

*Inside this
Issue:*

*Page 3:
Discover
How to
volunteer*

*Page 4,5,8:
Read
About new
nurses*

*Page 6-7:
Learn
About your
Board
members*

Health Minister appoints SCHR board

Health Minister Don McMorris announced the appointment in February of board members for Saskatchewan's 12 regional health authorities (RHAs).

"I congratulate all new and returning board members and thank them for accepting the challenge of serving the province through our health governing bodies," McMorris said. "Saskatchewan is about to turn a corner in health care as a result of our Patient First Review, and these capable individuals will guide our efforts to revitalize the system and improve patient care."

Of the 136 people appointed, 75 are men and 61 are women. Twenty-five appointees self-declared their First Nations or Métis background. Approximately 70 per cent of the board members appointed are new to their positions.

Board members are responsible for organizing, managing and delivering health services for all residents in their health regions.

The boards work with the Ministry of Health to ensure coordinated, province-wide services, and support strategic goals identified by the Minister of Health.

"My sincere gratitude goes out to former board members for their dedicated service to patients and to the health system," McMorris added.

All of the appointments are for three-year terms.

In Sun Country Health Region, the Board members are:

Sharon Bauche,* Chair, Antler;

Marilyn Charlton, Vice Chair, Weyburn;

Alan Arthur,* Redvers;

Lori Carr, Estevan;

Vernon Palmer,* Coronach;

Debbie Pedlar, Oxbow;

Derrell Rodine, Goodwater;

Lorne Rygh, Kipling;

Darlene Standingready,* Carlyle;

Karen Stephenson, Weyburn;

Eileen Tunall, Pangman. (*= reappointed)

Please see Page 6 and 7 for biographies.



For your health and your neighbours

Volunteer in SCHR

Choose your preferred method of service:

Volunteer Driver:

A client is eligible for transportation by a volunteer when it has been determined that they need the service. The client will provide the necessary resources required (i.e. payment of any incurred expenses such as meals, parking fees, gas, mileage etc.).



Errands:

Clients receive assistance with every-day living tasks (shopping, bills etc.)

Dial a Friend:

A telephone link is established between client and volunteer when the client has limited social contact. The volunteer provides a degree of security and social contact.



Friendly Visitor:

Social visits to clients are important when there are limited family and friends to provide this.

Meals-on-Wheels:

Nutritionally balanced mid-day meals may be delivered regularly to client's home by volunteers. Meals are supplied by local institutions, restaurants or private individuals.



Supportive Visits:

People responsible for elderly or disabled relatives or friends require time to do shopping, bill paying, and attend appointments or meetings. Volunteers may provide relief for caregivers by staying with the client while the caregivers take a break.



Wellness, Flu and Child Health Clinic Volunteers:

These volunteers book appointments for the clinics, greet clients, put up posters and act as a community resource.

Palliative Care Volunteers:

This service provides relief for caregivers and comfort for clients.

Birthday Club Volunteer:

Volunteers make social contact with clients to acknowledge their birthdays.

Fluoride Mouth Rinse Volunteer:

The volunteer is responsible for mixing the fluoride solution and assists the other volunteers in distributing the solution to the students.

Adult Coordinator for Youth Volunteers:

This volunteer coordinates youth volunteers in a Health Centre.

Youth Volunteer:

Volunteering introduces the youth in our communities to the volunteer experience. They are under the supervision of an Adult Coordinator for Youth Volunteers, the Volunteer Coordinator or designated SCHR employee. The possible duties are numerous and the results are rewarding.

Social/Recreational Volunteers:

Organize or help with regular and special events at seniors' facilities.

**Not all programs are available in each area and may vary according to need.*

The Benefits of Becoming a Volunteer:

- Acquiring new skills
- Knowledge
- Friendship
- Exercise
- Career Exploration
- Skills are useful when applying for employment
- Feeling of self-worth
- Enhancing the lives of those in need

There are many other ways in which a volunteer's talents can be shared. Please call to inquire how you can become part of our Volunteer Team.

