



NAOSH Week: Luci Gainer, Shirley Wheeler, Mary Anne Schaffer and Amanda Bocian gather around a bed in Tatagwa View just after a performance of **A Special Inservice**, by Martha and Murray Clown during NAOSH Week at Tatagwa View. NAOSH is North American Occupational Health and Safety Week, held from May 1-5. The two “clowns” held a contest asking viewers to identify the health and safety errors in their performance.

Mother's Day Tea

By Corrine Eberts,
Redvers Activity Worker

The Redvers Health Centre hosted a Mother's Day Tea on May 12, with about 60 people attending. Coffee, tea, crab and ham appetizers were served, along with a large Mother's Day cake which was donated by Dorothy Selkes' family. When everyone was seated, they were entertained by a local group called the SunDowners, from Maryfield. They played an assortment of music and told Mother's Day-related jokes.

The local flower shop, Reflections, loaned the Health Centre its decorative archway and pillar candle holders to decorate the facility. The residents thoroughly enjoyed it.

New and returning staff

Sun Country Health Region has hired a new Regional Director of Facilities/Maintenance. His name is Ron Hill. For over six years, he worked in a similar position in the Burntwood Regional Health Authority in Manitoba. Ron and his wife Marilyn, a nurse, have moved from Thompson, Man. to live in Weyburn.

Gale Pryznyk, Regional Director of Primary Care and Rehabilitation has added two new staff members to her team. **Holly Power** is the new regional coordinator for the Acquired Brain Injury (ABI) program. Holly brings a Bachelor of Social Work degree to the position. She has worked in the region since October, 2004. She will be based in Weyburn but will provide service throughout the region. Holly can be reached by phone at 842-8315 or by email to hpower@schr.sk.ca. **Wanda Miller** is the new Primary Health Team Development Facilitator. She is based in Estevan but will rotate through Estevan and Weyburn offices. Until accepting this position, Wanda has been employed in social work. She brings community development knowledge to this role, which will prove an asset as the Primary Health philosophy spreads through the region. Wanda can be reached by phone @ 637-3631 or by email at wmillers@schr.sk.ca.

Nancy Lawrence-Naylen returned to her Infection Control job share position in April, working with Infection Control Nurse Michelle Luscombe. They can both be reached in their Wawota office at 739-5212 or by email at nlawrence-naylen@schr.sk.ca and miluscombe@schr.sk.ca.

Nancy and Michelle ask that when corresponding by email for infection control concerns, please include both names on your email so the nurse on duty can respond as quickly as possible.

Eh, What's That Again?

The British Department for Education and Skills is thinking about improving the brainpower of school children by feeding them capsules of the omega -3 fatty acids found in fish oil. But if fish are so full of brain-boosting oils, how come so many of them end up beheaded, swimming in batter, and lightly sprinkled with salt and vinegar?

Fillmore loses three staff members

By Donna Macpherson

Fillmore Health Centre said goodbye to three of its staff members. Long time staffers Beatrice LeClaire and Marilyn Hanson retired, while nurse Jennifer Jacob has taken a job at Weyburn General Hospital.

Marilyn worked in the Lab in 1964 and 1965. For the next 10 years she raised her family and was a farm wife. She started back to work in the Lab as a casual employee in 1976 and worked part time from 1987 until the present.

Arlene and John Ray hosted a barbecue at their farm on Sunday, April 30. Staff members from the Health Centre gathered to congratulate Marilyn and Beatrice and wish them the best.

On Tuesday, May 6, a farewell tea was held to honor Beatrice. More than 50 guests were present. Those present included staff and former staff, management and residents.

Linda Wilson, Evelyn Hall and Miriam Hofmeister each spoke with memories about Beatrice's years as an RN in Fillmore. Murray Goeres, Director of rural Facilities for Sun Country Health Region, also congratulated Beatrice on her retirement. Lynn Hume presented her with a gift from SUN union and she was also presented a gift from the Region.

Redvers Health Centre OH&S activities

Redvers Health Centre participated in Occupational Health and Safety Week by having a fire extinguisher demonstration at the Redvers Health Centre on May 10. Nineteen staff members participated. Several draws were made for articles. The winners are: SCRH towel, Laura Blaise; Vital Aire H2O drink bottle, Val Patron; SCHR mouse pad, Garry Blezy, Alisha Steenbruggen, Pat Alelunas, Marcia Martin. Nurses' Week was celebrated at Redvers Health Centre on May 10. Donuts were served and draws were made for the following articles: nurses cloth bag, Dianne Belzy; sanitizing gel, Karla Blerot; note pad, Janelle Martin; RN pen, Nancy Larsen James; mints, Pat Alelunas.



