

POINTS OF INTEREST

STAFF AT ESTEVAN REGIONAL NURSING HOME RENOVATE THE PALLIATIVE CARE ROOM

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A visit from Violet the Clown—Violet (aka Loreen Wakefield) makes periodic visits to lighten the days of the residents and staff of Tatagwa View. This time, she brought her giant scissors to trim Liane Schrader's hair.

Sun Country Health Region hires nurses

Four overseas nurses have arrived in Sun Country Health Region (SCHR) in recent months, with four more hired and expected to arrive in the near future.

Recruitment and Retention Director Cecile Reyes says six of the professional nurses from overseas hail originally from the Philippines, by way of Saudi Arabia and Dubai, while the other two are from the United Kingdom. These registered nurses (RNs) are in addition to 19 new hires from Canada this year.

The new nurses will be working in facilities located in Weyburn, Oxbow, Redvers, Lampman and Estevan.

The nurses coming here from overseas are hardworking professionals, with over five years of experience each, says Cecile.

"They are confident of what they are doing and, at the same time, they're willing to learn new methods," she says. "They like their new communities."

"The people in SCHR have been very friendly and help-

ful. People have been wonderful at making them feel welcome," she says.

SCHR is very thankful to the communities for pitching in to assist with the settlement of these nurses, says Cal Tant, CEO of SCHR.

"Local churches, neighbours and colleagues have all helped to gather household goods. Everything from dishes to television sets has been donated so the nurses traveling a long distance can be relatively comfortable," he says.



Aboriginal Awareness Training: Sun Country Health Region staff members prepare for an afternoon learning about a different culture. Over 1,300 of the Region's 2,300 employees have taken this initial training in aboriginal culture that is designed to help pave the way for more of Saskatchewan's aboriginal people to join our work force. From left to right are **Anna Marie Martineau**, Weyburn Special Care Home; **Heidi Solomon**, Weyburn Home Care; **Mary-Jane Keturakis**, Weyburn EMS; **Steve Zenkawich**, Weyburn EMS; **Norma Shaw**, Tatagwa View; **Matt Sandeski**, Weyburn General Hospital; and **Yvette Longley**, Mainprize Manor.

Warming up - Jeannie Lonechild, Special Care Aide, and **Don McQueen**, resident of Moose Mountain Lodge, flank the blanket warmer purchased this year for residents of the Lodge. Funds for the \$6,200 item were raised from community donations and a silent auction, with articles donated from staff, residents' families and members of the community. The residents enjoy the warm towels after a bath or a warm blanket when they are cold.



Did you know?

Sun Country Health Region has Telehealth sites in:

Tatagwa View – Weyburn
Weyburn General Hospital
Kipling Memorial Health Centre
Arcola Health Centre
Redvers Health Centre
Oxbow – Galloway Health Centre
Estevan – St. Joseph's Hospital

Have you used Telehealth to further your education or host a meeting?

Contact:

Mary Deren
Regional Telehealth Co-
ordinator
842-8605

Email: mderen@schr.sk.ca

Check out the Telehealth Events Calendar on www.suncountry.sk.ca



GPS in the ambulance —
A cheque for \$2,200 was presented to Sun Country Health Region by the Rural Municipality of Estevan toward the purchase of four global positioning system (GPS) units to be placed in the ambulance units. Reeve Marie Dukart presented the cheque to Bryce Jeannot (centre) and supervisor Gene Stephany.

Photo courtesy
of the Estevan Mercury

Upcoming Events: mark your calendars

1. 20th Annual National Forum on Quality Improvement in Health Care.

Dec. 8-11, 2008, in Nashville, Tennessee.

The National Forum is the "meeting place" for people committed to the mission of improving health care. This annual event draws 6,000 health care leaders from around the world in person and an additional 8,000 via satellite. It will be broadcast live to Sun Country Health Region. Contact Mark Pettitt, Director CQI and Strategic Planning for more information. 842-8739 or mpettitt@schr.sk.ca

2. Training schedule for Aboriginal Awareness Training:

Sept.10 - Carlyle – Moose Mountain Lodge - 1230 – 1630
Sept.11 - Kipling - 0830 – 1230
Sept.16 - Estevan – St. Joe's Auditorium 1 - 1230 – 1630
Sept.17 - Weyburn/Tatagwa - 0800 – 1200 or 1300 – 1700

Each session can accommodate 25 participants. Please register early via email to ensure we have full classes. Contact Kelly Beattie, Health Services Manager - Willowdale Lodge/ Aboriginal Services Coordinator, 306-736-2218, 306-736-2986 (fax) or kbeattie@schr.sk.ca

Have you sent your event to be posted on the Sun Country Health Region

Events Calendar

on the website at www.suncountry.sk.ca ? Send it to Helmer, Joanne@schr.sk.ca; Folbar, Shelley@schr.sk.ca; Hartness, Melanie@schr.sk.ca, Hengen, Carrie@schr.sk.ca; Moore, Donna@schr.sk.ca.

