

# Along the Coast to Labrador



## Highlights

May-August 2015

### Mission to Honduras

*Life-changing experience for  
Regional Nurse Sherry Leyte*

### Recognizing Volunteers

*Thanking those who support  
health care services*



Labrador-Grenfell  
**Health**

## Perspective Helps Us Understand

**W**hen it comes to the level of health care services available to Newfoundlanders and Labradorians, and indeed Canadians, there is a dire need for a reality check. While we may take issue with wait times and the rising cost of drugs, there really is little room to complain. Many would acknowledge that pouring more money into health care is not the answer, and yet our expectations continue to escalate.

An argument can be made in the need for a generous dose of perspective. Looking at health care practices in other countries would help us understand the level of quality services we enjoy and take for granted. An article in this edition of *Along the Coast to Labrador* reveals a side of health care many of us would have trouble comprehending in 2015. Sherry Leyte, a Regional Nurse who practices in Port Hope Simpson, Labrador, provides a glimpse into health care services in the Central American country of Honduras. Volunteering her services under the Adventure in Missions program, Sherry came face to face with extreme poverty, limited access to doctors and nurses, and disparate health facilities.

With skills to offer and a desire to help those who are less fortunate, Sherry likely had a good idea about what she was about to experience when she signed up to serve people who lived in rural and remote villages. It wasn't until she returned, however, that she came to realize that people in this province have a lot to be thankful for. She leaves us with the message that our access to health care should not be taken for granted and that travelling to another land brings into focus the advances that have been made in this country.

A second article in this edition provides a revealing look at health care in this country. Closer to home, the *Keeping Canada Alive* series on CBC Television gives Canadians a front row seat into the work performed by health care professionals from coast to coast. One of the places featured in the docu-series was the community clinic in Nain, Labrador, a rural and remote community in the Labrador-Grenfell Health region. As demonstrated in the documentary, residents enjoy a high level of service from a group of health care providers who are well-trained, work together as a team, and are schooled in the technological advances that erase the barriers of isolation and geography. If you missed the series, the six-part series and additional content is available on-line through the CBC website.

There is little doubt that the personal stories and the caring contributions of hard-working and dedicated health care providers, as told in the docu-series, along with the experiences of people like Sherry Leyte, will broaden your knowledge and cause you to re-think your previously held views on health care in Canada.

Allan Bock, Chair  
Regional Newsletter Committee



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Front cover photo: Sherry Leyte travelled to Honduras, Central America, last January to administer health care services as a volunteer with Adventure in Missions. The Regional Nurse, who works at the Port Hope Simpson Community Clinic, received a firsthand look at how people who live in the country's impoverished regions cope with the lack of health care services. Her story appears on pages 6 and 7.

PHOTO COURTESY OF SHERRY LEYTE



# Around the Region

## New Blood Bank Refrigeration Units for Laboratory



**T**he month of May saw the beginning of small renovations in the laboratory at the Labrador Health Centre, Happy Valley-Goose Bay, as work started on the installation of new Helmer blood bank refrigerators and freezers. The maintenance and biomedical departments were instrumental in making this happen. The maintenance staff dedicated a full week to tearing out old equipment, moving existing equipment elsewhere, plastering and painting the walls and completing electrical work to install an alarm system. The biomedical staff installed and

performed a validation on the equipment to confirm temperature ranges, and the laboratory performed its own validation work to determine that the equipment was operating properly. Laboratory staff started using the new equipment on June 9, 2015. Among those involved in the project were: (l-r) Roland Nattrass, Natalie McLean, Kathryn King, Maurice Greenleaves and Lorenzo Webber. Missing from photo was Junior Hodder.

## CEO Speaks to Labrador West Chamber of Commerce



**T**he Labrador West Chamber of Commerce received an update on health care-related developments from Tony Wakeham, President and Chief Executive Officer of Labrador-Grenfell Health. The presentation took place on June 12, 2015. Topics included programs and services at the newly-opened Labrador West Health Centre, physician recruitment, changes in demographics, and community support for the health

service. Among those who gathered for a discussion following the meeting were: Front (l-r) Lauren Connors, Rose Anne Faykos, Irene Simpson-Bench (president of the chamber of commerce), Norm Keats, Ozette Simpson (chief operating officer, Labrador West Health Centre), Colin Vardy (Mayor of Wabush). Back, Tony Wakeham and Andrew Robertson (board member, Labrador-Grenfell Health).

# Keeping Canada Alive

## Nain Clinic Featured in CBC Documentary



▲ Cinematographer Nigel Markham (right) films Pat Crotty, nurse-in-charge at the Nain Community Clinic, as she speaks to Julius Ikkusek.

A documentary series on CBC Television, *Keeping Canada Alive*, featured the staff of the Nain Community Clinic and the care they provide to the residents of the North coast community. The show, which was first of a six-part docu-series, was broadcast on Oct. 4, 2015.

*Keeping Canada Alive* showcased a series of intimate and powerful stories of patients and health care providers over a single dramatic 24-hour day in the life of the Canadian health care system. A camera crew from St. John's was on location at the Nain Community Clinic on May 6, 2015, recording activities at the clinic and the staff who deliver health care services in a rural and isolated setting. On that day, a total of 60 camera crews descended upon 40 hospitals, clinics, doctors' offices and private residences in 20 Canadian cities and towns across 10 provinces.

The six one-hour television episodes highlighted 36 emotionally-charged stories. For those who missed the series when it aired on television, CBC has made available a companion on-line experience that gives viewers access to additional full-form content

encompassing such items as a stream of surgeries, medical procedures, interviews and events filmed that day, plus facts, highlights, commentary, polls and extended videos on the stories seen in the stream. The series is based on the British format from ITV and was produced by Force Four Entertainment.

"Our production crew was granted unprecedented one-day access to our health care system, a system that impacts every

single Canadian at some point in their lives," says John Ritchie, chief creative officer, Force Four Entertainment. "It is our privilege to give Canadians this never-before-seen snapshot of the moving stories of health care professionals and patients that make our health care system beat in a single 24-hour period."

The filming in Nain gave Canadians a glimpse into the operations of a community clinic located in a rural and remote area of Labrador. Under the direction of the nurse-in-charge, Pat Crotty, viewers received an intimate look at the manner in which health care is delivered to residents of an Inuit community from regional nurses and support staff. This included an introduction to 'Rosie the Robot', a device which is used to bridge the distance between Nain and larger health care facilities. Dr. Michael Jong, Vice-President of Medical Services with Labrador-Grenfell Health, had a virtual consultation with one of his clients. The RP-7i robot helps connects patients and health care providers in Nain to specialists via video link.

For more information about the *Keeping Canada Alive* series and additional content that is available on-line, go to [cbc.ca/keepingcanadaalive](http://cbc.ca/keepingcanadaalive)



▲ A camera crew documented a day in the life of the Nain Community Clinic on May 6, 2015 for a CBC-TV docu-series. Among those who took part in the filming included: (l-r) Mary Sexton, director; Lori Barbour; Shannon Murphy; Dr. Michael Jong and Rosie the Robot; Pat Crotty; Nigel Markham, cinematographer; Jane Chaulk; Scott Yates, sound technician; and Moses Broomfield.



# Stop the Secret.

## Stop the Stigma



Imagine you have been asked to write down your deepest, darkest secret. Are you feeling nervous? Embarrassed? Are you worried that someone will find and read this piece of paper? What are you thinking? Now, imagine you have been given a lanyard and have been asked to “wear” your secret around your neck for the world to see. You must “wear” this at work, in your community, at the gym; basically, everywhere you go, people will see the one thing you have tried to keep secret for so long. Now how do you feel? Anxious? Scared? Are you afraid that people will look at you differently? For 20 per cent of Canadians who personally experience a mental illness and who “wear” this illness everyday of their lives, these are the thoughts and questions that come to mind.

Mental health problems and illnesses affect just about every family in our province and country. “One in five people in this province will experience a mental illness or addiction first hand this year” (Understanding Changes Everything - Mental Illness & Addiction, 2015). “For people living with mental health and addiction problems, and for their families, the challenges associated with their illness have long been exacerbated by the experience of stigma. The Mental Health Commission of Canada has identified the elimination of

stigma and reduction of discrimination as one of the top three priority areas to be addressed as part of its federal framework for mental health.” (Martin & Johnston, 2007, P.4)

At Labrador-Grenfell Health, the Mental Health and Addictions Department has recognized that stigma is preventing many of our community members from seeking help for their mental health problems and mental illnesses. In 2008, an Anti-Stigma Working Group was formed, which consisted of various Mental Health and Addictions staff members who now meet on a bi-monthly basis. The first order of business was to explore ways to address stigma in our own workplace; to look at how we engage with others who are perceived to be different than ourselves. This led the team to create an anti-stigma campaign – ‘Stop the Secret. Stop the Stigma’.

This is a two-hour interactive presentation that was initially offered to staff in various locations within the region. The presentation begins just as this article began; with a vulnerability/appreciation activity to help the participants become more aware of how individuals with mental illness live with stigma. The campaign explores the difference between mental health and mental illness, reviews warning signs and teaches participants how they can

help. It looks at the cycle of stigma, discrimination and social exclusion.

Through various activities, participants gain an appreciation of what it is like to experience stigma and how their own attitudes, personal experiences, biases and lack of knowledge and understanding can cause stigma. The overall goal is to help staff at Labrador-Grenfell Health recognize how they may be contributing to stigma at their workplace and what role they can play to help end stigma. The campaign leaves the participants with a challenge to ‘Speak Up, Get Up, Stir Up’, which highlights some of the ways participants can make a difference.

