



Lamont Health Care Centre

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P.O. Box 479, 5216-53 Street, Lamont, Alberta T0B 2R0



2012 COMMUNITY NEWSLETTER – SPRING EDITION

Greetings and Happy Easter!! We are pleased to provide an update on the operations of Lamont Health Care Centre, an affiliate organization under the auspices of The United Church of Canada.

Governance

The Board continues to work in the interest of our community, seizing on every opportunity it gets to be an advocate for better health services.

The Board is also committed to the principle of “Patient/Resident focused care” and continues to work on its strategic directions to ensure that the delivery of Patient/Resident care remains safe, is of a high quality and meets best practice standards.

Currently all the positions on the Board have been filled.

The Board is now reviewing the Medical Staff Bylaws in order to bring this document in line with current Standards.

Operational Matters

We are now in a new fiscal cycle (2012/13) and are awaiting details of the fiscal plan and funding for the period April 1st, 2012 to March 31st, 2013. The funding advice is not expected until the end of the 1st quarter (June 30th, 2012).

Meanwhile, we would like to share the following details for the fiscal year ended March 31st, 2012:

Total Beds available in Acute Care	14
Total Acute Admissions	463
Acute Care Occupancy	77%
Average length of stay in Acute Care	8.54 days
Total Beds in Long Term Care	101
Total Long Term Care Admissions	61
Long Term Care Occupancy	89%
Community Beds	4
(designated for Palliative & Respite Care)	
Occupancy in Community Beds	25%
Emergency/Outpatient Visits	5966
Miscellaneous Clinic Visits	973
(Stress Tests, Podiatry, Gynaecology, etc.)	
Surgical Procedures	2426
(performed within OR Theatres)	
Minor Procedures	319

Operational Matters – continued ..

Total Physiotherapy Visits	17,705
Total Recreation Visits	17,552
Total Occupational Therapy Visits	1,029
Total Radiology Procedures including ECGs	8,082
Total In-house Laboratory Procedures	50,060
Total Referred Out Laboratory Tests	58,715
Operating Revenues for the year ended March 31 st , 2012	\$14,228,656.
Operating Expenditures for the year ended March 31,2012	\$14,293,281.

We hope this gives a small measure of what goes on in your Community Hospital. Various processes are in place and scrutinized in order to ensure that the health care provided remains at a high quality, meets Best Practices, Safety and Infection Prevention and Control Standards.

The feedback received from Patient Surveys meets expectations and is always complimentary.

Our Staff is also auditing various aspects of care and accommodation Standards in order to meet or exceed Legislative and Accreditation Standards.

Morley Young Manor – Assisted Living, a 42 suite complex is 100% occupied. The accommodation will be audited by Alberta Seniors in early summer in order to ensure that this part of the facility continues to comply with Provincial Accommodation Standards.

Centennial Celebrations

Yes!! 2012 marks our Centennial.

The Board and Staff will be celebrating 100 Years of Health Services to our Community. This is an important milestone for our community and we invite everyone to help us celebrate and make this a special and successful year.

Planned events involving Public participation include:

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.

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Centennial Celebrations – continued ..

Church Service & Pancake Breakfast - Sunday, June 3rd, 2012

A Church Service will be held at the Lamont United Church commencing at 9:30 a.m.

This will be followed by a Pancake Breakfast at the Lamont Curling Rink commencing at 11:00 a.m.

Tours of our facility will also be available following the Breakfast.

Everyone is invited to attend.

There is no charge for this event; however, donations will be accepted at the door.

Various Centennial items such as T-Shirts, Calendars, Pillowcases, etc. will be on sale. Banquet tickets for the September 1st, 2012 Banquet and Dance will also be available for sale.

Lamont Fair Days – July 27th – 29th, 2012

Lamont Health Care Centre will be placing a float in the parade on July 28th, 2012, celebrating our Centennial.

We will also have a booth at the Lamont Arena on July 28th, 2012, where various items will be on display and will include the following items for sale:

- T-shirts
- Books
- Murals
- Calendars – *congratulations to the Elementary School Students who were chosen by their Teachers to display their art form in these calendars.*

The Auxiliary to Lamont Health Care Centre will also have a display of Centennial items for sale during the day. These will include Pillowcases and Medallions.

Official Banquet & Dance - September 1st, 2012

The Board will be hosting an official banquet, dance and silent auction at the Lamont Recreation Centre, commencing at 6:00 p.m. This is a semi-formal event. Tickets for this event will go on sale on June 3rd, 2012. Music for this event will be supplied by 'Basic Black & Pearls'. Cost of tickets will be \$40.00 per person. Tickets will be available at the Business Office after June 3rd, 2012.

