maloney Mental Health & Addictions Counsellor
Carla Parsons Mental Health & Addictions Counsellor

Sheshatshiu/North West River

Shauna Turnbull Personal Care Attendant

Roddickton

Lisa Gillard Clerk
Meghan McGrath Dental Hygienist
Matthew Surridge Paramedic

St. Anthony

Abdalla Alrezaq Family Physician
Travis Anderson Paramedic
Jillian Baker Dental Assistant
Ina Brenton Clerk Typist
Sabrina Cotton Occupational Health & Safety Officer
Shannon Darby Social Worker
Nancy Burton Clinical Pharmacist
Neil Colbourne Nurse
Nikita Elliott Nurse
Mary Green Nurse
Krystal Hackett Nurse
Audrey Hedderson Utility/Domestic Worker
Diane Hewlett Licensed Practical Nurse
Joanne Lidstone Licensed Practical Nurse
Shara Noble Clinical Physiotherapist
Sasha Pike-Hedderson Psychiatric Nurse
Alex Ryan Clinical Pharmacist
Jennifer Sheppard Nurse
Nikita Simms Licensed Practical Nurse
Courtney Williams-Gibbons Nurse



FROM THE PAST

Meet Dr. Forsyth

Dr. C. Hogarth Forsyth ranks next in seniority of service, amongst doctors on our staff to Dr. D. G. Hodd. He first joined our staff as house officer at St. Anthony, in the fall of 1931, little thinking then that the Labrador Coast was destined to become his life work. His knowledge of the Labrador is extensive, as he has served at more of our stations than any other doctor on our staff. In the fall of 1932 he was transferred to Harrington Hospital to substitute for Dr. Hodd who was due for a well-earned vacation.

On Dr. Hodd's return next spring, Dr. Forsyth went home to England and entered into private practice at Reepham, Norfolk. The "lure of the Labrador," however, had got into his blood, and he was soon urgently asking if there was a permanent appointment on the Coast that he could fill. He was welcomed back to St. Anthony at Christmas time in 1934. The following year we needed him to replace Dr. Moret at St. Mary's River hospital, and he took charge of our hospital and school there for two years. Early in the spring of 1937 he was married at St. Mary's River to Clayre Ruland. Miss Ruland had been a nurse at St. Anthony when Dr. Forsyth first came out in 1931, and she had served at Spotted Islands and Mutton Bay meanwhile. She was transferred to St. Mary's River as head nurse in the fall of 1936 and, since her marriage to Dr. Forsyth, has been an invaluable help to him in his work.

In 1938 it was decided that it was essential to have a doctor permanently stationed at our hospital at Cartwright, instead of having a doctor for the summer months only, and a nurse in charge during the winter. Dr. Forsyth was asked to take charge of the hospital and school there,

and since that time Cartwright has been "home" to Dr. and Mrs. Forsyth.

Dr. Forsyth's interests are by no means confined to the purely medical and surgical side of his work. Anyone who has been to Cartwright and seen him out chopping wood with the boys of Lockwood School before breakfast, playing football with them in recess time, or conducting the simple church services in the schoolroom of a Sunday evening, cannot fail to be impressed with the fact that to him the school children are his family, and mean individually just as much to him as if they were his very own.

Dr. and Mrs. Forsyth eat their meals with the children, each heading separate tables. They encourage the children to take an interest in and discuss current events of the world, and books, as well as their own little world. There is keen competition between the children as to which table can carry on the most intelligent conversation at meal times.

Understanding of human nature, and a saving sense of humour, are amongst the most essential attributes of anyone who spends his life on the Labrador Coast, and Dr. Forsyth is richly endowed with both. He is "Guide, Philosopher and Friend" to the people on the Labrador Coast. In summer he visits them on his small boat, Unity, or our hospital boat, Maraval, and in winter by dog-team. Their problems become his problems, and no one ever turns to him in vain.

(An excerpt from volume 41, issue 3, October 1943, of Among the Deep Sea Fishers. Featured in the photo is the Lockwood School, built in 1930 and operated until the 1970s. The photograph comes from the International Grenfell Association collection located in The Rooms).