



# Lamont Health Care Centre

Telephone (780) 895-2211 Fax (780) 895-7305  
P.O. Box 479, 5216-53 Street, Lamont, Alberta T0B 2R0



## 2013 COMMUNITY NEWSLETTER – FALL/WINTER EDITION

*Greetings!! As we prepare for the Advent Celebration, we extend special Christmas wishes to you and your family and trust that 2014 will be Joyful, Healthy and Prosperous. May the blessings of Advent remain with you throughout the year. We are pleased to provide an update on the operations of Lamont Health Care Centre, an affiliate organization of The United Church of Canada.*

### **Governance**

The Board continues to advocate for quality and the availability of a broader range of health services to all Residents of the various communities it serves.

The Board is committed to offer care and service in an atmosphere of openness, transparency and in an environment which is safe, of a high quality, meets Best Practice Standards, is culturally sensitive, respectful, promotes the dignity of self and operates with a sense of hope for a better future.

We were fortunate to host Premier Alison Redford together with MLA Jacquie Fenske at our facility on Friday, October 18<sup>th</sup>, 2013. The visit included a tour of the facility where the Premier witnessed first hand the lay out of our facility and some of the restrictions we face in Long Term Care. A briefing note to the Premier addressed concerns with Long Term Care funding, staffing, restrictions in room size, lack of proper bathroom facilities and other infrastructure restrictions. The visit concluded on a brief discussion with the Board about funding issues, service planning, health and housing services, contact with Alberta Seniors and Municipal Affairs - Housing Services.

As many of you know, Lamont Health Care Centre operates under the auspices of The United Church of Canada and is managed by a seven member Board; four of the representatives are appointed by various courts of the United Church, two representatives are appointed from the community at large and one member is appointed by Alberta Health Services.

The Mission of our facility is enshrined in the teachings of Jesus Christ and guides the work of the Board.

In order to live out this Mission, we are committed to the following values:

- *Dignity*
- *Excellence*
- *Responsible Stewardship*
- *Safety*
- *Spirituality*

- *Common Good*
- *Innovation*
- *Hope.*

We invite you to visit our community hospital and experience first hand, the care/service provided to all.

Our success during the past several years is due largely to the collective efforts of Physicians and Staff, local community support, community organizations, Volunteers, Government and the wider church community.

We thank you for all the work you do, for the support you provide and the commitment of service.

Through your prayers we find light and inspiration to keep on doing what we do – i.e. the provision of quality health services to all.

### **Operational Matters**

We are over seven months into the fiscal year. The final distribution of operating and capital funds from Alberta Health Services has been made. Revenue projections from Alberta Health Services for fiscal year 2013/14 include:

Total Operating Revenue for Acute & Long Term Care	\$14,812,957.
Capital Equipment	\$ 116,000.

We are trying to balance this against projected expenditures of \$15,104,934. and expect that we will continue to hold the line on all expenditures in order to come close to balancing the operations for fiscal year 2013/14. This is obviously a huge undertaking for a small organization like ours; however, we commit to operating within the limits of available resources with a clear understanding that care and service will not be compromised.

Safe, transparent and Patient/Resident centered care/service are important cornerstones of the operations; amid all the quality data we collect, your voice and reflections about the care and service are very valuable.

### **Mission Statement**

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health and the provision of compassionate care to all persons.

## 2013 Community Newsletter – Fall/Winter Edition

### Operational Matters – continued ..

Thank you for the feedback you provide to us from the quarterly Patient/Resident Surveys. The level of satisfaction is well over 90%; we undertake to continue to make an effort to improve our service to you.

A recap of operational activity for the period ending September 30<sup>th</sup>, 2013 include:

Beds in service	
Acute Care	14
Long Term Care (including 4 Community Beds)	105
Assisted Living (Morley Young Manor)	42 Suites
Admissions	
Acute Care	261
Long Term Care	38
Morley Young Manor	3
% Occupancy	
Acute Care	72
Long Term Care	82
Morley Young Manor	100
Emergency/Outpatient Visits	3,324
Miscellaneous Clinic Visits (Stress Tests, Podiatry, Gynaecology, etc.)	642
Surgical Procedures (performed within OR Theatres)	1,075
Minor Surgical Procedures (performed in procedure rooms outside of OR Theatres)	256
Total Physiotherapy Visits	5,992
Total Recreation Visits	8,761
Total Occupational Therapy Visits	750
Total Radiology Procedures including ECGs	4,099
Total In-house Laboratory Tests performed	26,258

### Medical Services

Medical Services are offered by a core group of Active Physicians who operate their private Clinics on the Ground Floor of the Archer Building.

