



# The Regional Sun

Vol. 6

website: [www.suncountry.sk.ca](http://www.suncountry.sk.ca)

May  
2006

## Home Care works for residents of Sun Country Health Region

Clarice Storle says she and her late husband could not have coped without home care when they first moved off their farm to a Weyburn apartment in 1999

"We just never would have managed," says the 83-year-old woman.

Clarice was hospitalized at the time, and her husband was ill, when their four adult children moved their parents' belongings.

"My son came to my hospital bed, and asked me which furniture I wanted to move. I said 'I'm not going anywhere,' and then I cried for days."

Clarice and Orville had lived in their farm home for 50 years. Some of their children cooked for them when she was first released from the hospital. "Of course, they took time off to help us but they already have their own children and their own jobs to look after," she said.

Her husband died five years ago but Clarice still lives in their apartment and continues to enjoy her independence. She's able to do that, despite poor health, because of the variety of assistance she receives from Sun Country Health Region's Home Care program.

"I would much rather be here in my apartment than in a senior citizen's home," says Clarice.

"I like my privacy and I still like to have my family visit."



**Checking the vitals:** Sun Country Health Region Home Care Nurse Patty Bangsund checks Clarice Storle's vital signs during a routine visit to Clarice's home in Weyburn.

Clarice, who uses a walker outside her home, attends church and goes shopping. She and a group of old and new friends meet for coffee regularly. She still cooks for herself, although Meals on Wheels are available for some home care clients. The region's homemaking and personal care aides visit Clarice every

two weeks to vacuum and clean. Clarice has made friends with some of them, some of whom went to school with her children. "I really admire the home care girls," she says. A home care nurse comes weekly to pre pour Clarice's medications and monitor her

vital signs. She finds it reassuring to know the nurse will come in every week. She appreciates their advice. "I feel like they are available when I need them," says Clarice. "My co-workers and managers make it a great place to finish my career in nursing." **Please turn to Page 2**

A publication of Sun Country Health Region

# Home Care services in region growing as a result of strong public demand

Story continued from Page 1

Patty Bangsund, a long time RN who visits Clarice, agrees. "I think the nurses feel they have more time to talk to the clients in their homes, too," she says.

"The client has our undivided attention. In home care, nursing is non-emergent. The work is important but not an emergency. Emergencies are dealt with at the hospital, not in the home.

Patty says when she goes home after a day of providing home care to clients, she feels good about her work.

"When I leave work at the end of a busy day, I feel as if I have made a difference in my client's quality of life. I feel I have the time and support to do my job well," she says.

Patty believes the home care program is so important because it allows clients to save their limited energy for the things they want to do, rather than exhausting themselves cleaning their homes, or cooking.

A lot of people are coming around to the same belief. The number of calls for one or another kind of home care service is rising quickly.

In the past year alone, 200 more people were added to the client list.

About 1,915 clients were served in March of 2006, compared to 1780 in March 2005.

Since the early 1990s, the number of nursing clients has increased by 87 per cent, with a 38 per cent increase in the number of clients seeking homemaking services.

Clients are asking for a greater number of services, too.

Most of them are like Clarice. They prefer to remain in their home.

"We want to keep people in their community longer," says Pat Kessler, Sun Country Health Region's Home Care Director.

The province and the whole country are moving in this direction," she says.

"People want to stay home longer. It's a quality of life issue," she says.



Pat Kessler, Regional Director,  
Sun Country Health Region

## Fast facts about Home Care in Sun Country Health Region:

**Nursing care, personal care and home-making needs  
can be met with Home Care Services.**

**Over 1,900 clients were served in  
Sun Country Health Region during March of 2006**

### Contact:

**Home Care West** — Weyburn 842-6870;  
Radville 869-2722; Pangman 442-4722;  
Bengough 268-2102; Coronach 267-2233.

**Home Care South** — Estevan 637-3630;  
Lampman 487-2562; Midale 487-2446; Oxbow 483-5047;  
Carnduff/Gainsborough 685-2277.

