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INTEREST**

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**Saskatchewan Minister of Health Don McMorris cuts the ribbon at the grand opening of Sun Country Health Region's new Renal Dialysis Unit on March 28. The Unit is a satellite of Regina General Hospital and is located in St. Joseph's Hospital in Estevan. It has the capacity to treat 12 patients. Dignitaries from left to right are Normand Poirier, Executive Director, St. Joseph's Hospital; Doreen Eagles, MLA Estevan; Earl Kickley, Chair Sun Country Regional Health Authority (SCRHA); Don McMorris; Roy Ludwig, Vice Chair, St. Joseph's Hospital; Dr. Vino Padayachee, SCRHA Chief of Staff; Dr. Cameron Wilson, Medical Director, Hemodialysis Unit at Regina General Hospital and southern satellite units, and Cal Tant, CEO of SCRHA.**

## Dialysis unit opens in Sun Country Health Region

Health Minister Don McMorris officially opened the Sun Country Health Region's new dialysis satellite service located in St. Joseph's Hospital in Estevan. The unit operates three days per week, serving about a dozen patients from the area who previously traveled to Regina for treatment.

"Our government recognizes that the need for dialysis is growing in Saskatchewan," McMorris said.

"We are putting patients first by ensuring that wherever possible, these services are available closer to home. This service will help residents of Sun Country Health Region better manage their disease and improve their quality of life."

Sun Country Health Region CEO Cal Tant said the benefits to individuals of removing the trip to Regina three times a week cannot be overstated.

## Corrie Schultz wins award



SCHR Physical Activity Coordinator Corrie Schultz, left, receives an award from Shauna Bourassa, President of the Saskatchewan Parks and Recreation Association.

Corrie Schultz, Physical Activity Coordinator for Sun Country Health Region, was presented with the 2007 Saskatchewan Parks and Recreation Association Fitness Leadership Award this spring. The Fitness Leadership Award is presented to an individual in the fitness industry in recognition of their outstanding work motivating and encouraging other to live a healthy lifestyle. Corrie is licensed as a

Certified Fitness Consultant by the Canadian Society for Exercise Physiology. She administers fitness assessments and provides information on various aspects of physical activity, fitness and lifestyle to the staff of SCHR. Corrie is an active volunteer as well. She was involved with the In Motion Regional Advisory Committee in southeast Saskatchewan and provided assistance on a number of initiatives, including an Active Transportation

Community Trainer Workshop in 2006. She was instrumental in the development of the Weyburn *in motion* Committee. Corrie maintains her Fitness Leader and Trainer Certification through the Saskatchewan Parks and Recreation Association. She is a valuable resource to the South East Saskatchewan Association for Culture, Recreation and Sport as a Course Conductor of fitness classes, training prospective Fitness Leaders.

### For Better Speech & Hearing



Communication for Life  
*Speech and language disorders can affect anyone at any age. Millions of infants, children, and adults suffer from a communication or swallowing disorder. Whether it's a difficulty in swallowing or a disorder such as stuttering, delayed language, or a voice problem, a person's ability to learn and interact with others can be affected. If you suspect you or a loved one may be experiencing a communication or a swallowing disorder, consult a speech-language pathologist.*

For preschool services call:  
842-8684

For adult services call:  
842-8443

## Brightening up the waiting room

Maryanne Paslawski, Medical Office Assistant, decorates the waiting room at the Community Health Services Building in Weyburn according to the season.

"I work right out front with the public and just wanted to make the waiting room more appealing," she says.

"A lot of clients, both young and old enjoy the different displays. I also do this for my co-workers, they walk in, in the morning and the first thing they see is the display. Hopefully this will start their day a little brighter," she says.

"I also would like to improve the workplace and moral any way I can."

Mary Anne says she's received lots of feedback from the staff and public since she began this project.

"It's all been so positive. Staff



Mary Anne Paslawski with one of her designs for the Community Health Services Building in Wey-

members tell me they can't wait till the next occasion, just to see what I will come up with."

"I enjoy doing things like this. I do it at home for different occasions and my kids love it also. If I can brighten one person's day just a little, it makes my day easier.

*Barry Kessler honoured***Local volunteer receives national award**

Photo Courtesy of the Governor-General's Office

**Barry Kessler of Pangman stands with Canada's Governor-General, Michelle Jean.**

Every once in a while, I get a little teary-eyed. "I'm over most of it. But it's not something I'll ever forget."  
— Barry Kessler

An emergency medical responder with Sun Country Regional Health Authority, who saved his neighbour from a burning tractor four years ago, was presented with the Medal of Bravery in Ottawa by Canada's Governor General Michelle Jean in February.

