



Lamont Health Care Centre

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



2015 COMMUNITY NEWSLETTER – FALL/WINTER EDITION

Greetings & Blessings to all!

We extend to you during this season of Advent,

“Our sincere wishes for Hope, Happiness and Peace this Christmas and may the New Year bring you Joy, Health and Prosperity.”

Operational Matters

We are nearing the end of the third quarter of the 2015/2016 operating cycle but have not received the approved operating budget for the fiscal year. We anticipate that there will be many fiscal challenges in the coming months since contracts with various unions are currently being negotiated and the cost of supplies and food continues to escalate. This of-course leaves us with much to think about; however, we always live with “HOPE” knowing that we will have to be creative in how we deliver Health Services to the Community without over extending the financial limits to the operating parameters.

The service volumes have remained constant this past period; although we do not anticipate any major changes in the delivery of programs/services in the foreseeable future, we will continue to advocate for funding an Orthopedic Day Surgery Program and increased Security Service at our hospital.

This past summer we also submitted a request to Alberta Health Services to fully fund 24-hour Emergency Services; however, funding for this Service has not been forthcoming at this time. We now await further direction on this matter from Alberta Health Services.

Capital Equipment

AHS has not released any capital equipment replacement funds for the 2015/16 fiscal year.

Thankfully through careful use of donation and memorial funds we accumulated the required resources to purchase:

- Additional Low Pressure Mattresses for Patient/Resident use
- Oxygen Concentrators

- A Security System to include -
 - Staff Access and Panic Alarm
 - Patient/Resident Wandering Devices
 - Monitoring Transmitters for Morley Young Manor Residents
 - Security Cameras at select Entrances/Locations.

The Security System will be fully installed by the end of December 2015. Once installation is completed, you can expect to see the Main Entrance fully monitored.

Government Relations

Earlier this year we were fortunate to have a visit from MLA Jessica Littlewood and the Health Minister Sarah Hoffman.

These visits were cordial; we did not hesitate to showcase our facility and had the opportunity to discuss funding, capital equipment replacement, infrastructure replacement and Security concerns with the MLA and Health Minister respectively.

It is our hope that these visits have provided the new Government with information to base decisions affecting how Health Services are delivered to Residents of Lamont and Community.

Partnership with Others

We continue to work hard in building strong partnerships with Alberta Health Services, Alberta Housing, Lamont County Housing Foundation, University of Alberta Rural Medical Student and Pharmacy Elective Programs, Heartland Primary Care Network, NAIT, Lakeland College and others.

These partnerships are important as we strive to relate in a positive and open manner with our various stakeholders. Such openness is an expression of public confidence in the provision of care and service offered at LHCC.

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.

FACILITY UTILIZATION

For the period projected to March 31, 2016

Statistical

Beds in use and in service	
Acute Care	14
LTC	105
(includes 4 Community beds for Respite & Palliative Care)	
Supportive Housing Suites	42
- Morley Young Manor	
Total Admissions to Acute Care	442
Total Admissions to Long Term Care	70
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	11
Acute Care Patient Days	3,534
% Occupancy in Acute Care	70%
Average Length of Stay in Acute Care	8 days
Long Term Care Resident Days	37,430
(includes Respite & Palliative Care)	
% Occupancy in LTC	87%
Average Length of Stay in LTC	562 days
Average Length of Stay in Respite Care	32 days
% Occupancy in Morley Young Manor	100%
Total Surgical Procedures Performed	2,368
Minor Surgery performed outside of Operating Room Theatres	544
Emergency Visits	5,724
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Surgical Consults)	
Pre-Operative Admission	2,338
Total Physiotherapy Visits	19,798
Total Occupational Therapy Visits	908
Total Recreational Therapy Visits	20,320
Total Diagnostic Radiology Visits	7,426
(includes ECGs)	
Total Diagnostic Laboratory Procedures Performed	52,872
Total Laboratory Procedures Referred Out to Others	15,956

Financial Operations

Total Revenues	\$15,225,720.
Total Expenditures	\$15,447,236.

Medical Services

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. – 6:00 p.m.
Friday 9:00 a.m. – noon.

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.

