



# The Regional Sun

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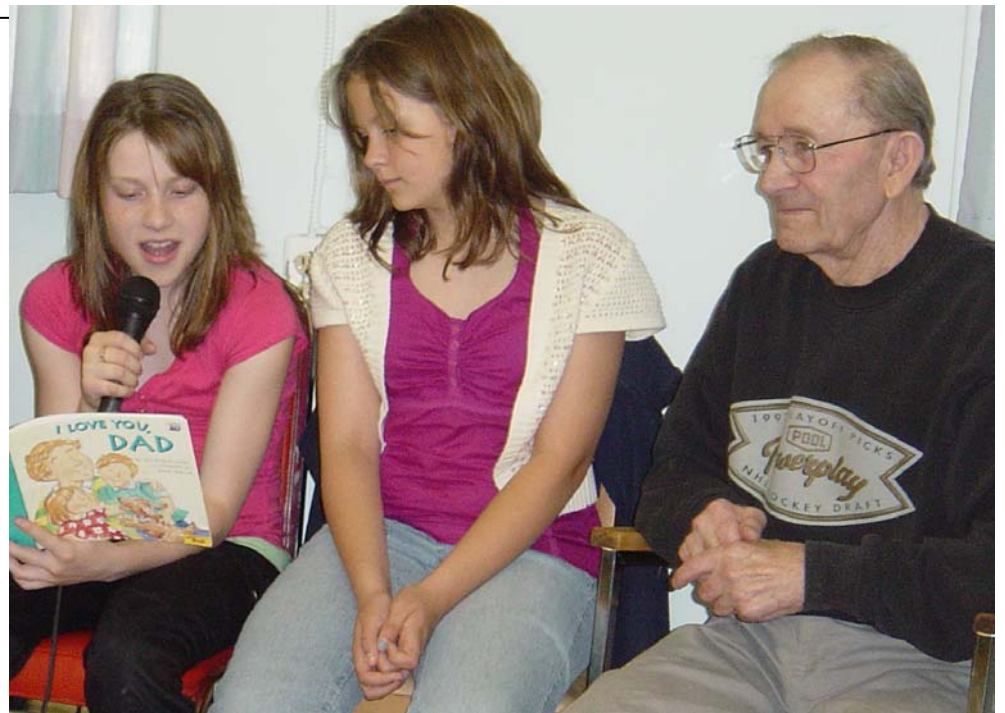
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**Sharing a nutritious snack:** Students and residents of the Radville Marian Health Centre share a nutritious snack during a session of Literacy and Lifestyles in June. From left to right are Ethel Brayford, Lawrence Vargo, Christopher Hein, and activities coordinator Shirley Cancade.



**Reading together:** Students read with residents of Radville Marian Health Centre. From left to right are Madie Pirio, Brie Labbie and Hubert Verhelst.

## Literacy and lifestyles join forces in Radville Marian Health Centre program

A lifestyles project in Radville this year that brought together elementary school students and elders from a long term care centre has generated big praise.

"According to the kids, it's phenomenal," says Darrell Perras, the principal of St. Olivier School in Radville. Students from Grades 4, 5 and 6 participated, along with residents of the long term care centre in Radville Marian Health Centre.

"The teachers involved can see their students' confidence grow from reading and speaking to a public audience," says Darrell. "The program is at least as much benefit to the student, if not more,

as it is to residents," he says. "A lot of what the kids are learning through this program complements the curriculum. It's an extension of the classroom in an environment where there is a lot of sharing going on," he says.

"Whenever we can help other people at the same time as we're helping ourselves, we have a win-win situation in terms of learning," he says.

The pilot project, called Literacy and Lifestyles, combined residents and students to read together, visit, do a few light exercises, share a nutritious lunch and learn more about nutrition.

Supporters say it's evident that both groups benefited in unique ways and they hope the idea will

spread beyond Radville.

"Agencies can't work separately any more," says the program founder, Eileen Bouchard, a recreational therapist at Radville Health Centre. "We just don't have the funds to all do our own thing any more."

Eileen initiated the pilot project. She turned to Mark Pettitt, Director CQI, Strategic Planning, and Communications for the Sun Country Health Region, for help. The Region purchased some books, funded the lunch, and provided moral support.