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:

Medical Services – continued ..

- 6 Active Physicians (including one Surgeon Specialist)
- 9 Active Consultants (Ophthalmologists, ENT Specialist, Gynaecologist, General Surgeons)
- 8 Courtesy Staff
- 2 Podiatrists (one of whom is a Foot & Ankle Surgical Specialist)
- 1 Dentist
- 1 Optometrist
- 1 Radiologist.

Lamont Medical Clinic Phone: 780-895-2515
Dr. Mihir Ray – Specialist in General Surgery
Consult Appointments by Referral Only: Mondays.

Lamont Family Physician Clinic Phone: 780-895-5910
Dr. Jaime Namit – Family Physician
Clinic Days: Monday through Friday
Office Hours: 7:30 a.m. – 5:00 p.m.

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

Dr. Eyad El-Hajj – Family Physician
Clinic Days & Hours: Monday, Tuesday, Wednesday & Friday 9:00 a.m. – 5:00 p.m.
Thursday 9:00 a.m. – 8:00 p.m.
Walk-ins are also welcome.

SANUS Medical Clinic
Dr. John Stanina – 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 3:00 p.m. – 5:00 p.m.
Mundare Office Phone: 780-764-2200
Clinic Days & Hours: Tuesday 9:00 a.m. – noon

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 52nd Avenue and North on 54th Street.

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.

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
Dr. Scott Lopetinsky operates an **Optometry Clinic** that is located on the Ground Floor of the Archer Building.
Clinic Days & Hours:

Tuesday & Thursday 9:30 a.m. – 5:00 p.m.
Monday, Wednesday & Friday 1:00 p.m. – 5:00 p.m.

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 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 would 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.

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Smoking – continued ..

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.

Volunteer Corner

On Thursday, April 26th, 2012, the Board hosted and paid special tribute to our Volunteers at a Breakfast.

Approximately 45 Volunteers attended and were served a delicious breakfast. While this is an annual event, we are mindful about not taking our Volunteers for granted and truly respect them for who they are and what they do for Residents/Patients in order to enrich their lives.

Our Volunteers are truly special, valued and appreciated.

We invite other people to join this wonderful mission of giving and caring. Please call *Wendy* at 780-895-2211 for details about being a Volunteer.

For those Volunteers who may have an interest in volunteering their time, the Board will be holding a ‘workbee’ on Tuesday, May 8th, 2012 and again on Tuesday, May 29th, 2012 in the Courtyard, commencing at 4:30 p.m. If you are able to donate some time to this event, we would welcome your participation. Please bring some garden tools with you and join us for a wiener roast following the ‘workbee’.

‘MEDICAL CORNER’

COPD (Chronic Obstructive Pulmonary Disease)

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

COPD is the fourth leading cause of death in North America. The main cause of COPD is due to exposure to cigarette smoke; however, there is some thought that any kind of smoke or pollution at an early age can cause COPD. COPD is a preventable disease but once a person has COPD, the prevention option does not exist anymore and one must submit to a treatment phase.

COPD (Chronic Obstructive Pulmonary Disease) – continued ..

Realistically there is no treatment for COPD except for improving lung function. To improve lung function the easiest way is deep breathing exercises; however, a simpler form of deep breathing exercises would be to actually do a cardiovascular workout. For example walking at a relatively fast pace in order to increase the effect of your breathing or cycling on a stationary bicycle or walking on a treadmill at a pace that causes one to breathe deeply is acceptable.

The treatment that is prescribed is not for the treatment of COPD but rather for the symptoms of COPD. The disease of COPD causes two problems: one is chronic bronchitis and that is where a person spits up mucous at any time of the day but usually in the morning; the second is emphysema which is destruction of the lung tissue which causes a person to have shortness of breath.

Chronic bronchitis also narrows the airway. The treatment is aimed at reversing the two processes. The primary treatment could be Ventolin which would allow the airway to open up. A second treatment is Atrovent or Spiriva both of which decrease the amount of mucous that is produced. The third treatment is a steroid which also decreases the amount of mucous and thins out the lining of the airway allowing the person to breathe better. The fourth treatment is Oxygen.

At some stage a person undergoes so much loss of lung tissue that the lung is not adequate to provide enough Oxygen supply to the body. Therefore supplemental Oxygen is necessary to allow a person to continue functioning; namely walking, doing small activities or tasks.

Treatment of COPD is largely unsuccessful. Treatment of symptoms can be fairly successful without changing the eventual outcome of the disease.

COPD is caused by smoking. The main aim of prevention should be to QUIT SMOKING. This improves lung function at all stages of the disease.

