

# WELLNESS TOGETHER!

A **CHRONIC CARE CLINIC** THAT IS ABOUT **YOU!** COME IN TO BE THE CAPTAIN OF YOUR HEALTH!

CONTACT JASON NAULT PRIMARY CARE NURSE FOR INFORMATION AT **675-8360** OR THE CLINIC RECEPTION AT **675-8316** TO MAKE AN APPOINTMENT

HOURS ARE 9:00AM TO 5:00PM MON-FRI. HOPE TO SEE YOU THERE!

### Dates for 2011

#### Community Influenza Clinics

Tuesday, October 11th

Wednesday, October 12th

Friday, October 14th

Monday, October 17th

Tuesday, October 18th

Wednesday, October 19th

Friday, October 21st

Clinics will run from

**10:00 a.m. to 6:00 p.m.**

in the CRHA hallway outside of  
Community Services.

See you there!



**CHURCHILL RHA INC.  
CONSULTANTS SCHEDULE  
SEPTEMBER & OCTOBER 2011**

**MASSAGE THERAPY—ERIN O'NEIL  
SEPTEMBER 14-16 & OCTOBER 26-28  
TO BOOK AN APPT. WITH ERIN CALL 675-8066**

**CHIROPRACTOR— DR. BRIAN LECKER  
OCTOBER 18-20**

**PHYSIOTHERAPY— CHRISTINA WOODCOCK  
NOW AVAILABLE ON A WEEKLY BASIS. CALL THE  
MEDICAL CLINIC FOR AN APPT.**

**DIETITIAN— ROSEMARY SZABADKA  
SEPTEMBER 19-23 & OCTOBER 3-7**

**Call the Medical Clinic for appointment times  
Services located at the Medical Clinic**

# 675-8316

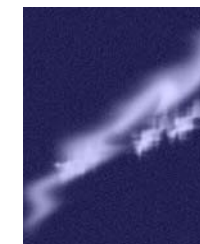
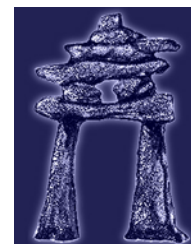


**CHURCHILL RHA INC.  
162 Laverendrye Ave  
Churchill, MB R0B-0E0**



# Hudson Bay Health

**WORKING TOGETHER FOR THE BETTER HEALTH OF EVERYONE WE SERVE**



**Editorial Policy:**

It is the policy of the Hudson Bay Health Newsletter to invite the participation of all readers by your submissions of articles etc. however we reserve the right and the responsibility to exclude or edit prior to publication. Tasteful articles excluded will be reconsidered for later editions and the editing will be for reasons of clarity and/or size, but not to change the content. Where articles are taken from other publications, we may require written permission to use them.



The September/October Hudson Bay Health Newsletter has been published late due to publication bans before the October 4<sup>th</sup> elections.

The November/December edition will be published on time.

## Human Resources

Submitted by Irene Dion, Human Resources Officer

The Churchill RHA would like to welcome the following employees to our team:

- \* Cameron Cardiff-Registered Nurse II
- \* Kayla Demarell-Technician Paramedic
- \* Jocelyn Peronto-Registered Nurse II
- \* Reece Main-X-Ray Technician
- \* Donica Janzen-Pharmacy Technician

Congratulations to the following people for their new positions:

- \* Rose Allen, Materials Management Supervisor
- \* Dan DiMuzio, EMS Risk and Quality Officer
- \* Lindsay Vandermeer, Executive Assistant
- \* Jolene Macsymic, Human Resources Officer
- \* Irene Dion, Human Resources Clerk (Term)
- \* Louise Beardy, Childcare Assistant (Term)
- \* Debra Burnett, Community Services Clerk (Term)
- \* Susan Flett, Health Care Aide (Term)
- \* Cherie Flett, Health Care Aide (Term)

### Departmental Recognition:

- July 1-5: Materials Management & CSR
- July 13-17: Maintenance
- July 20-24: Information Technology
- August 3-7: Medical Clinic

### Casual Employment Opportunities

#### Qualifications:

- Grade XII, or a recognized certificate program
- Must be able to work independently and with limited supervision
- Ability to communicate and co-operate with staff and the public
- Must complete criminal record and child abuse checks

If interested, please forward resumes or applications to the Human Resources Office.

Email: [humanresources@churchillrha.mb.ca](mailto:humanresources@churchillrha.mb.ca) or Fax: 204-675-2285.

**Clerk Typist:** The clerk typist is responsible for all business and clerical procedures and systems in the department. The clerk typist will provide cordial service to others, while maintaining patient confidentiality at all times.

**Housekeeping:** The Housekeeping Aide is responsible for the housekeeping and laundry services of the Churchill Regional Health Authority.

**Child Care Assistant:** The Child Care assistant attends to the care and learning of the children at the Children's centre. The Child Care Assistant must continuously take initiative in keeping the children busy with the equipment/supplies provided.

**Health Care Aide:** The Health Care Aide position is responsible for aiding the patients and residents at the Churchill Regional Health Authority with everyday activities.

**Receiving Home Parent:** The Receiving Home Parent is responsible for the care of the child(ren) and general housekeeping duties for their assigned shift.

### EMPLOYEE OF THE MONTH:

June: Betty Ann Stevens, Finance Assistant.



