

September  
2014

# The Little Extra



## PGA TOUR BENEFITS LACGH

Loyalist Golf & Country Club  
August 18-24, 2014



The **Great Waterway Classic/PGA Tour Canada** got underway on Monday August 18, 2014 at the Loyalist Golf and Country Club in Bath. The PGA Tour is a series of golf tournaments played across Canada each summer, where tomorrow's stars begin the path to professional competitions. The goal is to develop the future stars of professional golf and enrich the communities they visit.

This year all proceeds from the event held in Bath were donated to the Lennox & Addington County Hospital.

On August 19th, Tim Madigan and Ricky McDonald, two golf pros associated with the tour visited the LACGH Cardiac Rehab Program. It was an exciting day with lots of



energy filling the room which left a lasting impression on the patients and the golfers. They brought hats for the patients which they were kind enough to autograph following a demonstration on how to stretch properly prior to playing golf. Footage from the visit aired on the PGA Tour Canada show on Friday, August 29th.

To view the video follow the link below:

[https://www.dropbox.com/s/lfohfclkoitlosj/PGATOURCanada\\_LAHospital\\_1.mov](https://www.dropbox.com/s/lfohfclkoitlosj/PGATOURCanada_LAHospital_1.mov)

## WELCOME HOSPICE TO LACGH



On September 8, 2014, Hospice Lennox and Addington moved from their downtown office on Dundas Street to the Lennox and Addington County General Hospital.

Kim Sunstrum and Melanie Bramburger are the two Hospice employees who have moved into our Hospital. Their office is on the second floor, Room 218.

Hospice Lennox and Addington will continue to provide palliative care and support to those in our community who are diagnosed with a terminal illness.

Please join us in welcoming Hospice Lennox and Addington to our facility.

# LEAN STRIKES AGAIN

The hospital was pleased to offer another Green Belt LEAN training session to staff at LACGH and a few of our community partners.

Lindsay Elliott, Janice Branson, Jenn De Mille, Leslie Wall, Marianne Lockridge, Leann Calver, Michelle Long, Krista Jacky, Sandy Johnson, Steve Draaistra, and Katie Clement were among the participants attending the course from September 8th to 12th at the Napanee Fire Hall.

In addition to in-class training the participants are required to complete an exam and submit a LEAN project.

This program engages staff and gives them the opportunity to apply the methodologies they have learned to improve the way we do things. We look forward to hearing more from this group as they spread LEAN across the hospital.

Helicopter Process – Future State



## ARM IN ARM PROGRAM

**A** - Activation

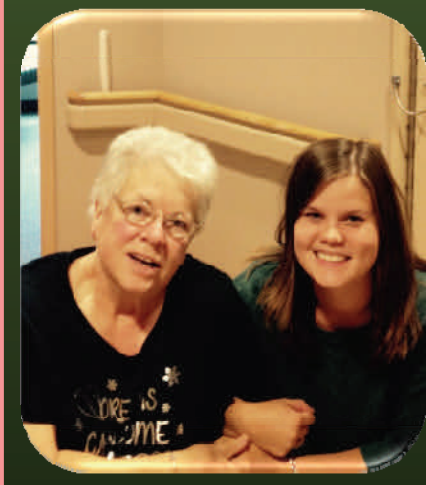
**R** - Recreation

**M** - Motivation

Patients who have extended hospital stays, often lack the necessary interactions to improve overall health. Beth Ann Brown, Resident Support Services Manager, has expanded services to the inpatient unit. By referral from the clinical team, Beth Ann will meet one-on-one with inpatients to customize an ARM IN ARM program that best meets their needs.

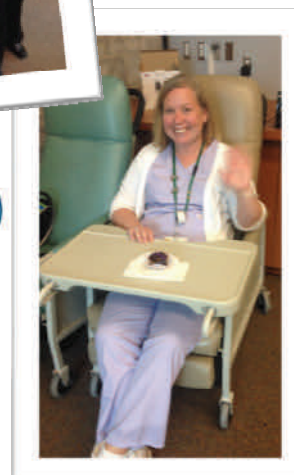
Assessment and interventions include social activities, physical activation, spiritual care and recreational activities. Patients may participate in activities on the inpatient unit or may join activities in Convalescent Care.

The program has just started and is expected to improve the quality of life for many inpatients.



## Memory Cafe

On September 22<sup>nd</sup>, the Wellness Committee arranged an educational opportunity and awareness event for Alzheimers Disease. Candice McMullen from the Alzheimers Society, Kingston Chapter, was available on hand to answer questions. Activities were available to help us realize the sensory deficits that can add to the confusion that a person with Alzheimers may already be experiencing. Staff were encouraged to wear purple to recognize those dealing with Alzheimers Disease. A big thank you to all those that participated in the event and to those who baked the cupcakes, the Alzheimers Society for attending and to Lens Bakery for the donated cookies.



## Kiss the Flu Goodbye!

Influenza season is just around the corner.