3. The second annual Patient Safety Conference in Sun Country Health Region will be held Thursday, Oct. 9 at McKenna Hall in Weyburn. Last year's conference was a major hit. Over 200 employees from all over the Region attended, including two mysterious bag ladies who seemed to consider themselves impervious to germs. You can look forward to some special guests this year, too. To register, please contact [Bev Roy, Clinical Coordinator at 842-8360](mailto:Bev.Roy@schr.sk.ca).

Girls (and Dale) just wanna have fun — To lighten a heavy agenda at the spring Regional Management Meeting, organizers asked managers to dress for their ideal vacation. So **Dale Rodenbush**, **Shirley Wheeler** (incognito in the sunglasses and carrying the fish) and **Laurie Cole**, with the golf club, came prepared. We're still not sure where Dale is planning to go.



Cool stuff in Carlyle

**By Anna Erick,
Moose Mountain Lodge
Activities Director**

Moose Mountain Lodge in Carlyle was shaking on Monday, June 16 when staff and residents celebrated Father's Day and Summer by making Ice Cream in a Bag. Residents busied themselves shaking their plastic bags to make a dish of soft ice cream. Residents and staff enjoyed the fruit of their labor.

ICE CREAM IN A BAG

Ingredients:

- ½ cup 2 percent milk
- 1 tablespoon sugar
- ¼ teaspoon vanilla
- 1 1-quart zip lock bag
- 1 1-gallon zip lock bag
- 6 tablespoons salt
- Ice

Combine ice cream ingredients and put in the quart zip lock bag. Make sure it is tightly sealed. (You can use heavy electrical tape for a sure seal.) In the large zip lock bag, put lots of ice and sprinkle the 6 tablespoons of salt over the ice. Place the smaller zip lock bag inside. Shake bag for approximately five minutes. Serves one person.



ERNH staff renovate Palliative Care Room

**By Diane Conrad,
Administrative Assistant,
Estevan Regional
Nursing Home**

The staff at Estevan Regional Nursing Home (ERNH) saw a need to upgrade the palliative care room.

Prior to the make-over, the room was in need of repairs and was not a soothing place for residents to be at a difficult time.

Funds were raised through the raffle of a quilt donated by two employees, Kathy Davis and Pat Fichter. All staff contributed by selling tickets and do-

nating their time and talents. The room has been refurbished with blinds, lights, fridge, dresser, over-bed table, new paint, custom framed landscape pictures and hand-crafted accessories to go with the new look. It is much admired by all who see it.

A special thank you for the donations of time and money goes to: Inspirations by Color for blinds and paint; Provincial Home Oxygen for the refrigerator; Wood Country for a discount on the towel bar and vanity; the family of the late

Elsie Jacquemart for a monetary donation; Mel Jacobs for the nightstand and bedside table; Kathy David and Pat Fichter for the quilt; Eileen Roche for the divider curtain and draperies; Elva Wanner and Steve Nielson for the repairs and lighting; Sun Country Health Region for the lighting; Jeannine Gauthier for the framing for the divider.

The ERNH Palliative Care Room Committee is made up of Sheila Aspinall, Rhonda Olver, and Paula Brown.



These pictures illustrate the state of the Palliative Care Room at Estevan Regional Nursing Home after staff organized a renovation this spring.





Some members of the Weyburn Care-A-Van Society gathered in June to gratefully receive a donation from staff of the Weyburn Co-Op who collected dollars for the van during their "Dress Down Fridays." The Society operates a van and a bus. From left to right are: Sandra Montgomery, Care-A-Van driver; Val Borgen, Volunteer Coordinator, Weyburn Home Care; Linda Banerjee, President, Care-A-Van Society; Bonnie Hepting, Nurse Manager, Weyburn Special Care Home; Stan Ganczar, President, Weyburn Legion Branch No. 47; Keilie Bouchard, WSCH; Heather Sidloski, board member, Care-A-Van Society; Janet Chessall, Executive, Weyburn Legion. The van is available for rent by people outside the city. Call 842-6870. To use the bus, call 842-6870.