This campaign is now open to community members and other organizations as well.

The Mental Health and Addictions Department at Labrador-Grenfell Health is very proud of the efforts we are making in our organization to address the issues pertaining to stigma around mental illness and to gain increased appreciation. Our motto for the campaign has been “Understanding – it can, it will and it does change everything” (Understanding Changes Everything- Mental Illness & Addiction”, 2015).

For further information on the anti-stigma campaign and/or the Anti-Stigma Working Group, please contact the co-chairs of the Anti-Stigma Working Group. Janice Genge can be reached at 456-2401, ext. 6246, or by e-mail at [janice.genge@lghealth.ca](mailto:janice.genge@lghealth.ca). Michelle Hynes can be reached at 285-8228, or by e-mail at [michelle.hynes@lghealth.ca](mailto:michelle.hynes@lghealth.ca).

*Janice Genge, Mental Health Case Manager*

### References

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*Understanding Changes Everything - mental illness and addiction*. (2015). Retrieved from [www.understandnow.ca/about/](http://www.understandnow.ca/about/)

# My Adventure in Missions: Honduras 2015



▲ In spite of the challenges, Sherry Leyte enjoyed the opportunity to deliver health care to children and adults afflicted by poverty and the lack of services in the rural areas of Honduras. PHOTO COURTESY OF SHERRY LEYTE

■ By Sherry Leyte

I began my first experience with Adventure in Missions on Jan. 13, 2014, starting two days earlier than I planned. I was so anxious to begin my journey that I did not dare miss my flight from St. John's on Jan. 18. Adventure in Missions is a non-denominational Christian ministry dedicated to bridging the gap between North America and the needy and neglected people of Honduras, a small country in Central America.

My journey began as I left the cold, icy shores of Southeastern Labrador by twin otter aircraft. A few days later I left St. John's on a cold, gray morning. After a long layover in Newark and a night in Houston, Texas, I arrived in Honduras on Jan. 19. It was a beautiful sunny day with temperatures in the high 20s. I was so amazed by the beauty of the country from the air and even more amazed as I landed in Honduras. Everything in sight was so lush and green with tropical plants as far as the eye could see – a stark contrast to the cold icy barrens of the Labrador coast in January.

However, as we began the drive from the airport to El Cacao, it didn't take long to see the extent of the poverty that inflicts this beautiful country, especially in the more rural areas. I was astonished by the huge disparity in the living conditions from the cities in comparison to the more rural villages. The extent of the poverty seen in the



rural villages was very shocking and it was hard to believe that families lived in such poor living conditions. It was also stunning to see security guards armed with either machine guns or large shot guns at restaurants, stores and even gas stations. It was a conflicting image – the country is beautiful from a physical perspective, but ugly socially and politically. We were told not to venture out at night unless it was absolutely necessary.

The day after arriving in Honduras, we began our medical ministries to the small villages surrounding El Cacao and La Ceiba. Each day we visited a new village and every day, more than 100 people anxiously awaited our arrival and patiently waited hours in the extreme heat often without anything to eat for their turn to see one of the three nurses in our group. Many of these villages don't have regular medical visits, so people are required to travel long distances to see health care providers if they need medical attention. All of our clinics were held either in the local church or the home of the pastor, who graciously helped arrange the clinics and allowed the team to use their house for the village clinic. The clinics had very limited physical space and there were no private clinic rooms available for any type of private exam that may be needed. Patient confidentiality is practically nonexistent!

These mobile clinics lacked many of the basic things we take for granted here in Canada, such as antiseptic hand cleaner, instrument cleaner, disposable covers for otoscopes and thermometers, and alcohol swabs. Three nurses shared one thermometer, otoscope and glucometer for all the patients who were seen. Each day we worked with a limited supply of drugs and many times we did not have the first line treatment our patients needed. Many times, we had to improvise and often we had to tell the patient we did not have what they needed. It was very frustrating at times and heartbreaking knowing that we had such limited treatment options available to us.

As we travelled each day to these isolated villages, we saw firsthand the evidence of the country's extreme poverty and the subsequent effects of the poverty. Many of these isolated villages lacked the basic necessities, such as running water and plumbing, which proved to be the source of many bacterial infections and gastric illnesses which we saw each day in the patients who attended our clinics.

As I reflect on my journey, I thank God for the many blessings we enjoy living in Canada. There are so many things we take for granted in

our daily lives as Canadians, including the ability to seek medical care when it's necessary without a second thought. While in Honduras, I saw firsthand how the Honduran people often do not have easy access to medical care which can lead to delayed treatment or not being able to access treatment at all.

I remember one particular case where a 15-year-old girl had dislocated both of her patellas and had been bedridden for more than six months. However, she was not able to seek medical care until our team came to her village because she lived so far from the medical clinic. By the time we arrived in her village, a full year had passed since her injury. In many other cases medical care is available, but patients are not able to afford the care they need. In the case of the 15-year-old girl, she couldn't access health care and when we arrived, she needed assistance to cover the \$60 X-ray fee.

My experience in Honduras has made me very grateful for our own country and our accessibility to health care. It has opened my eyes to what true poverty really is, and how important it is that we remember the poor people all over our world and continue to work together to help wipe out poverty. I would encourage anyone considering a mission trip to do so. It will truly change your life! Let me leave you with this verse from the Bible that was an inspiration to me before I went on my trip and rang true as I experienced this journey. It is from Matthew 25:40 "And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'"

I am making plans now to do my second mission trip, in March 2016, to Kenya, Africa. I am very excited to see what God has planned for me this time!

*Sherry Leyte is a Regional Nurse at the Port Hope Simpson Community Clinic*



## Photo Trivia

### This issue

Q: Who is the nurse in the photo who practiced in the region for 30 years and left a lasting impression on the lives of many people?



### Last issue

Q: Who is the writer, historian and university professor who authored and edited several books associated with the Grenfell era in Northern Newfoundland and Labrador?

A: Dr. Ronald Rompkey was a scholar, professor and author. He wrote the definitive biography on Dr. Wilfred Grenfell as well as editing the Labrador memoir of Dr. Harry Paddon, Jessie Luther of the Grenfell Mission, and the Dr. Grenfell's Adrift on an Icepan. He was the founding director of the J.R. Smallwood Foundation for Newfoundland and Labrador Studies and served as honorary French Consul in St. John's. In 2003, Dr. Rompkey was appointed as an Officer of the Order of Canada in recognition for his work as a biographer, editor and reviewer, and contributions to the arts community. He passed away on July 31, 2014, at the age of 71. Thanks to Alwyn Sansford and Carol Brice-Bennett for submitting the correct answer to the photo trivia question.





# Spiderman Makes Appearance at Happy Valley-Goose Bay Bike Rodeo



▲ Cammy Elliott was decked out in his Spiderman costume and riding his Spiderman bicycle.



▲ Lily Patten had help from her Dad, Sean Patten, and Const. Mark Blackmore during the annual bike rodeo.

Our Friendly Neighbourhood Spiderman was one of the highlights of the annual Happy Valley-Goose Bay Bike Rodeo on June 6, 2015. Spidey revealed his real identity – he was Cammy Elliott! Cammy came sporting his Spiderman helmet and Spiderman suit and riding his Spiderman bike. During the bike

rodeo, his training wheels were removed by the people from Minipi Outfitters who were doing bike repairs, and learned to ride his bike without training wheels!

Such stories – of children feeling confident and safe to learn to ride their bikes – is just what the bike rodeo is all about. The

RCMP put together an obstacle course which helped children learn bike hand signals and road signs. It was a positive experience for children to see the RCMP as helping and caring members of the community.

This year, with help from Nalcor's Lower Churchill Project and the Labrador Regional Wellness Coalition, helmets were given free of charge to children and adults who needed them. There was also a greater demand for helmets, which is great to see, since the Government of Newfoundland and Labrador enacted legislation earlier this year which requires that all bicycle riders wear helmets.

The bike rodeo was held in the arena due to the rain, but some 300 people still attended. This is an event that children and parents like to attend because they see the importance of bike safety and the whole family can participate.

It was another successful bike rodeo, with many more to come!

*Janice White, Health Promotion and Education Coordinator*

## Displays Increase Awareness of Health Promotion Issues

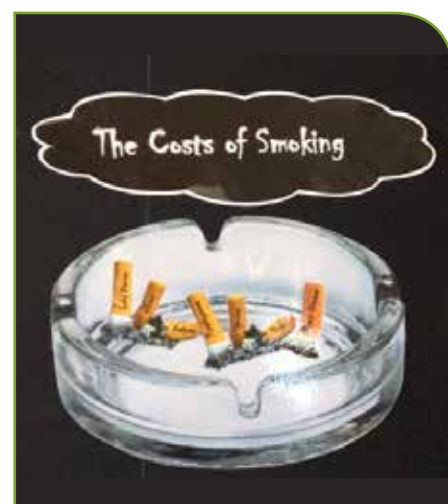
We see them every day in a variety of settings, quietly posted like wall-flowers. They are conversation-starters, informative, sometimes colourful, bold or perhaps even modest. But most of all, they strive to engage the passerby to come a little closer to learn about the message they are promoting.

A health promotion display is often a useful tool to capture the attention of an intended audience. The most effective examples grab the individual at first glance, can hold the audience member there to share its message, and persuade that person to seek more information about a specific health topic. Most importantly, a display can make one think by increasing awareness of health promotion issues. It's comparable to a blank canvas – by using the most appropriate layout,

colours, graphics, fonts and reliable information, the health professional can have a great message medium at their disposal.