**Home Care West,
Weyburn**

**Phone: 842-6870
Fax: 842-1919**

**Home Care South,
Estevan**

**Phone: 637-3630
Fax: 634-2494**

**Home Care East,
Arcola**

**Phone: 455-2116
Fax: 455-2119**

New nurses are contented in Sun Country Health Region

Two new registered nurses who came from bigger centres to live and work here are very enthusiastic about the environment they've encountered in South East Saskatchewan.

"My boyfriend and I bought a house here and we're thinking we might not move back to Regina after my contract is finished," says Jenny Reslein, who studied in Regina and Saskatoon.

"We've really started to like it here," she says. Jenny grew up in a city but grew tired of city problems.

"I had to travel for 45 minutes just to get to work in Regina," she says.

"Here, I'm always early because I forget that it's only going to take me a couple of minutes."



Jenny Reslein

Details about bursaries and relocation grants are available on the Sun Country Health Region website at www.suncountry.sk.ca



Robin Dueck

Robin Dueck grew up in the small town of Coaldale in Southern Alberta, where she knew everyone on the block. Then she moved to Edmonton, to the University of Alberta.

"A city is great for school but I was ready to get back to something smaller," she says. Both of them are gaining valuable experience in the small hospital where they work in Weyburn.

"My mom's a nurse in Lethbridge but I think I'm getting a better experience here," says Robin.

"Because there are fewer nurses, I get called to the Emergency Department more often than in a city," she says. "That's just one example."

Robin says the team is key.

"Whatever professional we work with, from the pharmacist to the doctor to the licensed practical nurse, everyone uses their first name and works together," she says.

"I've never worked with a group of nurses who get along so well," she says. "If you like the people you work with, that's a huge part of the job. I'm contracted for three years but I can see myself staying. I love it."

Lynda Bell waited a very long time for her special pin



If it's true that work is supposed to nurture our soul, Lynda Bell is finally in the right job.

Lynda is a Special Care Aide who works in Tatagwa View Long Term Care Centre in Sun Country Health Region.

“I have the best job in the world. I love my job and you pay me to do it. How much better can it be?” she asks.

“My first day at work was very exciting and I'm still excited about it. I hope I can continue that way for as long as I have left to work.”

Lynda was 60 years old before she realized her heart's desire. She knew what she wanted many years before but couldn't get to it.

“I wanted to be a registered nurse from the time I was a young girl,” she says. But as the oldest of five children, there was no money for advanced education at the time. Then she got married and raised children.

Through the years, she took several jobs for short periods of time. She worked as an aide in a hospital and then as a secretary.

Twenty-nine years ago, when her children were older, she began working at Souris Valley Long Term Care Centre as a part-time activity worker and relief aide. But the nursing dream stayed with her. She desperately wanted to be a nurse. “I had to make a change anyway, because you can only work as a special care

aide for two years without being certified.”

After a conversation with a nurse, Lynda decided to take the course to qualify as a Special Care Aide. “The nurse asked me: What makes you think you will be more satisfied as an RN than a special care aide? I didn't have an answer.”

“But I decided I was just too old to go back to school for two years and work at the same time. I just couldn't fathom doing both at my age.”

“I was really disappointed but didn't feel I could do anything else.” Then a supervisor told Lynda she could challenge the course. After all, she'd done parts of the nursing job over the last 29 years. She had experience. She had determination.

So, she tried it. She gathered letters of recommendation, and she studied to gain the five different certificates she needed to qualify.

“I was really upset and nervous about writing the tests,” she says. But she did it. Lynda praises the people who supported her. “I can't tell you how much my counsellor at SIAST encouraged me. She wasn't alone. I had nothing but positive support for what I was doing. I had the encouragement of my peers, my co-workers, my friends and family. Sun Country Health Region paid for my education, in exchange for two years of service.”

One regret is that her mother died before she finished. However, her father is here and so proud of her. “I was driven to get the pin that identifies me as a continuing care aide,” she says.