Barry Kessler, 60, of Pangman received the medal at Rideau Hall.

He was among 41 Canadians honoured at the ceremony,

the only Saskatchewan resident at the time.

Barry and his wife, Louise, almost didn't go to Ottawa. "We're both working and have to get time off. And we have cattle, and chores to do. I really didn't think it was a very big deal."

"But it was definitely worth it," he says now.

"I have mixed feelings about the recognition but when I entered the Hall with all the other recipients and saw 150 people clapping, it felt good. I heard everyone's story and the amazing things they were being rewarded for doing. There wasn't a boring moment in the whole program." Another highlight was supper in the Parliamentary restaurant, arranged by MP

Ralph Goodale of Regina.

"There were things on the menu that we'll probably never see again."

Barry says nothing in his 10 years with EMS or his 44 years as a volunteer fireman compares with the experience in 2004 when he pulled Tom Merritt from a burning tractor.

Tom's tractor was about half a mile away in a slough when he first saw the fire. As he got closer, he saw his neighbour slumped over in the tractor, unconscious, with flames and heavy smoke all around him.

"I knew what had to be done before I got off my tractor."

Barry knew the only way to get Tom out was going to be through the back window so he grabbed his hammer. He smashed out the window but then was faced with the difficulty of moving the man.

"He outweighed me by 100 pounds."

"My first thought was I'd never get him out. It was hard to even sit him up. But you do what you have to, to help a friend in need."

Barry called 911 and struggled to get Tom out.

As he slid him down the back of the tractor, the windshield exploded.

"It was like a shotgun going off. It scared the hell out of me."

The next day, the first of an endless migraine began. By the next week, the pain was unbearable. Barry began visiting doctors and trying different, costly medication.

He was off his day job as town equipment operator for a year and a half before he could go back to work. He couldn't farm.

Doctors could not tell him, definitively, if the migraines and high blood pressure were related to the rescue.

"I still don't have the stamina I used to have, although some people try to tell me it's just old age." Then he laughs.

While he was ill, Barry's friend Tom died from a brain tumor.

"That was tough for me," he says.

In spite of it all, Barry still recommends volunteer work.

"What happened to me is a rare thing. It's very rewarding to be a volunteer, to make a difference in someone's life.

"Anyone who does this work, especially in the fire department or for the ambulance, will say the same." Barry says he can understand if some people think that what he did was beyond the call of duty.

"But if it was your friend or neighbour needing help, you'd know. You just do what you need to do."

There's an initial shot of fear. Then you focus."

The father of five admits it's been an emotional experience.

"Every once in a while, I get a little teary-eyed. "I'm over most of it. But it's not something I'll ever forget," he says.

## Celebrate Health, Gardening and Physiotherapy Month

# Weed out the soreness

According to the Canadian Physiotherapy Association, the most important gardening tool is the human body. Proper body positioning, well designed gardening gloves and tools along with frequent rest breaks are the key to being a healthy gardener. Gardening is an active pursuit that can cause muscle strain to the lower back, shoulders, knees and arms, especially for those who are out of shape and do not move properly.

Thirty minutes of yard work, planting or raking leaves gives great general health benefits, such as preserving flexibility, increasing mobility and building strength and endurance. However, many people overdo it in the garden. With its focus on crouching, bending, reaching and lifting, gar-

**Follow these  
safety tips for  
safer  
gardening**

deners need to prepare and be aware of their bodies. Aches, pains, sprains and sometimes even a fracture can result from improper positioning of the body, overuse of specific muscle groups, poor gardening technique and pushing to work harder and longer than needed.

Whether you're a master gardener or budding amateur, Canadian physiotherapists *recommend that enthusiasts follow these safety tips for tackling the gardening chores:*



## Gardening TIPS

**Begin with a warm up** – Start with easy raking, or go for a five-minute walk to warm up your muscles. Follow this with stretching all major muscle groups to help prevent injury. Give your back, neck, hands and fingers some extra time when stretching.

**Be aware of your posture and body mechanics** – Move your feet instead of twisting at your waist when sweeping, raking, mulching or potting. If you can't avoid twisting, tighten your stomach muscles in order to protect your back. Use your legs rather than your back when lifting or unloading heavy bags or pots. Bend your knees, keep your back straight, and hold the object close to your body to prevent unnecessary strain on your back.