In an effort to increase awareness of health promotion issues, Labrador-Grenfell Health sites at St. Anthony, Happy Valley-Goose Bay and Labrador City have an allocated area for display board placement. During the calendar year, health professionals, patients and other community members can view a variety of health topics highlighting a number of national and world campaigns, such as World No Tobacco Day, National Non-Smoking Week, Heart and Stroke Awareness, Injury Prevention Month, and Nutrition Month.

*Karla Loder, Regional Health Promotion and Education Consultant*



▲ Information about the harmful ingredients in cigarettes, the costs of smoking and supports in place to quit were featured in a display at the Emergency/Outpatients Department at the Charles S. Curtis Memorial Hospital, St. Anthony.



# Community Kitchen Helping People Help Themselves

**W**ho wouldn't want to make new friends, try new foods, and learn how to make delicious nutritious food on a budget? The Community Kitchen in Labrador West offered this opportunity to all community members and held its first program from May 21 to June 10, 2015.

A Community Kitchen is a community-based cooking program where small groups of people come together to prepare meals and take food home to their families. Everyone participates in the planning, preparing, and cooking the food. It's a great opportunity to learn how to plan meals using Canada's Food Guide, become more skilled in budgeting and shopping, and to build confidence in cooking in the kitchen.

A partnership involving the Labrador West Salvation Army, the Labrador West Housing and Homelessness Coalition (LWHHC), and Labrador-Grenfell Health was formed after representatives attended a Poverty Reduction Strategy Forum and heard stories from people who were experiencing poverty and the challenges of eating healthy on a small income.

With assistance from Lynn Blackwood, Regional Nutritionist with Labrador-Grenfell Health, who provided the group with direction on the nutrition portion of the program, as well as sharing a provincial Community Kitchen Best Practices toolkit, the group began to develop a work plan and session schedule.

The group applied for a community grant from the Labrador Regional Wellness Coalition and received funds to help offset the cost of food and supplies. Labrador-Grenfell Health covered the cost for advertising and the program was held in the kitchen of the Salvation Army Church. Housing Support Worker, Kim Martin, from the LWHHC and Lieut. Crystal

Porter with the Salvation Army volunteered as Community Kitchen Facilitators with Danyelle Lavers, Primary Health Care Facilitator, coordinating the project.

Four families registered for the first program. A pre-test evaluation form was distributed to participants to determine how often they prepared meals from scratch, the use Canada's Food Guide to plan/prepare meals, and their use of whole grains. Participants were asked to complete a post evaluation and the responses were overwhelmingly positive. By the end of the program, participants felt they were able to buy healthy food on a budget, cook healthy meals, and use nutrition labels.

The reasons for getting involved in a community kitchen may differ, but every participant benefits from good food, improved culinary knowledge, and the rich social benefits of their shared efforts. Community kitchens invite people to help themselves, each other, and their communities.

*Danyelle Lavers, Primary Health Care Facilitator*



▲ Participants in the Community Kitchen project included: (l-r) Kim Martin, Rhona Penney, Jennifer Byrne, Rochelle Beson, and Lieut. Crystal Porter.

## Licensed Practical Nurse Receives Excellence in Leadership Award



▲ Scott Carroll displays the Anne Keough Excellence in Nursing Leadership Award he received during the annual general meeting of the College of Licensed Practical Nurses of Newfoundland and Labrador.

**A** Licensed Practical Nurse, Scott Carroll, was the recipient of the Anne Keough Excellence in Leadership Award for 2014-15 during the Provincial Nursing Forum and the annual general meeting of the College of Licensed Practical Nurses of Newfoundland and Labrador in St. John's on June 15 and 16, 2015.

Scott graduated from the Practical Nursing Program in 2011 at the College of the North Atlantic in St. Anthony, which was offered through the Centre for Nursing Studies. Since then he has been employed with Labrador-Grenfell Health at the White Bay Central Health Centre in Roddickton-Bide Arm and has also worked in St. Anthony, Flower's Cove and Labrador City.

"I was nominated by two co-workers at the White Bay Central Health Centre whom I work closely with on a day-to-day basis and are true members of the health care profession," he

states. "I was also nominated for the Excellence in Practice Award for 2014-15."

The Anne Keough Leadership Award, which was introduced in 2009, honours a Licensed Practical Nurse who demonstrates excellence in leadership, advocacy, communication and passion for the profession. The award consisted of a framed certificate and \$500 towards continuing education.

"I was honoured to be named the recipient of this award. As a Licensed Practical Nurse, I am truly dedicated to my profession. I work hard to provide safe, competent and ethical nursing care to all my patients."

Meanwhile, a former employee of Labrador-Grenfell Health, Nurse Practitioner Dena King, received an Award for Excellence in Nursing from the Association of Registered Nurses of Newfoundland Labrador during the group's 61<sup>st</sup> annual general meeting in St. John's on June 16, 2015.

# Grenfell Heritage Day 2015

It may have been the best turn-out ever for the annual Grenfell Heritage Day celebrations since the event was founded in 1992. A large crowd of people filled the Polar Centre in St. Anthony to capacity during activities on July 21, 2015 that started in the early afternoon and concluded later that night.

Organized by the South Chapter of the Grenfell Foundation and staff at Labrador-Grenfell Health, the event is a tribute to the lasting legacy left by Dr. Wilfred Grenfell, a medical missionary from England who arrived in the area in 1892. Proceeds from the annual event are presented to Labrador-Grenfell Health to acquire capital equipment and support research and staff development for health programs and services in Northern

Newfoundland and Southern Labrador.

Area residents were treated to good food, door prizes, giveaways, games of chance and they supported the event with the purchase of tickets for several prize draws. Entertainment was provided by Cookie the Clown, the Skipper Hots Band, Adam Randell, Calvin Blake and Jade Gibbons.

Members of the planning committee included Agnes Patey, Blenda Dredge, Heather Bromley, Jerry Young, Evelyn Rumbolt, Sheila Hillier, Alonzo Bessey and Nadine Calloway. Organizers offer their sincere thanks to the sponsors, donors and volunteers for their commitment and effort towards making Grenfell Heritage Day a success. The event represents an example of community spirit and acknowledges the efforts and perseverance demonstrated by Dr. Grenfell in establishing his medical mission.



▲ The Polar Centre is now the permanent location for the annual Grenfell Heritage Day celebrations.



▲ The Curtis Hospital Auxiliary sold food items and knitted goods to raise proceeds for priority medical equipment. On hand were: (l-r) Laura Biles, Ruby Carpenter, Adelaide Richards, Jeanette Hostetter, Wanda Greenham, Mary Tucker. Back, Evelyn Rumbolt, Louise Greenham, Dora Penney, Christina Richards, Roberta Stevens and May Kinsella.





■ Retired Labrador-Grenfell Health employee Sharon Colbourne (left) and Kay Ledrew were busy selling tickets for the prize draws.



■ Jackie Adey and Ruby Best kept the wheel spinning throughout the night during the games of chance.



◀ Retired Labrador-Grenfell Health employees Leaton Johnson (left) and Arthur Kinsella were busy keeping up with demand for bear paws.

■ Photos by Anthony Cronhelm and Allan Bock.

▶ Olivia Simmonds patiently waited in line so her teddy bear could be admitted to the Teddy Bear clinic.



■ Waving tickets at the sales table were Labrador-Grenfell Health staff who volunteered their services, including: (l-r) Lee Payne, Shawna Rowbottom, Sheila Hillier and Nadia Colbourne.



■ Julie Nicholas, former Chief Operating Officer (South), and Labrador-Grenfell Health employee Sandra Pink teamed up to encourage patrons to purchase tickets for one of the many prize draws.



■ Adam Randell (left) and Calvin Blake, accompanied by the Skipper Hots Band, entertained the crowd with a set of traditional Newfoundland songs.



■ Andrew Hussey (left) welcomed the opportunity to purchase tickets from retired Labrador-Grenfell Health employees Selma Strangemore and Janet Patey.



# Donations

## Golfers Support Oncology Department

► The annual Fore the Cure Golf Tournament at the Tamarack Golf Club, Labrador City, was again a great success. A total 120 golfers took part in the event on June 27, 2015 and raised \$6,200 for the Oncology Department at the Labrador West Health Centre. Among those who took part were: (l-r) Bernie Carroll, Ozette Simpson, Josée Morel and Debbie Shiwak.



## Community-wide Effort Supports Health Care

▼ The 6th annual JoyGlobal Charity Golf Tournament on July 11, 2015 represented a community-wide effort to support the purchase of priority medical equipment for the Labrador West Health Centre, Labrador City. More than 140 golfers, a large team of volunteers and corporate support from JoyGlobal produced a donation of \$8,602.90, which exceeded the 2014 total by several hundred dollars.



▲ Enjoying a day of golf at the Tamarack Golf Club are: (l-r) Chris Lacey, Carol Lacey, Corry Lee Rogers and Clarence Rogers.



▲ Supporting a fund-raising effort for health care services are: (l-r) Norma Boozan, Gary Locke, Colleen Rixon and Claudine Kean-Dobbin.



# Donations



## Headphones for Dialysis Patients

◀ The Labrador Health Centre Auxiliary outfitted the dialysis unit at the Happy Valley-Goose Bay hospital with a set of headphones. Patients who receive dialysis treatment say the headphones are a welcome addition as they can listen to music or watch videos without disturbing others in the unit. Joseph Andrew tried out the headphones during a presentation which took place on May 26, 2015. Taking part were: (l-r) Labrador-Grenfell Health staff Heather Rowbottom and Della Gosse and auxiliary members Audrey Dunphy, Margaret Newman, Violet Simpson and Hilda Newman. The Labrador Health Centre Auxiliary regularly purchases equipment to support the delivery of health care services.

