



# Sun Country Chatter

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November 2006



**Joining forces to defeat the flu:** Sun Country Health Region's President and Chief Administrative Officer Cal Tant is good-natured about taking the flu vaccine from Sherry Pyett, RN. Cal is participating in the 2006 fall flu campaign to encourage other members of the Region's 2,200 staff to also receive the flu vaccine. From left to right are Rod Watson, representing the Health Sciences Association of Saskatchewan; Laurie deVries, representing the Saskatchewan Union of Nurses; Kim Schneider, Acting President of the Canadian Union of Public Employees, Local 5999; Marga Cugnet, Vice President of Primary and Integrated Health. The goal of the campaign is to encourage at least 85 per cent of the staff to be vaccinated to reduce the spread of the flu this winter. SCHR Chief Medical Health Officer, Dr. Shauna Hudson, says flu shots are a critical tool in the fight against the spreading virus. Vaccination will protect employees, clients and families, she says.

A newsletter for staff and volunteers in Sun Country Health Region



## MHO encourages flu shots

**Dr. Shauna Hudson,**  
Medical Health  
Officer for Sun  
Country Health  
Region.

Decreasing the transmission of influenza from caregivers to persons at high risk might reduce influenza-related deaths among persons at high risk for complications from influenza, says Dr. Shauna Hudson, Medical Health Officer for Sun Country Health Region (SCHR).

She is leading a campaign to encourage at least 85 per cent of the staff in the Region to receive the influenza vaccination.

“Achieving and sustaining high annual vaccination coverage among SCHR health



care workers will protect our long term care residents and patients, our staff and their families,” she says.

Absenteeism because of illness with influenza or exclusion of our un-immunized staff, can jeopardize health care delivery due to scarcity of replacement staff, she says.

She points to one study which shows that immunized health care workers had 28 per cent fewer documented lost work days attributable to respiratory infections.

Dr. Hudson says when several recent study results were combined, immunized health care workers reported 23 per cent fewer influenza-like illnesses and 27 per cent fewer days of illness, compared with unvaccinated co-workers.”

Several studies indicated that health care workers tend to work despite illness, she says.

To reduce the impact that influenza and influenza outbreaks have in our Region, it is crucial that you receive an annual influenza immunization, she says.



Maryfield Health Centre Manager Nicki Ford and Assistant Sandra Johnston.

## Maryfield Health Centre works with the community

The Maryfield Health Centre once again helped to provide the Maryfield School Grade 12 students with certification in First Aid, plus a CPR course, as part of its physical education course.

This was sponsored with help from the local Health Non-Profit Foundation, the Maryfield Lions Club, Gateway Farms, and the Royal Bank Foundation.

The Maryfield Health Centre recently partnered with the Maryfield School and provided the emergency first aid component of a baby-sitting course to a dozen Grade 6 and 7 students.

This was in response to an identified need in our community.

It was conducted in conjunction with Safe Kids Canada week June 5 – 11 and sponsored in part by a grant from Safe Kids Canada.

Maryfield Health Centre ran a program from Nov 05 to April 06 called “Lose One for the Team.”

The team weighed as a group on Lincoln Farm Supply scale, at the beginning and the end of the program.

## **Maryfield Health Centre continued:**

The winning team was the Heron Hillcrest Hikers. They lost a total of 40 pounds and clocked 437 hours of physical activity. Congratulations to all participants for choosing to be healthy. Points were gained for pounds lost, hours of physical activity and dietitian visits to learn about healthy food choices. Each team paid \$60 and the winning team won all the money. The emphasis was on team success. Eight teams participated with a total of 58 participants. The total weight loss was 330 pounds. The hours of activity totalled 2024 hours and 26 people visited the dietitian.

## **New people join the Region**

**Natalie Bieberdorf** has accepted the position of Regional Manager of Therapies, effective October 4, 2006. Natalie comes from the Department of Community Resources, and membership on the Sun Country Regional Health Authority. Her main office will be in the Weyburn Therapies Department at Tatagwa View.

**Deb Kennett Russill** has accepted the position as Regional Rehabilitation Clinical Coordinator, a new position for the therapies department this fall. Deb will work out of Estevan.



## **Sun Country Health Region employees run in Regina marathon**



Charles Eddy, Regional EMS Director; and Corrie Schultz, Regional Fitness Coordinator stand in the sunshine after running in the Queen City Marathon.



They're not in their racing duds in these pictures but Louise Wallin, Food Service Worker at Weyburn Special Care Home and Tatagwa View; left; Coreen Ward, centre; and Delinda Onstad, nurses at Weyburn General Hospital, all ran in the Queen City Marathon this fall. Tim Erickson, Weyburn EMS also ran.

## **The Green Pages are Here!**

Look in your new 2006 SaskTel Telephone book for the **Green Pages.**

**Sun Country Health Region** has published a **Health Care Services Guide** in the 2006 SaskTel phone book, **right behind the blue pages.** Look us up!

# Computer Tips by Melanie



## Mail Merge

Create your list in Excel or Word (as a table) and save it.

- Make sure the first line in the sheet/page is the column headers.
- Create only one list per sheet/page (note: you can have many lists in a workbook)

	A	B	C	D	E
1	NAME	ADDRESS	CITY	POSTALCODE	Email
2	Mel Gibson	12625 14 <sup>th</sup> Street	Melbourne AU	98765	mel@au.com
3					

Open Word and select the mail merge toolbar – view | toolbars | mail merge



1. **Main Documents Setup**
2. **Open Data Source**
3. Mail Merge Recipients
4. Insert Address Block
5. Insert Greeting Line
6. **Insert Merge Field**
7. Insert Word Field
8. View Merged Data
9. Highlight Merge Fields
10. Match Fields
11. **Propagate Labels**
12. First Record
13. Previous Record
14. Go To Record
15. Next Record
16. Last Record
17. Find Entry
18. Check for Errors
19. **Merge to New Document**
20. Merge to Printer
21. **Merge to Email**
22. Merge to Fax

1. Choose Type (icon #1) and click okay
2. Click open data source (icon #2) – browse to data file
3. Click insert merge field (icon #6)
  - Choose each fields from list and click insert for each one
  - Move fields to the correct place
4. If making labels propagate labels (icon #11)
5. Merge to new document (icon #19) or email (icon #21)
6. Print

For 24-hour health advice, call:

**HealthLine**  
**1-877-800-0002**

Or visit Healthline online,  
for information at your fingertips, at

[http://www.health.gov.sk.ca/  
ps\\_healthlineonline.html](http://www.health.gov.sk.ca/ps_healthlineonline.html)

## Pet Peeve

Aaahhaaa!

I don't appreciate receiving inter-office mail envelopes that are closed with staples. Usually the staple also punctures the document being sent and I end up damaging the paper and ripping the envelope. Staples can also create a safety hazard. A half-opened staple can get caught on clothes or puncture a finger.

Why not use a small piece of clear tape to close the envelope? It's not messy and it won't damage the enclosure.

Send your pet peeve to Joanne Helmer at [Jhelmer@SCHR.sk.ca](mailto:Jhelmer@SCHR.sk.ca) or 842-8353



**Students intern:** Jenna Ross of Regina, left, and April Thomas of Carlyle interned as Combined Lab X-Ray Technicians (CLXT) this summer at the Weyburn General Hospital.

## We want you!

Sun Country Chatter needs information from you about your activities.

Please call Joanne Helmer,  
Communications Coordinator  
at 842-8353 or  
email me:  
[jhelmer@schr.sk.ca](mailto:jhelmer@schr.sk.ca)