**Home Care East** — Arcola 455-2116; Fillmore 722-3331;  
Kipling 736-2913; Stoughton 457-2686; Wawota 739-2782;  
Redvers 452-3659; Carlyle 453-7649.

It's also less costly than living in a senior home with 24-hour care, she says.

"There is a tremendous saving to the health care system but there is a saving for many people in their personal budget as well," she says.

"I don't like to use the word priceless because it's used in a commercial advertising all the time but the word does describe the invaluable health benefits when seniors can continue to live in their homes and get to their bridge game and walk with their neighbours," she says.

"You just can't put a price on the value of community networks and how they improve the quality of life," she says.

When seniors remain in their own homes, they remain a part of a community that needs them, she says.

"We need each other."

Of course, the family connection continues to be important for clients, even with the valuable home care services.

Clarice says her sister Lillian Torkelson lived in the same apartment building as she does, and came down almost every day to visit until she died two years ago.

"She was a great help to me," says Clarice.

In fact, sometimes it's a family member who first makes the call to ask for home care services, says Pat.

"Of course the client must

consent, but sometimes I think people have a hard time asking for help."

Pat is regional manager of Sun Country Health Region's Home Care program. She works out of the main office at 842-6870.

The program has three managers.

Pat May is manager of Home Care West and can be reached at 842-8459.

Debra Laurent is manager of Home Care East and can be reached at 455-2116 at the Arcola Health Centre.

Jane McMurtry is manager of Home Care South, at 637-3635, and works out of St.

Joseph's Hospital in Estevan. Home care is also growing in another direction besides caring for seniors in their home, says Pat.

"This region is moving in the same direction as the province and Canada, as a whole, into short-term care substitution," she says.

That means more people, of all ages, can leave the hospital quicker after surgery or treatment, with the support of home care.

Sun Country Health Region has a home wound care program, convalescent program support, home IV therapy and a palliative care program.

"You can even receive intravenous at home," says Pat.

"We can teach you how to do it yourself or a nurse can come in to your home. It works well for all patients," she says.

"Of course, the basic requirement is always that we assess your need before we provide any service," she says.

The addition of different clientele to the Home Care Program is only one of the changes over the years. The philosophy around Meals on Wheels is also slowly evolving.

"Although Meals on Wheels remain an important service in the program there are many other options now available to support the nutritional needs of our clients," says Pat.

"I was one of the holdouts, but in fact I can see there are



**St. Joseph's Hospital Foundation Fund-Raiser:** Supporters of St. Joseph's Hospital Foundation gather at the 15<sup>th</sup> Annual Dinner and Art Auction held in Estevan on March 29. From left to right, around the table, are Walter Rieder, Chair of St. Joseph's Hospital Board; Jo Wolner; Glenn and Brenda Dumontel, one of the artists; Norm Mack, auctioneer; Norm Klatt, spotter. The quilts were donated by the Sacred Heart Parish Ladies of Torquay. Organizer Sallie Pierson, who is the Coordinator of St. Joseph's Hospital Foundation, says about \$14,000 was raised to help purchase Diagnostic Imaging Equipment that will cost about \$1 million in total. The emcee for the event was Shirley Batters.

## SCHR's Asthma Clinic helps patients live more comfortably with their illness

Asthma clinics help people with asthma.

Residents of Sun Country Health Region with asthma who attend a specialized asthma clinic will find themselves requiring the use of emergency rooms and hospitals less often, while experiencing better asthma control, says Gale Pryznyk, regional director of primary care and rehabilitation.

But not all residents who need the help are asking for it. The region's Community Asthma Care Centre is located in the Therapies Department at St. Joseph's Hospital in Estevan.

It is operated once a month by a dedicated multidisciplinary Asthma Team consisting of a physician, asthma educators, and a pharmacist.

Services are available to anyone with a Saskatchewan Health Card.