**Use ergonomically correct tools** – Buy tools with long handles to help with weeding. Build or buy a potting bench that is high enough to prevent unnecessary bending. Sit on the ground to trowel without bending over. When kneeling use a knee pad to avoid putting too much pressure on your knees. Wear gardening gloves to protect your hands from blisters, cuts and dryness.



## Gardening TIPS continued

**Pace Yourself** – Don't try to do everything all at once. Take breaks throughout your work and do some gentle stretching to keep limber. Vary tasks to make sure different muscles get used and one particular muscle group is not overworked. Repeated actions that use a specific muscle or muscle group can cause pain or injury.

**Be smart in the sun** – Wear a hat and use sunscreen to protect yourself from sunburn or heat-stroke. Drink lots of water and try to work in the shade as much as possible to prevent dehydration.

**Raking or hoeing** – keep your tools close to your body and your back straight to reduce strain. Use your arms and avoid twisting your trunk. Use long-handled tools suited to your height. If you find you need to bend over or reach too far while raking, consider using an ergonomic rake (available at garden centres). It will make the job easier and reduce strain to your back.

**Weeding or planting** – do not bend from the waist. Squat or kneel on a kneeling pad. If you have difficulty getting up, use a kneeling pad / bench with a support handle for assistance.

- Give your back, legs and knees a break from stooping and kneeling by using tools with long handles to help with the weeding; Squat or sit on the ground to trowel, rather than bending over.

**Digging or shoveling** – insert the head of the shovel vertically into the ground and step on the blade. Lift small amounts at a time and bend at the knees, using your legs not your back to lift the load. Avoid twisting. Use a wheelbarrow to move big or heavy loads.

- Choose a shovel with a weight and handle length that is appropriate for your size and for the job you are doing;
- Give your back a break by using a smaller shovel, reducing the temptation to lift large amounts of soil; Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons. Take time to recover between them.

**Lifting or carrying** – know your limits and lift properly: bend your knees, not your back. Keep the load close to your body. Don't lift items that are too heavy for you to handle – get help! Use a wagon or wheelbarrow to transport supplies and / or to move or carry heavy items.

- A four-wheeled cart is sturdier and easier to use than a wheelbarrow; Lift with your knees slightly bent and your back straight. Avoid twisting or reaching.

**Pruning or trimming** – get as close to your work as possible. Don't stretch beyond your reach or past your stable footing. Rehearse the movement as a stretch first to test your ability and positioning.

- Match the size of the gardening tool handle to the size of your hand. Choose tools that you can hold so that your hand remains positioned in line with your forearm;
  - Hold your tools in a loose comfortable grip. Holding too tightly may cause injury;
  - Be creative! Adapt or create your tools for ease and comfort: For example:
    - Pad the handles of your gardening tools;
    - Use knee pads or a foam pad for kneeling; and
    - Wrap a slippery handle with tape to improve your grip (hockey stick tape will do).



*For more information on gardening tips or injury prevention, visit the Canadian Physiotherapy Association's web site [www.physiotherapy.ca](http://www.physiotherapy.ca),*



## Regional Healthy Food Policy

Sun Country Regional Health Authority is pleased to release its regional Healthy Food Policy. This policy aims to support our staff, volunteers, clients and

visitors in making healthy food choices a part of a healthy lifestyle. Healthy choices begin with you. Please help us lead our communities by example.

### Why a Healthy Food Policy?

- To create an environment that supports healthy eating at SCRHA meetings, workshops, and educational sessions
- To take a leadership role in health promotion and disease prevention as outlined in our mission statement
- To reflect Canada's Food Guide and acknowledge the importance of healthy food choices to long term health
- To have a variety of food choices, in accordance with Canada's Food Guide, readily available for SCRHA employees, volunteers, clients and the public

**Make**

**Healthy**

**choices:**

•At the Vending Machine and snack rooms

•In the Cafeteria

•For your Meetings

### How to support the Healthy Food Policy

- Serve healthy food choices at meetings, presentations, and events
- Know what healthy choices are available at work and supplement them with healthy choices from home
- Bring vegetables and dip or sliced fruit instead of cookies and squares for staff coffee breaks.
- Share healthy recipes and snack ideas with co-workers and clients
- Select choices from Canada's Food Guide (available at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)) – emphasize brightly coloured vegetables and fruit, whole grains, milk sources and meat, beans and nuts