Hoedown in Tatagwa View: Staff and residents of Tatagwa View in Weyburn gather around to celebrate the long term care centre's first anniversary. Tatagwa View is the first LTC in Sun Country Health Region to adopt the Eden Philosophy of care for residents. From left to right are: Hazel Larson, Debbie Donald, Helen Eddy, Mary Borys, Joyce Moore, and Lana Lansdell.

Minutes of the: SUN COUNTRY HEALTH REGION OCCUPATIONAL HEALTH & SAFETY ADVISORY COMMITTEE

from March 28, 2006 in Estevan



Present: Representatives of all OHS committees; Shirley Thera, Manager of Workplace Health & Safety.
Regrets: Representatives from Bengough, Coronach, Fillmore, Stoughton, Pangman, Radville, Weyburn EMS, Weyburn General Hospital

Business Arising From October 6, 2005 Meeting
SCHR OHS Newsletter. Shirley contacted Joanne Helmer. Regional OHS issues will now be submitted to the SCHR newsletter. Shirley encouraged all SCHR OHS site committees to contribute items also.

Regional TLR Update. Re-certifications and certifications are ongoing. Goal is to have all employees of SCHR completed by December 31, 2006. Shirley encouraged all site OHS Committees to keep in touch with their / TLR trainer / get a report for their regular meetings.

SCHR Regional Topics

Employee Incident Report Form Reminders.

Report forms coming with no name, address, facility/agency etc but managers are still investigating and replying. Please return the form back to the worker to complete all information before investigating.

Report forms coming from workers directly to Shirley without manager's report. They will be returned back to the manager for reply.

Report forms arriving months old. Please review process on form. Please do not hold unless worker harassment issue, then notify Shirley.

Managers/ OHS committees have ability to amend/add types of incidents identified by worker if appropriate box(es) are not checked off.

Draft Harassment Policy/Procedure reminder:

Reminder to get any suggestions into Shirley asap. Suggestion was to develop an algorithm to make following the policy easier (policy very detailed in procedure).

2006 Harassment Educationals: Between April and October Shirley will be holding educationals around

region. If managers are having staff meetings, etc please contact her and set dates. Presentations are approx ¾ hour.

Job Safety Analysis: Overall approx 60 per cent of SCHR are completed. The Department of Labor OHS Branch is focusing on having them completed asap. Shirley will be reviewing all site OHS files to ascertain where all committees are. Site committees need to start/complete them. Process is to have workers write them (Shirley will provide generic JSAs), the site OHS Committee reviews and approves them. Copies are hung in the specified depts, and a hard copy is sent to Shirley for their regional file.

Amendments are/may be required for JSAs that have a reference to sharps contained due to the new Sharps Legislation. Direct JSAs are RN/RPN, EMS, LPN, Lab, Diag Image, HHA/SCA, Pharmacy. Indirect JSAs may be housekeeping, dietary, laundry and maintenance. Committees should begin to review the direct classifications to ensure that the hazard is noted, the required action to make it safe, the PPE required and any educational required.

Footwear Issue: Discussion on appropriate footwear as per Section 96(1) Of the OHS Act. New shoes called Dawgs/ Crocs are being work by workers. Concerns are the size of air holes on top of the shoe, shoes made from rubber, shoes that have no straps on the back. Question was is there stats from other Health Regions on accidents by workers who do not wear appropriate shoes. Reply was none that Shirley has become aware of.



Consensus is: Effective May 1, 2006, no footwear will be allowed that does not conform to present policy (contained in Dress Code Policy). Add to present policy : strap must be worn on shoe and needs to be adjustable.

Issue should also be discussed on new worker orientation. Topic to be added to next regional OHS agenda for review and discussion. Shirley will send issue and new wording to Don Ehman, VP HR and Dianne Green.

Update on SEDS: Draft policy reviewed. Regional committee will be choosing appropriate safety needles/devices. Training will begin when product arrives. Legislation begins July 1, 2006.
OHS Week is April 30 to May 6.