Betty Ann is being recognized for the caring, kind, and helpful person she is. She is always the first to lend a helping hand whether it be to a client, an employee, or one of her fellow co-workers. She is always there to help.

July: Lyubov Mudrak, Medical Clinic Aide.




Lyubov has been an employee with the CRHA since January 2004. She takes care of the NPTP travel appointments for patients as well as provides excellent clinical care. Lyubov is a friendly, kind person and can always be found giving her respect and care to all patients.

August: Dan DiMuzio, EMS Manager.



Dan takes pride in providing quality care to his patients and is constantly striving for personal development. He is known to be helpful to everyone around him. He is continually upgrading his education to provide knowledgeable information to the staff and public. Dan is a valued member of the EMS team and we know that he will have a long successful career as a paramedic.

#### Tips for adjusting your workstation:

- 1 If an adjustable keyboard tray is available, position the keyboard tray at the height of the elbows. If the keyboard height is fixed, raise or lower the chair so that the elbows are at the height of the keyboard.
- 2 Adjust the angle of the keyboard and if available, keyboard tray so the wrists are flat or tilted slightly downward. Be sure to place the feet on the keyboard in the closed position. 
- 3 Place the monitor directly in front of the user at about arms length. Large monitors can be placed a bit further away.
- 4 Adjust the height of the monitor:
  - a) If bi-focals or progressive lenses are worn, place the monitor as low as possible, and increase the font size to permit use of the top portion of the glasses.
  - b) For workers without corrective lenses, position the top of the screen at eye level.
- 5 Position the mouse directly beside the keyboard. If there is insufficient space on the tray for the mouse one option is to use a mouse bridge. The above picture shows a mouse bridge, which covers the number pad and positions the mouse directly beside the keyboard. Avoid placing the mouse at a different height from the keyboard.
- 6 Sit close to the keyboard and mouse to reduce forward reach.
- 7 Place the phone at a location which minimizes reaching and twisting. Cradling the phone between the ear and the shoulder can increase the risk of injury. If you often use your phone and computer at the same time, use a hands free system (speaker phone or headset).
- 8 The seated posture is stressful for the body and slouching significantly increases the long-term risk of injury. Taking regular quick breaks from sitting helps reduce the risk.
  - Use regular cues to stand as much as possible, i.e. a ringing phone.
  - Place the printer at a distance to encourage standing and walking.
  - Use good posture at all times, avoid postures which involve twisting or over-reaching since these may cause injuries.
  - Drink a healthy amount of water to encourage regular mini-breaks.

#### Additional Considerations:

In addition to following the tips above for setting up your office chair and workstation, you may want to consider some of the following types of equipment and work practices to further reduce the risk of injuries:

- Split or "Ergonomic" keyboards – these help keep the arms and hands in a straighter, less stressful posture. They may not be appropriate for persons with narrow shoulder width.
- Document holders – if you often need to look at paper documents while at your computer, a document holder in front of (or right beside) your monitor reduces the need to twist your neck.
- Foot rests – these can be helpful when your chair height keeps your feet above ground or if you have lower back pain.
- If you feel pain in your hand, arm, elbow or shoulder of your mouse hand, try using the mouse with your other hand.
- Mouse alternatives – there are numerous mouse types available (ex. vertical or joystick style), that keep the hand and wrist in a more neutral position and reduce the risk of injury.
- Wrist gel pads – these can be used to prevent your wrists from resting on the desk while typing. They should not be used with the mouse, however, as this can lead to repeated side-to-side movement of the wrist.

#### Questions?

Please contact the Workplace Safety and Health Division at 204-945-3446 and ask to speak with an ergonomist. Additional information can be located at:

[http://www.ccohs.ca/oshanswers/ergonomics/office/risk\\_individual.html](http://www.ccohs.ca/oshanswers/ergonomics/office/risk_individual.html)

#### Reference to legal requirements under workplace safety and health legislation:

- o Musculoskeletal Injuries: Manitoba Regulation 217/2006 Part 8

Additional workplace safety and health information available at: [www.safemanitoba.com](http://www.safemanitoba.com)



No. 264  
November 2009

## Adjusting the Office Chair and Workstation

### Potential hazard

Office workers often sit at their workstations for long periods, day after day. If they do not have their chairs and workstation set up correctly, they may be sitting and using their computer in a manner that could lead to injuries over time.

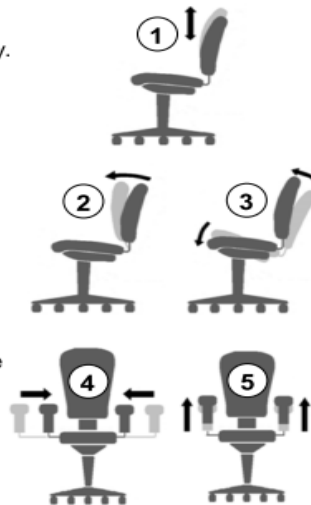
### How to control the hazard

In order to minimize the risk of injury, workers should be equipped with adjustable chairs and workstations, and be trained on how to properly adjust them. Proper adjustment techniques and other considerations are listed below.

#### Adjusting your chair:

Following the tips below will set up your chair in a way that minimizes the risk of injury.

