

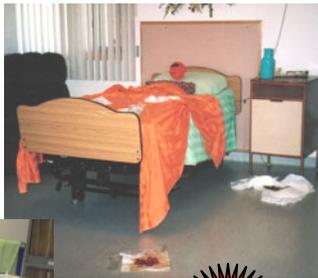


Room of Horrors

Infection Control Nurse Michelle Luscombe organized a unique way to celebrate **Infection Control Week** in Sun Country Health Region during October 17-21. She asked staff in each facility to set up a **Room of Horrors** to show the wrong procedures, the way to help infections spread. A Sun Country Health Region t-shirt was given to the staff member able to name the largest numbers of gross errors.

The winners are:

- Arrol Young - Arcola Health Center
- Elaine Tendler - Bengough Health Centre
- Marj Shire - Deerview Lodge
- Rhonda Olver - Estevan Regional Nursing Home
- Beatrice LeClaire - Fillmore Health Centre
- Wendy Olson - Gainsborough Health Centre
- Twila Quantrill - Lampman Health Centre
- Joni Gustafson - Mainprize Manor
- Jean Robinson - Moose Mountain Lodge
- Courtney McKinnon - St. Joseph's Hospital
- Shenan Akins - Tatagwa View
- Julie Milton - Weyburn General Hospital



Our fictitious infectious patient is Letum Fester who was admitted with MRSA.



Halloween Hijinx



Dressing up: Public Health Inspector Derrick Mooney (on the floor) set a light tone in the Community Health Services Building in Weyburn for Halloween celebrations this year. Some of the others in costume are: from left to right, Maureen Kraemer, Marnie Pope, Patty Crassweller, Maryanne Paslawski, Karyn Fleck-Zepick, Holly Power, Heidi McCallum, Donna Wolfe, Becky Chapman, Ruth Gammack, Corrine Galarneau and Sharon Mulhall.

Monster Veggies

Good soil for vegetables: Phillip Hall, a resident of the Fillmore Health Centre, is seen here proudly displaying the enormous vegetables that his daughter-in-law grew in her garden.



Activity director Donna MacPherson says the potato, carrot and onion could have fed a large family their entire meal. Residents enjoyed many outings this summer, she says, including a weiner roast out at Mrs. MacPherson's farm. Resident Walter Nixon is quoted as saying, "they were the best hot dogs I've eaten in a long time."

Christmas Teas

The leadership team will visit each facility in the Region to bring Christmas greetings to the staff.



Redvers Health Centre	Nov. 30	10 A.M.
Moose Mountain Lodge (Carlyle)	Nov. 30	11 A.M.
Arcola Health Centre	Nov. 30	2 P.M.
Mainprize Manor (Midale)	Dec. 05	9 A.M.
St. Joseph's Hospital (Estevan)	Dec. 05	10 A.M.
Estevan Regional Nursing Home	Dec. 05	11 A.M.
Gainsborough Health Centre	Dec. 08	10:30 A.M.
Sunset Haven (Carnduff)	Dec. 08	1:30 P.M.
Galloway Health Centre (Oxbow)	Dec. 08	3 P.M.
Radville Marian Health Centre	Dec. 12	9 A.M.
Pangman Health Centre	Dec. 12	10 A.M.
Bengough Health Centre	Dec. 12	11:15 A.M.
Coronach Health Centre	Dec. 12	2 P.M.
Lampman Health Centre	Dec. 12	10 A.M.
New Hope Pioneer Lodge (Stoughton)	Dec. 12	11 A.M.
Fillmore Health Centre	Dec. 12	1:30 P.M.
Deer View Lodge (Wawota) & Maryfield Health Clinic	Dec. 16	10:45 A.M.
Kipling Memorial Health Centre	Dec. 16	2 P.M.
Willowdale Lodge	Dec. 16	3 P.M.
Weyburn General Hospital	Dec. 19	10 A.M.
Weyburn Special Care Home	Dec. 19	2 P.M.
Tatagwa View	Dec. 21	8:30 A.M.
CHSB	Dec. 21	2 P.M.

Secret Santas

Tatagwa View Long Term Care Facility in Weyburn is looking for Secret Santas for its elders!

Staff is asking those who sign up as Secret Santas to take a gift item like cards, ornaments, small trees or goodies each week in December to their elder.



"We have 123 elders living here and it would be so great if they all had their own Secret Santa," says facility manager Marnell Cornish.

If you would like to become a Secret Santa please contact Joan Gregory at 842-8369



A new medal: Saskatchewan Lt.-Gov. Lynda Haverstock greets Dick Thompson, left, and Fred Weber, both of Bengough, at a special service on Oct. 12 of this year in Government House, Regina. The two volunteers with the Bengough Ambulance Service and the Sun Country Health Region were awarded the 25 year Exemplary Service Medal. The medal was established by the province in 2002. The two men have been with the ambulance service since its inception in 1977 and are working on their 29th year.