Mark was very supportive of the project because of the health benefits to both the young and old, says Eileen. "We appreciate that."

"For a long time, society has ig-

nored the elderly as a possible source of support for others in the community," she says.

"Through this program, long term care residents provide support for young people and students learn how to be more accepting of age and disability," she says.

"We learn how to utilize intergenerational support for the benefit of both groups. And the students also learn that good health is a life long option," she says.

"Besides," she laughs, "when children can learn more about nutrition, exercise and reading in one session, both the education system and the health care system benefit."

**Please turn to Page 2.**

A publication of Sun Country Regional Health Authority

## **Thoughts:**

from the desk of Calvin Tant,  
President/CEO, Sun Country Health Region

The front page story in this issue of *The Regional Sun* tells about a literacy program created at the Radville Marian Health Centre. Elders in the long term care centre in Radville worked with Grades 4, 5 and 6 students from St. Olivier School to read stories together, talk and learn about nutrition. The experiment received enthusiastic moral support and a financial contribution from Sun Country Health Region.

Why, you might ask.

What does literacy have to do with the health of the local population?

The answer is: a lot. Literacy levels are one of the major factors leading to good health.

The elders and the children involved in the Radville program benefited most obviously from the healthy snacks, exercise, and social interaction they enjoyed. The children learned to read better in front of an audience and the seniors, well, most of them feel happier just to hear a child's voice.

But there are longer term and more profound health benefits from higher literacy levels for both groups. International research over the past 10 years has shown that high literacy levels correspond to good health. The 2003 Adult Literacy and Life Skills (ALL) Survey by Statistics Canada and the Organization for Economic Cooperation and Development (OECD) says people classified as being among the most healthy have the higher average literacy and numeracy scores, while those classified as the least healthy have the lowest average proficiencies.

For elders, good reading and comprehension skills can have a simple and immediate result on their health. They will read the instructions on their pill bottles properly and participate more fully in the health regime prescribed by their physician, for instance. Some research also suggests that learning, thinking, reasoning, and solving problems are mental exercises that may keep the central nervous system in shape the same way that physical exercise keeps the body in shape.

For the children, higher literacy levels will result in a higher income in the future. Statscan research shows that each additional year of education a person receives is worth 8.3 per cent on their pay cheque. Canadians with the lowest level of literacy skills have an unemployment rate of 26 per cent, compared to four per cent for Canadians with the highest literacy levels.

For health regions, the important information is that higher incomes translate into healthier lifestyles which involve regular exercise; good eating habits; a reduction in risky behaviours like smoking and not using seat belts; and regular medical check-ups.

The economic and social consequences of possessing poor literacy skills will be even more important in the future. Tomorrow, low literacy is more likely than not to mean an individual will be unemployed, work part time, earn a lower income, and suffer from more health problems.

The western provinces enjoy higher literacy rates than some. But four out of 10 people still fall into the low literacy category. That means we still have some work to do. This pilot program in Radville helps show us one of the ways to better health for our residents in the future.

**Calvin Tant**



**Reading for fun:** Some of the participants in the Literacy and Lifestyles program at Radville Marian Health Centre listen to Kyle Madigan read. From left to right are Mark Pettitt, director of CQI and Communications for Sun Country Health Region; Jade Galarneau, Rosa Gerl and Christian Hillrud.

## **Literacy and lifestyles in Radville**

**Continued from Page 1:**

Eileen says the project shows evidence that for a minimal cost, one can see a total change in the lifestyle of long term care residents.

"People who move into a long term care centre often experience boredom, alienation and loneliness. They can lose their sense of purpose."

But this program helps restore that sense of purpose and alleviate the negatives. It helps them remold their identity," she says.

Eileen and Shirley Cancade, another recreational therapist, say many of the residents were anxious to attend the sessions.