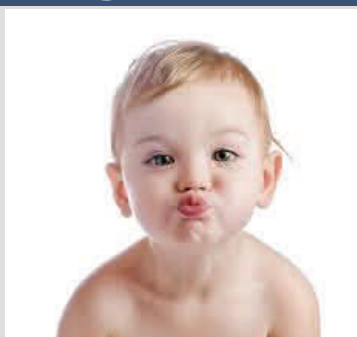
“Every year, between 2,000 and 8,000 Canadians die of the flu and its complications.”

Help us to take care of you and those you love and care for.

**Be wise ... and Immunize**

This year's flu campaign slogan is “**Kiss the Flu Goodbye**”. So help us kiss the flu goodbye by getting your flu shot.

Stay tuned for upcoming hospital clinics starting in October. Don't forget you can get your flu shot here, at your doctors office or at your local pharmacy. Remember to bring in proof of immunization if you get your needle somewhere else.





## HEALTHY HALLOWEEN TREATS

### Carrot Finger Food

Vegetable dip with carrot fingers

- Cut a flat, shallow notch in the tip of each carrot.
- Use a dab of dip or softened cream cheese to glue a sliced almond atop each notch.
- Stick the fingers in the dip as shown.
- Serve with vegetables.



Planning a Halloween party?

Want to celebrate with your kids without all the sugar?

Here are some fun Halloween Healthy Snack Recipes:

### Apple Bites

- Quarter and core an apple.
- Cut a wedge from the skin side of each quarter.
- Press slivered almonds in place for teeth.



### Black Bean Cat Crudité

- Arrange vegetables and black bean dip in the shape of a cat.
- Easy Black Bean Dip:
  - In a food process mix: 1 can of low-sodium black beans, lime zest and 1 jar of seasoned sundried tomatoes (250ml).

For these, and more ideas see: <http://spoonful.com/halloween/best-halloween-recipes-gallery#carousel-id=photo-carousel&carousel-item>

HAPPY HALLOWEEN FROM THE L&A DIETITIANS

# The Ottawa Model for Smoking Cessation is coming to LACGH!

Over the summer patients at LACGH were asked to complete a survey on their use of tobacco. This initial process was to establish the baseline percentage of our in-patient population that uses tobacco and will help determine how many individuals make the decision to stop using tobacco based on their change in health status. Our survey showed that 22.6% of our inpatient population use tobacco products. This is well above the provincial average at 16.3%. Soon we will be entering the next phase of the program for both the Acute Care and Special Care units. The clinical protocol for this model has 5 main components:

1. Identification: Tobacco use acquired on all inpatients

2. Documentation: Tobacco status recorded on patient chart
3. Strategic Advice: Brief counseling and strategies offered to all patients who use tobacco
4. Pharmacotherapy: First line smoking cessation medications offered to all patients who smoke
5. Follow up: Automated follow up support for 6 months and/or link to community programs to provide local support.

Beginning November 1, 2014, LACGH will be able to provide a wide variety of options to help patients with their tobacco addiction while a patient in our hospital. Illness often motivates users to try to quit and providing support



OTTAWA MODEL  
FOR SMOKING CESSATION  
MODÈLE D'OTTAWA  
POUR L'ABANDON DU TABAC

while they are in hospital can help patients remain abstinent over the long term. A team of Healthcare workers will work with patients to determine what will help them during their admission to be tobacco free. Our goal for our patients is to reduce re-hospitalization and development of further complications of disease related to tobacco. Be on the lookout for training dates to introduce staff to the Model and how they can support patients enrolled in the program.



## It is "Just Asthma"....

One must be careful not to downplay Asthma. It is not "Just Asthma", because when Asthma is uncontrolled or mismanaged, it means the person will not be able to breathe properly and can lead to serious lung attacks causing unfortunate outcomes.

Asthma is a chronic condition that affects over 3 million Canadians. It is the leading driver of children's health care costs at over \$2 billion per year.

In conjunction with other lung disorders, Asthma and COPD are the leading cause of short term disability claims in Canada. Asthma is also responsible for 250 deaths per year in Canada.

Asthma can be labeled Allergic; where symptoms develop gradually, generally last for long periods of time and are not easily reversible or Non-allergic; where symptoms come on abruptly, are short in duration and are easily reversed.

Allergic Triggers:	Non-Allergic triggers:
Mould	Pollution
Animal dander	Weather conditions: cold, dry air or high humidity
Pollen	Physical activity
Cockroach/insect droppings	Perfumes/Scents
Viral infections	Emotions
Environmental/occupational sensitizers	Medications (beta blockers/aspirin)
Smoke: primary, second-hand or third-hand smoke	Food additives
	Hormonal changes in females

When exposed to these triggers, the airways in the lungs become blocked or narrowed due to inflammation, tightened airway muscles and increased mucus in the lungs. Just like any pipe that becomes narrow or plugged, things don't go through easily and in Asthma, air has more difficulty passing in and out of the lungs causing the person to have difficulty breathing, trapping air in the lungs and possibly depriving their body of much needed oxygen.





LACGH danced our way to stardom in a new video release to Pharrell Williams song "Happy". The video, starring LACGH staff, Doctors, Volunteers and students was submitted as part of the 2014 Quality Workplace Awards application.

