

THE **LINK**

October, 2005

Dr. Russek Has Grand Time Touring Canada

Dr. Rich Russek is a general practitioner at Grandview Medical Centre with privileges at CMH and was one of 34 participants to cycle across Canada in the Tour du Canada, the longest annual bike ride in the world. The trip covers all 10 provinces, 7500 km and takes 72 days to complete. It's been going for the last 18 years. On average, the group travelled approximately 130 km a day, with one day a week to rest and regroup. It's a no-frills trip with each participant responsible for setting up their own camp and cooking. The only advantage they had was a support vehicle that hauled gear, food and supplies, from check point to check point. That means that one just has to get on the bike with a map, lunch and raingear and head for the next campground each day.

Although the weather was generally good, there were a half dozen days of heavy rain, hail in Field BC and a few blistering hot days on the prairies. According to Russek the toughest day was from Nipigon to Neys Beach on the north shore of Lake Superior. It was 170km trek, raining and windy with several very steep hills to climb. "On top of that, I was on cook duty that night and we didn't stop serving dinner until after 10 pm when the last rider got in to camp."

He recalls one incident where he had to put on the "practitioner's hat" to assist a fellow rider. "Good friend and co-rider Ken Bell was hit by a canoe, which had come loose in transport, knocking him off his bike and unconscious.

Fortunately, Ken was not badly injured and

the truck owner drove us to the next campsite. Ken rested in the support vehicle the next day and resumed riding the day after that."

On the flip side of this sojourn, were the highlights and the once in a lifetime memories.



"The snow capped mountains of the Rockies, the endless fields of golden wheat across the prairies and the picturesque images of Salmon fishers along the edge of the Matapedia River in Quebec...those were just a small sampling of snap shots captured and stored in my

mind. On one of our days off, we rented kayaks on Lake Superior near Wawa. We were fortunate to have a day with the lake as calm as glass and the usually cold waters were warm enough for swimming."

When asked why do it and what do you get out of tackling a task as physically demanding as biking across Canada, Russek said "The thrill of speed and physical challenge leaves you with a satisfied and peaceful feeling at the end of the day. Most of us were uncertain at the start that we would be able to complete such an ambitious endeavour and most days starting out with some degree of tenseness. Despite this, we all found that what you think you are capable of doing is much less than what you can actually do."

"Success is not measured by what you accomplish but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds."

Orison Swett Marden

Simply Dial 1600

Staff has a new tool at their disposal. Getting the extension for a colleague, department or clinic is as easy as dialing 1600.

Here's how it works.

Dial 1600. The automated attendant will prompt you and to say the full first and last name of the person or department you wish to contact, (example Joe Smith or Registration). The system may ask you to confirm, please answer "yes" or "no".

If the system does not recognise the name, it will offer an alternative or close match to your request and if that doesn't remedy your request, it will transfer you to the Switchboard Attendant. ❀



October/November

2005

Event Listings

Wednesday, October 19th - Breast Screening Program- Marlene Fallon 11:30 to 12:00 & 12:15 to 12:45 - Auditorium

Thursday, October 20th - Career Achievement Awards - Julia Dumanian - 2:00 to 4:00 - Auditorium

Thursday, October 27th - Omega 3 Fatty Acids presented by Sergio Nocent - 12:00 to 1:00 - Auditorium

November 12, 10:00 to 7:00 & November 13, 10:00 to 4:00 - IODE Jolly Holly Festive House Tour

Tuesday November 22 from 1145 – 1215 and 1230 – 1300 - Nursing Round - 3A Dining RoomA

Friday, November 25th - CMH Christmas Dinner & Dance - 6:30 pm - Armenian Community Centre

Wednesday, November 30th - Herbal Medicine - Permdip Sanghera, CMH, Pharmacist- 12:00 to 1:00 - Auditorium



Renovations to 5BS continue with the Palliative Care/Oncology and half of Mental Health's in-patient area nearing completion. To date we have installed the fire sprinkler

system, installed a staff sink in the hallway for oncology clinical staff, painted the walls and are completing the installation of the new flooring and windows. New beds, side tables and privacy curtains will complete the revitalization work. Oncology is scheduled to move back to their renovated unit on October 25.

Currently some Mental Health patients have been decanted onto 5A while the higher risk patients remain on a portion of the original 5BS space. On October 18, we will move the Mental Health patients located in the non-renovated half of

5BS to the freshly renovated section. This will allow us to complete the renovations to the balance of the Mental Health area and eventually welcome the decanted Mental Health patients back to 5BS in mid-November.