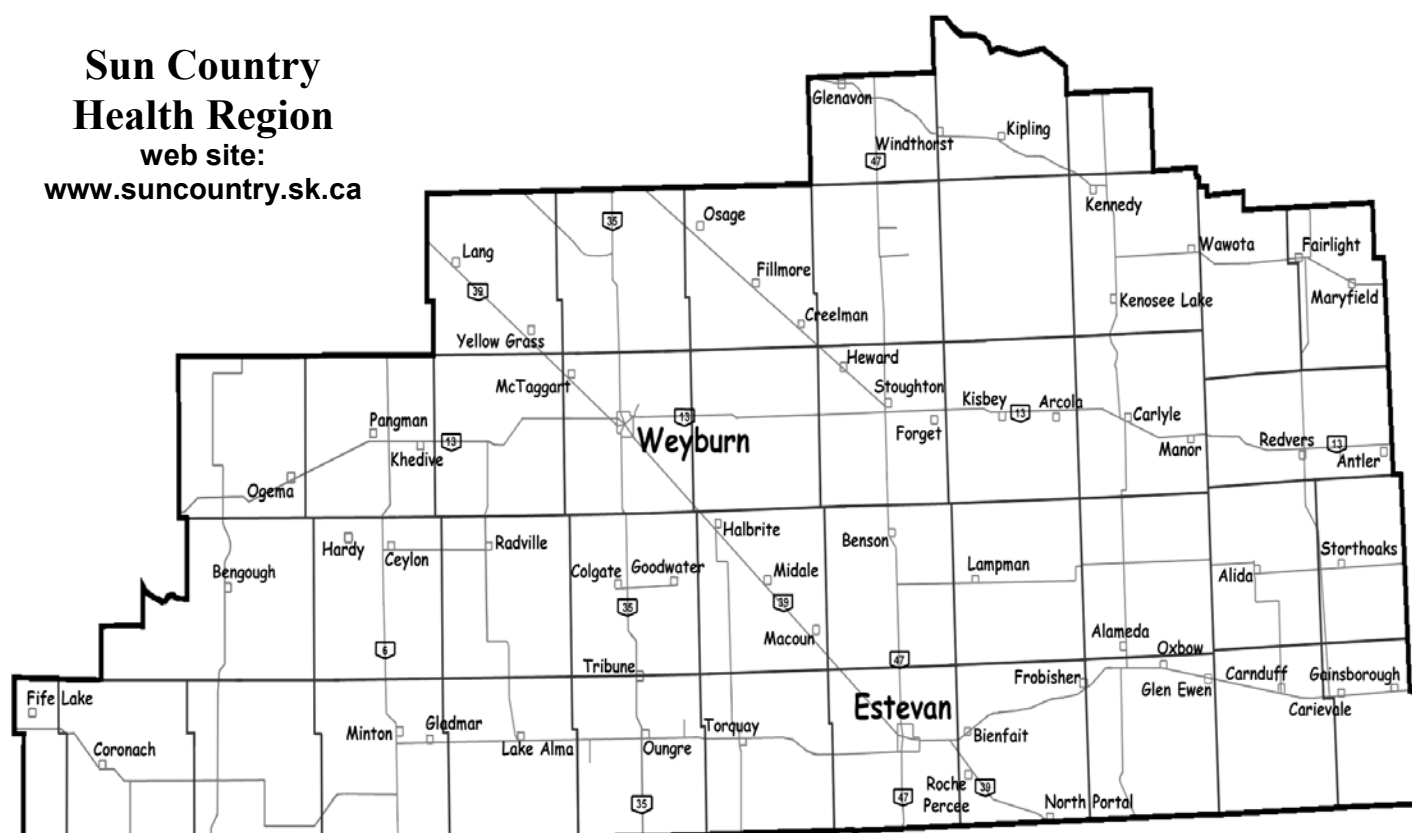
"We tried to keep the number of resi-

dents to a minimum, just for the first year, to see how it would go," says Eileen. "But so many of them like it so much, we included more of them." One session this spring was particularly memorable when students brought books to read about the Dirty 30s. "It was amazing how the residents interacted," says Shirley. "The students and the residents just talked and talk with each other."

Mark, who attended a session in June, says it's very interesting to see the interactions between the children and the residents.

"For one thing, it's good to see the children learn to be comfortable with the elders," he says.

**Sun Country  
Health Region**  
web site:  
[www.suncountry.sk.ca](http://www.suncountry.sk.ca)



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**One of two Telehealth Saskatchewan sites in the Region:** Sun Country Health Region Telehealth Coordinator Mary Deren stands in the Telehealth Centre located in St. Joseph's Hospital in Estevan.