All site OHS Committees encouraged to plan events in their facility/agency. OHS Week goals are to have maximum worker participation combined with having fun. OHS committee members are responsible to provide the event, may add workers to committee to assist with hosting.

Shirley has provided all site OHS Committees with free prizes for draws etc. Site committees can add to these prizes if they wish.

Miscellaneous Business: Contained is an OHS Committee Safety Audit sheet, reminders on NAOSH Calendar Contest by SAHO, sharps containers issue (please be reminded that sharps containers MUST have lids accompany them from Materials Management dept), reviewed OHS Training Schedule for April 2006 – March 2007.

Round Table

Weyburn community care: parking lot has holes/ice /dark. Formal letter sent to regional maintenance requesting meeting.

WSCH: maintenance issues/concerns documented and sent to regional maintenance director – Dept of Labor aware.

SAHO has developed DRAFT Working Alone Policy. Does Shirley have a copy? Do others have copies ?
Carnduff: Glove issues/holes in them. Need to notify vendor/Mat Mangm asap

Gainsborough: WHMIS Labels order from TS&M. Fire flags for doors all torn & ripped. Suggestions to have maintenance make locally with reflective tape on plastic. Shirley will investigate other companies.

Oxbow: WHMIS/TLR updates being done

Midale: Pilot light issue required worker education

Redvers: Sharps container issue (see above)

Tatagwa View: Laundry situation being reviewed.

Contraventions being worked on. Telephone system failures.

Weyburn Community Services: Fire sprinkler issue/corrosion of heads. Inpatient Unit sprinkler heads

Willowdale Lodge: Laundry bag weight issues – weight needs to be reduced by not filling bags as full

WGH: Contraventions being worked on

NOTES:

Regional Environment CQI Committee doing assessment/audit of regional maintenance problems/issues. Will be making recommendations on how to amend process/improve system.

Contraventions: Shirley must be made aware when they happen. She will receive a report from Department

of Labour. Site Committee is responsible to provide Dept of Labor ongoing updates. Update form is attached when committee receives contraventions. If no form attached please contact Shirley. Copies of updates must be posted on OHS board and a copy sent to Shirley/

The next meeting of Sun Country Health Region's Occupational Health and Safety Advisory Committee will be held in September/October 2006

Maryfield employees promote fitness

By Sandra Johnston

The community of Maryfield has been recognized for its commitment to physical fitness and the In Motion program with an award from the South East Saskatchewan Association for Culture, Recreation, and Sport (SESACRS).

In Motion in Maryfield was started by Nicki Ford and Sandra Johnston, both employees of the Maryfield Health Centre, with help from Pauline Clark, an In Motion activator. The community was officially declared In Motion on May 19, 2004 by Mayor David Hill. The In Motion flag was raised following a free barbecue lunch and a community walk.



Since then, Ford, Johnston and the Maryfield Holistic Health Team have organized a number of events to raise awareness about physical activity and encourage people to get and moving. One of the team's first projects was "Walking West" in which participants added up all the kilometres they had walked and tracked them on a map. Seventy walkers

took part, and the final tally took them all the way to the West Coast and back to Maryfield. The second major event was a health fair put on in the school gym. Booths were set up by the Maryfield fitness Centre, Maryfield EMS, the Saskatchewan Lung Association, Sun Country Health Region's Mental Health, Dietitian, Home Care, and Public Health Services, the Maryfield School, and In Motion and the Maryfield Health Centre. Over 160 people came through the doors that day. Other In Motion projects included Skating for Fun and Fitness, a free skating evening held once a week at the rink and co-ordinated by a qualified skating instructor.

Just recently Maryfield's In Motion team organized a community challenge called "Lose One for the Team" in which teams competed against each other to see how much physical activity they could do, and how much weight they could lose as a group. Maryfield was one of three communities to receive an award for their In Motion work at the annual SESACRS award program held in Estevan on April 30.

New psychiatrist in region

Dr. G.B. Suberu arrived in Weyburn on May 21 to practice psychiatry in the region. He was trained partly in Nigeria and partly in the U.K., and specializes in general adult psychiatry. He has worked as a consultant for three years. Dr. Suberu deliberately made his plans to come to Canada in the summer because he thought it would be easier for him and his family to become accustomed to the new climate. Having always lived in a city, he expects rural and small town life to be somewhat different and useful for his professional experience. "I had three job offers and chose Weyburn because of its rural setting," he says. Dr. Suberu brings his wife and daughter with him. "So far people have been nice and that's a good thing," he says. Dr. Somme Bannerjee is the other contracted

psychiatrist to work with Sun Country Health Region while Dr. Donald MacRae maintains a private practice in psychiatry in Carlyle.