On October 4, the Medicine unit was decanted to 5A. This vacates 5BN so work crews can commence renovating this area as they work toward an anticipated completion in mid-December.

Renovations have commenced in the ER. A new doorway into a consolidated storage area will free up two existing storage rooms. These rooms will then be converted into dedicated fast track treatment rooms. The next phases of the ER renovations include renovating one treatment room at a time to create a new isolation room and a new secure room. The final step is constructing a volunteer room between the outpatient doors and emergency waiting room. ❀

CMH Recognizes your Contribution

To celebrate employee milestones, CMH and a diligent committee are hard at work preparing for this year's Career Achievement Awards Ceremony.

On October 20, from 2 to 4 pm. in the auditorium, Julia Dumanian will be recognizing recent retirees as well as employees and medical staff who have achieved a milestone service anniversary. New this year is the recognition of employees completing one year of service. Light refreshments and beverages will be served, followed by individual recognition and gift presentation.

Come and support your colleagues as they celebrate their length of service. ❀



"Julia Dumanian and the women of the management team were treated to lunch by Cambridge Firefighters."

October is National Occupational Therapy month

Did you know that.....

CMH's 6 Occupational Therapists help people develop skills to complete the tasks of daily living. They assist individuals in overcoming barriers to everyday life. These barriers may impair self-care such as getting dressed or cooking, leisure including hobbies and sports, work and household activities.

"For some patients, bathing can be a daunting experience without assistance while others may have great difficulties with retaining information", said Sonya Kochanski, Clinical Lead, Occupational Therapy. "We support the health care providers to maximize patient function with the end result being safe independence." Here at Cambridge Memorial Hospital, Occupational Therapists assess and treat people to promote safety and independence. OTs are involved in some of the following activities:

- ◆ Discharge planning.
- ◆ Personal care (e.g. Activities of Daily Living programs)
- ◆ Recommending assistive devices (e.g. bath bench, stocking aid, grab bar)
- ◆ Cognitive concerns (e.g. memory, attention, concentration, insight)
- ◆ Perceptual concerns (e.g. vision)
- ◆ Functional mobility, positioning, and seating problems (e.g. specialized wheelchairs, cushions)
- ◆ Hand and arm problems (e.g. splints, dexterity, mobility, strength)
- ◆ Ergonomics (e.g. recommending appropriate computer workstations)
- ◆ Return to work programs
- ◆ Accessibility
- ◆ Energy conservation

Join us in celebrating National Occupational Therapy month! 🌸

Trick or Treating Tips

With witches, goblins, and super-heroes descending on neighbourhoods across Canada, the Red Cross offers parents some safety tips for a safe and enjoyable trick-or-treat holiday.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible.
- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.
- Have a grown-up inspect your treats before eating. 🌸

3B Pilots New Recycling System

Staff on 3B are piloting a new recycling system. With the old system staff would have to sort recycling into 4, sometimes 5 categories. This process has been condensed down to a 2 sort system; paper and paper products, and glass, plastic and aluminium, reducing waste handling. Four smaller recycling stations are placed throughout the floor providing a more manageable container. Those are then transported to the large blue totes in the new recycling system and when filled to capacity wheeled outside and replaced with a new clean bin. 🌸



Your Health -- Be Involved

On September 13, 2005 CMH launched a patient safety initiative together with the Ontario Hospital Association province-wide campaign, "Your Health Care Be Involved". This campaign is designed to empower patients, enhance patient safety and promote better health outcomes by bringing the advice and expertise of health professionals together in five easy-to-understand "tips" for patients to use in any health care setting. They are as follows:

- ◆ Be involved in your health care. Speak up if you have questions or concerns about your care.
- ◆ Tell a member of your health care team about your past illnesses and your current health condition.
- ◆ Bring all of your medicines with you when you go to the hospital or to a medical appointment.
- ◆ Tell a member of your health care team if you have ever had an allergic or bad reaction to any medicine or food.
- ◆ Make sure you know what to do when you go home from the hospital or from your medical appointment.

Posters are being positioned throughout the hospital to communicate these guidelines to patients. 🌸



Could You Be The Next Big Winner?

Just imagine, on pay day you discovered that you were the big Pay Day Payout winner. Suddenly, pay day just got a little sweeter with the additional significant chunk of change that you would be bringing home.

Perhaps a full day of pampering at the spa, a new toy for your handyman's garage, or you could tuck it away for a rainy day. How would you celebrate your windfall? Regardless how you would spend or save, you can't win if you don't play! Pay Day Payout winner Evelyne Bryne is certainly glad she played, taking home an extra \$980.00!