- 1 Adjust the height of the lumbar support to the small of the back.
- 2 Adjust the back angle so that the worker feels a slight pressure in the small of the back from the lumbar support. This slight pressure will help the workers maintain a good sitting posture.
- 3 Adjust the tilt of the chair so that the seat-pan is flat or tilted slightly forward. If your seat-pan can move forward and back, move it back until there are 2-3 finger widths between the front of the seat and the back of your legs.
- 4 Place the arm rests directly under the shoulders with the elbows held directly at the side of the body.
- 5 Adjust the arm rests to a height where the elbows are supported but not pushed up, and the forearms are parallel with the floor.
- 6 Adjust the height of the chair:
  - If an adjustable height keyboard tray is available, adjust the chair to a height where the workers feet are comfortably flat on the floor and the knees are bent 90°-110°.
  - If the keyboard is at a fixed height, adjust the chair to a height where the elbows are at the same height as the keyboard. Provide a footrest if this raises the feet off the floor.



#### Adjusting your workstation:

While many people recognize that having a properly set up chair is important in preventing injuries, they often overlook the set-up of their workstation. Adjusting the workstation is very important as well. Tips on adjusting the workstation are on the next page.

(see over)

#### Workplace Safety and Health Division Contact Information:

Winnipeg: (204) 945-3446  
Toll-Free: 1-866-888-8186 (Manitoba only)  
24-Hour Emergency Line: (204) 945-0581  
Publications/resources available at: [www.safemanitoba.com](http://www.safemanitoba.com)



## Farewell Amy and Dave!



Amy Goulet started her career at the Churchill RHA in 2007. She became the EMS manager in June 2008 and finished her career in the hospital on July 15th, 2011. Amy is continuing her education at the University of Manitoba studying Nutrition. We wish Amy success in every aspect of her life.



Dave Merry's retirement tea was held on August 5th, 2011. Dave has been with the health centre for 22 years, and will surely be missed around the RHA. We wish you the best of luck Dave, and enjoy your retirement!

## EChart Implementation within the Churchill RHA

Submitted by Patti MacEwan, Director of Clinical Services

As indicated in our last edition of the Hudson Bay Health Newsletter, EChart implementation and staff training took place at the end of July.

### What is e-chart?

The eChart system provides authorized health-care providers with a consolidated view of key patient health information. When the system is active, the information that will be available for authorized providers to view will include prescriptions filled at retail pharmacies, immunization histories, test results from participating labs and personal identifying information, including your personal health identification number (PHIN), birth date and address.

EChart Manitoba is a tool to provide authorized health-care providers with viewable, printable and searchable access to key health data. Health-care providers do not enter information into the viewer system directly; all information accessible through eChart Manitoba is provided by other electronic information management systems.

### What are the benefits?

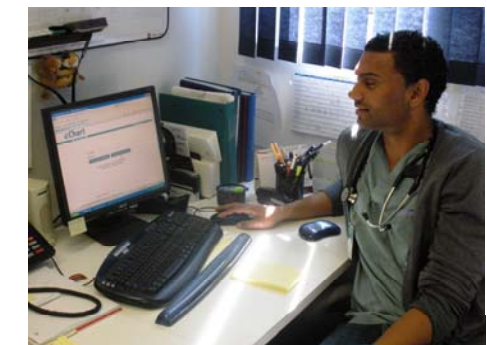
EChart Manitoba will benefit Manitobans by:

- ◆ Improving quality, access and timeliness of care
- ◆ Providing secure access to key information for authorized health-care providers
- ◆ Increasing access to key information regardless of patient's location in Manitoba
- ◆ Reducing duplication and unnecessary testing



Provincial website: <http://www.connectedcare.ca>

If you have any questions please contact: Patti MacEwan, Director of Clinical Services 675-8312



On October 18th, there will be a vote held in Churchill regarding the fluoridation of our water. The following information is provided to you by Public Health.

## Fluoride FAQs

Submitted by Shanna Cowley, Public Health Nurse

### General

#### 1. What is fluoride?

Fluoride is a mineral found in soil, water (both fresh & salt) and various foods.

#### 2. How does fluoride prevent tooth decay?

Fluoride has a positive effect on oral health by making teeth more resistant to decay. Fluoride can also prevent or even reverse tooth decay that has started.

#### 3. Where do I get the fluoride that prevents tooth decay?

For many Canadians, fluoride is in public drinking water, which provides protection to the entire community. Fluoride toothpastes and rinses are available for purchase, and your dentist can provide professional fluoride products such as gels and varnish.

### Dental Fluorosis

#### 4. What is dental fluorosis?

Dental fluorosis is a change in the appearance of teeth. It is caused when higher than optimal amounts of fluoride are ingested in early childhood. In its mildest and most common form, it affects the look of the tooth with small white specks appearing on a child's teeth.

#### 5. Is dental fluorosis a concern in Canada?

The Canadian Health Measures Survey 2007-2009 found that dental fluorosis is not an issue of concern for the vast majority of children (84%). Some children (16%) have mild forms of fluorosis that often go unnoticed by both the children and their parents.

### Water Fluoridation

#### 6. What is water fluoridation?

Water fluoridation is the process of adjusting the level of fluoride in a public drinking water supply to optimize the dental benefits of preventing tooth decay.

#### 7. Why is fluoride added to the public drinking water if is available in other ways?

Fluoride is added to public drinking water to protect all members of the community from tooth decay. Community water fluoridation is a safe and effective way of preventing tooth decay at a low cost.