## Telehealth service offers new opportunities for patient care in Sun Country Health Region

It is Australia's Flying Doctor that many people think of when they think of an alternative method of delivering health information and services.

That country's air ambulance service began in 1928 and caught international attention with a television show in the 1960s.

Saskatchewan has provided a similar service to its far-flung residents for 60 years, starting in 1946 with the first civilian air operation in North America. Now technology offers another way of delivering patient care, not only the basic health services for residents living in very isolated areas but, also, the service only a distant specialist can provide, without the usual travel time and cost.

The system is called Telehealth and it links patients in Sun Country Health Region with specialists in Saskatoon, Regina, Toronto and potentially any place with compatible technology. Sun Country Health Region has two Telehealth Saskatchewan hookups, one at Weyburn General Hospital and one at St. Joseph's Hospital in Estevan.

Another, more limited hookup is also available at the Kipling Memorial Health Centre for administrative and educational purposes only. Telehealth Coordinator Mary Deren recently connected a child from Sun

Country Health Region with a world-renowned skin specialist in Toronto for very specific treatment and consultation. Another child in the region receives regular follow-up from a doctor at Toronto Sick Kids Hospital a year after receiving surgery there.

The parents of these children took them to Estevan for these services, not all the way to Toronto.

And those are just some examples of the kinds of services that are possible for patients here who are referred to specialists by their family doctor.

"We're still building the collaborative systems with physicians in other provinces," says Mary. There are legal, as well as professional issues to work out. But after little more than a year in operation, about 10 residents a month from Sun Country Health Region use the service to consult with doctors in other parts of the country.

Some of those people attend a weekly clinic to consult with a team of renal specialists in Regina General Hospital. The assistance they receive is intended to help keep their kidneys relatively healthy to avoid the need for dialysis treatment.

Genetic counselling is also available from Royal University in Saskatoon. "If you have a sister with breast cancer, for instance, you can receive genetic counselling and testing through Tele-

health," says Mary.

People suspected of suffering from MS (Multiple Sclerosis) can be tested, diagnosed and receive followup through Telehealth. Women planning to become pregnant can receive a prenatal genetic screening for disease.

Residents concerned about their memory loss can undergo a series of tests at a memory clinic to determine the onset of Alzheimer's disease very early in the process.

There are individual clinics and there are group clinics, of the kind that allow people on the waiting list for hip and knee surgery to receive all of their pre-operation information without travelling to a larger city for a sit-down session. Residents can take their local physicians and specialized professionals into their Telehealth sessions as well. For example, says Mary, a school social worker attended with a pupil and the child psychiatrist so that the school social worker used appropriate therapies.

The Saskatchewan Cancer Agency is expected to be hooked up to Telehealth within the next year, opening up a whole new set of possibilities for people in Sun Country Health Region who are ill.

"The opportunities on Telehealth really are as wide open as they are on the Internet," says Mary, who brings her

enthusiasm for the new technology, plus her years of service in emergency services and an x-ray department to the job of creating links for residents. The service is also very important to local members of the medical profession here. While patient care is the first priority for the service, Telehealth also is designed for use as an educational tool.

In June, doctors and nurses were invited to attend, by Telehealth, a conference on osteoporosis, lectures from a heart specialist, a geriatric specialist, and an asthma specialist, among others.

Lab technicians learned about the latest method of transporting blood products. Psychologists and social workers listened to an expert on parenting, and another on bipolar disease.

Members of the public were all invited to a lecture from Father Mark Miller, ethicist at Royal University Hospital in Saskatoon, discuss ethical issues in health care during Ethics Education Week in Sun Country Health Region. Public education is one of the three mandates for Telehealth, says Mary. Members of the public could use it for volunteer training, ambulance training, learning about elder abuse or child abuse.

"The possibilities are endless," she says.



**Dash family receives thanks:** From left to right David, Rita and Ryan Dash, of Kipling Saskatchewan, received a Certificate of Achievement from Environment Canada for their work with the Canadian Climate Program. The Kipling climate program was started in 1949 by David's late father, Norman. Rita is a member of the Sun Country Regional Health Authority, the governing body of the Sun Country Health Region. The award was presented during Environment Week in Canada, on June 6 by Don Ryback, Environment Canada's Technical Services Office in Saskatoon. Environment Canada says climate volunteers have been taking daily readings of Canada's climate since 1840. The volunteers record the maximum, minimum and current temperatures, as well as the amount of rain and snow. Some also record the amount of sunshine, speed of the wind and the temperature of the soil. When combined with other data, the reports create a record of Canada's climate and are sometimes used in studies and statistical reports of the regional climate. The information they gather also helps Environment Canada in the ongoing study of the weather and climate fluctuations that affect economic activities and every day lives. Environment Canada says these volunteers make a valuable contribution toward a greater understanding of the climate and its effect on the environment.



