



Lamont Health Care Centre

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



SPRING/SUMMER 2011 COMMUNITY NEWSLETTER

Greetings! 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. Wishing you a fun-filled, relaxing, enjoyable and safe summer.

What's New at Lamont Health Care Centre

Governance

The Board continues to work in the interest of our community, seizing on every opportunity it gets to be advocates for better health services. When/where appropriate, we hold no reservations to speak on issues affecting the health and well-being of our community.

The Board has, with assistance of Legal Counsel, completed new General Bylaws in order to conform with the requirements of the Lamont Health Care Centre Act. These Bylaws have now been sent to Alberta and Northwest Conference, The United Church of Canada for final approval.

The Board also remains committed to the principle of quality and welcomes your feedback regarding your experiences with the care/service that you receive at LHCC.

A Patient Care Committee of the Board reviews on a quarterly basis, patient care experiences provided from a Survey. Information gathered from Patient experiences is used to make changes where possible in order to improve care and services provided.

The Board is currently working with Staff in order to prepare for an upcoming Accreditation Survey in September 2011. This Survey is administered by Accreditation Canada, which is a national body charged with the responsibility of measuring the care and service provided to Patients/Residents using national standards.

We are not new to the accreditation process and expect that learnings from this Survey will be used to improve the quality of care/services provided at Lamont Health Care Centre.

The Board is also revising its Strategic Plan in order to set our road map for the next three to five year period. This Plan will be in concert with strategic directions provided by Alberta Health Services and Alberta Health & Wellness.

Operational Matters

Details of the funding arrangements for the Long Term Care and Acute Care operations are not finalized for the fiscal year 2011/2012.

The Morley Young Manor – Assisted Living is a self-sustaining operation and no direct operating grants are provided for this supportive living unit.

However, Home Care is provided to Morley Young Manor Residents at no charge, based on an assessment in order to confirm one's need for personal care, medication assistance, rehabilitation, etc.

Utilization for the year ended March 31, 2011 include:

Acute Care Occupancy	76.4%
Long Term Care Occupancy	90.3%
Total Admissions to Acute Care	464
Total Admissions to Long-Term Care	90
Emergency/Outpatient Visits	6083
Miscellaneous Clinic Visits	1345
Surgical Procedures	2291
Minor Procedures performed in Procedure Rooms outside of the main Operating Theatres	337
Total Beds Open in Acute Care	14
Total Beds Open in Long Term Care	101
Community Beds (designated for Palliative & Respite Care).	4
Operating expenditures for fiscal year April 1 st , 2010 – March 31 st , 2011	\$13,585,896.00.

Garden Project

The Garden Project is near completion.

A Dedication Ceremony will be held in the Courtyard, LHCC on **Sunday, August 7, 2011**, commencing at **2:00 p.m.**

The Public is cordially invited to attend this event and to join us in fellowship following the Ceremony.

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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Morley Young Manor

Construction of the Morley Young Manor expansion project is on target. Brenex Construction has given the assurance that the project will be completed by July 31, 2011.

The expansion project will add an additional 15 suites to the current complement of 28 suites, bringing our total to 43 suites once completed.

Our thanks to the Government of Alberta and Alberta Housing for providing a Housing Grant for this project. The grant will be used to offset a portion of a secured loan which is held by ATB Financial; this grant ensures that rental rates for Seniors' will be kept at affordable levels for many years.

The current monthly charges for accommodation (which includes Housekeeping, maintenance, utilities, security, Recreation, Chaplaincy and Social Work) are as follows:

One-bedroom suite (approx. 600 - 650 sq. ft.)
- \$810.00 - \$982.00

Two-bedroom suite - \$1070.00.

A waitlist for admission is in place for those wishing to access accommodation at this site. More information about admission requirements and other details can be provided by calling the Business Office at 780-895-2211.