## Handmade Blanket for Oncology Suite

▶ Rachel Gordon put her creative talents to work and produced a blanket for the Oncology Suite at the Labrador West Health Centre, Labrador City. Linda MacMillan (right), Oncology Coordinator, gratefully accepts the blanket from Ms. Gordon.



## Creative Items for Senior Citizens

▲ Inpatient Services staff and residents of the long-term care unit at the Labrador West Health Centre, Labrador City, extend a special thank you to Scott Hounsell and his wife, Vadya Heniquez, for their donation of a cart full of items that support activities, hobbies and exercise for residents. Taking part in the presentation of the creative items were: (l-r) Resident Josa Kajui, Julie Blanchette (Recreational Therapy Aide), Scott Hounsell and resident Marion Walsh.



## Flowers for Labrador West Health Centre

▶ The Labrador West Health Centre, Labrador City, thanks the Canadian Tire outlet for the donation of a variety of potted plants. The flowers and plants helped beautify the surroundings at the hospital.



# From the Homes

## Happy Valley-Goose Bay



▲ Muriel Andersen had the honour of cutting the Canada Day cake during the annual long-term care lawn festival at the Happy Valley-Goose Bay Long-Term Care Facility on June 26, 2015. She was joined by her daughters, Iris O'Leary and Annie Evans.



▲ Arthur Stickley exchanged his favoured Montreal Canadiens' cap with a Canada Day hat long enough to help celebrate Canada's birthday.



▲ Barbara Budgell had help from Teena Doyle (recreation specialist) in getting her hair done in preparation for the annual lawn festival at the Happy Valley-Goose Bay Long-Term Care Facility.



▲ Natalie Combden (left) and Patricia Roberts delivered plates of hamburgers and salads to residents who were taking part in the annual lawn festival on June 26, 2015.

## St. Anthony



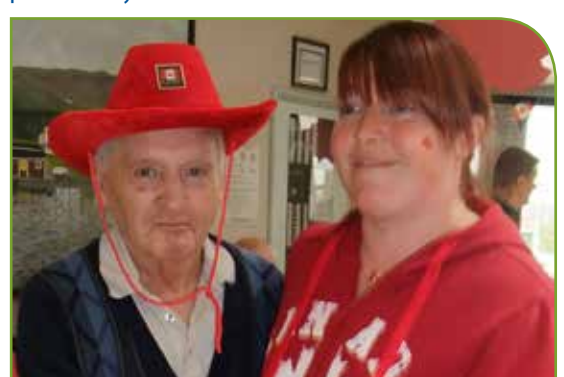
▲ Residents Jean Roberts, Edith Humby and Pansy Elms participated in the Mother's Day Tea at the John M. Gray Centre, St. Anthony. Mothers at the John M. Gray Centre were honoured during the social event and enjoyed homemade raisin tea buns while chatting over a cup of tea.



▲ Resident Noah Compton wears a broad smile while receiving a balloon in celebration of Father's Day. Residents at the John M. Gray came together to celebrate the fathers among them during a fun-filled Father's Day Social, which included the reading of a special poem, balloons and music performed by local entertainers.



▲ Residents Martha Jane Parrill, Edith Humby, Gloria Brown, Esther Compton and Pearl Anderson are all smiles as they were received balloons presented by Heather Bromley (recreation specialist) during the Mother's Day celebration.



▲ Resident John Bolger and Heather Bromley (recreation specialist) dance to an old-fashioned waltz while celebrating Canada Day at the John M. Gray Centre. A special thank you to everyone who helped out to make the event a huge success.



# From the Homes

## Forteau



◀ Long-term care residents at the Labrador South Health Centre in Forteau celebrated Canada Day with tattoos, a parade around the centre, and refreshments. Among those who took part were: (l-r) Elizabeth Letto, Bertha Normore, Hazel Thomas, Thomas Pardy, Julie Ryland, Samuel Burden, Royden Kippenhuck and Elva Turnbull.

## Labrador City



▲ Margaret O'Brien had her nails done by nail technician Jacqueline Rae Colbert during a Mother's Day Spa on May 10, 2015.



▲ Resident Joyce Pieroway (right) enjoys a massage offered by Nicky Jackowski for the Mother's Day spa day.



◀ A special Easter Chapel Service was held on April 10, 2015 for long-term care residents at the Labrador West Health Centre, Labrador City. Participants included: (l-r) Hayward Sheppard, Rev. Dean Sellars, Rev. Rowena Payne, Pastor David Milley, Fr. Joy Paul Kallikatukudy, Lieut. Norman Porter, Rev. Jolene Peters, John Hawco, Marion Walsh, Julie Blanchette (recreational therapy worker), Josa Kajui, Susan Bourgeois, Harry Legge (volunteer), Milton Goudie and Ozette Simpson.



◀ Long-term care residents who welcomed the Easter Chapel Service included: (l-r) John Hawco, Marion Walsh, Mary Power, Julie Blanchette (recreational therapy worker), Josa Kajui, Harry Legge (volunteer) and Milton Goudie.

# Volunteer Recognition

## Recognizing the Contributions of Volunteers

Labrador-Grenfell Health and residents of Northern Newfoundland and Labrador benefit greatly from the work of volunteers in this region. The list includes members of the South, Central and West chapters of the Grenfell Foundation, members of hospital and health centre auxiliaries located in Labrador City, St. Anthony, Happy Valley-Goose Bay, Forteau and Flower's Cove, members of church and community groups and service clubs who visit long-term care residents to organize activities and special celebrations, and many others.

They do so without any fanfare or applause, but freely give of their time because they want to help.

National Volunteer Week was observed April 12-18, 2015. It's estimated that 13.3 million Canadian volunteers give their time to help others, contributing 2.1 billion volunteer hours per year.

During the first week of June, Labrador-Grenfell honoured volunteers during appreciation dinners held at Labrador City, St. Anthony and Happy Valley-Goose Bay. The Regional Health Authority paid tribute to everyone who does their part to lend a hand and thanked volunteers for their unselfish commitment to supporting health care.

### Labrador West

The first volunteer recognition dinner at the newly-opened Labrador West Health Centre was held on June 2, 2015. Labrador-Grenfell Health paid tribute to the many volunteers who give of their time to enhance services and client care at the facility.

One of the highlights of the event was the presentation of donations to the West chapter of the Grenfell Foundation. They included the following:

- A \$15,000 donation from the Labrador West Health Centre Auxiliary.
- Under the Bright Futures program, Scotiabank donated \$1,000 in the name of employee Pauline Abbott, for her contribution of more than

50 hours annually to the Labrador West Health Centre Auxiliary. The funds will be used to purchase equipment for patient care.

- Also through the Bright Futures program, Scotiabank matches funds up to \$5,000 in the name of an employee when the employee regular volunteers to an organization. The health centre auxiliary raised \$10,000 during its last ticket draw and Scotiabank contributed \$5,000. The funds will be used to acquire equipment for the physiotherapy department. It brings to \$14,500 the total amount of money that has been raised under the Bright Futures program through Ms. Abbott's volunteer contributions for the physiotherapy department, patient care and community services.
- The Labrador West Health Centre Auxiliary held an auction in May 2015 to sell surplus furniture at the former Captain William Jackman Memorial Hospital. Proceeds from this sale raised \$14,000. The auxiliary purchased a new vending machine for the health centre at a cost of \$8,000 and profits from the sale of items are donated to the Labrador West Health Centre.

### St. Anthony

The annual volunteer recognition dinner at St. Anthony took place at Charles S. Curtis Memorial Hospital on June 8, 2015. A series of donations from organizations, community groups and the private sector were presented to the South chapter of the Grenfell Foundation. The Curtis Hospital Auxiliary, which has been supporting the priority needs of the health care system through fund-raising events, presented a cheque in the amount of \$25,000.

Guest speaker at the dinner was Freda Hancock, a member of the clerical staff at the Labrador South Health Centre in Forteau, who delivered a presentation on her volunteering activities and spoke about the importance of helping others.

Barbara Molgaard Blake, Vice-President of People and Information and Chief Operating Officer (South), praised the contributions which volunteers make to the health care system and thanked those in



▲ Peter Reccord accepted donations from the Labrador West Health Centre Auxiliary on behalf of the West chapter of the Grenfell Foundation during a volunteer recognition dinner at Labrador City. Making the presentations were Paulette Abbott and Irene Simpson-Bench.



▲ Maurice Simmonds of Maurice's Service Centre presented a \$500 donation to the South chapter of the Grenfell Foundation as part of a multi-year commitment. Taking part in the presentation were: (l-r) Alonzo Bessey, Evelyn Rumbolt, Maurice Simmonds and Agnes Patey.



# Volunteer Recognition

attendance for their unfailing and unselfish commitment to the ideals of voluntarism.

## Happy Valley-Goose Bay

The volunteer appreciation dinner at Happy Valley-Goose Bay took place on June 4, 2015, at the Masonic Lodge. Delia Connell, Vice-President of Aboriginal Affairs and Community Services and Chief Operating Officer (Central and North) said volunteers who bring smiles to the faces of patients and long-term care residents are "valued and very much appreciated."