**Provincial convention at Kenosee Lake:** The convention of Provincial Health Care Volunteers was hosted at Kenosee Lake in May by volunteers from the Sun Country Health Region. In the back row, from left to right are: Dana Fowler (Sun Country Health Region Volunteer Coordinator-Wawota and Kipling, Corrine Eberts (Sun Country Health Region Volunteer Coordinator, Redvers), Tracy Karcha (Sunrise Health Region Volunteer/Health Promotion Coordinator, Preeceville), Ruth Meadows (Sun Country Health Region Volunteer Coordinator, Carlyle), Shari Moneta (Kelsey Trail Health Region Director of Volunteer Service, Melfort), Della Thiemann (Saskatoon Health Region Coordinator of Volunteers, Humboldt), Sheryl Korte (Saskatoon Health Region - Director of Spiritual Care/Volunteer Services, Humboldt). In the front row, from left to right are: Val Borgen (Sun Country Health Region Volunteer Coordinator, Weyburn), Susan Leis (Sunrise Health Region Volunteer/Health Promotion Coordinator, Kamsack), Mary Kulyk (Saskatoon Health Region Coordinator of Volunteers, Wadena), Carol Claypool (Sun Country Health Region Volunteer Coordinator, Estevan), Dianne Hartell (Five Hills Health Region Director Recreation Therapy/Volunteer Services, Moose Jaw), Bernie Doepker (Five Hills Health Region Coordinator Volunteer Services, Moose Jaw).



## The Green Pages are Here!

Telephone numbers for all Sun Country Health Region programs are published in the back of the 2006 SaskTel phone book.

**Look it up!**



## Nursing students complete clinical practice in Weyburn

Sun Country Health Region Public Health Nurse Corrine Galarneau, second from the end, was the facilitator for a program that saw six Nursing Education students (NEPs) complete the required clinical partnerships at Weyburn General Hospital and with Weyburn Public Health in May. The majority of the Nursing 428 students were enrolled in the fast track program, in their fourth year of studies. They will convocate this fall.

Corrine says two of the six students are originally from Sun Country Health Region and would like to return here for future employment. This was the students first clinical experience in a community setting.

While in Weyburn, the NEPs students participated in a variety of experiences within the Public Health Nursing role. They participated in prenatal classes, health presentations, postnatal home visits, and a child health clinic, among other things.

The students are Kimberly Balog, Amber Elderkin, Karly Herberholz, Erica Hopkin, Chantelle Lindgren, and Kristen Milner

## Risk Watch Program hosts fair in Estevan

Hillcrest School in Estevan hosted a Risk Watch Fair on June 1 to help provide information for students and their families on the best ways to avoid the biggest injury risks to health and safety for children.

A 27-year veteran of St. Joseph's Hospital, Donna Rosner, was one of the organizers of the fair and an original member of the Estevan Risk Watch Coalition.

"I am a medical professional and see injuries that could have been prevented," says Donna. "If every school utilized the Risk Watch curriculum to its fullest potential, children would be further educated in preventing needless injury," says the LPN (Licensed Practical Nurse).

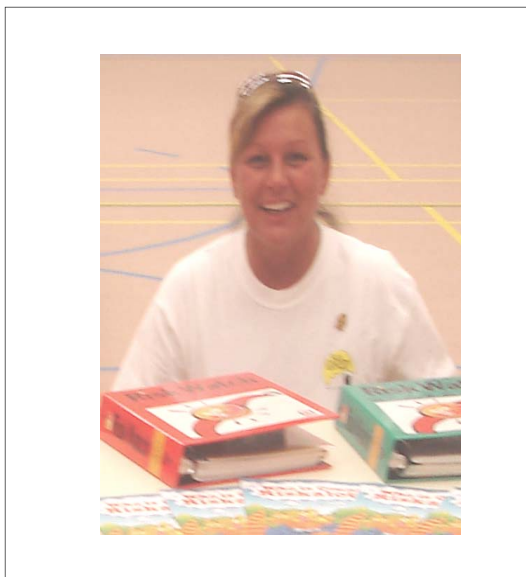
Statistics Canada says accidents are the leading cause of death among children and youth, accounting for 784 deaths in 2001. Two out of three of those were transport accidents.