Employee Recognition Evening

Sun Country Health Region held its 2006 Employee Recognition evening at Prairie Place in Arcola on June 9. The following is a list of the employees recognized.

For 35 Years of Service

Gail Crump	Arcola Health Centre
Merle Fedak	Galloway Health Centre
Vivian Kew	Tatagwa View

For 30 Years of Service:

Marilyn Brady	Arcola Health Centre
Shirley Cancade	Radville Marian Health Centre
Debbie Frank	Region, Weyburn
Sylvia Gibson	Galloway Health Centre
Diane Herberholz	Tatagwa View
Judy Herberholz	Weyburn Special Care Home
Grace Kot	Weyburn General Hospital
Melanie Lemieux	Public Health, Carlyle
Ruth Marr	Gainsborough & Area Health Centre
Irene Minard	Region, Weyburn
Nola Nicholson	Weyburn General Hospital
Grace Plonka	Weyburn General Hospital
Linda Poole	Weyburn General Hospital
Mike Pragnell	Region, Weyburn
Lynn Rogal	Public Health, Weyburn
Duane Schultz	Region, Weyburn
Dr. Boyd Stewart	Weyburn
Jeannette Thompson	Weyburn Special Care Home
Deborah Wallace	New Hope Pioneer Lodge
Dianne Wilson	Arcola Health Centre
Joan Wilson	Deerview Lodge, Wawota

For 25 Years of Service

Tana Augey	Weyburn General Hospital
Marlene Babiarz	Weyburn Special Care Home
Randy Bakaluk	Weyburn General Hospital
Edith Barath	Willowdale Lodge, Kipling
Eileen Bouchard	Radville Marian Health Centre
Heather Bruce	Mental Health, Weyburn
Maureen Cameron	Arcola Health Centre
Maura Collard	Weyburn Special Care Home
Marga Cugnet	Region, Weyburn
Jan Dunbar	Estevan Regional Nursing Home
Terry Ficken	Kipling Memorial Health Centre
Aldyth Fleck	Lampman Health Centre
Marvin Fox	EMS, Weyburn
Cameron Gammack	Tatagwa View
Janice Hanson	Tatagwa View

Christina Hunter Tatagwa View
Shirley Jensen Redvers Health Centre
Charlene Keen Tatagwa View
Lana Lansdell Tatagwa View
Brian Maas Region, Weyburn
Eleanore Matthewson Redvers Health Centre
Dawn Maurer Weyburn General Hospital
Irene Mcleod Weyburn General Hospital
Jane McMurtry Home Care South, Estevan
Joan Mooney Bengough Health Centre & EMS,
Bengough
Linda Neiszner Weyburn Special Care Home
Esther Nesbitt Galloway Health Centre
Betty Nixon Fillmore Union Health Centre
Grant Paulson Public Health, Weyburn
Marjorie Prost Radville Marian Health Centre
Carmen Rapitta Kipling Memorial Health Centre
Joyce Rodine Weyburn General Hospital
Carol Roome Weyburn General Hospital
Audrey Scott Radville Marian Health Centre
Christena Slykhuis Home Care East, Kipling
Stella Swertz Weyburn General Hospital
Jean Tisdale Estevan Regional Nursing Home
Roberta Tollefson Tatagwa View
Beverly Van De Sype Radville Marian Health Centre
Dale Van De Sype Radville Marian Health Centre
Janice Wagner Weyburn General Hospital
Charlene Warriner Tatagwa View
Shirley Weatherald Weyburn Special Care Home

For 20 Years of Service:

Gordon Aasen Coronach Health Centre
Deborah Anderson Weyburn Special Care Home
Lorilea Bailey Bengough Health Centre
Marjorie Bates Home Care East, Kipling &
Willowdale Lodge
Lynda Bell Tatagwa View
Lois Birg Bengough Health Centre
Linus Blackstock Willowdale Lodge
Mimi Bleich Deerview Lodge
Larry Bumstead Tatagwa View
Debra Button Tatagwa View
Linda Calladine Weyburn General Hospital
Laurel Charles Deerview Lodge
Ross Corkish Deerview Lodge
Molly Coupal Deerview Lodge
Angela Delalleau Home Care East, Redvers
Heather Dew Home Care East, Windthorst
Carol Ealey Willowdale Lodge
Shelly Easton Deerview Lodge
Patricia Eberle Weyburn General Hospital
Marjorie Erickson Mainprize Manor
Lois Evans New Hope Pioneer Lodge