"The vision of the Community Asthma Care Centre is that clients with asthma will be

well-informed and will experience an improved quality of life, be self-sufficient, and less reliant on the health care system," says Gale.

"The goal of the centre, with the support of the referring physician, is to help the client gain and maintain control of their asthma, or achieve the best results with the least amount of medication," she says.

"Thus, clinic programming augments services provided by the client's physician," says Gale.

In September, 2005, the Saskatchewan Health Quality Council (HQC) released the results of its 2005 Asthma Care in Saskatchewan study.

The purpose of the study was to identify the gap between actual and optimal asthma care in Saskatchewan, as a first step in identifying opportunities to optimize asthma management and improve quality of life for people living with asthma.

The study shows that 19/1000 people with asthma in Sun Country Health Region are hospitalized, while the provincial average is 11/1000.

Hospitalizations can be avoided by optimal drug management, avoidance of triggers, and knowing what to do when the symptoms worsen, according to the HQC.

The HQC study also says 11 per cent of people with asthma in this region use wet nebulized drugs, while the provincial average is five per cent and the average of asthma user in Saskatoon is only two per cent.

The drugs are generally less effective, less convenient, and more expensive, it says.

The Health Quality Council study also found that fewer residents in this region received spirometry testing, only five per cent, while the provincial average is nine per cent and, in Saskatoon, 15 per cent.

HQC said spirometry is recommended as the preferred objective measure for diagnosing asthma and assessing asthma control.

The study also found that 45 per cent experience poor control with no inhaled corticosteroid use, while the provincial average is only 37 per cent.

"Those in poor control should be receiving at least moderate doses of inhaled corticosteroids in addition to SABA use," said HQC.

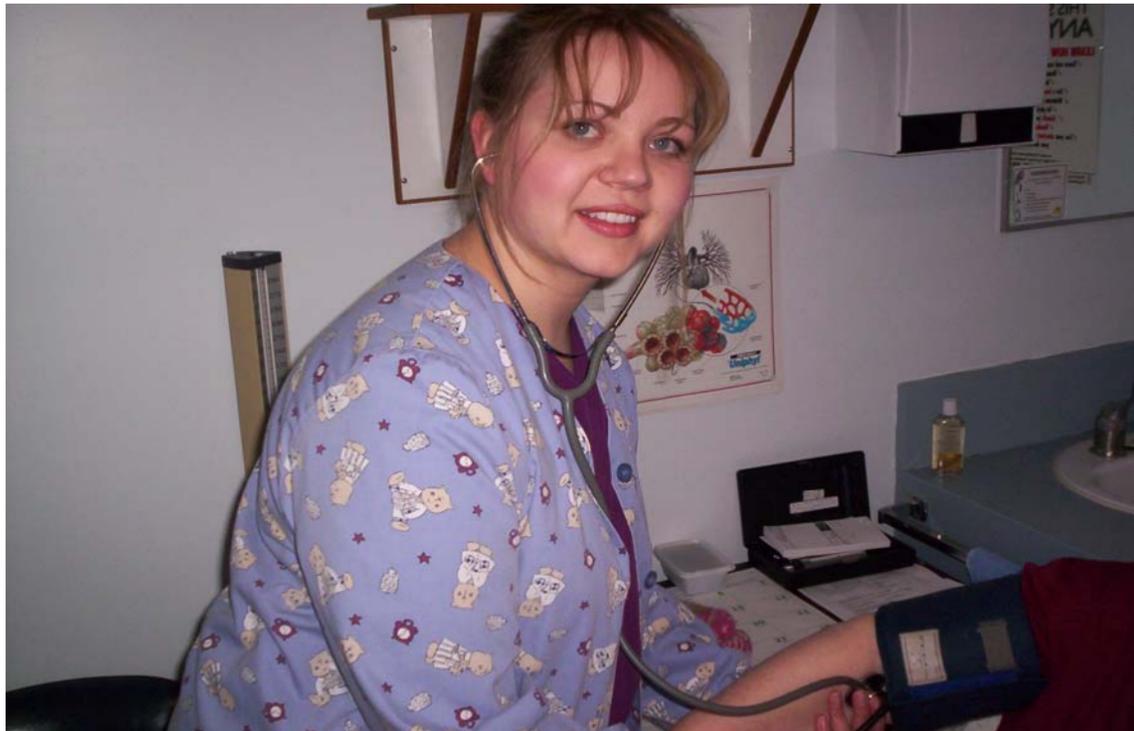
Gale says the community asthma clinic in St. Joseph's will provide residents with medication management, education, action plan development, and lung function tests which include peak flow and spirometry.