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.**

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

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 8:30 a.m. – 5:00 p.m.
Thursday 8:30 a.m. – noon
Friday 8:30 a.m. – 4:00 p.m.
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.

Security

Please note that for security reasons, the Main Entrance to the Hospital will be locked from 8:30 p.m. daily and will be re-opened for public access at the following times:
Monday through Friday 6:30 a.m.
Weekends and Stat Holidays 7:00 a.m.
Patients requiring Emergency Services are asked to proceed directly to the Ambulance Entrance.

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. The Emergency Department is opened for use by Patients needing Acute Emergency Services only; e.g. severe trauma, chest pain, acute respiratory distress, severe allergic reactions and other medical emergencies. Patients requiring non-emergency care may be referred to their family physician. Prescription renewals will not be filled in the Emergency Department.

Please note that Residents requiring access to Emergency for non-Acute 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.

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

Accordingly, 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.

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 811

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*
- * **Ophthalmology** *Dr. R. Harris, Dr. M. Kutzner & Dr. J. Heston*
- * **Stress Testing** *Dr. A. Bharmal*
- * **Orthopedic Surgeon** *Dr. A.R. Manolescu*

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

Foot/Ankle Surgical Specialist *Dr. Karim Ravji*
Appointments with **Dr. Ravji** are by Referral Only.

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

Lamont Vision Centre Phone: 780-895-2770

Dr. Scott Lopetinsky - Optometrist &
Dr. Kerri Erickson - Optometrist

Clinic Days & Hours: **Monday through Friday**
9:00 a.m. – 5:00 p.m.

Optometrists are available by scheduled appointment every Tuesday, Thursday and Friday.

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

Other Health/Medical Services – continued ..

Lamont Dental Clinic **Dr. Dorothee Saleski - Dentist**
Clinic Days: **Tuesday through Friday**
Clinic Hours: **9:00 a.m. – 5:00 p.m.**
Telephone: **780-895-2566**
Clinic is located on Main Street Lamont (next to Alberta Treasury Branch).

Lamont Healing Touch Therapeutic Massage Therapy
Ms. Jessie Vincent, RMT
Appointments may be made by phoning **780-394-7858**
Or e-mailing **lamonthealingtouch@gmail.com**

Alberta Heartland Primary Care Network (AHPCN)

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

Telephone: **780-895-2022**

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

Services include:

- Mental Health Support
- Senior Health Assessments
- 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.

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.

Parking – continued ..

Patrons who attend Lamont Medical Clinics are reminded that the West Parking Lot is designated for Staff Parking Only.

Visitors are asked to park along the public streets. This also includes visitors to Morley Young Manor.

Smoking

Lamont Health Care Centre is a designated smoke-free facility (Hospital & Grounds). 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.

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 you 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 disenchanted.

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**.

Website

We invite you to view the LHCC's **Website** at **www.Lamonthealthcarecentre.com**.

'MEDICAL CORNER'

HOW TO DEAL WITH INFLUENZA

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

As you know winter is almost upon us and once again we have to deal with influenza. There are three types of influenza namely A, B and C. Influenza A and B cause seasonal epidemics. Influenza C causes a mild respiratory illness. Only A and B are in the vaccine.

Symptoms of Influenza: Influenza is characterized by a sudden onset of illness. The symptoms typically include high fever, cough and muscle aches. Sometimes people will get headaches, general aches, chills, loss of appetites, runny nose or chest discomfort with coughing.

One of the most practical ways to avoid getting or spreading influenza is to practice hand hygiene, covering your mouth and nose when coughing or sneezing, avoid touching your eyes, nose and mouth, participating in good health habits like plenty of good sleep, being physically active, managing stress and staying away from work if you are sick to prevent the flu to be spread to others.

It is important to have an immunization because immunity protects not only the person but the entire family and even the community. Immunity is the body's natural way of protecting itself from disease. It is a balanced state of having adequate biological defenses to fight infection or other biological intervention. If immunity occurs in the entire community this results in herd immunity. Herd Immunity is a form of indirect protection of infectious diseases that occurs when a large percentage of the population has become immune to an infection. This is the reason why we have community wide immunization.

This is especially important for people who are immuno-compromised. Those immuno-compromised would be someone who has cancer or some chronic disease or even diabetes. Even immuno-compromised people should also be immunized.