Guest speaker Cora Hamel-Pardy, Deputy Mayor of Happy Valley-Goose Bay, noted that without the contribution of volunteers, Labrador-Grenfell Health would not be able to sustain such a high level of health care services. "What you do makes a difference," she said. "No contribution is too little, nor does it pass unnoticed."



▲ Members of the Curtis Hospital Auxiliary were praised for their support towards the purchase of priority medical equipment. They are: Front (l-r) Evelyn Rumbolt, Jeanette Hostetter, Cassie Penney. Back, Juanita Richards, Bobbi Stevens, Wanda Greenham, Mary Tucker, Christine Richards, Louise Greenham, Laura Biles, Dora Penney, May Kinsella, Ethel Rumbolt and Adelaide Richards.



▲ St. Anthony Basin Resources Inc. (SABRI) presented a \$10,000 donation to the South chapter of the Grenfell Foundation. (L-r) Alonzo Bessey, chair of the board of directors, South chapter; Wayne Noel, chair of SABRI's board of directors; and Agnes Patey, coordinator, South chapter.



▲ Boyd Noel (right) presented a \$500 donation to the South chapter of the Grenfell Foundation to Alonzo Bessey on behalf of Branch 17 of the Royal Canadian Legion.



▲ Volunteers who contribute their time in support of health care activities at Happy Valley-Goose Bay were honoured by Labrador-Grenfell Health on June 4, 2015. Representatives from various organizations, including the hospital auxiliary, church groups, musicians and others gathered for a group photograph.

# Ebola Outbreak Spurred Action on Strategic Planning



▲ Doreen Hawco-Mahoney, infection control practitioner at the Labrador Health Centre, demonstrates the proper method of donning personal protective equipment during an Ebola education session.

In March 2014, worldwide concern developed over a major outbreak of an infectious disease in West Africa called Ebola. On Aug. 8, 2014, the World Health Organization (WHO) declared the outbreak to be an international public health emergency. The rapid spread, and usually fatal outcome, of the disease led countries everywhere to prepare for its possible spread by people travelling from infected places. Alerts for previous highly contagious diseases, such as SARS and H1N1 (or bird flu), highlighted the necessity of making detailed preparations for responding to an outbreak, especially in cities with large populations. Strategic planning to prepare for and respond to a critical situation is a valuable learning process for all frontline and support health staff.

In Newfoundland and Labrador, the Department of Health and Community Services (DHCS) began by focusing on the relationship between public health and clinical care, and the specific needs that would have to be met for managing an emerging infectious disease like Ebola. An Ebola Coordinating Team, which included representatives from Regional Health Authorities, identified seven key issues and created a task group for each subject. The task groups concentrated on personal protective equipment (PPE), public health measures, communications, human resource planning and training, transportation, emergency response exercises, and waste disposal.

Labrador-Grenfell Health created its own Ebola Working Group with representatives from sites throughout the region. Their main objectives were to facilitate action items from the task groups, and ensure directions from the DHCS were implemented on the ground. Among its achievements were:

- Creating a central link on the Labrador-Grenfell Health website for information on Ebola;
- Setting up Ebola PPE carts at each Emergency Department to standardize and simplify access and instructions on donning and doffing PPE;
- Having mock emergency codes and tabletop exercises at various sites on responding to a major outbreak of communicable disease;
- Arranging numerous training sessions on donning and doffing PPE and fit testing for masks;
- Setting up a 'V' drive on the intranet for the placement of videos so staff could receive education about the proper use of PPE;
- Screening instructions for determining the risk of any infectious disease at all emergency registration desks and ensuring implementation;
- Partnering to train Nunatsiavut and Innu First Nation health care providers on the use of PPE;
- Coordinating an effort to compile and distribute Ebola PPE kits to 20 facilities in the region; and
- Testing knowledge on Ebola and PPE of nursing staff, environmental services workers and registration clerks.

The main challenges faced by the Ebola Working Group concerned training and maintaining the skills of existing staff and new employees on the use of PPE, and scheduling tabletop and mock exercises for staff so they would be familiar with standard procedures. Regular meetings of the working group were beneficial for:

- Focusing on and creating a sense of urgency to address gaps in responding to an infectious disease outbreak;
- Providing direction to conduct exercises, fit testing of masks, and training on PPE;
- Bringing Labrador-Grenfell Health staff together in a collective effort to identify and implement consistent initiatives to respond to an infectious disease outbreak;
- Coordinating communications on a disease outbreak throughout the region; and
- Demonstrating the interdependence of all departments in the Labrador-Grenfell Health organization in responding to a critical health emergency.

Fortunately, the incidence of Ebola in West Africa has now significantly declined. However, another potentially global infectious disease is inevitable, so healthcare staff must continue to be vigilant, knowledgeable about communicable disease procedures, engaged with co-workers in other divisions and sites, and always prepared to deal with unexpected and hazardous situations.

*Donnie Sampson, VP of Nursing and Chief Nurse*



# IGA Approves Nine Projects for Labrador-Grenfell Health

Nine projects submitted by Labrador-Grenfell Health were approved by the International Grenfell Association (IGA) under the 2015 grant program. Funding amounted to \$213,290 was awarded following the June meeting of the IGA's board of directors.



The following is a list of the approved projects:

- Health Intern Program - \$8,800 (with another equal payment to be issued on or about Dec. 1, 2015).
- Health Professional Student Travel - \$12,500 (with another equal payment to be issued on or about Dec. 1, 2015).
- Dementia Care Training - \$13,500.
- Local Women: Recreating a Breastfeeding Culture - \$11,200.
- MORE<sup>08</sup> Plus - \$60,000 (with another equal payment to be issued on or about Dec. 1, 2015).
- Point of Care Ultrasound Feasibility - \$15,340.
- Up-to-date electronic tool - \$52,100.
- Mosby's Suite - \$37,250 (with another equal payment to be issued on or about

Dec. 1, 2015).

- Pain Clinic Continuing Education - \$2,600.

The IGA is a non-profit organization that was started in 1914 by medical missionary Sir Wilfred T. Grenfell. The organization's role was to provide health care, education, religious services, and rehabilitation and other social services to the fisherman and coastal communities of Northern Newfoundland and coastal Labrador. Today, IGA offers funding for community projects and initiatives that serve to enhance the general well-being of the residents of this region.

For further information, go to <http://www.grenfellassociation.org/>

## Improving Cancer Care in Labrador An Update on the Journey in the Big Land Initiative

A Journey in the Big Land recognizes the unique challenges faced by many First Nations, Inuit and Métis (FNIM) people residing in Labrador when confronted with a cancer diagnosis, including language barriers, cultural differences and geographical isolation from primary care and secondary/tertiary health centres. The three-year initiative will contribute significantly to improving the continuity and quality of health care experienced by Labrador FNIM on their journey from cancer diagnosis and treatment to their return home.

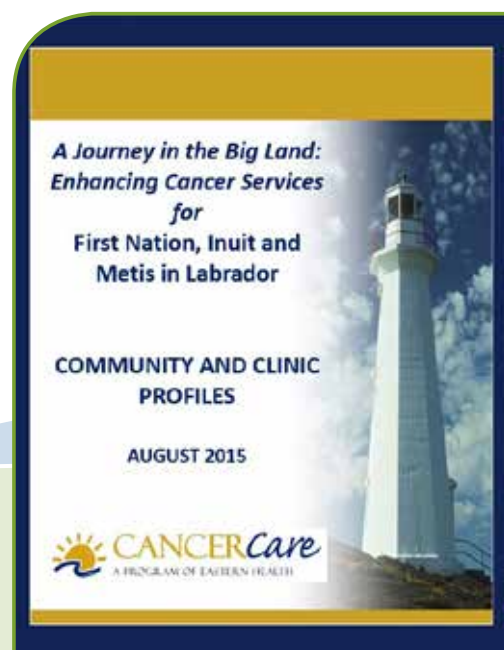
The initiative includes three priority areas (transitions in care; tele-oncology and cultural safety) that will involve the development and use of a variety of tools and processes to improve the cancer journey for Labrador FNIM patients and their families, including their interactions with health care providers. One of the first and biggest pieces of work, the Community and Clinic profiles, will be rolled out in the fall of 2015. The profiles and the information contained was developed with the assistance of countless contributors amongst initiative stakeholders, including the

Mushuau Innu First Nation, the Sheshatshiu Innu First Nation, the Nunatsiavut Government Department of Health and Social Development, the NunatuKavut Community Council, Labrador-Grenfell Health, Eastern Health, and cancer patients and caregivers from Labrador. These profiles will provide an overview of each FNIM community and outline access to health facilities and staff, to help familiarize the health care team with supports and resources available to patients at their local community level. In particular, it will include an overview of FNIM and Labrador-Grenfell Health community clinics; health centres and tertiary centres for Labrador-Grenfell Health; tertiary centres, the provincial Cancer Care program, and Aboriginal patient navigators for Eastern Health.

The initiative began and priorities were identified during a stakeholder forum that was held in Happy Valley-Goose Bay in October 2013. Collaboration with stakeholders has been a priority of this initiative and is integral to its success.

The second stakeholder forum was held on Oct. 1, 2015. Stay tuned for information on the release of community and clinic profiles, the upcoming forum and continued work.

*Jennifer Shea, Project Lead, First Nations, Inuit and Metis Cancer Care Program*



# Labrador Students Can Benefit from Enhanced Nursing Bursary Program

Labrador residents who enroll in an approved Bachelor of Nursing Program can now benefit from an enhanced bursary program offered by the Government of Newfoundland and Labrador.