The health region has the appropriate program in place, notes Gale.

"It just needs to be used by the people who require it and may not be aware that it exists."

# Rural nursing offers professional and social challenges for youth

For Arcola nurse Sarah Veroba, whose mother and grandmother were both nurses, it was no stretch to study in the same field after she graduated from high school in Lampman a few years ago. She's a third generation nurse. She grew up surrounded by the notion of helping people with their physical health problems and hearing about the internal workings of the nursing profession. "I always knew I would go into nursing. I like caring for people." The question that might be asked of her is why she travelled all the way to Edmonton to study, at the University of Alberta, and then came back home. "Because it is home," says Sarah, 22. "I came home to be with my family." But it's also because the nursing experience is considerably different in a rural setting than it is in the city, she says. Sarah worked for several months at St. Joseph's Hospital in Estevan during the summer and then completed her final practicum in Estevan last year. Arcola's Facility Manager Joanne Hollingshead told her the facility was desperate for nurses so she began her first job in Arcola.. The Arcola Health Centre is one of several facilities in Sun Country Health Region



**Third generation nurse:** Registered Nurse Sarah Veroba often works at her computer when she has a day off from the Arcola Health Centre where she works.

advertising for nurses. As many as 19 openings are available in this region at times for health care aides, licensed practical nurses (LPNs) and Registered Nurses (RNs). Many rural areas across Canada are experiencing difficulty attracting nursing staff, according to SCHR's Chief Executive Officer Cal Tant. "Four years ago, the National Survey on Rural Health Practice in Canada found that the difficulty of attracting

health care professionals to rural areas is a global problem," he said this spring. For Sarah, the rural experience is invaluable. There are a huge variety of issues to deal with, she says. In Arcola, which offers 12 acute care beds, about 4-6 beds are usually full. That means there could be everything from pediatrics to post-operative patients for a nurse to look after, she says. "Physicians, RN's and LPN's must work closely together in rural areas as there is just not

the same number of specialized health professionals as in the cities," she says. "We lean on one another and get to know and trust one another," she says. "It's this variety of patients and procedures we offer that's good for a nursing career." Rural health centres don't always have the equipment that city hospitals have either, she says, but that means nurses must rely on their assessments and they develop their assessment skills very quickly. A few of the nurses in the class with which she graduated were interested in rural nursing. "One of them is still up north," she says. But even with the exciting challenges for her career and the family commitment, Sarah is not sure how long she'll stay in Southeastern Saskatchewan. "I'm very undecided but it has more to do with my social life and less with my professional life," she says. That's the challenge facing rural health regions: to attract and keep enough health care professionals to keep their health facilities operating.



## The Green Pages are Here!

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



# Financial help for health care students

Financial assistance is available from different sources in Sun Country Health Region to encourage graduating students to enter health care fields:

**Sun Country Health Region:** \$2,500/year relocation costs for up to four years of service. Please contact Sylvia Danyluk, Department of Human Resources, 842-8717.

**Redvers and District Community Health Care Foundation Inc.:** annual payment of up to \$2,000 per year for up to five years for Registered Nurses (RN). Please call Facility Manager Myrna Peterson 452-6463 for information.

**Redvers Health Centre:** free meals and accommodation for student nurses doing their clinical placement in Redvers; Please call Facility Manager Myrna Peterson 452-6463.