The influenza vaccine is an annual vaccination that is specific for a given year to protect against highly variable influenza viruses. There are ten approved flu vaccines in Canada; seven are trivalent inactive vaccines. This means that they can't give you the flu. There is a live attenuated vaccine and three quadrivalent vaccines. These would be given only in specific situations.

How the vaccines work: Influenza vaccine causes antibodies to develop within the body about two weeks after the vaccinations. These antibodies provide protection against the infection with the dead virus. It imitates the infection and thereby develops a protection against the same infection. It does not cause a disease but

How to Deal with Influenza – continued ..

only causes the body to produce antibodies. Sometimes after getting the vaccine minor symptoms such as fever will occur. This is normal as the body produces immunity. There is no way to get an infection from a dead vaccine.

Presently, the trivalent vaccines which we give in Alberta are Fluviral, Influvac and Fluad. In previous years we have given everybody the flu-viral vaccine as it seemed to work for everybody from childhood all the way to the elderly. Most recently, we have a Fluad vaccine which we are using for people above sixty-five years old as it seems to have fewer side effects.

Safety of the Influenza Vaccine:

You can't get the flu from the influenza virus vaccine as it is dead.

The live vaccine occurs in the nasal spray. It is a weaker virus so it should not be able to cause influenza illness; however, there is a potential for viral shedding in any live virus. Health care workers are probably better suited to get the inactivated dead vaccine.

Possible Side Effects to the Inactivated Vaccine:

Fever, chills, irritability, tiredness, headache, mild redness where the needle was given, muscle aches and pains. These will usually disappear within the first day.

Possible Reactions to the Live Vaccine:

Runny stuffy nose, decreased appetite, weakness, cough, fever and headache.

Are there any Side Effects to the Flu Vaccine:

This occurs probably within 1/100,000 people so they are extremely rare. Allergies are also of very rare consequence. Unusual and unexpected side effects can occur with any immunizations. These can be related to anaphylaxis which is a severe allergy, ocular respiratory system which is redness of the eye with cough and wheeze but they usually go away in twenty-four hours. People who have had this reaction with influenza vaccines before are likely to have it again but in a much milder form.

My advice to you would be despite some of the side effects it is probably better to get the influenza immunizations in order to protect yourself and your family. Remember that it also confers immunity to the whole community.

I hope you have an enjoyable Christmas!

2015 Community Newsletter – Fall/Winter Edition

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, various Patient/Resident Comforts or other specified purposes.

We acknowledge with sincere thanks and appreciation the following donations:

Memorial Donations

Patient Comforts \$ 8,745.00
in memory of **Emily Gabinet, Grace Flaska, Darrell Currie, Peter Achtemichuk, Mildred Horpyniuk, John Rohatynski, Mike Kurylo, Ann Mihalcean, Metro Yadlowsky, Natalka Palichuk, Frances Melnyk, Frank Strobl, Kay Letawsky, Carl & Jean Klaczek, Paul Ewaskiw, Stan Thomson, Frank Peters, Henry Radke, Herbert Bowley, Steve Padlesky**

Patient Comforts (LTC)
by Estate of **Stephen Tomyn** \$ 200.00

Palliative Care
in memory of **Susan Hrycun** \$ 90.00

Low Air Pressure Mattress \$4,900.00
in memory of **John Rohatynski, Helen Sharun, Metro Yadlowsky, Arthur Leblond**