"We continue to establish recruitment programs and initiatives to help retain health care professionals in areas of the province where they are needed most. This bursary will help increase access to quality trained health professionals in Labrador, while supporting the career goals of residents who want to work and live in the region," said Steve Kent, Deputy Premier and Minister of Health and Community Services, in an Aug. 17, 2015 news release.

Permanent residents of Labrador are eligible and must be enrolled in the Bachelor of Nursing Collaborative Program, the Bachelor of Nursing Collaborative Program – Fast Track Option or an approved Bachelor of Nursing program in another Canadian jurisdiction.

Eligible students can receive \$5,000 per year over the course of a four-year program. Those students enrolled in the Fast Track Program option can apply for \$10,000 per year over the course of the two-year program. The maximum funding amount is \$20,000. Cumulative amounts may be awarded retroactively for applicants who have already completed a portion of the Bachelor of Nursing Program.

"We are thrilled with the Provincial Government's support for the academic goals of our nursing students. The Bachelor of Nursing graduates

from the School of Nursing, Centre for Nursing Studies and Western Regional School of Nursing are educated to improve the health of individuals, families and communities, care for acutely ill clients, and provide end of life care. This initiative will help increase access to our knowledgeable, skilled and compassionate graduates for the Labrador region," said Dr. Alice Gaudine, Dean of the Memorial University School of Nursing.

There is a required service commitment for students to fill a full-time, permanent position identified by Labrador-Grenfell Health. The service term will be commensurate with the support students receive through the program, up to a maximum of four years.

"Rural and sometimes remote health care positions in Labrador pose unique challenges in terms of recruitment and retention. Labrador-Grenfell Health shares the Provincial Government's commitment to strengthen access to these professionals in the region as we continue with efforts to bolster enrolment in training programs and attract potential candidates," noted Tony Wakeham, President and Chief Executive Officer, Labrador-Grenfell Health.

The initiative supports the Newfoundland and Labrador Strategic Health Workforce Plan 2015-18, which establishes a framework to ensure a stable and consistent supply of health professionals for the long-term. The plan builds on Live Here, Work Here, Belong Here: A Population Growth Strategy for Newfoundland and Labrador, 2015-25.

## Winter Activities Bring Back Play

It's true, kids aren't playing as much as they used to. According to Active Healthy Kids Canada, kids are spending anywhere from 5.8-9.3 hours a day being sedentary. In fact, only five per cent of children are achieving the recommended 60 minutes or more of moderate to vigorous activity each day. The benefits of being active are hard to ignore. Studies have shown that when children stick to the recommended 60 minutes a day, their overall quality of life goes up. They sleep better, have improved academic performance, increased self-esteem and they decrease their chances of developing many chronic conditions such as heart disease and type 2 diabetes.

The Wabush Community Events committee, which consists of dedicated community volunteers, recreation staff, and Danyelle Lavers (Primary Health Care Facilitator), decided to encourage the community to get active during the annual Wabush Fun Days, which took place March 22-28, 2015.

The week kicked off with a Family Fun Day of sliding at the Wabush sand pits and a boil-up. A central spot in town was developed into a snow park. With the help of many community/business volunteers, we were able to offer a place where families could taking part in sliding, snowboarding, skating, hockey, ringette, and curling. Regular scheduled activities such as bowling and skating were offered free of charge during the week.

If you build it they will come. We had great attendance at many of our outdoor activities. Children and adults alike seemed to really enjoy getting outside and being active. It was nice to see everyone with rosy cheeks from play.

*Danyelle Lavers, Primary Health Care Facilitator*



▲ A series of winter events during Wabush Fun Days helped bring back play for young and old alike.



# New Approach for Teaching Advanced Cardiac Life Support Course



▲ Physicians and registered nurses participate in Advanced Cardiac Life Support training through a new approach that blended on-line teaching and hands-on learning.

**T**he first Advanced Cardiac Life Support (ACLS) guidelines were published by the American Heart Association in 1974. Since that

time, fundamental elements have changed very little, but how the guidelines are taught to health care providers has changed dramatically. In April, Labrador-Grenfell Health first delivered the new on-line course, offered by Heart and Stroke, which uses e-simulation technology to help health care providers learn key elements of ACLS. After completing the course, students were required to spend a day doing hands-on learning with certified ACLS instructors.

Registered nurses and physicians from the Labrador Health Centre and the Labrador West Health Centre participated in the trial run and endorsed the new approach. Students said the online course was easy to navigate, comprehensive and challenging, while still being fun. They completed the course with a day of practice and testing at the hospital in Happy Valley-Goose Bay, which included a mock code demonstration by medical students and residents as well as an overview of advanced airway management provided by respiratory therapists.

With support for the new blended learning platform for ACLS, instructors are planning the next course offering.

*Jennifer Bull, Clinical Nurse Educator*

## Regional Nurses Benefit from Information Workshops

**R**egional nurses from the Labrador coast and other parts of Labrador gathered in Happy Valley-Goose Bay June 5-7, 2015 to take part in a series of information workshops. Participants received in-servicing from various presenters on disclosing unanticipated medical outcomes, occupational health and safety, staff education and health, human resources, finance, emergency preparedness, materials management, and an introduction on the new electronic system for ordering supplies. The sessions were aimed at enhancing the skill set of regional nurses in their role as leaders of community clinic operations.

*Marilyn Kippenhuck, Regional Director,  
Community Clinics and Health Centres*



▲ Participating in workshops were regional nurses from community clinics in the Labrador-Grenfell Health region. They included: (l-r) Pat Crotty, Nain; Delrose Gordon, Natuashish; Brenda Ash, Charlottetown; Kathy Elson, Clinical Nurse Manager (North); Caroline Boyden, Sheshatshiu; Marilyn Kippenhuck; Michelle Burt, Churchill Falls; Sheila Wilson, Postville; Claudine Foster, Port Hope Simpson; Carole Wood, Clinical Nurse Manager (South); and Victoria Paul, St. Lewis.

# Newborns Receive Speech and Hearing Gift Baskets

The Newfoundland and Labrador Association of Speech-Language Pathologists and Audiologists provided baby baskets containing toys and information to the first babies born in May 2015 at birthing hospitals in Newfoundland and Labrador. The baskets also contained booklets about normal speech, language and hearing development,

warning signs, and activities and resources for promoting the development of speech, language, and hearing skills.

Presentations took place at the Labrador Health Centre in Happy Valley-Goose Bay, Charles S. Curtis Memorial Hospital in St. Anthony, and the Labrador West Health Centre in Labrador City.



► Baby boy Brantley Savory was the recipient of a basket presented by Colette Blanchard, Speech-Language Pathologist at the Labrador West Health Centre, Labrador City. Brantley was born on May 7, 2015, to proud parents, Madonna Rumbolt and Charlie Savory.



◀ Matthew Humby, who was born on May 1, 2015, to parents Jennifer and John Humby at the Labrador Health Centre, Happy Valley-Goose Bay, received a basket from Allison Brennan, Speech-Language Pathologist.



◀ Amie Hay, Speech-Language Pathologist at Charles S. Curtis Memorial Hospital, St. Anthony, presents a basket to Joanne Strangemore, whose son, Parker Bryan, was born on May 5, 2015.



# Retirements

## Carol Brice-Bennett

Labrador-Grenfell Health extends congratulations to our friend and colleague, Carol Brice-Bennett, upon her retirement on July 31, 2015. Carol has spent most of her adult life in Labrador, first arriving in Nain, Labrador in 1971, as a Memorial University of Newfoundland (MUN) graduate student. Since her initial visit to Nain, Carol has conducted research on numerous topics over the years with a special focus on Inuit society in the Northern region.

In 1975, after conducting research on Inuit land use and occupancy in Northern Labrador, she authored a book published by the Labrador Inuit Association entitled *Our Footprints are Everywhere*, which is used in graduate programs at Memorial University. Carol has held a variety of positions over the years, including lecturer in Anthropology at MUN, Executive Director of MUN's Labrador Institute of Northern Studies based in Happy Valley-Goose Bay, Emergency Response Coordinator with Labrador-Grenfell Health, and finally Regional Director of Aboriginal Health Programs and Research with Labrador-Grenfell Health.

During her extensive research career, Carol went on to write five other books, including Paulus Maggo's life story, the 1999 reunion at Hebron, the history of Hopedale, a history of Inuit for the Labrador School Board that will be used in the high school curriculum, and the story of the eviction of Inuit from Hebron which will be published soon by the Université du Québec à Montreal. It is little wonder that Carol has gained a reputation as 'grammar cop'.

Carol says that she is not really retiring, but rather starting a new chapter in her life by returning to her birthplace in Montreal, Quebec, where she intends to spend more time with family and friends, continue yoga classes, continue foreign travel, volunteering for unusual activities, and exploring her home city. She will not spend more than an hour a day on a computer and will carry with her many fond memories of her colleagues and friends at Labrador-Grenfell Health. We wish Carol all the best!

*Delia Connell, Vice-President, Aboriginal Affairs and Community Services*



## Daphne Butt

Staff at the Labrador South Health Centre in Forteau congratulate Daphne Butt on the occasion of her retirement in April 2014. Daphne started working in the health care system with Grenfell Regional Health Services as a Licensed Practical Nurse in October 1994. Daphne was a joy to work

with and staff and long-term care residents miss the sense of humour that she brought to the workplace. Best of luck in your future endeavours, Daphne!