#### 8. Are there any health risks associated with water fluoridation?

With the exception of dental fluorosis, scientific studies have not found any credible link between water fluoridation and adverse health risks.

### Fluoride Toothpaste

#### 9. Should I be using fluoridated toothpaste with my child?

For children from birth to 3 years of age, the use of fluoridated toothpaste is determined by the level of risk of tooth decay. Parents should consult a health professional to determine whether their child up to 3 years of age is at risk of developing tooth decay. If such a risk exists, the child's teeth should be brushed by an adult using a minimal amount (a portion the size of a grain of rice) of fluoridated toothpaste. Use of fluoridated toothpaste in a small amount has been determined to achieve a balance between the benefits of fluoride and the risk of developing fluorosis. If the child is not considered to be at risk, the teeth should be brushed by an adult using a toothbrush moistened only with water.

For children from 3 to 6 years of age, only a small amount (a portion the size of a green pea) of fluoridated toothpaste should be used. Children in this age group should be assisted by an adult in brushing their teeth.

#### 10. How do I know if my child is getting enough fluoride protection?

Your dentist is able to assess your child's risk of developing tooth decay and advise you of an appropriate level of fluoride protection.



[http://www.cda-adc.ca/\\_files/position\\_statements/Fluorides-English-2010-06-08.pdf](http://www.cda-adc.ca/_files/position_statements/Fluorides-English-2010-06-08.pdf)

A rice grain sized portion of toothpaste on a child's toothbrush is shown on the left. A pea-sized portion of toothpaste is shown on the right.

For more information, visit the Canadian Dental Association website at [www.cda-adc.ca](http://www.cda-adc.ca)

Adapted from The Canadian Dental Association:  
[http://www.cda-adc.ca/en/oral\\_health](http://www.cda-adc.ca/en/oral_health)

## Get Fit Where You Sit: Stretches You Can Do At Your Desk

Submitted by Trish Leconte, Patient Safety Officer

**Take a "stretch" break!** With the invention of the computer, people have been trained to work in a sedentary position for most of the day. As we sit at a desk, wrist pain, sore neck and backs, and stiff joints occur. Stretching is the perfect solution for long periods of inactivity and holding still. Whether you have two minutes or 10 minutes to spare, stretching should be included as an important part of your workday.

We would encourage you to pursue group breaks rather than individual stretch breaks. Working together in a group provides social benefits and increases the comfort level of employees to take the time for a stretch break. Start by incorporating a 5-minute stretching break into your regular staff meetings. You can also post the stretches at your workstation to remind you to stretch through the day.

*Please Note:* If you have an injury or feel any pain while doing the stretches, consult your physician. These stretches are not meant to cure any serious problems, they are meant to help you relax and reduce some muscle tension you may be feeling.

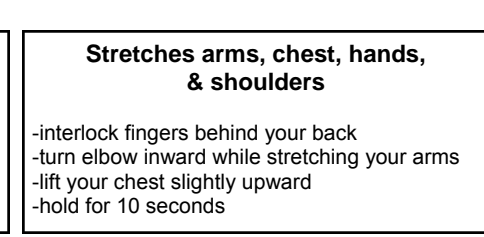
**Periodic Stretching throughout the day will:** Reduce muscle tension, Improve Circulation, Reduce anxiety, stress, and fatigue, Increase Mental Alertness, and Make your body feel better!!

**How to Stretch:** Relax! Breathe throughout your stretch, think about the muscles that are being stretched, Feel the stretch (there should be no pain), Repeat the stretch, Do not bounce, and Complete the stretches 2 to 3 times per day!



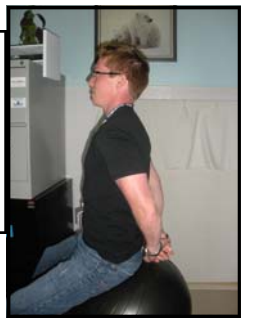
#### Stretches shoulders, arms, wrists, & fingers

- interlock fingers, straighten arms in front
- hold for 10 seconds



#### Stretches arms, chest, hands, & shoulders

- interlock fingers behind your back
- turn elbow inward while stretching your arms
- lift your chest slightly upward
- hold for 10 seconds



#### Stretches shoulder, chest, & upper back

- interlock fingers behind your head, elbows straight out
- pull shoulder blades toward each other
- hold for 5 seconds.



#### Stretches shoulder, back, arms, & hands

- interlock fingers, straighten arms above head
- push palms to the ceiling
- hold for 10 seconds



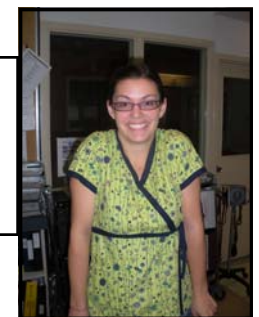
#### Stretches shoulders, arms, & neck

- extend one arm above your head & reach down with the other hand.
- push hands to the ceiling and to the floor.
- hold for 10 seconds then switch sides



#### Stretches shoulders & neck

- raise shoulders towards ears
- hold for 3-5 seconds, relax, shoulders down
- repeat 3 times.



#### Stretches wrists, forearms, & hands

- place hands palm-to-palm
- move hands down until you feel a stretch
- slowly rotate fingers to point downwards
- hold 5 seconds.