Estevan Risk Watch Coalition was formed in 1999. Every school in that city has the Risk Watch Binders for their school curriculum.

The original members of the coalition remain with it today, including Rick Perry Fire Chief, Estevan Fire and Rescue Grant Campbell; Estevan Police Service; Gordon Husband, Principal Hillcrest School. More information on the program is available on the Internet at [www.riskwatch.org](http://www.riskwatch.org)



**Learning about safety:** From left to right, Tyson Wilhelm, Matthew Murray, Katline Gillie, Jessie Clement, Amy Duong.



**Donna Rosner:** One of the founders of the Risk Watch program in Estevan schools with some of the binders she helps provide to the schools.



**Children learning:** Benefiting from the June 1 Risk Watch Estevan Safety Fair, from left to right, are Sanchez Zettle, Ryan Eggen, Cordell Ginnis, Bree-anna Krantz, Jessica Pele, Brandon Schopf.

## Second Galloway Award presented

A group of Sun Country Health Region employees were awarded the second annual Galloway Award in June for their project to improve the quality of life for residents in the region's facilities. The group won for the design and execution of a project called Travelling with the Towel. They traced the steps that occur from the time a towel is used by a resident in St. Joseph's Hospital in Estevan and the Estevan Regional Nursing Home to the time it is washed and returned to the resident to trace potential problems with the laundry. The award was created in honour of Dave Galloway, the late director of facilities and communications for the region. From left to right, the back row, are Holly Frank, Aimee Wetsch, Shirley Wheeler, Victor Frank. In the front row, from left, are Mary Anne Veroba, Vivian Walliser, Sharol Lansberry and Ruth Marcotte.



**Honouring long service:** Marga Cugnet, left, Vice President of Primary and Integrated Care for Sun Country Health Region, and Board Member Natalie Bieberdorf, on the right, present a plaque to Mrs. Esther Brodie, representing the Ladies Auxiliary to the Weyburn General Hospital, and its successor, the Weyburn General Hospital Guild. The groups, which were created to assist what started out as the Weyburn Union Hospital, originally included women from many rural communities and raised funds for WGH from 1934 to 2005.



**Minister tours Tatagwa View:** Marga Cugnet, left, Vice President of Sun Country Health Region greets Health Minister Len Taylor, right, during a tour this spring of Tatagwa View, the Region's newest long-term care centre.



# HealthLine

## 1-877-800-0002





**Learning about PIP:** Facility managers for Sun Country Health Region's 25 long term care and acute care facilities gathered at Tatagwa View in Weyburn in early June to learn about the new computerized data base for drug information. From left to right are: Leila McClarty, Pangman and Bengough Health Centres; Kelly Beattie, Willowdale Lodge; Colleen Easton, Kipling Memorial Health Centre; Linda Wilson, Fillmore Health Centre and New Hope Pioneer Lodge; Bernadette Wright, Mainprize Manor and Lampman Health Centre; Merle Fedak, Galloway Health Centre; Dale Rodenbush, regional director of Pharmacy; Joanne Hollingshead, Arcola Health Centre and Moose Mountain Lodge; Laurel Charles; Deer View Lodge and Wawota Memorial Health Centre; Bonnie Hepting; Weyburn Special Care Home; Myrna Peterson, Redvers Health Centre. Missing from the picture are Barb Tomlin, Coronach Health Centre; Jean Piel, Estevan Regional Nursing Home; Laurie Cole, Gainsborough Health Centre; Brenda Freeman, Weyburn General Hospital; Nicki Ford, Maryfield Health Centre; and affiliates: Linda Hagen, Radville Marian Health Centre; Mary Anne Veroba, St. Joseph's Hospital in Estevan; Jason Hollinger, Sunset Haven.