A special movie premier was hosted by the Wellness Committee showing off the

talents of our employees. Popcorn was served and the crowds shouted ENCORE!

Thank you to everyone who participated to make the movie great. If you still have not seen the video, check it out on the hospital intranet under the News tab. Don't forget to vote for your favorite dancer using this link: <https://www.surveymonkey.com/s/HappyDanceVideo>

The results of the Quality Workplace Awards will be disclosed later this year. Keep your fingers crossed for a gold place finish.



## BIG BIKE RIDE FOR HEART AND STROKE



The Big Bike was rocking and rolling in Napanee with the LACGH team on board Saturday June 14<sup>th</sup>, 2014. The music was pumping and so were the rider's hearts as they peddled the bike that can hold 30 people through the main streets of Napanee.

Together the LACGH team

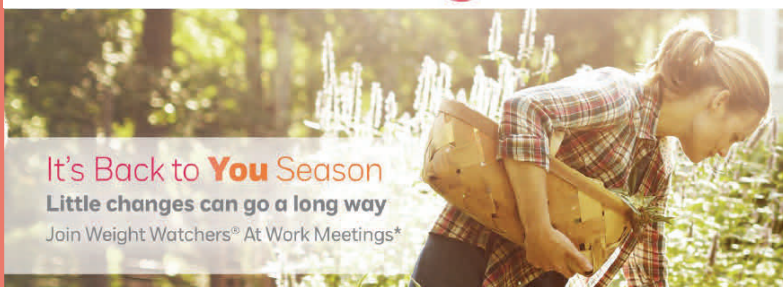
raised over \$1,200.00 for the Heart and Stroke foundation. Cheryl Baker received a special congratulation on the day of the ride for raising the most pledges. Our gratitude goes out to all of the friends and family members who came out to help support the event and the LACGH team.



## weightwatchers

### Benefits include:

- At Work meetings offered at your workplace with private weigh-ins
- Support from an experienced Leader who has lost weight with Weight Watchers
- Free access to eTools, our Internet weight-loss companion
- Lots of inspiration, motivation, and group support



It's Back to **You** Season  
Little changes can go a long way  
Join Weight Watchers® At Work Meetings\*

Reaching your goals is closer than you think. **Weight Watchers is here at work.**

**Joining Weight Watchers has never been easier! Find out how!**

Wednesday's from 12-1p.m. beginning October 15

**16 week series, \$199.94+HST- Monthly Payments or Lump Sum available**

15 members required to begin the series. Members welcome to join at any point throughout the series-prorated fees apply.

**Current members:** Please register by October 6 with Gael

**New members:** Please join us October 6 for a complimentary meeting and registration session.

To indicate your interest contact- [tkelly@lacgh.napanee.on.ca](mailto:tkelly@lacgh.napanee.on.ca)



## Congratulations are in Order

### **IT'S OFFICIAL!** Tracy Kent-Hillis, LTC Manager

Tracy Kent-Hillis has successfully completed the Long Term Care (LTC) Management Program from the Canadian Healthcare Association. This two year program is designed for LTC administrators. Tracy has been using the skills she has gained through this program to successfully lead our Convalescent Care Program.

Congratulations Tracy



### **TRINA'S HARD WORK HAS PAID OFF**

The Human Resources department is proud to announce Trina Kelly has successfully completed her Human Resources Certificate with Distinction diploma.

Kudos Trina!



### **Annette Brings Smoking Counseling to LACGH**

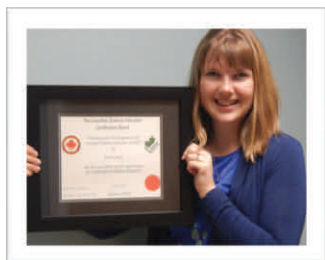
Annette Stuart has received her certification for Applied Cessation Counseling and Health. This certification will be a great addition in enhancing the services Annette already provides to our patients.

Congratulation Annette!



### **Krista Jacky- Certified Diabetes Educator**

Congratulations to Krista Jackie for successfully completing the examination to become a Certified Diabetes Educator.



## FOR OUR HEALTHCARE TEAM

### WHEN?

Saturday, December 13, 2014

### WHERE?

Selby Municipal Hall @ Selby

Dinner & Dance: \$25.00 per person.

Dance Only: \$10.00/Person

**Dinner & Dance tickets must be purchased no later than November 28, 2014. Watch for upcoming posters for further details and ticket seller names.**

The Social Committee has also contacted the Hampton Inn (613-354-5554) and they have set aside a block of rooms for us. The Hospital's group rate is \$133.00 and this price includes breakfast the next day. They will hold the block of rooms until November 13, 2014. If you decide to book early please identify yourself as a hospital employee that will be attending the Christmas party on December 13th.

**COME ONE, COME ALL AND JOIN IN THE FUN!**



### DID YOU KNOW?

The hospital has phones with **LARGE** number pads available for those who are visually impaired.

To request a phone contact Chris Girdler at ext. 272