A number of Physicians on the Courtesy Medical Staff work in partnership with Surgeons at Lamont in order to assist at Surgery and to provide Anaesthetic Services as required. We currently have on Staff:

- 5 Active Physicians
- 9 Active Consultants (Ophthalmologists, ENT Specialist, Gynaecologist, General Surgeons)
- 7 Courtesy Staff
- 2 Podiatrists (one of whom is a Foot & Ankle Surgical Specialist)
- 1 Dentist
- 1 Optometrist
- 1 Radiologist
- Laboratory/Pathology Consulting Services are provided by Alberta Health Services.

### Medical Services – continued ..

We now have an affiliation agreement with the University of Alberta and will be hosting Medical Students on a one-month rotating cycle throughout the year in order for them to complete a clinical experience in rural medicine.

Students will be shadowing our family physicians during their stay at Lamont.

**Lamont Medical Clinic** Phone: 780-895-2515  
**Dr. Ramesh Juta & Dr. Omar Farooq – Specialists in General Surgery**  
**Consult Appointments by Referral Only.**

**Lamont Family Physician Clinic** Phone: 780-895-5910  
**Dr. Jaime Namit – Family Physician**  
Clinic Days: **Monday through Friday**  
Office Hours: **7:30 a.m. – 4:00 p.m.**

**Astotin Medical Clinic** Phone: 780-895-7436  
**Dr. Zainool Mohamed – Family Physician & Palliative Care Consultant for Alberta Health Services**  
Clinic Days: **Monday, Wednesday & Friday**  
Office Hours: **9:00 a.m. – 5:00 p.m.**

**Dr. Eyad El-Hajj – Family Physician**  
Clinic Days & Hours: **Monday, Tuesday & Wednesday**  
**9:00 a.m. – 5:00 p.m.**  
**Thursday 9:00 a.m. – 7:00 p.m.**  
**Friday 9:00 a.m. - noon**  
*Walk-ins are also welcome.*

**SANUS Medical Clinic**  
**Dr. John Slanina – Family Physician**  
Phone: 780-895-2272  
Clinic Days & Hours: **Tuesday 8:30 a.m. – 8:00 p.m.**  
**Wednesday & Friday**  
**8:30 a.m. – 5:00 p.m.**  
**Thursday 8:30 a.m. – noon**

**Mundare Office** Phone: 780-764-2200  
Clinic Day & Hours: **Monday 10:00 a.m.-3:30 p.m.**  
**Thursday 2:30 – 5:30 p.m.**

**Claudiu Iordache Medical Clinic**  
**Dr. Claudiu Iordache – Family Physician**  
Phone: 780-579-1333  
Clinic Days & Hours: **Monday, Wednesday, Thursday & Friday 9:00 a.m. – 5:00 p.m.**  
**Tuesday 4:00 p.m. – 5:00 p.m.**  
**Mundare Office** Phone: 780-764-2200  
Clinic Days & Hours: **Tuesday 9:00 a.m. – 3:00 p.m.**

## 2013 Community Newsletter – Fall/Winter Edition

### Emergency Services

A reminder to Residents that the **Emergency/Out-Patient Department** is open **daily (including weekends and statutory holidays)** between the hours of **8:00 a.m. and 8:00 p.m.** A Physician is on-call for emergency services.

Please note that Residents requiring access to Emergency Services after 8:00 p.m. are reminded to attend Fort Saskatchewan Health Centre, St. Joseph's General Hospital (Vegreville) or another community hospital which offers 24-hour Out-Patient/Emergency Services.