Sign up forms can be obtained from the Foundation by contacting Effie Van Der Heyden, at 621-2210 ext 227. 🌸



CAMBRIDGE
MEMORIAL HOSPITAL
Foundation

What Patients Have To Say!

"I have been in hospital several times and cannot say enough about the nurse who cared for me during my stay on surgery. She checked on me regularly and even if this was just for a minute, I found it very reassuring. This nurse asked me if things were within reach and if I needed any help. I knew she had other patients but I felt treated like an individual. She even asked if there was anything I wanted her to pass on to the next shift as part of her report. I thought it was amazing to be included in this way".

M. A. - Cambridge 🌸

Christmas Dinner and Dance

Bring your spouse, significant other or come on your own and join your colleagues in a traditional Christmas Dinner and Dance on Friday, November 25 at the Armenian Community Centre.

The evening will begin with hot and cold hors d'oeuvres at 6:30 pm followed by a mouth-watering feast starting at 8:00 pm. Door prizes will be drawn, a cash bar is available as well as taxi chits for those needing a ride home.

Tickets are \$25.00 each and are on sale through Switchboard. 🌸

New Faces At CMH



Denine Abolit
Pharmacy Tech.



Erin Taggart
UltrasoundTech.



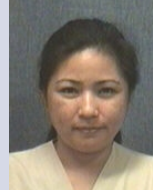
Hayne Maycock
Lab Assistant



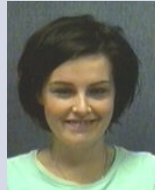
Lisa Bixby
Cleaner



Michelle Mitchell
RN



Rachel Rabara
RN



Shannon Harrington
RN



Susan Dugard
RN



Adrienne Nichols
Physiotherapist



Amanda Majzski
RPN



Amy Wong
RN



Betty Yetman
RN



Brenda McKenna
Clinical Nurse
Specialist



Chris Healy
Pharmacist



Darryl Perry
Cleaner



Frank Holotta
Morgue Attendant



Gillian Flynn Reuss
Decision Support
Analyst



Ivone Ivone
Physiotherapist



Jennifer St. Michael
Physiotherapist



Jessilyn McCash
RN



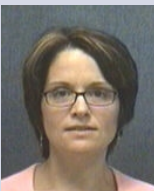
Lesley Taylor
RN



Liz Elliott
Nurse Manager,
Perioperative



Lou Gardi
Decision Support
Analyst



Maria Costa
Cleaner



Natalie Pineault
RN



Pan Pitchindaophat
RN



Rebekah Kohl
Dietary Service
Worker



Robert Sewell
RN



Sharon Wilker
RN



Tara Ehni
Ultrasound
Technician



Teresa Aitchison
Dietary Service
Worker

It Starts and Stops With You

Thumbs Up For The Flu Shot!

Merle Agard, Occupational Health Specialist, administers flu vaccine to Julia Dumanian, President and CEO.



The Health Effects of the Flu Shot

The flu vaccine can not cause influenza because it does not contain any live virus. The most common side effect is soreness at the site of injection, which may last a couple of days. You might also notice fever, fatigue and muscle aches within six to twelve hours after your shot, and these effects may last a day or two.



Julia Dumanian gives Jackie Davis a sticker and a sucker after having her flu shot.

Family flu protection begins with you

With today's increasing knowledge of disease and infection there are limited legitimate reasons for not protecting yourself and your loved ones against influenza. A simple visit to a local clinic for a free flu shot is the best preventative measure you can take.

It is a quick and relatively painless way to prevent suffering from this unnecessary illness and in some cases death. The statistics are serious business, influenza and pneumonia cause approximately 8,000 deaths and 60,000 hospitalizations per year in Canada alone. You and/or a family member certainly wouldn't want to be included in this staggering number.

The official influenza season begins in October through April of each year and during this time frame families are planning a wide variety of celebrations and festivals - a perfect backdrop for spreading infection. The highly contagious flu virus cleverly masks its symptoms for the first twenty four hours, awaiting its next victim.

Furthermore, adults can transmit the virus for at least five days after the symptoms present themselves. Without any defence you can put yourself and everyone you come in contact with at risk. School-aged children, seniors in a retirement or nursing home and hospitals are particularly susceptible to the flu due to population concentration.