Furnishing Frail Elderly Room \$ 250.00
in memory of **Mary & Peter Skubleny**

Morley Young Manor
in memory of **Emily Gabinet, Ann Mihalcean** \$ 220.00

Healing Garden \$ 180.00
in memory of **Stan Thomson**

Lighting in Healing Garden \$ 250.00
in memory of **Dennis Sadoway**

Other Donations

Patient Comforts

by **United Way of Alberta Capital Region**
on behalf of **Dale Ostafichuk** \$ 95.99
by **United Way of the Lower Mainland**
on behalf of **Melanie Craigen** \$ 148.64
by **Auxiliary to LHCC** \$ 1,000.00
by **Audrey Walton** \$ 150.00
by **Dorothy Nichiporik** \$ 100.00
by **Bruderheim Lioness Club Activity Acc't.** \$ 250.00
by **Access Pipeline Inc.** \$ 250.00
by **Olga Koroluk** \$ 500.00
by **Henry & Marilyn Pruss**
on behalf of **Elizabeth Hennig's 90th Birthday** \$ 25.00
by **St. Michael Golden Age Club**
on behalf of **Bruce Anthony** in lieu of flowers \$ 30.00
on behalf of **Violet Shostak's 50 years of service to LHCC**
by **Thomas & Geraldine (Mae) Adamyk** \$ 50.00
by **Polly Pewarchuk** \$ 25.00
by **Suzanne Normand** \$ 50.00
by **Elk Point United Church** \$ 100.00
by **Betty Kuefler** \$ 50.00
by **Richard Purschke** \$ 50.00
by **John Kwasny** \$ 25.00
by **Rose Zazula** \$ 35.00
by **Victor Yaremco** \$ 200.00
by **Matt Prokopiw** \$ 25.00
by **Mary DeHod** \$ 50.00
by **William & Julianna Melenka** \$ 50.00

Patient Comforts - Auxiliary Wing

by **Lloyd Davison** \$ 100.00

Low Air Pressure Mattress

by **Auxiliary to LHCC** \$2,000.00

Use of Handi-Bus

by **Bridget Spelts** \$ 50.00

Use of MYM Rotunda

by **Mabel Skladan** \$ 55.00

Donation-in-kind – Flowering Plants

by **Jones Family Greenhouse** \$ 293.41

**Dr. M. Ray Memorial Golf Tournament Fundraising
Event for Purchase of Equipment**

by Caskey & Co. LLP	\$ 500.00
by Lazlo Torok-Both Prof. Corp.	\$ 250.00
by Ross Creek Medical Clinic	\$ 750.00
by Dixie Stumpf	\$ 10.00
by Anonymous	\$ 500.00
by Kim Pshyk	\$ 100.00
by Reynolds, Mirth, Richards & Farmer LLP	\$ 500.00
by Lamont Value Drug Mart	\$1,500.00
by Lamont County	\$ 500.00
by Raymond Podloski	\$ 75.00
by Allied Paving Co. Ltd.	\$ 500.00
by Entrepreneurs Wealth Solutions Inc.	\$ 500.00
by Laura Danilak	\$ 100.00
by Lamont Foods # Alberta Ltd.	\$ 100.00
by Dr. V. Velmurugiah	\$ 200.00
by Rohl Geomatics Inc.	\$1,500.00
by Denham's Crystal Chrysler	\$ 200.00
by Trevor Withers Prof. Corp.	\$ 150.00
by Jim & Evelyn Lopetinsky	\$ 250.00
by Wellington Albert	\$ 200.00
by S. Ray Management Inc.	\$ 500.00
by Margaret Mrazek Q.C.	\$ 500.00
by Dr. Morley R. Kutzner	\$ 500.00
by General Auto – Ryan Carter	\$ 500.00
by Ann Warshawski	\$ 100.00
by Miller Hardware Ltd. o/a Lamont HH	\$ 500.00
by St. Michael Golden Age Club	\$ 500.00

Thank you to all our Sponsors, Volunteers and Golf Enthusiasts for participating in this worthwhile event which was held on Saturday, August 22nd, 2015.

The total accumulated funds raised from Sponsorship, Silent Auction and 50/50 Draws now stands at \$14,242.00.00. Since its inception approximately \$30,704.00 has been raised from this yearly event.

Funds are used for the purchase of Surgical Equipment and Instruments. This year we will target the funds for the purchase of:

- An Orthopedic Saw with attachments
- Open Gynaecology & General Instrument Set.

We are currently planning the next Golf Tournament. This event will be held on **Saturday, June 25th, 2016** at **White Tail Crossing** in **Mundare**.

Your support will be greatly appreciated. Please mark your calendars. Details will be provided prior to June 25th, 2016.

We leave you with this thought as we end:

*"Happiness is when what you think, what you say and
What you do are in harmony."*

Mahatma Gandhi

Thank you.

Sincerely,

Board, Administration & Staff