**Notwithstanding the above, if you or an Ambulance should visit the Emergency Department after 8:00 p.m. because of a life-threatening emergency, a Nurse will assess your condition and will provide advice about treatment options or request the presence of the Physician on-call for immediate treatment if required and deemed necessary.**

**Ambulance and other emergency vehicle traffic can access the Emergency Department on the West side of the Main Entrance via 52<sup>nd</sup> Avenue and North on 54<sup>th</sup> Street.**

Remember you must visit/attend the Emergency Department in person after hours; simply calling the hospital after 8:00 p.m. may not provide an answer to your problem and you may be asked to visit the nearest Emergency Department. If you require advice call HEALTH Link Alberta.

**HEALTH Link Alberta Health advice 24 hours a day  
Call toll-free 1-866-408-LINK (5465)**

You never know when you'll need immediate health advice or information. That's why Health Link Alberta is available to you **24 hours-a-day, 7 days-a week.** One call will connect you to a Registered Nurse who can answer your questions and give you sound advice whenever you need it because health needs don't keep office hours. Current reports indicate that the Health Link is serving a very useful purpose.

### Visiting Specialists

**Obstetrician/Gynaecologist**

*Dr. S. Azer*

**Foot/Ankle Surgical Specialist**

*Dr. Karim Ravji*

Appointments with *Dr. Azer* and *Dr. Ravji* are by Referral Only.

**Stress Testing**

*Dr. M.Z. Hoque*

**Ophthalmology**

*Dr. R. Harris, Dr. J. Heston &*

*Dr. M. Kutzner*

Appointments with *Dr. Hoque, Dr. Harris, Dr. Heston* and *Dr. Kutzner* are made through their respective Offices.

*Visiting Specialists – continued ..*

**ENT Specialist**

*Dr. V. Velmurugiah*

Appointments by Referral Only Phone: **780-579-1717**

Clinic Days & Hours:

**Thursday & Friday**

**8:00 a.m. - 4:00 p.m.**

The ENT Clinic is located in LHCC across the hallway from the Diagnostic Services (Laboratory/X-Ray) Department.

**Other Health/Medical Services**

**Podiatry – Dr. D. Gibbs**

Visits are made at least monthly. No referral necessary.

Please phone the **Lamont Health Care Centre Business Office** at **780-895-2211** if you wish to access this Service.

**Prosthetics & Orthotics Clinic**

**Bouma Orthotic Clinics and Troppman Prosthetics Ltd.**

have partnered with Lamont Health Care Centre to hold clinics for those persons requiring these services.

Appointments can be made by calling:

**Troppman Prosthetics**

**780-438-5409**

**Bouma Orthotic Clinics**

**780-417-7008**

**Massage Therapy – Ms. Shauna Moore**, a Massage

Therapist, continues to provide Massage Therapy Services to residents of the community. Appointments can be made directly with *Ms. Moore* by phoning **780-996-4297**.

**Lamont Vision Centre**

Phone: **780-895-2770**

The **Optometry Clinic** is located on the Ground Floor of the Archer Building.

Clinic Days & Hours:

**Monday through Friday**

**Dr. Scott Lopetinsky**

**Tuesday & Thursday**

**9:30 a.m. – 4:00 p.m.**

**Friday**

**9:00 a.m. – noon.**

**Lamont Dental Clinic** – located on Main Street Lamont

(next to Alberta Treasury Branch)

**Dr. Dorothee Saleski - Dentist**

Clinic Days:

**Tuesday through Friday**

Clinic Hours:

**9:00 a.m. – 5:00 p.m.**

Telephone:

**780-895-2566**

**Alberta Heartland Primary Care Network (AHPCN)**

The AHPCN is located on the Ground Floor of the Archer Building.

Telephone:

**780-997-0046**

Referrals are accepted from Lamont Physicians or one can phone directly for an appointment.

Services include:

- Mental Health Support
- Senior Health Assessments

**Alberta Heartland Primary Care Network (AHPCN)**

- continued ..
- Diabetes Support and Education
- Weight Management & Education
- Pre-Diabetes
- Women’s Health
- Pharmacist Support
- Physical Activity & Exercise Counselling
- Nutrition Support and Education.

**Alberta Health Services – Home Care/Community Health, Rehab Services, Mental Health & Addiction Services**

These Services are available from the **Lamont Health Unit** which is located in the **Archer Building** of the Lamont Health Care Centre. Residents requiring access to these Services may call **780-895-2211** and ask for Home Care, Community Rehab or Mental Health & Addiction Services.