A healthy summer lifestyle

By Tamara Kapell,
Sun Country
Health Region
Therapies Department

The summer months provide our children with additional free time to make choices to be physically active whether they are at home by themselves, with family members, or out with their friends. We can encourage children to be physically active and make healthy food choices by providing them with reminders and incentives to run, jump, throw, and eat their way through an active, healthy summer. Encourage all family members to "live outside" this summer; reduce the amount of

TV, computer, and video game use.

Pretty much any daily activity can be turned into an active adventure, whether it's riding their bikes, rollerblading, walking, or running. Transportation is a great way to incorporate physical activity into the daily routine.

Choices of games to play outside are also endless. Soccer, touch football, shooting hoops, and ultimate frisbee are examples of easy ways to be active. If sports equipment is not available there are a ton of games that can be played without it! A few examples include: tag, red rover, duck-duck-goose, hide and

seek, and red light/green light.

In addition to these structured games, encourage kids to invent new games with their own rules and strategies. Allow them to build obstacle courses in the back yard; challenge them and their friends to relay races with eggs on spoons, with potato sacks, and with three legs! As long as they're outside and moving, it is an excellent addition to their physical and mental health.

For more game ideas visit http://kids-outdoor-activities.suite101.com/article.cfm/out-door_games_for_kids_to_play.

Tell us what you think about SCHR's Employee Recognition Programs

The Employee Recognition Program for Sun Country Health Region was developed to provide an opportunity to consistently recognize the contributions of staff and physicians by presenting keepsakes of appreciation for length of service and/or retirement. We want to evaluate and improve upon what has been established and explore other opportunities for other forms of recognition for staff.

We need your help to determine if the established program continues to serve that purpose, and to determine other forms of recognition the staff want incorporated into the program. We are seeking your feedback. We would like to hear from you. Please take a few minutes to answer these questions. Thank you for your participation.

1) How important is Employee Recognition to you?

- Rate: Very Important
- Slightly Important
- Not Important

2) What other forms of Recognition would you like to see incorporated into the Employee Recognition Program?

3) Do you like the Teas/Barbecues which are held for 5, 10, 15 years of service?

What changes/improvements would you like?

4) Long Service Awards Event (20 years, 25 years, 30, 35, 40, etc.)

Do you like the format of the Long Service Award Event? (i.e. Supper, Awards, Entertainment).

Is entertainment important for this event?

Is a meal important for this event?

What do you like about this event?

What do you not like about this event?

What changes/improvements would you suggest?

6) Awards - Gifts of Appreciation

Do you like the current gifts presented?

If your answer is no, please circle the kind of item below and/or provide suggestions for other items.

Please circle the kind of item you would prefer for each category of service, or suggest another item.

10 years of service -- barbecue items,

15 years of service – barbecue items, facial,

20 years of service – picture, yard ornaments, clock, travel items,

25 years of service – picture, yard ornaments, clock,

30 years of service - picture, yard ornaments, watch,

35 years of service – picture, yard ornaments, watch,

Can you recommend a local artist who might be willing to provide work in quantity?

7) Would you be willing to serve a year on the committee to organize future events?

OPTIONAL: Your name _____

Telephone Number _____

Please fax this response to Joanne Helmer at 842-8738 or email to jhelmer@schr.sk.ca

**SCHR's
2008
Employee
Recognition
Evening**



Getting ready for the big night:

Preparations for the annual Employee Recognition Evening in June begins months in advance but final touches must wait until the last minute. Wes Lonoway, Area Nutrition Services Manager, above, sets the tables for the dinner, while (from left to right) Linda Moffat, Administrative Assistant; Betty Nault, Executive Assistant to the CEO; and Sara Irwin, Regional Manager, Inpatient Mental Health Services, arrange the gifts on the stage for long term employees.

Long term employees

recognized The dinner was lovely, the company great and Sun Country Health Region's long time employees received gifts at the Employee Recognition Evening June 13 at Arcola Prairie Place in Arcola. Two tables agreed to have their picture taken. Top picture, from left to right: Anno Erick, Moose Mountain Lodge; Blaine Frank, Debbie Frank, Labor Relations Officer; Sylvia Danyluk, Labour Relations Consultant; and Wayne Danyluk. In the bottom picture are, left to right: Tim Valentine, Teresa Valentine, Moose Mountain Lodge; Dianna Valentine, Moose Mountain Lodge; Frances Tuffnell, Moose Mountain Lodge; Scott Tuffnell.