**Auxiliary to the Radville Marian Health Centre:** \$250 bursary for the first year in a health care field. Contact Bernadette Niemegeers 869-2813.

**Galloway Health Centre Trust Fund:** \$1,000 bursary to a nursing student who wishes to do a practicum in Oxbow. Contact Facility Manager Merle Fedak at 483-2953.

**Lampman Health Centre:** \$1,500 employment bursary for a two-year return-for-service agreement (.75FTE or Full time). Contact Facility Manager Bernadette Wright at 487-2561.

**Mainprize Manor in Midale:** \$10,000 employment bursary for a two-year return-for-service contract (.75FTE or Full time). Contact Facility Manager Bernadette Wright at 487-2561.

**St. Joseph's Hospital Foundation:** moving expense bursary of \$2,000 in return for a minimum of one year of service. Call Director of Patient Care, Mary Anne Veroba, at 634-0403.

**The Ladies Auxiliary to the Arcola Health Care Centre:** \$300 year. Contact Facility Manager Joanne Hollingshead at 455-2771.

**Gainsborough and Area Trust Committee:** \$1,000 scholarship to students at Carnduff Education Complex, payable after the first year of studies or completion of the course. Also pays \$35/day meal allowance, mileage to and from work at 50/km.; and free room and board to students doing a practicum in the Gainsborough/Carnduff area. Call Facility Manager Laurie Cole at 685-2277.

**Twilight Home Auxiliary** to the Bengough Health Centre: \$50 scholarship. Call the Bengough High School, 268-2172, to apply.

## **Assistance from the Saskatchewan government:**

**Allied Health Provider Bursaries:** This includes a number of health disciplines that are facing the greatest recruitment and retention difficulties. The specific disciplines eligible for bursary assistance changes on a yearly basis in order to adapt the retention and recruitment strategy to ongoing changes in markets and health systems.

**Nursing Bursaries:** This includes bursaries for students studying a variety of nursing disciplines, such as those studying to become Registered Nurses, Registered Psychiatric Nurses, Licensed Practical Nurses and Primary Care Practitioners. Also, included in this category is Advanced Nursing for those pursuing training in critical care or perioperative nursing, as well as "RE-Entry" bursaries for individuals who trained and worked as nurses in the past and wish to return to practice and re-certify in the profession. In addition, bursaries are provided to nurses pursuing a Masters and Doctorate degree to become a nurse educator.

**Physician Bursaries.** Information about physician bursaries is available from the Saskatchewan Medical Association.

Students interested in applying for provincial government bursaries should contact (306)787-7955, e-mail [bursary@health.gov.sk.ca](mailto:bursary@health.gov.sk.ca), or visit at [www.health.gov.sk.ca](http://www.health.gov.sk.ca).



**Generous donations:** George Siourounis and Weyburn General Hospital Nurse Manager Brenda Freeman flank one of the new hospital beds purchased in 2004 by the hospital, thanks to the generous donation of the proceeds of the Weyburn Travelodge Annual Golf Tournament. About \$46,000 has been raised for new equipment over the past four years.

## Weyburn Travelodge golf tournament set for June

A golf tournament sponsored by brothers and business partners in Weyburn over the past four years has raised about \$46,000 for new equipment in the Weyburn General Hospital.

George Siourounis, owner of the Travelodge along with his brothers John and Harry, has donated the proceeds of their Weyburn Travelodge Annual Golf Tournament to the hospital. This year's tournament will be held on Sunday, June 11 at the Weyburn Golf Course.

George says the event is very satisfying for his family.

"My brothers and I have lots of fun with the tournament and we get something good done for the community at the same time," he says.

"We are members of the community and we use the hospital so we think this is a useful thing to do," he says.

In 2005, \$15,000 from the tournament went towards the purchase of a Brathwaites Baby Resuscitaire for WGH while, in 2004, \$14,426.43 went towards new electric beds.