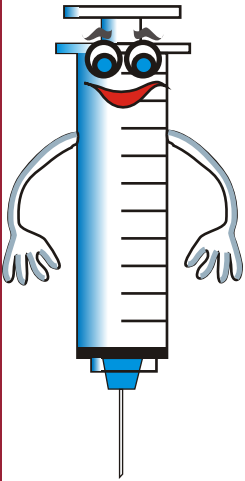
The virus is spread through droplets from coughing, sneezing and also from contact with the environment. So be sure to stay at least three feet away from anyone with these symptoms or wear a mask if you have to care for someone who shows signs of flu-like symptoms. The most important prevention is the flu shot!



Other ways to prevent contracting the virus is by maintaining a healthy lifestyle. Make sure you get enough sleep, eat a balanced diet and maintain your stress levels. Refraining from putting your hands near your mouth and nose and washing your hands frequently are highly recommended in keeping the flu at bay.

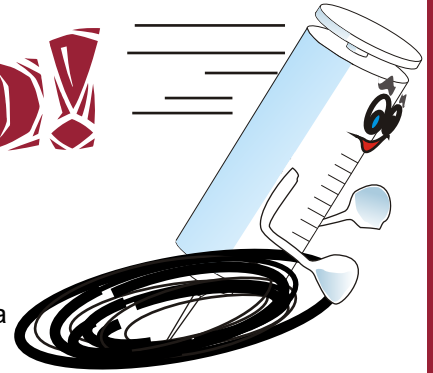
If you contract the flu you can rest assured that you will be laid up for a week to ten days, inevitably putting a strain on your household responsibilities, your job, your social activities and more importantly your family.

Don't let the flu dampen your holiday cheer - book your flu shot today!



On your mark...
get set...

GO!



CMH Flu Immunization Challenge is Underway!

4 teams have been developed throughout the hospital to participate in the first CMH Flu Immunization Challenge. The objective is to encourage all employees to get immunized with a little friendly competition on the side. The team that scores the highest percentage is simply the winner.

Winner of what you ask, well tell them Johnny! How about an all expense paid team pizza party, complete with a selection of sodas, held in house, level 1 in our very own quaint cafeteria.

But wait there is more! Throughout the seven week campaign, there will also be a random weekly draw and the exciting element is that no one knows where, when or who will be the lucky winner. You could potentially be the next individual winner when you step up and get your flu shot.

To conclude the CMH Flu Immunization Challenge and behind door number 2, is three lucky participants will win a day off with pay! (*this date would be mutually agreed upon between the appropriate Manager and the employee*)

Lead your team...Be the example...Win great prizes!

Team challenges by unit with a prize for the winning area

- Random weekly draws to be made from those immunized (7 individual smaller prizes drawn weekly)
- Grand Prize(s) to be drawn at the end of the clinics (1st week December) - 3 people would potentially (if approved) receive a single day off with pay (*this date would be mutually agreed upon between the appropriate Manager and the employee*)

For updates on winners check the main communications bulletin board on level 1 near the cafeteria.



Get Your Flu Shot! Support Your Team!

Flu Clinics

October 17: 0700-1130 and 1330-1600 in EHS
October 17: 0900-1130 and 1400-1600 (3ADR1)

October 20: 0700-1130 and 1330-1600 in EHS
October 20: 0900-1130 and 1400-1600 (3ADR2)

October 21: 0700-1130 and 1330-1600 in EHS
October 21: 0900-1130 and 1400-1600 (3ADR1)

October 24: 0700-1130 and 1330-1600 in EHS
October 24: 0900-1130 & 1400-1600 (5B Teaching Rm)

October 27: 0700-1130 and 1330-1600 in EHS
October 27: 0900-1130 and 1400-1600 (5B Teaching Rm)

October 28: 0700-1130 and 1330-1600 in EHS
October 28: 0900-1130 & 1400-1600 (5B Teaching Room)

October 31: 0700-1130 and 1330-1600 in EHS
October 31: 0900-1130 & 1400-1600 (3ADR2)

November 3 - 0700-1130 and 1330-1600 EHS
November 3 - 0900-1130 and 1400-1600 (3ADR1)

November 4 - 0700-1130 and 1400-1600 (EHS)
November 4 - 0900-1130 (3ADR1) and 1400-1600 (Lab Conf. Room)

Saturday November 5 - 0700-1130 (4A Family Room)
Sunday, November 5 - 1330-1630 (4A Family Room)

November 7 - 0700-1130 and 1330 -1600 (EHS)
November 7 - 0900-1130 and 1400-1600 (4A Family Room)

November 10 - 0700-1130 and 1330-1600 (EHS)
November 10 - 1400-1600 (4A Family Room)

November 14, 17, 18, 21, 24, 25, 28 - 0700-1130 and 1330-1600 (EHS)