**Stretching is simple, fun, & beneficial!**

Taken from *In Motion: Physical Activity-Do it for Life!*

## Mouse Related Pain

Submitted by Derry Martens, CEO, and Trish LeCompte, Patient Safety Officer.

Injuries from using a computer mouse are getting a lot of attention. This is because we use the mouse for most computer software and often put the mouse in a poor location or do not use it properly. The typical mouse-related injury occurs when we are over reaching for the mouse or when the space to move the mouse is too small.

### Some Signs of a Mouse-Related Injury

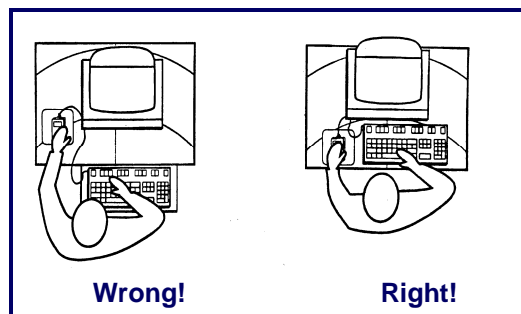
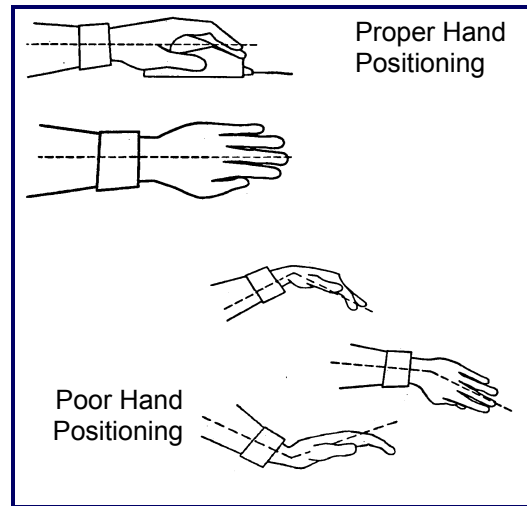
- Pain in the back of the fingers and hand. Pain may involve burning, soreness, shooting pain, numbness, and tingling or discomfort.
- Pain on the pinkie or thumb side of the hand. The pain may occur at the right or left side of the wrist or up to the forearm.
- Numbness and tingling in the palm and wrist. This may be the start of Carpal Tunnel Syndrome.
- Pain around the wrist. Sometimes it feels like a "bracelet of pain".
- Pain on the outside of the elbow and forearm muscles. This is a muscle/tendon injury and is sometimes called "Tennis Elbow".
- Muscle Tightness at the top of the shoulder and close to the neck. The pain may also occur between the shoulder blades.

### Why Using a Mouse Can cause Pain

- You can develop pain if you use small wrist motions to move the mouse or if the area to use the mouse is too small. Continuously scrolling and clicking can also lead to pain from overuse of the hand and forearm muscles.
- Reaching up, down, or away for the mouse often causes pain. This awkward posture increases strain on the joints of the wrist, elbow, and shoulder. This reach also uses the muscles of the back, shoulder, and arms to hold your arm out. Eventually these muscles can get tired and sore.
- Resting your wrist on the edge of the desk or keyboard tray when using the mouse can also lead to pain. This direct pressure can reduce blood flow, increase pressure within the wrist, and irritate tendons.

### How to Prevent Mouse-Related Pain

- **Proper mouse placement.** The mouse should be at the same level as your keyboard and positioned as close to the keyboard as possible. Try to avoid using a mouse that is on a platform lower than the keyboard tray because this results in bending your wrist backward. Another option is to place the keyboard and mouse on the desktop and raise your chair so that you can type comfortably. You may need to raise the monitor too.
- **Do not squeeze the mouse.** Hold it loosely in your hand with a relaxed grip.
- **Keep your hand and wrist straight when using the mouse.** Move the mouse with mostly shoulder and arm motions with some wrist motions.
- **Protect your wrist.** Do not rest your wrists on the edge of the desk or keyboard tray. This places pressure directly over the carpal tunnel and tendons of the forearm.
- **Rest your hand when you are not using the mouse.** By letting go of the mouse and resting your hand, you can give your muscles a break.
- Learn to use the mouse in the **opposite hand** to help reduce strain.
- Take **frequent short breaks** and **stretch** often.
- Learn **alternative keyboard commands.** Short-cut keys can reduce mouse gripping and clicking.



HEALTHY WORKPLACES•HEALTHY WORKERS•HEALTHY COMMUNITIES



For more Workplace Health and Safety tips, visit [www.mflohc.mb.ca](http://www.mflohc.mb.ca)

Information taken from MFL Occupational Health Centre

## Dancing Sky Elders' Home Schedule

# October 2011

Monday to Friday **Everyone 55+ Welcome** **If interested in joining, contact Penny at 675-8300**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Tea & Coffee 1:30 p.m. outing	4 Yoga & Baking at the CRHA	5 Lunch & Bingo at the CRHA	6 Yoga & Baking at the CRHA	7 Thanksgiving Tea at the CRHA	8 Tundra Buggy Ride for Seniors. Space is Limited
9	10 Thanksgiving 	11 Yoga & Baking at the CRHA	12 Lunch & Bingo at the CRHA	13 Yoga & Baking at the CRHA	14 Tea Outing	15
16	17 Tea & Coffee 1:30 p.m. outing	18 Yoga & Baking at the CRHA	19 Lunch & Bingo at the CRHA	20 Yoga & Baking at the CRHA	21 Elder and Youth n' motion At the complex	22
23	24 Tea & Coffee 1:30 p.m. outing	25 Yoga & Baking at the CRHA	26 Lunch & Seniors Tea Celebrating & Honouring Elders & The Town of Churchill 2-3:30 p.m.	27 Yoga & Baking at the CRHA	28 Pumpkin Carving at the CRHA	29
30 PEER Family Gathering: Everyone Welcome	31 Halloween Party 					

Rides to and from events are always available!