### Healthier choices for your meals:

- Choose water, milk, or 100% fruit or vegetables juice
- Select trail mix, low fat cereal bars, dried fruit and low fat crackers
- If you have a refrigerator in your coffee room, fill it with fresh fruit and vegetables, milk, cheese and sandwiches
- Choose whole grain

- cereal, low-fat milk, banana
- Make a chicken, lettuce and red pepper wrap with a whole grain tortilla, low fat yogurt and grapes
- Choose garden vegetable soup, whole grain crackers with cheese, almonds and orange.
- Choose lean beef and vegetable stir fry, wild

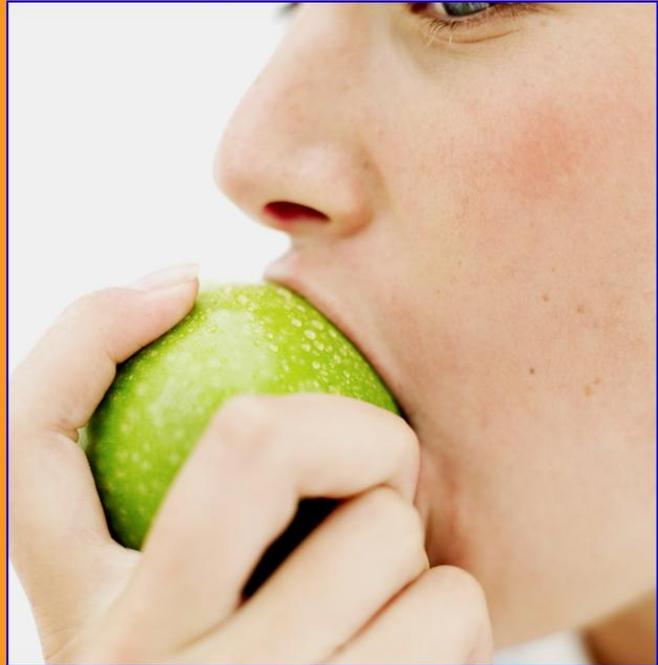
- rice, low-fat milk
- Ask for smaller portions
- Choose sandwiches or wraps made from whole grains – ask for extra vegetables on the side
- Select low fat yogurt, fruit salad or sliced vegetables for a snack
- Instead of a food refreshment break, try an activity break.

# Eat Healthy

## ***A Healthy Food Policy***

Sun Country Health Region is pleased to release its ***Healthy Food Policy*** to support our staff, volunteers, clients and visitors in making healthy food choices, as part of a healthy lifestyle.

Healthy choices begin with you. Please help us lead our communities by example.



For more information on the Healthy Food Policy, see your local health care facility, dietitian or call a Public Health Nutritionist at 637-2469.

## **Highlights of the Healthy Food Policy:**

- People have the right to choose what they eat. The policy focuses on making healthy choices available.
- Amounts and types of food offered will be consistent with *Canada's Food Guide*.
- At least 50% of the food available will reflect *Canada's Food Guide*
- Water is served each time food/beverages are offered
- Vending machines (including snack boxes), cafeterias and coffee-room supplies should strive to offer at least one food selection that meets *Canada's Food Guide*.



January, 2008

# Move your body to improve your health

During national Physiotherapy Month this spring, the Canadian Physiotherapy Association (CPA), joined by physiotherapists in Sun Country Health Region, highlighted common mobility problems that impede health and prevent Canadians from participating fully in physical pursuits and leisure activities.

Tamara Kapell, Physical Therapist for Sun Country Health Region, says physiotherapists recognize inactivity as a growing and reversible problem

“Research shows that one-third of youth and adults in Canada have one or more chronic health conditions such as arthritis, diabetes, cancer and heart disease,” says Tamara.