By December 2008, she had everything she needed and she went to work as a Special Care Aide. “I had tears in my eyes to think they were willing to take me back as an aide, even at my age. And they had tears just telling me.”

“My first day at work with that pin in my collar was wonderful. I felt this is where I wanted to be.” Lynda says she wants to work as long as she can be productive. “Working is good for my mind and my body. “I am so happy to be where I am. I have a lot of people to thank. I am truly blessed.”

Seven new and four reappointed

Introducing Sun Country Health Region Board members

Sharon Bauche - Chair

Sharon Bauche is a former nurse and retired farmer who lives in the Antler area. She is a member of the Sun Country Regional Health Authority, Board of Directors since its inception on August 1, 2002. She served as a board member on the former Moose Mountain Health District Board from 1993 until the District amalgamated with the Southeast Health District and the South Central Health District to form the Sun Country Regional Health Authority.

Marilyn Charlton - Vice Chair

Marilyn Charlton of Weyburn is the General Manager of the Saskatchewan Hereford Association and past manager of the Weyburn Agricultural Society. She has been the events chairperson for the Weyburn Curling Club and directed the Weyburn Wheat Festival. For seven years, Marilyn managed the Weyburn Farm, Home & Leisure Show. She is First Vice President and Governance and Audit Chairperson for the Canadian Western Agribition and is a member of the Canadian Hereford Association.

Alan Arthur

Alan J. Arthur of Redvers has been a member of the Sun Country Regional Health Authority Board of Directors since its inception, August 1, 2002. Alan serves as Chairman of the Finance and Audit Committee and is a member of the Executive Committee of the Board of Directors. Alan has been a self-employed farmer for over 30 years and lives southwest of Redvers. He has more than 20 years experience in local government serving as Councilor and Reeve of the R.M. Reciprocity No. 32. He was a member and chairperson of the former Redvers Union Hospital and Ambulance Board, Redvers Centennial Haven Board and the Moose Mountain District Health Board before the District amalgamated with South

East Health District and South Central Health District to form the Sun Country Regional Health Authority.

Lori Carr

Lori Carr of Estevan is an office administrator with Assante Capital Management, specializing in financial planning. She has been a city councillor since 2003 and is Area Director for Estevan & Oxbow Air Cadet Squadrons for the Air Cadet League of Saskatchewan. Lori is also a member of a praise and worship band. She is president of Estevan Search and Rescue and sits on the board for Ducks Unlimited, Souris Valley Theatre and Estevan Emergency Planning Committee among many others. Lori is a member of the #60 Royal Canadian Legion - Estevan and the Saskatchewan Urban Municipalities Association.

Vernon Palmer

Vernon Palmer of Coronach was appointed as a member of the Sun Country Regional Health Authority in November 2004. Vernon serves as a member of the Finance and Audit Committee of the Board of Directors. He is currently an Administrator for the Rural Municipality of Hart Butte No.11 as well as the Rural Municipality of Happy Valley No.10, and has served in this capacity for the past 30 years. This experience gives him a broad understanding of the people in the area and their needs.

Lorne Rygh

Lorne Rygh resides in Kipling where he owns and manages a mixed farming operation. In the past, Lorne was also employed with Saskatchewan Agriculture and Food as a Land Representative. He is the Reeve for the RM of Kingsley #124 and secretary of the Kipling and District Health Foundation. He is a past member of the Board of Directors for TOPIGS Canada, a pig genetics company.

Continued on Page 7

Sun Country Health Region Board continued:



**Sun Country Health Region
Head Office
At
Tatagwa View
Long Term Care Centre
in Weyburn**

Debbie Pedlar

Debbie Pedlar lives in Oxbow, where she is the Business Manager for the Oxbow Herald Ltd. Debbie is a past president of the Oxbow Curling Club and was a member of the building committee for the Oxbow Tennis Courts. She is a past chairperson of the Civilian Committee for the Bow Valley Air Cadets.