Join us every Wednesday for a complimentary lunch! Meal tickets to be picked up at the hospital's front desk (HIS).

This Events Calendar for October 2011 will be available at the hospital, Bay Port Plaza, and the Northern Store.

Two important weekend dates to remember:

- October 8th-Tundra Buggy Ride. Pick up @ 11a.m., return home at 3 p.m.
- October 30th-PEER Family Gathering. 3 p.m. to 6 p.m. at the School.

Please call Penny if interested in the Tundra Buggy Ride.

Please contact Helen McEwan if you're interested in this family gathering at 675-2656.

### Support for Seniors Program

The Support for Seniors program is for anyone over the age of 55, or anyone who has a disability in the Churchill community. Bingo Wednesdays, teas and dessert at local restaurants, parties, yoga with Erin, free meals on Wednesday at the CRHA, and taxi services are some of the programs that we offer.

In July, we had a birthday party for three of our long term care residents at the Legion. Family and friends were invited and we had lots of food, music, and fun! This September we will have a crazy hat party and in October a Halloween party will take place. Christmas is just around the corner and we will be having our 3rd annual Christmas dinner at our RHA cafeteria for anyone 55 and older. Come celebrate with us!

If you are interested in joining in on the fun and would like to get out and mingle with others, we would love to have you! Please call Penny Lundie at the CRHA at **675-8300**. She can tell you what is planned and arrange transportation if you need it to get to the event.

*CAUTION: Staying active, communicating with others, sharing and caring can lead to a happy and fulfilling life style!*



# Children's Centre News

Submitted by Sharon Lang, Children's Centre Worker

We hope everyone had a great summer!

The daycare has been very busy with fun activities. We are enjoying the beautiful weather making mud pies and cakes.

The children and I were searching for sticks so that we can make mobiles to hang on their windows. As we were searching and talking about the trees and sticks, we noticed some of the leaves turning yellow. We had a great conversation about why the leaves change and what happens to them. The children were excited to get started decorating their sticks and asked more questions about the weather. We went on the internet to look at pictures of the seasons. The children wanted to do art and they drew pictures of trees and leaves, and some of the children drew flowers. They glued their art to the mobile. It was a great afternoon with lots of chatter and laughter.

The other activities were baking, rock collecting, and painting. Other fun afternoons included making coffee mud and having a spa day. The children experienced what it's like to soak their feet in warm water with a hint of aroma therapy. This was enhanced with a foot massage, followed by nail polish art. The other children had a lesson with Stacie on beading. This was especially enjoyed by our school age children. We also enjoyed an afternoon having a barbecue, games, and treats.

Children's Centre would like to thank the following people for all the wonderful donations. They are:

Melissa Gibbons, Liz Kondratuk, Gloria McDonald, Chavon Wally, Scott Hicks, Debbie Burnett, Stacey & Alyssa Courtney, Jason McCullough, Kim McCullough, Rose Allen, and Claire Gould. We would also like to say thank you to the Pharmacy for the donations that they have given us throughout the year.

The children spent many hours enjoying the activities that stem from all the art supplies that are donated. They also love home snack at the end of their busy day.

Raven Stevens' last day was on Friday, August 12<sup>th</sup>. The Children's Centre will miss her and we wish her well. We wish her good luck in her studies and hope that she will keep in touch. Thank you for all of your help this summer Raven.

Yevheniya Mazovskyy is going back home to the Ukraine to redo her vows. We wish Yevheniya and Nazar both the very best. We would also like to congratulate Brandi Spence and Tony Martin on the arrival of their beautiful son, Hunter, who was born on June 24<sup>th</sup>, 2011.

Gloria McDonald is doing a wonderful fundraiser. It is the Campbell soup label point system. Through the point system, we will be able to purchase a variety of items. The higher the points on the labels, the better quality the products will be. All we need to do is save the labels and then we will tally it up and make our order. For more information on this fundraiser, please see the bulletin board outside the daycare door or look for more information in the November edition of the Hudson Bay Health. This is a wonderful project for the whole community to get involved in.



ACTIVITY  
Have ready tubs of water and add shampoo to it. Let the children wash their dolls and their dolls' clothes. Put a heavy duty string across the room or doorway and they can hang their clothes to dry. Boys can have a car wash with their toy cars.  
\*\*Supplies needed are thick towels and a mop.\*\*



## Change Management Continued...

The important messages from the book are:

- Change Happens. (They keep moving the cheese.)
- Anticipate Change. (Get ready for the cheese to move.)
- Monitor Change. (Smell the cheese often so you will know when it is getting old.)
- Adapt to Change Quickly. (The sooner you let go of old cheese, the sooner you can enjoy new cheese.)
- Change. (Move with the cheese.)
- Enjoy Change! (Savour the adventure and enjoy the taste of new cheese!)
- Be Ready to Change Quickly and Enjoy it Again and Again. (They keep moving the cheese.)