***Smoking***

Lamont Health Care Centre is a designated smoke-free facility (Hospital & Grounds). Residents on the Long Term Care Unit are allowed to smoke in a designated smoking area. Acute Care Patients are not given the privilege of smoking in the facility. We ask those who need to smoke, to do so at least 5 metres away from all doorways and building entrances. Please refrain from smoking in the Front Entrances.

Once again, we encourage all community patrons/patients and visitors to respect the ‘no smoking’ signs as posted.

***Parking***

Community patrons are reminded to observe/obey the parking signs around Lamont Health Care Centre. Please do not block the Main Entrances, Fire Hydrant or any other marked areas. **Vehicles found in these locations will be towed away at owner’s expense.**

Patrons are also asked to turn off running engines since the engine exhaust is taken into the regular ventilation system. The exhaust can be very nauseating to Patients, Residents, Staff and Visitors.

Patrons who attend Lamont Medical Clinics are requested by the Town of Lamont to park only on the left side of 54<sup>th</sup> Street or for that matter on all streets leading to the facility. Also please note that the West Parking Lot is designated for Staff parking only; visitors are asked to park along the public streets.

***Volunteer Corner***

Volunteers play an important role in our hospital volunteering their talents to assist Residents and Patients with various activities. These include recreational support, bus outings, reading, directing patients to various services, walking Residents, etc.

Anyone who has an interest in serving at our Community Hospital is invited to contact Ms. Wendy Horricks at 780-895-2211; she will be pleased to offer a tour of the facility and also discuss areas of interest where one can play a significant role in the care and service offered to our Residents.

We know that Volunteers do not replace Professional Staff; however, Volunteers’ presence is a very valuable asset as they interact and build relationships with Patients/Residents. These relationships offer a unique experience in fostering Patient/Resident satisfaction and bringing smiles to the lonely and disenchanting.

You can make a difference and we invite you to take the first step.

Please note that the Auxiliary of the Lamont Health Care Centre is recruiting new members and extends an invitation to the public to join the organization. The reward is the giving of one’s self in service to others. Men, women and youth are welcome to join. For further information please contact *Ms. Sheila Vilcsak* at **780-895-2971**.

***Solar Powered System***

The Board is pleased to announce its appreciation and thanks to SHELL for the kind donation of a grant to cover the cost of installing a solar powered energy system at Lamont Health Care Centre.

The generous donation of \$50,000.00 will allow the purchase of approximately forty (40) solar panels on the service wing of the 1999 roof section of the hospital with designed features to accommodate additional panels over time.

SHELL is commended for partnering with Lamont Health Care Centre on this green energy photovoltaic (PV) system which will generate at peak activity, a savings of approximately 11,000 Kwh of power annually coupled with a reduction of over 10,000 Kilograms carbon emissions per year.

The system was designed by Mr. Clifton Lofhaug of “Great Canadian Solar”.

**Solar Powered System** – continued ..

It is important to note that SHELL is an energy giant with a focus on not only ‘oil production’ but most importantly, is engaged in a diverse portfolio of various green energy sources/exploration such as wind, water, geothermal and solar powered systems.

SHELL is worthy of praise for taking a lead role in such innovative green energy systems and we truly value the partnership which has evolved.

**‘MEDICAL CORNER’**

by **Dr. Zainool Mohamed, Chief of Medical Staff - LHCC**

Today I would like to talk to you about *Bad Medicine*; extracted from an article in the Guardian Newspaper from England and written by Christopher Wanjek.

As the title implies, we are going to talk about proposed medical treatments that are actually either fraudulent or they are superstitions rather than scientific medicine. It is important to remember that medicine is a biological science and that both its research and practice follow scientific principles. One of the most common issues I have to deal with is when somebody goes in to emergency or the doctor’s office and without any examination walks out with a prescription for antibiotics. This is not the way that medicine should be practiced. A prescription of antibiotics should only be given after a thorough history and examination. In the cases where the cause is not obvious, further testing should be completed before prescribing antibiotic therapy.