Clinical assessment for Long-Term Care

The first regional MDS/RUGs User Group met at Tatagwa View on Sept. 28. Thirty-nine staff nurse users and facility managers, representing all 18 long-term care centres (LTCs) in the region met with Dorothy Bjarnason, Regional Coordinator for the MDS/RUGs program, for a morning session of review, dealing with problem areas and reporting issues.

All 18 LTCs have implemented the program and are reporting to Saskatchewan Health.

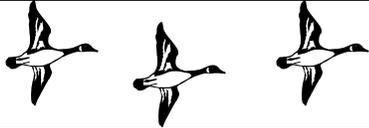
In the afternoon, the group met with Charlene Chipeur and Faye Gelinis, program consultants from the Community Care Branch of SaskHealth.

MDS (minimum data set) is an international program which was implemented by SaskHealth in 1997 as a resident-centred, standardized clinical assessment for residents of LTC facilities.



The program allows staff in all facilities, health regions and SaskHealth to collect data to support care planning, resource allocation, quality care monitoring and the classification of residents into Resource Utilization Groups (RUGs).





Heading South



Jan Gross retires on Sunday, Dec. 31, 2005 as manager of the Obstetrics/Unit B at St. Joseph's Hospital in Estevan. She has worked there since graduating from the Nursing School at Regina General Hospital in 1971.

Jan says she has worked both full-time and part-time since, and became manager 20 years ago.

"At that time the planning of the new hospital was just getting underway, so I was very involved with the initial planning of the nursing units. Once plans were finalized and the building erected, I was very busy with orienting all my staff to the new surroundings and the actual move day."

"It has been a career full of ups and downs, with the constant challenges we have faced to keep the hospital services meeting the needs of the consumer," she says.

Her husband Keith will retire from SaskPower on Dec. 31, 2005 after 36 years with the corporation. The couple has two sons, Lane and Nonan, and a granddaughter, Jaidyn, who is now five years old. They will travel to Yuma, Arizona for the winter. On return, Jan will continue to work casual at St. Joseph's Hospital.

"I really have so many fond memories of the work I have been doing. It has been such a big part of my life so I keep telling myself that I am leaving the manager position only, and just taking an extended holiday," she says.

"Leaving nursing altogether would be difficult, as it is a special line of work and I still enjoy it, and learn something new every day."

Jan praises her staff members, too. "I have so many great staff members who have made my job easier and I thank them for their friendship and support over the years." She sends a very Merry Christmas and Happy New Year to all in SCNR.



Mary Engebretsen retired as coordinator of Occupational Therapy at Tatagwa View on Oct. 14 after 29 years serving clients. She and her husband Wayne will spend Christmas in Las Vegas and are booked for a cruise to the Bahamas in the spring. In the meantime, and when they return, they will tour North America in their motor home.

The couple bravely sold their home in Weyburn and dispersed their belongings to their two adult children among others, to fulfill their lifelong dream of travelling. "It was hard to sort through our things but it feels good now that it's done. It's been our goal to travel since we got married," said Mary.

"We want to see the geography of different areas, and see the history through the old homes. We like to tour different parks and learn about different cultures by seeing them."

"I'm happy we're still young enough to be able to do what we always wanted to do," she says. "Some people never get the chance."

Wayne was health records technician at Souris Valley Extended Care Centre before he retired several years ago.

Mary may be more suited than many to the traveling life. Her father was in the air force and as a child they moved regularly. She got used to it. Throughout her adult life, she and her husband have travelled for a month each summer with their children.

"We've toured Ontario, Oregon, parts of Illinois. One place doesn't stand out from the others," she says. "They all have their own points of interest and exciting places."

Special auction at Estevan Regional Nursing Home

Estevan Regional Nursing Home held a resident auction this fall.

Recreation Attendant Janet Haddow found an auction activity on the Internet and thought it would be great for the residents.

Janet did the donation walk around town and received donated gifts from the local businesses, then put them up for bid. She even invited a live auctioneer in for this activity, which made it more fun.



Each resident received \$45 worth of play money and were told that there were only so many items to bid on, so they had better start bidding early. This was very exciting for the residents and staff. A bottle of deodorant went for \$18!

Janet said that was quite funny because no one knew when the bidding would be over and the residents just wanted to be able to buy something.

The most exciting part was the response from the residents. Janet found that residents who don't normally participate in extracurricular activities were very responsive and had a lot of fun.



"They really enjoyed themselves," she says. "In fact, even a week after the money had been spent the residents are still talking about it."

and all this activity. "With this success I'm sure that the residents have not made their last bid here at ERNH. I believe that it really meant a lot to many people, not just the residents who participated."

ERNH manager Jean Piel appreciates the effort of Janet those who helped out with

For more information about this activity please contact Janet Haddow at the Estevan Regional Nursing Home 634-2689.

It's that time of the year!

No, not Christmas.