Course available

Sun Country Health Region and the Saskatchewan Chapter of the ITLS (International Trauma Life Support) present the ITLS support and refresher program, formerly known as the Basic Trauma Life Support.

When: Friday, Sept. 19, Sat. Sept. 20, Sunday, Sept. 21, 2008

Where: Conference Room 1, Tatagwa View, Weyburn

Time: Registration on Friday, Sept. 19 at 18:00 hours.

The ITLS Basic Provider and Refresher Program is open to all health care professionals. For more information, call Marvin at 842-6082 or email at [marvin@sasktel.net](mailto:marvin@ Sasktel.net).



Fundraising for residents: The Resident Council for Tatagwa View Long Term Care Centre held a pie sale this spring to raise funds for resident activities. Staff at the centre lined up for the lovely pastries. From left to right Leigh Ann Van Staveren, Patti Hewitt, Isabelle Butters and Nellie Teesdale.

Construction at Tatagwa View

Renovations to the Regional Acute Mental Health Unit (House 10) in Tatagwa View, began on July 21, 2008. Construction is expected to last for two months. During the renovation period,

visitors are asked to enter the Mental Health Unit (House 10) and the adjacent House 9 through the main door of Tatagwa View. The parking lot for those two houses will essentially be

closed. Additional parking will be available in the Overflow Parking Lot, on the graveled, southeast corner of the Sun Country Health Region property.



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

Phone: 842-8399

Fax: 842-8738

Healthy People

in Healthy Communities

President and Chief Executive Officer:

Calvin Tant 842-8718

Vice President Finance
and Corporate Services

Hal Schmidt 842-8714

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

Privacy Officer:

Mark Pettitt 842-8739

Quality of Care Coordinator:

Dianne Green 637-3642

Welcome the Region's staff changes

Cal Tant, CEO, Sun Country Health Region, is pleased to announce the appointment of **Harold E. (Hal) Schmidt** as Vice President of Finance and Corporate Services, effective June 18, 2008. Hal comes from Vancouver, B.C. where he most recently operated an independent management consulting company specializing in strategic and leadership capacity building, business planning and business development for the public and private sectors. He has extensive experience in Senior Management and Leadership positions in health care operations, policy, as well as financial operations. Please join me in extending a warm welcome to Hal from the Sun Country Health Region Staff.

Gale Pryznyk, Regional Director Primary Health & Rehabilitation is pleased to announce some additions to our staff. Please join me in welcoming the following new staff to Sun Country Health Region:

1. Sheena Grimes joined our staff as the Chronic Disease Management Team Facilitator effective May 26, 2008. Sheena's office is located in St. Joseph's Hospital. She can be



reached at 637-2464. Sheena will assist interdisciplinary Teams in SCHR (including Health Quality Council Collaborative Teams) in the delivery of programs to improve care for people with chronic conditions. As such, coordination of the Live Welltm with Chronic Conditions initiative will be part of her responsibilities.

2. Heather Tant joined our staff as the Regional Chronic Disease Prevention & Management Coordinator effective June 5, 2008. Heather's office is located in Tatagwa View and can be reached at 842-8366 until permanent space is finalized. Heather will be responsible for development of a regional strategy to address prevention and management of chronic disease with particular focus on diabetes management.

3. Kay Steele, Regional Diabetes Nurse Educator. As Diabetes Educator, she will continue her previous relationship with all nurses providing Diabetes Resource Nurse services, including

Home Care Nurses and Primary Health Nurse Practitioners. Kay's office will continue to be located in Carlyle. Her number is unchanged, 453-2319.

Janice Giroux, VP Community Health is pleased to announce two changes. As of June 23, **Donna Wolfe** will commence in her new position as the Regional Director, Population Health Promotion for the Sun Country Health Region. Donna will be responsible for the Health Promotion Department, Nutritionist, and the Dental Health Education program. Donna brings many years of valuable experience and knowledge in Population Health Promotion area. Please join me in welcoming Donna to her new role.

Grant Paulson will commence his new position as the Public Health Inspector Supervisor, effective June 9. Grant will be responsible for the Public Health Inspection Program and Infection Control staff. He brings many years of valuable knowledge and experience in this area. Please join me in welcoming Grant to his new role.