Coming back to *Bad Medicine*, the first myth I would like to talk about is the use of 10% of our brain. This is in actual fact a myth. Recent MRI and brain imaging studies have shown that we use 100% of our brain. However, in the 1930’s when they were trying to sell self-help pamphlets they came up with the 10% figure in order to try to beguile the public into believing that if they practiced the self-help techniques that they would actually increase the use of their brain power. This in actual fact is false.

The second myth that I would like to talk about is the detoxification of poison in the liver. A multi-million dollar industry has grown from the notion that the liver itself becomes toxic and must be cleaned or banged out like a lint screen with a vitamin and herb regimen. This is completely untrue. Aside from Vitamin A, nothing ever accumulates in the liver. What the liver cannot detoxify it allows to pass through. So all you people who are using large doses of multivitamins and Vitamin B, Vitamin C and Vitamin D please remember that all you are doing is increasing the value of your urine. Probably some day it will become so valuable that people will be harvesting your urine to extract the vitamins back out of it.

The third one I would like to talk about is magnetic therapy and I am going to include amongst this acupuncture, acupressure and other forms of alternative therapy. The belief is that magnetic therapy can manipulate blood flow. This is completely fraudulent. This therapy is based on the fact that the iron in the blood conducts oxygen to the tissue and that iron is a magnetic substance. However, people forget that iron is bound to hemoglobin and therefore it doesn’t have the same magnetic properties. In actual fact, if it did have the same magnetic properties nobody would be able to get an MRI because all the blood would be sucked out of their body. People often say there is a red band under the skin from the magnetic bracelet and that is actually just a contact allergy and has nothing to do with magnetism.

The fourth myth I would like to target is the one on homeopathic medication. Homeopathic medication is actually based on like cures and the lure of infinitesimals. A typical dilution in a homeopathic medication is 30 times which means it is one part medication to 1030 parts water. So, you would need to drink 8000 gallons of water to get one molecule of medicine. If you understand the ridiculousness of this claim you would understand how ridiculous the claim of homeopathy is.

There is a new trend in our society to drink bottled water and there is an even newer trend to drink bottled water fortified with oxygen. Oxygen only enters the blood stream through the lung. You would need to drink about a litre of oxygenated water every thirty seconds to get one deep breath’s worth of extra oxygen and that is presuming you don’t urinate the water out at all.

In keeping with the line of debunking vitamins, alternative medicine components have also latched onto the antioxidant fable. This is the notion that antioxidants fight free radicals, which they do, but this is an oversimplification. Free radicals are molecules that are highly reactive and they do destroy cell walls but you need free radicals to make energy inside the cell. Some free radicals like hydrogen peroxide are part of the immune system. Using an antioxidant, that is a megadose of a supplement, can actually disturb this natural process. Indeed, antioxidants like Vitamin C and Betacarotene have shown to increase the growth of cancer cells and Selenium can be toxic. There is no evidence that high doses of antioxidants help the body in any way. Vitamin E may be the exception but even Vitamin E in excessive doses can cause bleeding.

The next myth regards mobile phones or cell phones and brain cancer. There have been studies out of Europe saying that we should only be using a bluetooth device because cell phones release radiation. However, people claiming this have forgotten that there are only certain types of radiation called ionizing radiation that can cause cancer.

**'MEDICAL CORNER'** – continued ..

Visible light and radiowaves are completely safe and this is what the cellphone uses. Also they indicated that maybe the battery might be at fault but all the battery does is produce heat, which is infrared, which does not cause cancer.

The last one I want to talk about is probably the most topical and this relates to vaccination. I want to address specifically the measles, mumps and rubella or MMR vaccine. In the 1970's there was significant concern that MMR was giving people autism. The only thing that they did not realize was that you actually received your MMR shot at the same time that they were discovering cases of autism (i.e. the same age); this was mere coincidence that the two things occurred at the same time and so they were linked in people's minds. We now know that autism has nothing to do with MMR.

However, people who don't immunize their children forget that there are many benefits to immunization. If we take countries that are not vaccinated, for example, Afghanistan; 25,000 people will die in one year in Afghanistan from measles alone according to the World Health Organization. If we look at a more modern country, in Britain people were against the whooping cough vaccine so in 1974 Britain stopped giving the vaccine. In the four years following, there were 100,000 cases of whooping cough and 36 people died. So people who worry about vaccines do not have all the information. They also believe in non-causal links and coincidences.