In 2003, \$11,060 was used for a new fetal heart monitor, and in 2002, \$8,210 was used to help purchase new medical imaging equipment at WGH.

WGH Nurse Manager Brenda Freeman says the donations are very much appreciated by the hospital.

## It's almost Graduation Time!

Do You Know Where Your Teenagers Are?

The death and injury rate from motor vehicle accidents among 15-24 year olds is 2.5 times greater than that of any other age groups in Canada.



For more information, search <http://www.smartrisk.ca>

# Estevan/Weyburn women honoured for contributions to their workplace

Four employees of Sun Country Health Region were recognized this spring in Estevan and Weyburn for their contribution to the workplace. Jane McMurtry, Debra Button, Sandra Montgomery and Ethelda Anderson were nominated for Women of the Year Awards in those cities.

**Jane McMurtry** – awarded the SaskPower Outstanding Contribution to the Workplace Award at a luncheon sponsored by Quota International of Estevan.

Jane is the manager of southeast region of Home Care Services for Sun Country Health Region. She is responsible for programs and services provided by Home Care staff teams in Estevan, Midale, Lampman, Oxbow and Gainsborough and the surrounding rural areas. At various times her career portfolio has also included Ambulance Services, Long Term Care, Public Health, Mental Health, the Acquired Brain Injury program, Health Promotions, and the Parenting Skills Education program.



**Jane McMurtry**



**Sandra Montgomery**

received the Community Service Award for 2006 in Weyburn. Sandra drives the Care A-Van, transporting many of Sun Country Health Region's Home Care Clients. She helps keep the Care-A-Van operating. She goes without a pay cheque when funds are running low, and has put repairs to the Care-A-Van on her credit card until the board can get money to pay for the bills. She is also the bookkeeper for the Care-A-Van Society.



**Debra Button**

**Debra Button** — nominated for the Quota International of Weyburn Community Service Award at a luncheon sponsored by Quota International of Weyburn.

Debra works in the materials department at Tatagwa View.

She is a former city councilor and a volunteer with organizations, including the Weyburn Adoption Support Group, Saskatchewan Foster Families Association, United Way, the Heart and Stroke Foundation, the former South Central Health Foundation, Saskatchewan Waste Reduction Council, and the Weyburn Humane Society.

Debra is currently a trustee for the Holy Family School Board.



**Ethelda Anderson**

was nominated for the Weyburn Community Service Award. She is a Home Care Volunteer. She is a Birthday Club volunteer, making angel food cakes and delivering a piece of cake and birthday card to each home care client. She is also a volunteer driver for home care, taking people to doctor's appointments. She visits home care clients in their homes or at the hospital when they are sick, does errands for clients, takes them shopping and is a friend.



**HealthLine**

**1-877-800-0002**



# It's not the substance it used to be Marijuana can harm teen development

Today's "pot" is 10 to 15 times more potent than the substance used during the 1960s hippie culture but a lot of parents don't know that and don't worry when their teens use it, says one of Sun Country Health Region's drug counsellors.

"Marijuana was pretty mild back then," says Mike Szabo.

It's not the same now and it can hinder the development of a child who uses it regularly, he says. Teenagers lose motivation and become apathetic; their grades can go down, their personal hygiene deteriorates, and they might start skipping school if they use the substance regularly, he says.

"The longer they use it, the more you're likely to see this behavior. They can be psychologically addicted to pot."

But the myth, that smoking pot is not a big deal, contributes to the fact that more pot is used by kids across North America than all other drugs combined, he says.

"I hear it so often: it's only pot, but one joint equals five cigarettes when it comes to the danger to a teenagers' lung," says Szabo, who works out of Estevan.

He estimates that almost 25 per cent of teenagers in Sun Country Health Region use pot or drink alcohol at least once a week. He gets his information from teenagers in the region.

"There is very easy access to drugs here," he says. "It's relatively cheap and there's lots of it out there."