Pneumonia and acute bronchitis both cause lung tissue damage and worsening of COPD. Prevention of this can be accomplished by vaccination with Pneumovax and treatment of any respiratory infection with antibiotics. Decreasing exposure to airborne illnesses will also be a prevention strategy. i.e.: Do not associate with people who have colds.

As lung function declines the eventual result is respiratory distress and death. COPD should be screened with easy available tests like a chest x-ray. Deterioration of the disease can be assessed by a lung function test. Concerns can be addressed with your family doctor.

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Donations

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

These donations are applied towards the purchase of special equipment such as Video Colonoscopes, IV Pumps, Monitors, Patient Beds, Emergency Equipment, Special Instruments for use in the OR, etc. The availability of these pieces of equipment contributes immensely toward enhancing the care and quality of service offered at our community hospital.

As always, donations made to Lamont Health Care Centre are tax deductible. We value your commitment, loyalty and trust in Lamont Health Care Centre.

We acknowledge with sincere thanks and appreciation the following donations:

Memorial Donations

Patient Comforts \$5,425.00

In memory of Tillie Franchuk, Henry Moroziuk, John Melnyk, Marion Prokopiw, Nellie Koroluk, Nick Tymchak, Bill Holyk, Anna Melnyk, Irma Newgard, Barendina Jonker, Louis Rioux, Eugene Wiwad, Joe Sobkow, Rosalind Bowes, Norma Scheers

Low Air Pressure Mattress \$1,878.70

In memory of Bev Slaght, Barendina Jonker, Louis Rioux, Irma Newgard, Joe Semaniuk

General - in memory of Tom Craigen \$ 81.87

Towards Frail Elderly Room 503 \$ 200.00

In memory of Mary Skubleny

'Healing' Garden \$3,160.00

In memory of Alyce Dundas, Raymond A. Campbell

Other Donations

Patient Comforts

by Lamont Value Drug Mart Staff on behalf of the Bilan Family \$ 500.00

by Anonymous \$1,000.00

by Holden United Church \$ 75.00

by Dorothy & Ilse Saleski \$ 100.00

by Irma & Connie Newgard \$ 100.00

by Kirk & Trudy Harrold \$ 50.00

by Fred Prochnau \$1,000.00

by Marie Clementowich \$ 100.00

by Edward & Norma Drolet \$ 25.00

by United Way of the Alberta Capital Region \$ 864.00

on behalf of Dale Ostafichuk, Wesley Birth, Gale Birch, Agrium

Patient Comforts for Use of MYM Rotunda

by Ann Mihalcean \$ 100.00

by Valerie Skripitsky \$ 50.00

by Wilma Sabo \$ 80.00

Other Donations

Patient Comforts for Use of MYM Rotunda – continued ..

by Ervin & Elaine Scraba \$ 200.00

by Mike & Olga Kurylo \$ 50.00

by Audrey Schultz \$ 20.00

by Mae MacArthur \$ 60.00

Chapel

by Josephburg Community Church \$2,000.00

Equipment

by Herman & Audrey Swab \$ 400.00

Morley Young Manor Dedication Ceremony

by Widynowski's Sausage House \$ 123.10

by Old Country Sausage Ltd. \$ 55.00

LHCC Centennial Celebrations

by Valumed Prof. Products Ltd. \$ 250.00

by Miller Hardware Ltd. (Lamont) \$ 500.00

by MCS Net \$ 100.00

by Town of Lamont \$1,000.00

by Town of Mundare \$ 500.00

by Patricia & Emil Kottke \$ 200.00

by St. Michael Community & District Agricultural Society \$ 200.00

by Village of Chipman \$ 100.00

by Canexus Chemical Canada Ltd. \$2,500.00

by Bruderheim & District Agricultural Society \$5,000.00

by Lamont & District Agricultural Society \$10,000.00

by Andrew Ag. Society \$ 250.00

by Town of Bruderheim \$ 200.00

by Pastor George Takashima \$ 250.00

by Larry & Joan Dobson \$1,000.00

(Equipment &/or Patient Comforts)

Lamont United Church Women (Garden) \$ 500.00

The Hon. Ed Stelmach Library

by Marg Mrazek \$ 100.00

Website

We are pleased to announce that the Lamont Health Care Centre Website is up and running.

You may visit this site at www.lamonthehealthcarecentre.com

Expect to find details on the following: Mission, Vision, Values, History, Job Postings, Current Events, Results of Patient/Resident Surveys and other interesting notes.

Your feedback regarding the Website will be greatly appreciated.

Thank you.

Sincerely,

Board, Administration & Staff