With technology and evidence-based practices ever changing, we need to remember the importance of keeping up to date and not being afraid of change. Life is so much less stressful when you accept change instead of resisting it.

## Keys to Living a Successful Life

The definition of success varies from one person to the next. Some believe having a loving family and a supportive network of friends makes them successful. Others believe material items such as boats, multiple cars, a big house and a summer home makes a person successful. Still other devote their lives to serving those who are homeless, sick or hungry and feel as though they are successful. Only you can decide for yourself what your definition is, but here are some tips that may help you on your journey to success:



- \* Don't let the fear of making a mistake keep you from living life to the fullest.
- \* Expect the unexpected. Life can be hard, full of sharp corners and steep hills.
- \* Remember that people innately want to help each other, so make sure you are a supportive and helpful person.
- \* Live a life of purpose-setting goals helps keep people motivated and focused.
- \* Take leadership and stand up for what you believe in.
- \* Remember that we are all teachers, so make sure what you are teaching is positive.
- \* Good people have a good set of values.
- \* Be sure to tell the truth and be open and honest.
- \* Learn the language of consensus and working collaboratively with others.
- \* Expand your horizons-read up on a topic you know little about, take a class, travel to a foreign country or learn another language.

Best of luck in defining what success looks like for you.



## Advice Pieces for a Happy, Successful Life

Submitted by Nancy Hughes, Director of Community Services

### Follow the **KISS** Principle

Most of us wish, at least sometimes, that our lives could be a little simpler. But how do you get there? Simplifying your life is a case of adapting a “less is more” philosophy. Fewer possessions require less cleaning. Fewer options mean fewer decisions to be made. Fewer obligations mean fewer stressed moments from being late all the time. Ultimately, all those “fewers” add up to a lot more: more time, more money, more fun. Try following one or two of these tips. Make them a habit, then add a few more. Simple, isn't it?



#### Streamlining work

- Consider what's really required of each task or request, and do only that much.
- Check emails as infrequently as you can to manage your time and still do your job effectively: say, twice a day, or every two hours.
- Make a list of the top three things you absolutely must do today, and focus on just getting those things done.
- Consider what must be done by you and, if possible, delegate everything else.
- Be choosy about accepting assignments. Practice saying no.

#### Simplifying home

- Pare down your wardrobe to only things you love and wear a lot. Mornings will be faster when you have fewer — but easier — decisions to make.
- Plan to make the simplest recipes you know twice a week. On those two days, cook a large batch of food with enough leftovers for the next day. That covers four nights of the week — on some nights of the week, rest and order out.
- Cancel subscriptions that have become a chore rather than a pleasure.
- Give yourself permission to do nothing.
- Take a vacation from shopping by putting off all purchases as long as you can. Maybe they're not as essential as you thought.
- Cut back on time spent watching television.

#### Family and social

- Simplify entertaining: invite guests for snacks or dessert instead of dinner.
  - Book time to spend with good friends. Plan activities that don't burden anyone — walks, movie nights, going for coffee
  - Drop obligatory or burdensome social contacts. Focus on the people whose company you truly enjoy.
- Create space for time alone each day, even if it's just 10 minutes.

### Change Management

Dr. Spencer Johnson wrote a bestselling book called, “Who Moved My Cheese?” in 1998. The book details a simple parable with a very clear message—change is inevitable and how you respond to it determines how successful you will be in life. In the story, there are two mice called Sniff and Scurry and two “Little People” called Hem and Haw. They are faced with an unexpected change when their regular cheese supply is depleted. Some of the characters are not afraid to take on the new challenge of finding cheese someplace else, while others remain resistant to change and refuse to budge—choosing to face starvation rather than venture into the unknown.

While the story itself is a simple one, the message is very profound. For while some people are careful to monitor situations and be aware of what is happening around them, others remain secluded in their own area and concentrate on only what is in front of them. While some people are keen to learn new things, others prefer to keep doing things they way they have always done them.



## Important Policy Reminder from the Churchill RHA

Submitted by Derry Martens, Chief Executive Officer

For the information of the general public, this is the policy that exists within the Churchill RHA in regards to video and photography:

#### Policy AD-2-180:

- Photographs, video, or other filming within the facility are not permitted without formal Management approval.
- Adult patients being filmed or photographed must sign a consent form prior to the filming.
- The filming of patients who are minors must not occur without written consent of the child's parents or legal guardian.

Please respect the policy that is in place and refrain from using any camera or video devices (this includes the use of cell phone cameras). Thank you.

### ATTENTION RESIDENTS OF CHURCHILL: IMPORTANT NOTICE FROM EMERGENCY MEDICAL SERVICES

### In case of an **EMERGENCY** at the following areas:

- Northern Studies Center
- Goose Creek Area
- Tundra Buggy Locations

**Call Churchill Emergency Medical**

**Services: 675-8880**

**\*Cell phones are still able to call 911 from anywhere they get cellular reception\***

**If you have any questions regarding this,  
call EMS at 675-8323**

**\*\* Reminder: Dial 911 for all in town emergencies \*\***



## Elder Abuse

Submitted by Shanna Cowley, Public Health Nurse

Abuse of seniors may involve mistreatment or violence, or even neglect. Abuse can be at the hands of a spouse, an adult child, or other family member. Abuse can be inflicted by a caregiver, a service provider, or other person in a situation of power or trust. Abuse can happen when a senior is living in an institution or a private residence.