Derrell Rodine

Derrell Rodine of Weyburn is retired and manages the Weyburn Devils Senior Hockey team. Derrell worked as a psychiatric nurse, both as a ward nurse and community nurse in child and youth services. He has conducted over 50 workshops on farm stress and worked for the farm debt review board. He was President of the Big Six Hockey League until 2007, and has coached both boys' and girls' ball teams. Derrell was a board member and served a term as President of Weyburn Big Brothers and Sisters. He also sits on the finance committee for the Weyburn Free Methodist Church. Derrell is married to Joyce, an RN, and they have three grown children.

Darlene Standingready

Mrs. Standing Ready is Director of Health for the White Bear First Nation, where she lives. As a former member of the Board for the Moose Mountain Health District, and a member of SCRHA, she has many priorities for health care. "The main one is to ensure the provision of quality

health services," she says. She also has an interest in training First Nation's people in the health care fields. "We have the human resources here but it takes time to develop the interest," she says. The health fields are competing with student interest in other faculties available from the post-secondary education institution on the White Bear reserve. Mrs. Standing Ready is a mother of five children, four of whom are either post-secondary students or have already completed their education.

Karen Stephenson

Karen Stephenson of Weyburn is a journeyman cosmetologist and independent business owner. She is a member of Beta Sigma Phi and was a member of Royal Purple. Karen is a past member with Grace United Church.

Eileen Tunall

Eileen Tunall resides in Pangman where she has worked as a care aide and is currently an auxiliary member and volunteer at the Deep South Personal Care Home. She is an active volunteer at Trossachs Camp and has worked in an organizational capacity within other camps and her local Sunday School. She has a passion for rural communities, not only to survive, but to thrive as much as possible. For 18 years, Eileen helped to manage the office of her family's business, and during this time was also a volunteer with the Ontario Minor Hockey Association.

PIlipino nurses warmed by a Canadian welcome

Imagine the palm trees and beaches and warm breezes in the islands where three new Sun Country Health Region nurses grew up. Then, think of the winter we just experienced.

What a difference!

But Cynthia Gecosala, May-Sun Fe Gerero, and Yvonne Star Ronquillo who came to South East Saskatchewan

from the Philippines, by way of Saudi Arabia, are very happy with what they've found here.

It's cold, but there's more freedom than Saudi Arabia. "It makes me feel good when patients say thank you," says May Sun. "It's a dream come true for me to live in a country with snow."

All three women arrived at different times last year but they fit into Sun Country Health Region quickly.

"I like that there's no racial discrimination," says Cynthia, who spent 6 years in Saudi Arabia before coming here.

This is the third culture in which she has nursed. In both Saudi Arabia and her home country, she worked in very large cities, with very large groups of people. In Saudi Arabia, her workplace was a 250-bed hospital. In the Philippines, she was a company nurse for 850 people.

The professional experience made her feel confident and competent about the latest trends in nursing, but it's a great change of pace to come here where community nursing is so important, she says.

Two of the nurses have husbands and children still in the Philippines.

Cynthia communicates regularly by Internet with her husband and four children. Two of her children are nurses.

"I will pay more taxes here. I did not pay any in Saudi Arabia but I'm also looking forward to the freedom to bring my family here and to the health and pension



From left to right, MaySun, Yvonne and Cynthia.



benefits from my taxes," she says. "I am very thankful to Sun Country Health Region for giving us the job offer."

MaySun also worked in Dubai as well as Saudi Arabia. Her husband is here with her, working regularly after the first few weeks they arrived.

"We didn't find it difficult to integrate into the community," she says. "I was raised in a small town. The environment is the same: it's quiet and people get along. People have welcomed us and helped us with an apartment. I like a small town where people are friendly."

Yvonne echoes the optimism of the other two nurses.

"I came only with my suitcases. But people who have helped us say they know how hard it is to leave your family and adjust to a new place."

"People are so good to us here," she says.

"We are grateful to the nursing staff who supported and guided us in adapting to the Canadian way of nursing, and for giving us a heartwarming welcome in the facility and community.

"No matter how cold and freezing Canada is, working and living with a warmhearted community makes up the difference," she says.