*Tania Keats, Nursing Site Manager, Labrador South Health Centre*

## Violet Decker

Staff at the White Bay Central Health Centre in Roddickton and invited guests gathered on June 30, 2015, to recognize Violet Decker on the occasion of her retirement from her position as Site Manager at the facility. During a career that spanned more than 41 years, Violet worked in a variety of roles, including medical services aid in 1974, dental assistant and receptionist in 1983, Registered Nurse at Charles S. Memorial Hospital in St. Anthony in 1991, Regional Nurse at the White Bay Central Health Centre in 1992, Site Manager in 2011, and full-time in the Site Manager position since 2012. In

these roles Violet gained the respect and support of her co-workers and she provided a sense of cohesiveness amongst staff. Violet always spoke with a soft voice and maintained a calmness, even when several things were ongoing at the same time. Violet instilled respect, work ethic, encouragement, and achievement in her staff and this will remain with them in the years to come. We wish her health and happiness in her retirement.

*Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres*





## Obituaries



### Viola St. Croix

It is with sadness that Labrador-Grenfell Health notes the passing of Viola St. Croix of Labrador City, who passed peacefully away on May 25, 2015, at the Health Sciences Centre, St. John's, following a brief and courageous battle with cancer. She was 49. Viola began her career as a social worker with Child, Youth and Family Services in 1998. In 2005, she accepted a position with Labrador-Grenfell Health in the Mental Health and Addictions Department as a mental health counselor.

Viola was a dedicated and committed social worker. She was proud of her profession and her work was client-centred. Staff looked upon Viola as a mentor, even though she probably didn't realize she was mentoring, as she was quick to offer advice and guidance and always had resources and

materials available to share with co-workers. Her personal collection of clinical resources over the years was astounding and will continue to be used by staff in the department.

During her time with the department, Viola served on various committees and boards, including Hope Haven, a transition house in Labrador West. While she did not like to be in the spotlight, her organizational skills behind the scenes helped to make many health promotion events successful.

Viola is survived by her son, Eric Delaney, her mother, Myrtle Mooney St. Croix, brother Mark, sisters Ellen, Denise, Annette and Heather, and a large circle of family and friends. Funeral services took place on May 29, 2015 at Barrett's Mount Pearl Chapel.

### Sheila Ann Reid

It is with regret that Labrador-Grenfell Health notes the passing of Sheila Ann Reid (née Jack), who was born Nov. 9, 1944 in Kilmacolm, Renfrewshire, Scotland. She was educated in Paisley, trained as a nurse in Glasgow and a midwife in Aberdeen, and moved to Canada to work in a hospital in Scarborough, Ontario. Sheila arrived in St. Anthony in 1971 to work for the International Grenfell Association at the Charles S. Curtis Memorial Hospital and became Head Nurse on Obstetrics and Gynecology. With her father seriously ill, she returned to the United Kingdom in 1973 and worked in the midwifery unit at the Ninewells Hospital in Dundee. I was an electronics engineer at the time and met Sheila through a fellow midwife. We were married in 1975 and had two children, Alasdair and Fiona, and now two grandchildren, Cameron and Cassandra.

From the early days of our relationship it was suspected that Sheila was afflicted with Multiple Sclerosis (MS) and this was eventually confirmed. She fought the disease, but her deterioration, while gradual, was evident. In spite of her health

challenges, Sheila's career continued with training at High Combe, Kingston on Thames, as a tutor, and from 1976 working as a tutor in the College of Nursing in Dundee. Following the birth of our children, she returned to teaching and set out to attain a Masters in Education degree at the University of Dundee. Ongoing deterioration in her health resulted in early retirement in 1992.

Memories of her time with the International Grenfell Association remained with Sheila and she gave talks of her experiences in St. Anthony, North West River, Corner Brook and other places Northern Newfoundland to various women's groups in Bo'ness, where I had become minister at Carriden Parish Church, and later in Monifieth, where we retired. My retirement and the inevitable house move that comes with parish ministry may have aggravated her MS and after three years she died on Dec. 10, 2013, one month after her 69<sup>th</sup> birthday. The funeral service took place at Monifieth Parish Church, Dundee, Scotland, on Dec. 16, 2013.



*Submitted by Rev. R. Gordon Reid*





## Janet Cox

It is with sadness that Labrador-Grenfell Health notes the passing of Janet Cox, who passed away on April 24, 2015, at the Miller Centre in St. John's, following a brief battle with cancer.

A native of Minehead, Somerset, in England, Janet trained as a Registered Nurse at Guys Hospital in London and returned to Somerset where she became a certified midwife. In

the early 1970s she attended Dalhousie University, Halifax, to complete a course in Outpost Nursing. In 1970 she surprised her family by taking a position with the International Grenfell Association in St. Anthony. She held various nursing positions on the North Shore of Quebec, the tip of the Northern Peninsula and Labrador over the next 43 years.

While working in the small, isolated community of Kegaska, Quebec in the 1970s and 1980s, Janet suspected there could be an inherited component in cases of bowel cancer cases she was seeing in that community. She consulted with Dr. G.W.N. Fitzgerald, a surgeon in St. Anthony, and began working with him on this matter. She started keeping meticulous records of patients with bowel cancer and, later, other related cancers and set about developing their family trees.

In the mid 1990s, a grant from the International Grenfell Association provided funding for a Research Assistant position to establish a program for identifying families at risk of developing hereditary nonpolyposis bowel cancer (HNPCC) and offering them follow-up and treatment. Janet was the ideal person for this position. Each patient was a real person to her – not just a statistic. Her kindness and caring personality, her

tenacity and her sharp, retentive memory were strengths in this position. Although driving was not her favourite activity, it did not hold her back from delivering a patient's test results in person.

Janet wasn't only interested in her work – she was a dedicated tennis watcher. With the advent of cable television, when important tennis tournaments were being played, she would record matches and spend the evening watching them. At such times her telephone might go unanswered or the caller given short shrift and told to call back at a more convenient time. She had a passion for news, especially newspapers – a Globe and Mail, even if it was dated, was a valued gift to her. She was an avid CBC Radio listener and many a conversation began with "Did you hear..."

Many patients and friends were recipients of visits and kindnesses from Janet, with cups of tea provided with her baked goods on the side. Numerous baby shawls were expertly crocheted and Janet was the recipient of many hooked mats which she added to her collection. This collection is now the property of the Grenfell Historical Society. She regularly attended church and contributed in her usual behind the scenes way. Never one to enjoy the limelight, she endeavoured to be unobtrusive, even when she was awarded the Order of Newfoundland and Labrador, the highest honour that can be bestowed on a resident of the province, in 2012 for her work in cancer prevention.

Janet retired from full-time work in December 2013 and continued to reside in St. Anthony. An intensely private person, Janet nevertheless had a large circle of friends on both sides of the Atlantic Ocean who, with her family, were very saddened by her final illness and death. She leaves to mourn her mother, Pat, and a brother, Jeff, in England, along with a wide circle of close friends and medical colleagues throughout Newfoundland and Labrador. Funeral services took place at the Carnell Memorial Chapel in St. John's on April 28, 2015.

## Zilda Hillier

It is with sadness that Labrador-Grenfell Health notes the passing of Zilda Ihola Hillier (née Sulley) of St. Anthony, who passed away unexpectedly at the Health Sciences Centre, St. John's, on Jan. 21, 2015. She was in her 82nd year. Zilda worked for the International Grenfell Association and Grenfell Regional Health Services, first as a house mother at

the Orphanage and later in the admitting department at Charles S. Curtis Memorial Hospital. Her zest for life and kindness will be remembered. Leaving to mourn are son Rene, daughter Lee, and a large circle of family and friends. Funeral services took place on Jan. 26, 2015, at the United Church, St. Anthony.



# Comings and Goings

## WELCOME TO:

## Forteau

Rhoda Ditchburn	Personal Care Attendant
Samantha Suley	Personal Care Attendant

## Happy Valley-Goose Bay

Mary Burke	Operating Room Technician
Bruce Chambers	Maintenance Repairer
Wavey Curlew	Clerk
Teena Doyle	Recreation/Development Specialist
Bradley Dyke	Registered Nurse
Khalid Ab Masod Elfazani	Family Physician
Nancy Gear	Food Service Worker
Poonam Hans	Family Physician
Roland Hewitt	Nursing Site Manager
Karen Hibbs	Switchboard Operator
Agatha Howlett	Registered Nurse
Janet Martin	Licensed Practical Nurse
Elizabeth Noonan	Registered Nurse
Jesica Payne	Registered Nurse
Melinda Payne	Registered Nurse
Keisha Penney	Food Service Worker
Kayla Pike	Utility/Domestic Worker
Adara Pottle	Utility/Domestic Worker
Edward Pilgrim-Turner	Security Guard
Victoria Pittman	Personal Care Attendant

Kenneth White  
Keith Williams

Trades Helper  
Paramedic

**Hopedale**

Denise Gruchy Regional Nurse

## Labrador City

Alicia Boyle	Diagnostic Imaging Technologist
Judy Crewe	Utility/Domestic Worker
Mark Gulliver	Audiologist
Terry Hicks	Trades Worker
Terri-Lynn Noseworthy	Utility/ Domestic Worker
Colleen O'Dell	Switchboard Operator
Cory Oldford	Emergency Medical Responder
Amber Pafford	Switchboard Operator
Chantelle Reid	Diagnostic Imaging Technologist
Deanne Ryan	Utility/Domestic Worker
Rebecca Slaney	Switchboard Operator

## Mary's Harbour

Judy Foster Regional Nurse

## Nain

Robyn Lannon	Regional Nurse
Trina Reynolds	Personal Care Attendant
Kailey Webb	Personal Care Attendant