Abuse can happen when the aggressor wants to intimidate, isolate, dominate, or control another human being. Abuse can happen to anyone, in any family or relationship. It can happen to people of all backgrounds, ages, religions, race, cultures, and ethnic origins.

An older adult may experience one or more kinds of abuse, including:

- Physical or Sexual
- Psychological and emotional
- Financial
- Neglect

### Psychological and Emotional Abuse:

Psychological abuse of seniors includes any verbal or non-verbal act that undermines their sense of dignity and self-worth, and threatens their psychological well-being. Emotional Abuse is the exact same, except it threatens the senior's emotional well-being. Any attempt to demoralize, dehumanize, or intimidate older adults is abuse.

Psychological and emotional abuse may include:

- Shouting or bullying
- Insults or name calling
- Threats of violence or abandonment
- Intimidation or belittling
- Humiliation and harassment
- Treating an older person like a child
- Ignoring the person or isolating them from his or her friends, family, or regular activities
- Inappropriately infringing on their privacy

Signs of possible psychological or emotional abuse may include:

- Heightened levels of upset or agitation
- Unexplained feelings of hopelessness, guilt, or inadequacy
- Unusual withdrawal from family and friends
- Discomfort or anxiety in the presence of particular people
- Reluctance to speak about the situation

### Financial Abuse:

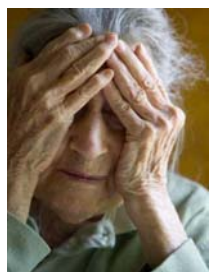
Financial Abuse includes all forms of manipulation or exploitation of someone else's money. It includes using older adults' money or property dishonestly, or failing to use older adults' assets for their own welfare. Whenever someone acts without consent or lawful authority to gain financial benefit at the expense of someone else, it is abuse.

Financial Abuse may include:

- Misusing or stealing an older adult's assets, property or money, such as cashing their cheques without authorization.
- Forging an older adult's signature or misusing a power of attorney
- Unduly pressuring seniors to make or change a will or sign legal documents that they do not fully understand.
- Sharing an elder's home without paying a fair share of the expenses when requested.

Signs of possible financial abuse may include:

- Sudden unexplained changes in bank account or banking practices, including unauthorized ATM withdrawals.
- Unauthorized attempts to include additional names on a senior's bank signature card.
- Sudden interest in the senior's financial affairs without their knowledge
- Unexplained changes to a will or financial document
- Sudden drop in cash flow or financial holdings
- Suspicious-looking signatures on cheques or documents



Abuse happens when one person hurts or mistreats another. Remember:

- Seniors are entitled to respect.
- Seniors have a right to live free from psychological and emotional abuse.
- Seniors have a right to live free from economic and financial abuse-their money belongs to them
- Seniors have every right to live in safety and security.
- There is no excuse for abuse

For more information, call 1 800 0-Canada (1-800-622-6232) or visit [www.seniors.gc.ca](http://www.seniors.gc.ca)

Taken from the Government of Canada

## Community Services

Submitted by Nancy Hughes, Director of Community Services

### Community Wellness Sessions:

Lunch N' Learn sessions have now begun and will continue into the fall/winter months. The September & October monthly themes are :

#### September-Suicide Prevention

#### October-Healthy Relationship

Presentations are held **every other** Thursday from 12-1 in the Telehealth room. The sessions will be led by one of the Community Services team members. October's Lunch N' Learn sessions will be on the following:

#### October 6<sup>th</sup> – Teen Pregnancy

#### October 20<sup>th</sup> – Healthy Relationships

Please contact Nancy Hughes, Director of Community Services and Planning at 675-8387 if you have any ideas of topics you would like to see added to the calendar.

\*\* Please note: You are to bring your own lunch with you to the Lunch N' Learn Sessions. Thank-you.\*\*

## Al-Anon Family Groups on the Internet

Submitted by Michelle Brown, Addictions Coordinator

Many family members and loved ones of those suffering with addiction issues are struggling to deal with their current situation. Those residents of larger urban centres have the option to attend Al-Anon meetings where they can talk openly about their challenges with others who are faced with similar issues. Those residing in remote communities may not have access to a group. But as the Internet itself has rapidly grown in the past few years, members of Al-Anon Family Groups were included in the millions of people who went "online." Many of those members have naturally gathered themselves together to fellowship and share their experience, strength, and hope.

For many in the online community, Al-Anon on the Internet has been a wonderful supplement to their personal journey of recovery -- another tool to help them along. But for many others, who were formerly "lone members" or limited by physical disability from attending regular "face-to-face" meetings, Online Al-Anon has been nothing short of a gift.

Internet chat rooms allow participants to "talk" with each other on their computer screens in real time. Messages typed from each member's keyboard appear instantly on the screens of all others in the "room" at the time.

Some of these chat meetings require special software which can be downloaded for free from the Internet. Others require that you register as a member of the group with a user name and password, while a few require no special software or registration process.

Visit the web site <http://www.ola-is.org/olais/chat.htm> for more information.