"It's also true that kids have a lot of pocket money and a lot of them have a party mentality. They think they deserve to get high."

"There's also a lack of responsibility among some teens", he says.

Szabo says parents who want to set a good example won't smoke pot.

They'll also start to ask questions and do some checking around if they see unusual behavior from their teenager, he says.

"I know it can be difficult to determine what's normal from a teenager but parents need to keep their eyes open and spend enough time with their children to know the difference," he said.

"It's always a good thing to find out what's going on if you see this kind of behavior from a child anyway," he says. "You've got to nip it in the bud."

Mike makes presentations to Estevan Comprehensive High School and counsels youth on an individual basis from his office in Estevan.

He says the sad thing is that many of the parents who come to his sessions to learn more are the ones whose kids are not using drugs of any kind.

"I don't want to scare the heck out of people but I want them to be aware that drugs are out there. This is real and we need to do something about it."

Szabo says alcohol is the number one substance abused by teenagers in this health region, with pot a close second.

Cocaine use comes right after pot, with mushrooms, salvia, Ritalin and Ecstasy following.

Thankfully, there is a limited use of methamphetamine right now, since it's deadly, he says.

Szabo counsels young people individually; makes presentations to schools in Estevan and surrounding communities and will speak to parents about the issue. He is one of three addiction counsellors in the region who work with youth.

**Contact information: Mike Szabo, Estevan: 637-2465 or 842-8693; Jody Larson, Weyburn: 842-8693; Donna Kattler, Kipling: 736-2363.**

## New X-Ray equipment for two facilities

The x-ray departments in two health facilities in Sun Country Health Region were shut down for about five weeks each this spring to upgrade equipment. The x-ray department in Galloway Health Centre, Oxbow, and Arcola Health Centre are being upgraded to a high-definition, digital system.

"This is a vast improvement to the system," says Murray Goeres, Regional Director of Facilities.

"We are providing residents with the latest technology in radiographic development," he says.

"The new equipment will provide the x-ray picture in electronic format," he says.

"Our future goal is to be able to transmit these x-ray images instantaneously to a radiologist who can make a diagnosis," he says.

## New Board Member

Saskatchewan Health Minister Len Taylor announced the appointment of Estevan resident Larry Ward to the Sun Country Regional Health Authority in February.

Larry is a retired telecommunications manager, former city councillor and MLA.

"Mr. Ward has a long record of service to the community and the pursuit of excellence," the minister said. "His extensive experience will be an asset to the health authority in its work of improving the health of people in the region."

Larry worked for SaskTel in Estevan for 28 years and served 12 years as a member of Estevan City Council. In 1995 he was elected MLA and served as deputy whip of the government caucus. He has served as director and president of the Estevan Curling Club and as a member and chairperson of the Estevan Parks and Recreation Board.

### Support Group Meets

The Alzheimer Society of Weyburn and District will hold its support group on the last Tuesday of every month from 1:30-3:30 p.m.

at Tatagwa View in the conference room. Spouses are welcome. For more information, call Dianne at 842-8317.



**Stopping for a breath:** Maureen Carles RN, left, and Christine Holzer SCA, take a break at the busy nursing station at Radville Marian Health Centre in Radville.

# Canada Food Guide under revision now

Health Canada will release a new version of its Canada Food Guide this fall. The health agency is expected to recommend that Canadians eat more fruits and vegetables each day than the three other food groups, including grains. The new version will make it possible for Canadians to personalize their suggested serving sizes according to their age and sex, with new categories for women and men based on age.

The new guide will also include the make-up of ethnic foods like pita and naan bread among the food choices. The review of the food guide began in 2002. Health Canada wanted to ensure that the guide continues to promote a pattern of eating that meets nutrient needs, promotes health and minimizes risk of nutrition-related chronic disease.

Since 1992, the agency says new standards for nutrient requirements were published, called Dietary Reference Intakes (DRIs.).

DRIs are a comprehensive set of nutrient reference values for healthy populations.