Right now we are experiencing a measles outbreak and this is very much the same thinking that is occurring in our country. As the writer of this article says, no herbal medication or incantation routinely worked to cure disease in history; in actual fact notions of alternative medicine are often banned in developing countries because they lead to harm.

The last thing I would like to leave you with is some information about the PCN. As you may know now, we have a PCN in Lamont, which is located in the hospital in the same area as the doctor's clinics; we have a full-time nurse available to us. The PCN is available five days a week; Staff will see any patient with a chronic medical condition and deliver any information about any disease you may be inquiring about. As well, there will be special programs for diabetics, hypertensives, people with heart disease and COPD. The nurse is available for self-referral consultations and will also take consultations from the doctor. Please encourage your doctor to make use of the PCN services as these services are free; you are entitled to use them. We are going to expand our services soon to include diabetic foot surveillance as well as diabetic eye surveillance, which will greatly enhance the

services that we provide at present. I encourage you to support the PCN. Please call 780-997-0046 for an appointment.

**Donations**

We encourage community support of monetary gifts, memorial donations and/or bequests to Lamont Health Care Centre.

Donations are used to enhance the care and service provided and are directed toward the purchase of capital equipment and various Patient/Resident comforts or other specified purposes.

*We acknowledge with sincere thanks and appreciation the following donations:*

**Memorial Donations**

***Patient Comforts*** **\$4,065.00**

In memory of **Victor Ewanowich, Ernie Mochnach, Helen Cholak, Mary Sokalski, Marvyn Elliott, Tom Craigen, Alec Oleksiw, Helen O'Kurley, Les Abrams, Herb Bowley, Andrew Tchir, Peter Motiuk, Rose Tychowsky, Daniel Kardash, Bill McDougall, Nellie Markewich, Peter Scraba, Roman Kashuba.**

***Surgical Equipment*** **\$4,760.00**

In memory of **Dr. M. Ray.**

***Low Air Pressure Mattress*** **\$1,270.00**

In memory of **John Antoniuk.**

***TVs for Acute Care Rooms*** **\$ 25.00**

In memory of **Les Abrams.**

***Palliative Care Suites*** **\$ 300.00**

In memory of **Andrew Tchir.**

***Frail Elderly Room*** **\$ 100.00**

In memory of **Mary P. Skubleny.**

***X-Stitched Pictures in Chapel*** - by Nancy Tymchak in memory of her parents **Nick & Mary Tymchak.**

***Granite Bench & Urns in Garden*** – by Cholak Family in memory of parents **Alex & Helen Cholak.**

**Other Donations**

***Patient Comforts***

by **United Way of Calgary (Donor Choice Program)**

**\$ 21.84**

by **Anonymous** **\$ 150.00**

by **Ann Mihalcean** **\$ 50.00**

by **Blanche & Anthony Dembicki** **\$ 200.00**

by **Albert & Florence Stelmach** **\$ 25.00**

by **Elk Point United Church** **\$ 100.00**

by **Helen Tymchyshyn** **\$ 100.00**

by **Angela Kimmett (V-Scan Inservice Lunch)** **\$ 138.00**

by **Grace Flaska** **\$ 50.00**

by **Josephburg Ladies Aid** **\$ 400.00**

by **Waltraut Sabo** **\$ 25.00**

by **Mabel Hauer** **\$ 20.00**

by **Donald & Oe'Livia Chasse** **\$ 20.00**

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*Donations – continued ..*

**Other Donations**

*Toward purchase of Prizes - Dr. Ray Memorial Golf  
Tournament by Margaret Mrazek* \$ 100.00

***General Programs***

*by Strategic Charitable Giving Foundation* \$ 391.74

***LHCC-LTC Special Fence Project***

*by Ford Motor Company* \$2,080.00

***Solar Panel System***

*by Shell Canada Limited* \$50,000.00

*Picture in MYM to commemorate the Dedication  
Ceremony of the Manor by Citizens of Bruderheim*

*Thank you.*

*Sincerely,*

*Board, Administration & Staff*