## Sun Country Health Region managers learn about SaskHealth's new drug information storage system

Facility managers for the 25 facilities operated by Sun Country Health Region for residents attended a training session in Weyburn in June to learn about Saskatchewan Health's new drug plan data base.

The Pharmaceutical Information Program, or PIP as it is called, is already operating as a pilot project in some health facilities and pharmacies in the province this year and will be expanded to all emergency rooms, pharmacies, long term care homes and prescribers' offices in Saskatchewan in the future.

The program's goal is to help to ensure that individuals and their health care providers have the information needed to make the best health care decisions by ensuring that doctors, pharmacists, dentists, optometrists, nurse practitioners, know all the medications a person is taking. The intention is to avoid making drug therapy decisions based on incomplete information. Through the program, authorized health care professionals will have access to confidential records that show all of the prescribed and dispensed medications of people registered with SaskHealth.

Computer trainer Helen Engel of Regina, from the Health Information Solutions Centre which provides the secure Internet site where records will be stored, told the Sun

Country Health Region managers they will have access to the records as part of the admission process to their facilities.

Every facility will decide who in that facility will have access to the PIP records.

Helen said SaskHealth's privacy officer was involved with creating the program, as was the Saskatchewan Privacy Commissioner. The program is subject to the rules of the Health Information Protection Act (HIPA).

With some exceptions, that means all individuals whose records are stored can ask for information about their drug profile and can restrict access to it with no reason given.

The SaskHealth web site says there are many benefits to PIP but some people may not be comfortable with the electronic sharing of their personal health information. So, residents may choose a masking option (request that prescription information be hidden from view). Individuals who may choose this option should call 1-800-667-1672 for more information. A downloadable [Request to Mask form](#) is available.

Disclosure of PIP information will only be allowed if permitted or required by law (e.g. search warrant, legal proceedings).

There are exceptions to the closed profile, noted Helen. Those include:

**With consent:** At any time, you may give your health care provider (such as your physician or pharmacist) consent to view your masked medication profile. This authorization can be time-limited (such as a specified number of days or months) or indefinite.

**In an emergency, when the person is unable to provide consent:** This would allow a health care provider to access the history in an emergency, such as if the person is unconscious or unable to provide consent due to their illness. The information could be life-saving in these circumstances.

**Dangerous use of prescription drugs:** A [list of drug categories](#) has been developed in consultation with the regulatory bodies that license physicians and pharmacists. Health care providers may unmask a profile when considering prescribing or dispensing one of these

drugs, because there is potential for harm if these drugs are used inappropriately.

SaskHealth says if a facility loses computer hardware through theft, fire or another circumstance, there is no security risk to the information in PIP.

It says all of a patient's drug profile information is stored in highly secure servers in the custody and control of Saskatchewan Health, so that only authorized users can look at the information and/or print a copy of the information for their files. The actual data is not stored on the lost equipment.

SaskHealth says the database is well protected by using industry standard technical, administrative and physical safeguards, which ensures only authorized users who have a need to know may access the centrally stored system.

### Did You Know?

-Palliative care can be provided at any time during an illness when a decision has been made that curative treatment is no longer appropriate and treatment is aimed towards symptom management and quality of life rather than cure.

- Palliative care does not hasten death or prolong life.

-The Palliative Care Team in Sun Country Health Region can include a nurse, social worker and pharmacist, physiotherapist, occupational health worker, dietician, palliative care volunteers, member of the clergy.

# St. Joseph's Hospital in Estevan



**New clinic planned at St. Joseph's Hospital:** The front of St. Joseph's Hospital will change quite dramatically after construction of a \$2.1 million clinic for physicians is built later this year. The new 10,000 square foot clinic will be added to the front portion of the existing hospital on the west side of what is now the main entrance. It will incorporate the same construction material and style of the building.



**The front desk:** Joanne Bill, left, and Ginny LaBelle are the welcome and information team at the front desk of St. Joseph's Hospital.



**Entrance to the chapel:** A statue of Mary and the baby Jesus stand outside the entrance to the hospital's chapel.



**Courtyard off the cafeteria:** Employees and visitors to St. Joseph's Hospital can take their lunch to the outdoors right off the main hospital cafeteria. Here, Grace Samson, Brenda Drabek and Shelley Balfour get ready to enjoy a break in the sunshine.