It's time to think about

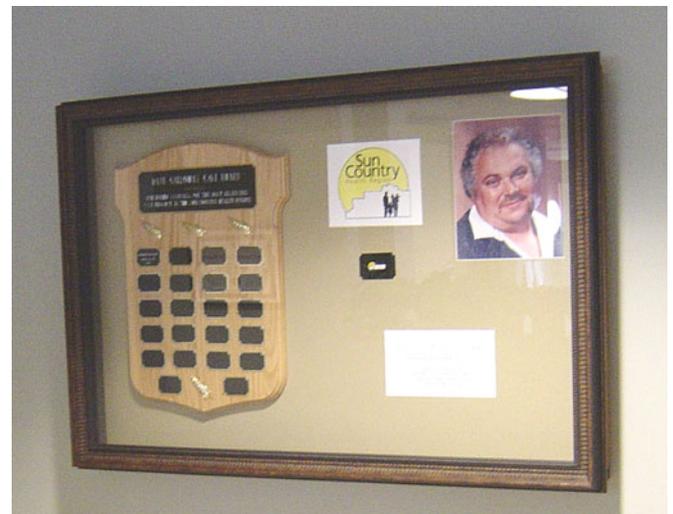
Nominations for Dave Galloway CQI Award

Sun Country Health Region awarded the first ever Galloway Award in 2005 for those who made a significant improvement in the quality of patient care over the past year. The first award went to staff at Tatagwa View for the storyboards placed outside resident's private rooms.

All submissions for 2006 should be sent to Mark Pettitt, Director CQI, Strategic Planning, and Communications at Sun Country Health Region, Box 2003, Weyburn, Sk. S4H 2Z9 (306) 842-8739 or preferably through email at mpettitt@schr.sk.ca

The award will be decided in January, with presentation at a later date.

The award was created in honour of Dave Galloway, who was a long time director of Continuous Quality Improvement (CQI) and strategic planning at Sun Country. Dave passed away in March 2004.



Dorothy's award-winning banana bread



Dorothy Bjarnason, coordinator of MDS/RUGS, won the banana cake category at the Stoughton Agricultural Society's exhibits in July.

The exhibits are held along with the annual Stoughton Daze. She's been secretary of the Agricultural Society since 1999, too. Here is Dorothy's recipe:

Banana Bread

- 2 cups sifted flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup buttermilk
- 2 eggs
- 1/2 cup shortening
- 1 cup sugar
- 1 1/2 cups banana pieces (3 – 4 bananas)
- 1 teaspoon vanilla extract
- 1 teaspoon nutmeg (optional)
- 1/2 cup nuts (optional)



Heat oven to 350 degrees. Grease and flour two 8 inch cake pans. Sift flour, baking powder, baking soda and salt together into large mixing bowl.

Mash the bananas in a bowl and then add remaining ingredients and blend together with a mix master.

Pour banana mixture into dry ingredients and mix well. Pour into pans and bake 35-50 minutes. Cool in pan five minutes before removing to wire rack. Cool completely before frosting.

Tips:

- The recipe doubles well and can be used for muffins as well as loaves.
- Buttermilk can be substituted with sour milk which is made by adding a small amount – a teaspoon or so – of vinegar or lemon juice, to a 1/2 cup of milk.
- Splenda can be used as a sugar substitute for diabetics.

Falls becoming more serious health issue

Injuries in seniors from falling have become a serious public health issue, says Sun Country Health Region's falls prevention coordinator, Corrine Galarneau.

"As Saskatchewan's population continues to age, falls will carry an even greater burden of morbidity and mortality," she says.

"Statistics show that within SCHR, accidental falls account for 40 per cent of injury hospitalization in our senior population." She says.

SCHR supports preventive strategies to address this multifaceted problem and initiatives are taking place to target risk factors and impact the reduction of falls. The Region has established a Fall Prevention Task Group to assist.

One of the strategies is to host a senior health fair once a year in a community in SCHR.

"The goal of the fair is to increase the awareness among seniors to the seriousness of falls as it is directly related to their overall health and well being," says Corrine.

This year, the fair was held in Bengough.

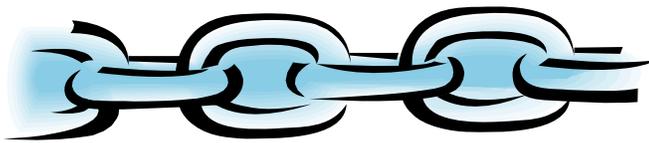


**For more information
contact
Corrine Galarneau
at 842-8699.**

Ambitious society

Linda Chapman tells us the staff at Arcola Health Centre hosted an Alzheimer's Coffee Break on September 21. They raised \$100.

They also submitted 29 names of people who attended to help the Alzheimer Society get into the Guinness Book of World Records with the World's Largest Coffee Break.



Links for life

Interesting and useful links for health care workers in Sun Country Health Region:

1. The Society of Rural Physicians of Canada at:
<http://www.srpc.ca/>
2. Agriculture Canada's report on rural Saskatchewan:
http://www.agr.gc.ca/cb/index_e.php?s1=n&s2=2005&page=n51109
3. Rural Living Canada at:
<http://rurallivingcanada.4t.com>

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