## Natuashish

Max Matthews      Maintenance Repairer

## Roddickton

Gillian Gardiner  
Regional Nurse

Jenny Jefferies  
Regional Nurse

## Sheshatshiu

Jonathan Crocker Primary Care Paramedic  
Doreen Scott Nurse Practitioner

## St. Anthony

Patricia Babstock	Hospital Admitting Clerk
Sarah Cull	Clerk Typist
Patrick Edison	Registered Nurse
Shane Flynn	Accounting Clerk
Trista Genge	Physiotherapy Support Worker
Angela Hedderson	Manager Human Resources
Michael Kennedy	Clinical Pharmacist
Jeremy Murphy	Registered Nurse
Donna Newhook	Clinical Occupational Therapist
Jeanette Parr	Switchboard Operator
Brenda Patey	Secretary
Lisa Pottle	Personal Care Attendant
Alanna Wells	Registered Nurse
Ian Warren	Registered Nurse

## GOODBYE AND GOOD LUCK TO:

## Flower's Cove

Bann Mahmood                      Family Physician

## Forteau

Edward Barney	Trades Worker
Daphne Butt	Licensed Practical Nurse
Shawna Layden	Domestic Worker

## Labrador City

Kayla Caravan	Nurse
Margaret Dove	Personal Care Attendant
Gabrielle Downey	Personal Care Attendant
Nicole Kelly	Nurse

Pamela Pottle      Utility/Domestic Worker

Tara Thomas  
Child Management  
Specialist

Allen Thompson                      Trades Worker

## Happy Valley-Goose Bay

Kyla Battcock	Clerk
Barbara Campbell	Nurse
Linda Cashin	Diagnostic Imaging Technologist
Emma Cumming	Information Patient Analyst
Dominic Demers	Health Promotion

Liaison Consultant

Julian Gear	Security Guard
Jennifer Holm	Licensed Practical Nurse
Andrena Hull	Nurse
Francie Hynes	Nurse
Steven Janes	Recreation/

	Development Specialist
Damieon Lucy	Personal Care Attendant
Kelly Matthews	Clerk
Tara McGowan	Clerk Typist
Erma Montemayor	Utility/Domestic Worker
Alison Morris	Family Physician



Chat Mullins	Personal Care Attendant
Lauretta Nwangene	Nurse
Natalie Oake	Nurse
Jennifer Park	Nurse
Michelle Pitcher	Community Health Nurse
Diane Pottle	Clerk Typist
Jyoti Sharma-Maher	Site Clinical Manager
Murray Smith	Maintenance Repairer
Melissa Sommerfeld	Nurse
Crystal Spontaneo	Nurse
Gina Sweetapple	Licensed Practical Nurse
Melanie White	Laboratory Technologist

Zita White	Project Coordinator
<b>Nain</b>	
Diana Mounce	Regional Nurse
<b>Rigolet</b>	
Wayne Flowers	Maintenance Repairer
<b>Sheshatshiu</b>	
Magan Anderson-Tapp	Community Health Nurse
Erin Ash	Regional Nurse
Kristine Keough	Regional Nurse
<b>Roddickton</b>	
Violet Decker	Nursing Supervisor

<b>St. Anthony</b>	
Tiffany Blake	Dental Assistant
Stephanie Brown	Clinical Physiotherapist
Dale Budgell	MIS Coordinator
Ernest Buitendag	Anaesthetist
Oscar Colbourne	Primary Care Paramedic
Hany Fahmy	Family Physician
Heather Hynes	Nurse
Jessica McCarthy	Social Worker
Wanda Pilgrim	Nursing Site Coordinator
Marcella Simmonds	Care Facilitator
Beattie Simms	Aircraft Dispatcher
Beatrice Taylor	Switchboard Operator



## Annual Performance Report Available On-line

▲ Labrador-Grenfell Health's Annual Performance Report for 2014-15 is now available online.

The report documents the highlights and accomplishments of the Health Authority over the past year. The report also details the financial statements for the 2014-15 fiscal year. To access the report, go to [www.lghealth.ca](http://www.lghealth.ca) and click on the News and Publications link.

## Notice to Readers

Thank you for your continued interest in our magazine. *Along the Coast to Labrador* is also available electronically on our website at [www.lghealth.ca](http://www.lghealth.ca). Go to News and Publications to access the current issue and archived editions.

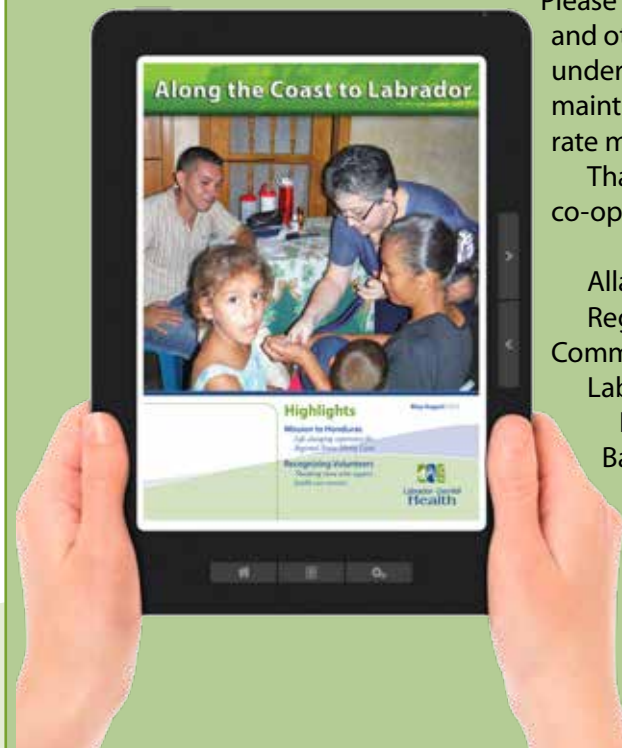
In an effort to reduce our printing and mailing costs, we would like to know if you would prefer to read our magazine online. If so, please let us know and we will add you to our e-mail circulation list. You will receive notification each time a new edition is posted to our website. *Along the Coast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

If you wish to continue receiving a hard copy, we will be pleased to continue sending it to you by regular mail and no follow-up is required.

Please send address changes and other notifications to the undersigned so that we can maintain a current and accurate mailing list.

Thank you for your co-operation.

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# FROM THE PAST

■ A present-day view of Canada Bay.

## The Future of Roddickton, Canada Bay

■ By Wilfred T. Grenfell

**T**he farm could, I feel sure, be made to pay by the gradual clearing of more land on the promontory between the two arms of the sea, that being flat and well earthed. The end of the promontory is all limestone, and as all the land needs is lime to sweeten it, and the wood being present in great abundance, I feel that a limekiln should at once be built and tested. This was the suggestion originally of Sir William MacGregor when he visited the bay. The marble quarry across the arm is pretty certain to be run again soon, and with the mill and the fishing, Canada Bay is really a rich bay and should develop into a fine social settlement. I believe that a greenhouse of one of the new substitutes for glass like vitrex, which will not break and which is cheap, light and transparent, should be built with a view to starting the plants earlier in the spring. Experience has shown us that we have been wrong in endeavoring to screen from wind by a belt of trees which we are now clearing away. The wind from the salt water prevents frost. The stillness on calm nights which the trees help to maintain is the fatal element in summer frost. We have also discovered that the potatoes on the high land never frost as quickly as those in the lower lying ground, where the cabbages, which do not freeze, do remarkably well.

I believe that there is a fine opening for a man willing to work, with some ability to run the farm, the mill and the limekiln in conjunction. The salmon, herring and cod, and the many large trout that come right to the door, can for a month or two in the summer be used as a supplementary income. Deer are procurable every winter, with rabbit and partridge to augment the diet, and sufficient seals are caught in the bay to afford another form of protein diet and a certain amount of leather.

On the clear ground we have already grown considerable turnips, cabbage and potatoes, and have each year taken a few tons of the wild hay for cattle at St. Anthony. The need for the farm now really is more

sheep, which can easily be kept from wandering by a fence across the neck; and for which a barn has been built of logs, which we can get free in any quantity from our own land.

As a valuable social center of helpfulness to our fellow creatures, I know of no better place. There is a telegraph wire to the mill, and the mail boat calls on special occasion to bring freight. The water is deep, the inlet very easily navigable, with a nice little lighthouse at the entrance. A really hardworking farm man—willing to serve his fellows; to live a very enjoyable life, and to be a missionary by his life among the people—could do a great deal of valuable service in this situation. The farm has its own motor boat, and the men can build any kind of boat wanted. They have built large schooners already, when needed. We are looking for such a man, with a real devotion to Christ, not merely to proselytize by talking, but by going about doing good and by his loyalty to his Master setting an example that men are absolutely sure to follow. The people around are a lovable people, very capable technically, and yet so much in need of a leader that many of them are poor to the verge of starvation. If this falls on the eyes of anyone willing to devote some years of life to this problem, I should be more than glad to hear from him.

The place is too far from hospital to be reached in winter in emergency to save life. It was towards this place I was hurrying when I was carried to sea on a pan of ice. Mr. Fyson this winter was able to save a life from being lost by hemorrhage, and Mr. Walter Booth, who once wintered there, did quite a little dispensary, beside his mill and social work. There was no farm in his day. The most important need there is the limekiln. That would be an invaluable asset to all our stations. We use lime for everything. It is our substitute for white paint and all our gardens cry for it.

*Taken from the October 1922 edition of Among the Deep Sea Fishers*