During the information gathering portion of the review, Health Canada found that consumption of all major food groups among Canadians increased between 1992 and 2002. We eat more than we used to eat.

Soft drink consumption by Canadians increased by about 12 per cent in that 10 years, with tea increasing the most of all items, by 50 per cent, and oils and fats the second fastest, by 45 per cent.

The total consumption of vegetables increased by five per cent to 110 kg per capita in 2002, from 106 kg per capita in 1992.

White potatoes made up over half of the fresh vegetables eaten.

The consumption of vegetable juice decreased by 17 per cent over that period, to a little over one litre per person in 2002. Health Canada discovered the total consumption of fruit increased by 15 per cent to 93



kg per person in 2002, from 81 kg per person in 1992.

Apples, bananas and oranges were the largest categories, in that order.

Fruit juice consumption increased by 24 per cent, reaching 25 litres per person in 2002.

Per capita consumption of cereal products increased to 66 kg per person in 2002, from 53 kg per person in 1992.

In that category, oatmeal and rolled oats decreased dramatically, by 43 per cent.

Health Canada found that the total amount of dairy products eaten in 2002 was about the same as 1992 but Canadians shifted to cheese and other dairy products.

Consumption of one per cent milk increased by 67 per cent

while skim milk increased by 40 per cent.

The consumption of red meat (both beef and pork) decreased by five per cent between 1992 and 2002 while consumption of poultry increased by 24 per cent and eggs increased by a dozen to 13 dozen per capita from 12. Fish consumption increased by 16 per cent since 1992.

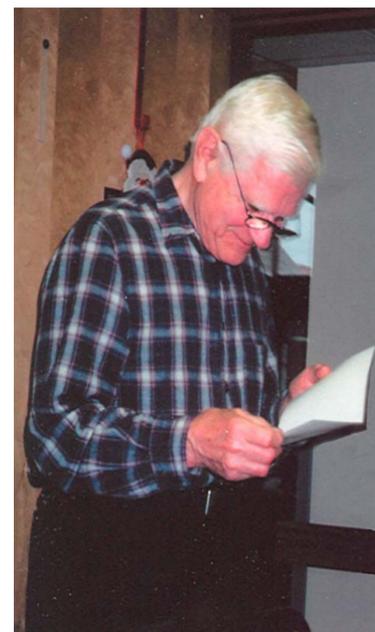
Between 1992 and 1993, Canadians dramatically increased their consumption of dry beans.

Meanwhile, the consumption of sugars and syrups increased by 12 per cent to 34 kg per person in 2002, from 30 kg in 1992.

Canada's food guide was first released 62 years ago, in 1942 when the country was at war.



**Special dinners for residents:** Fillmore Health Centre residents Philip Hall and Joe Prive host their guests Randy and Marlene Hall at a special dinner at the centre. Activity coordinator, **Jocelyn Paslawski**, organizes a special dinner for two different residents each month. Jocelyn keeps a guest book for the guests to sign and add their comments.



## Honoring a life:

Dr. Rupert Prescott, who has served the residents of Carnduff and area for over 30 years, is feted by the staff of Gainsborough Health Centre with a birthday cake to celebrate his 80<sup>th</sup> birthday.

Gainsborough Activity Coordinator Gayla Redpath says Dr. Prescott attended the 50<sup>th</sup> reunion of his medical school graduation in England

## Sun Country Health Region Administration

**President/Chief Executive Officer:** Calvin Tant 842-8718

**VP Human Resources:**  
Don Ehman 842-8724

**VP Primary and Integrated Care:**

Marga Cugnet 842-8729

**VP Community Services:**  
Janice Giroux 842-8652

**Regional Director Primary Care and Rehabilitation:**  
Gale Pryznyk 634-0410.

**Regional Director Facilities:**  
Murray Goeres 842-8706

**Privacy Officer:**  
Mark Pettitt 842-8739

**Quality of Care Coordinator:**  
Dianne Green 637-3642