Brian Frecon Redvers Health Centre
Roberta Freitag Galloway Health Centre
Judy Griffiths Weyburn Special Care Home
Laurie Hill Tatagwa View
Tammy Hillstead Weyburn General Hospital
Brenda Horvath Deerview Lodge
Tamra Huebner Weyburn Special Care Home
Bertha Isleifson Moose Mountain Lodge
Debbie Jacques Estevan Regional Nursing Home
Valerie Johnson Weyburn General Hospital
Myrna Kelly Tatagwa View
Elizabeth Kirby Gainsborough & Area Health Centre
Doreen Knibbs Mental Health Services, Weyburn
Louise Lamontagne Deerview Lodge
Shirley Langenberger Home Care East, Wawota
Darlene Monteyne Estevan Regional Nursing Home
Zelda Ness Tatagwa View
Carol Nicurity Deerview Lodge
Brent Olson Tatagwa View
Janet Olson Weyburn General Hospital
Deborah Phillips Deerview Lodge
Lorraine Powell Home Care West, Coronach
Doreen Pryce Deerview Lodge
Valerie Puskas Deerview Lodge
Judy Raab Deerview Lodge
Dawn Raymond Tatagwa View
Florie Restau Deerview Lodge
Wanda Sambrook Weyburn Special Care Home
Deborah Sorenson Deerview Lodge
Joanne Soroka Redvers Health Centre
Janet Stadler Tatagwa View
Mary Thorson Bengough Health Centre
Marjorie Welburn Tatagwa View

Employees who are retiring:

Sammi Ballenas Weyburn General Hospital
Mary Barry Weyburn General Hospital
Louise Belanger Weyburn Special Care Home
Jeannette Biberdorf Galloway Health Centre
Mimi Bleich Deer View Lodge
Linda Bolton Radville Marian Health Centre
Agnes Boutin Kipling Health Centre
Lynn Brady Arcola Health Centre
Pamela Brown Gainsborough Health Centre
Linda Calladine Weyburn General Hospital
Eva Cooper Weyburn Special Care Home
Gail Crump Arcola Health Centre
Eunice Daku Kipling Health Centre
Betty Deshors Radville Marian Health Centre
Linda Druck Midale Health Centre
Patricia Eberle Weyburn General Hospital
Mary Engebretsen Region, Weyburn
Lois Evans New Hope Pioneer Lodge

Aldyth Fleck	Lampman Health Centre
Roberta Freitag	Galloway Health Centre
Elaine Hamelin	Kipling Health Centre
Marilyn Hanson	Fillmore Health Centre
Eileen Hennie	Weyburn Special Care Home
Theresa Istace	Willowdale Lodge
Cheryl Johnson	Redvers Health Centre
Marilyn Johnston	Home Care East
Vivian Kew	Tatagwa View
Heather King	Kipling Health Centre
Myrna Koeckeritz	Mainprize Manor
Beatrice LeClaire	Fillmore Health Centre
June McNeil	Galloway Health Centre
Georgia Morrow	Weyburn Special Care Home
Cae Parry	Home Care West, Weyburn
Lynn Rogal	Public Health, Weyburn
Ingri Roman	Tatagwa View
Betty Schmidt	Mental Health, Weyburn
Elaine Shaw	Gainsborough Health Centre
Ruby Silversides	New Hope Pioneer Lodge
Christena Slykhuis	Home Care East, Kipling
June Sorensen	Mental Health, Weyburn
Lee Spencer	Region, Weyburn
Betty Stanley	Gainsborough Health Centre
Shirley Thompson	Weyburn Special Care Home
Linda Trachsel	Weyburn Special Care Home
Bev Van de Sype	Radville Marian Health Centre
Dr. Yosri Wahba	Region, Estevan
Marjorie Yates	Redvers Health Centre
Arrol Young	Arcola Health Centre
Shirley Zimmermann	Arcola Health Centre

**Please call me with information
about your activities!**

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