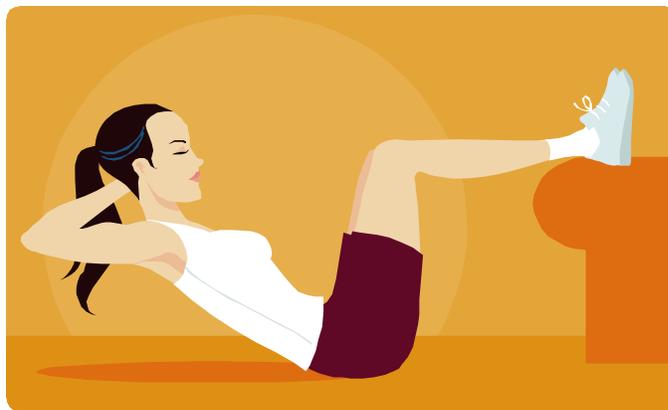
Obesity is also noteworthy in this context. Some 23 per cent of Canadian adults are clinically obese and 59 per cent overweight. Among youth, obesity rates are rising at an even more alarming rate. Inactivity is a factor in each of these conditions and physiotherapists are determined to help.

“Level of physical activity is, by and large, a modifiable risk factor that can directly improve chronic health outcomes and create a healthier society,” says Dr. Michel Landry, President of the Canadian Physiotherapy Association.

“Physiotherapists are primary

health professionals that are ready, willing and able to address physical inactivity with prescribed therapeutic exercise regimens for people across the health care continuum.”

The CPA says the first step toward better health is recognizing the problem. Ex-



**For more information, contact Therapy Services: Arcola 455-2628; Estevan 637 – 2410; Fillmore/Stoughton 722-3249; Kipling 736-2845; Redvers - 452-6377; Weyburn 842-8443. Additional information can be found at [www.physiotherapy.ca](http://www.physiotherapy.ca).**

amples of common problems that can contribute to physical inactivity include:

- Pain following injury or as the result of a chronic health condition
- Restricted mobility or range of motion resulting from an injury or a chronic health condition
- Muscle weakness or decreased endurance limiting daily activities or sport
- Overall deteriorating functional capacity.

If any one of these examples describes your physical state, your physiotherapist can help.

Even though you may have been inactive for a long time due to injury or illness,

therapeutic exercises prescribed by a physiotherapist can help to:

- Improve muscle performance and mobility
- Improve oxygen uptake
- Improve strength and functional activity levels that lead to a faster return to work

- Improve cardiac function and quality of life.

Physiotherapists have advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility.

“There’s no time like the present to get started on the path to better health by integrating exercise into your daily activities,” says Landry.

“Achieving a healthy lifestyle is not a singular event, rather it is life long process of incremental steps which includes good nutrition, a positive work/life balance, and regular exercise,” he says.

If you or someone you know needs a motivating way to get started, physiotherapists

have developed an ideal program, called Step Challenge Plus. This two-week healthy habit program will get you walking, consuming more fruit and vegetables, and taking care of your bone health by adding milk and alternatives to your diet.

Physiotherapists know that a step goal that builds up to 10,000 steps a day can help you significantly decrease blood pressure and body mass index.

“Ask a physiotherapist about Step Challenge Plus,” encourages Landry. “Take the two-week challenge with us!”



## Sun Country Regional Health Authority Administration

Please send information about  
the activities in your facility to:

Joanne Helmer  
Communications Coordinator  
Sun Country  
Regional Health Authority  
Box 2003,  
Weyburn SK S4H 2Z9

**Our Goal is:  
Healthy People  
in Healthy Communities**

President and Chief Executive  
Calvin Tant 842-8718  
Vice President Human Resources:  
Don Ehman 842-8724  
Vice President Primary and Integrated Care:  
Marga Cugnet 842-8729  
Vice President Community Health:  
Janice Giroux 842-8652  
Regional Director, Primary Care/  
Rehabilitation:  
Gale Pryznyk 634-0410  
Director of Rural Facilities:  
Murray Goeres 842-8706  
Quality of Care Coordinator:  
Dianne Green 637-3642



## Welcome the Region's staff changes and additions



**Cal Tant**, CEO of Sun Country Regional Health Authority (SCRHA), is pleased to announce the appointment of **Dr. Alain Lenferna** as acting Vice President, Medical. Dr. Lenferna has practiced in Weyburn since 1993, after leaving a private practice in South Africa. He was trained at the University of the Witwatersrand in Johannesburg, graduating in 1984.

"We are very pleased that Dr. Lenferna has agreed to bring his expertise to assist health

care professionals throughout the entire Region," said Cal.

"His primary focus will be to maintain quality patient care by managing and organizing all medical practitioners who are within Sun Country Regional Health Authority's jurisdiction."

Dr. Lenferna will serve Sun Country Health Region on a part-time basis and will maintain his medical practice in Weyburn.