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 (including one Surgeon Specialist)
- 1 Associate
- 8 Active Consultants (Ophthalmologists, ENT, Gynaecologist, General Surgeons)
- 11 Courtesy Staff
- 2 Podiatrists (includes Foot/Ankle Specialist)
- 2 Dentists
- 1 Optometrist
- 1 Radiologist.

Medical Services

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

Lamont Family Physician Clinic Phone: 780-895-5910
Dr. Jaime Namit – Family Physician
Clinic Days: **Monday through Friday**
Office Hours: **8:00 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 9:30 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 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.

Dr. Claudiu Iordache – Family Physician
Phone: 780-579-1333
Clinic Days & Hours: **Monday 2:00 – 5:00 p.m.**
Tuesday 3:00 - 5:00 p.m.
Wednesday, Thursday & Friday 9:00 a.m. – 5:00 p.m.
Andrew Village Office **Walk-in Clinic**
Clinic Day & Hours: **Monday 9:00 a.m. - noon**
Mundare Office Phone: 780-764-2200
Clinic Days & Hours: **Tuesday 9:00 a.m. – noon**
Walk-ins are also welcome.

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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 Specialist

Dr. Karim Ravji

Appointments with *Dr. Azer* and *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.

Stress Testing

Dr. M.Z. Hoque

Ophthalmology

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

Dr. M. Kutzner

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

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:

Mondays & Fridays	noon – 5:00 p.m.
Tuesdays, Wednesdays & Thursdays	9:30 a.m. – 5:00 p.m.

Lamont Dental Clinic – located on Main Street Lamont (next to Alberta Treasury Branch)

Dr. Dorothee Saleski - Dentist

Office Days:

Tuesday through Friday

Office 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 such Services may call **780-895-2211** and ask for Home Care, Community Rehab or Mental Health & Addiction Services.

Summer Allergies

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

In a few more weeks we are going to be into summer and I would like to bring your attention to some of the precautions you can take to improve your enjoyment of the good weather we will experience during the next few weeks.

My first comment will address insect stings. I know that many people are highly allergic to insect bites and insect stings and they have come to me requesting an Epi-Pen (Adrenaline injection). I would like to remind everybody that although this is a fantastic form of treatment and is life saving, its main application is for people who are allergic enough that they cannot breath or allergic enough that they collapse from a sting. Somebody who has a mild allergy does not necessarily have to have an Epi-Pen. The other thing about the Epi-Pen is that the single shot that it delivers is only good for 15-20 minutes. This is the maximum effect of the medication that is received. This implies that if you are half an hour away from a medical facility you actually need two Epi-Pens. This can run into quite an expense. My advice therefore is to have one Epi-Pen available for immediate use and then to ask your physician for a box of Adrenaline ampules and syringes to go with it. This allows you to draw up further shots in a separate syringe or to get help in order to do the drawing up and the administration if more than 15 minutes have elapsed since your last administration.

Other allergies that are quite common would be contact dermatitis. This would be with both products that we use to protect the skin from the sun and from mosquitoes and other insect bites. Given that children can be quite allergic to some of the ingredients in some of the medications it is advisable to apply a small amount of medication to the inner forearm before applying it to the entire body. Once the medication is applied to the forearm a person should wait between an hour and two hours to notice a reaction. If there is any redness or irritation of the skin on the inner forearm, my advice is not to use that particular product.

Summer Allergies – continued ..

One of the common complaints that we get is colds during the summertime. More often than not I have found that these are not colds but rather a symptom of seasonal allergies. The most common diagnosis is allergic rhinitis, allergic conjunctivitis. Most people use cough medications for weeks on end in order to get rid of the cough that accompanies this particular allergy. This is not the appropriate treatment. My advice is a non-sedating histamine and this is available both for adults and for children and can be obtained over-the-counter.

I hope that this allows you to have a happy and safe summer and please feel free to contact your family physician if you have any other specific concerns.

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.

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 owners' 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.

Skateboarding

Skateboarding on the Lamont Health Care Centre Site is **not** an acceptable practice. Parents are requested to remind their children about this requirement.

The practice is not only risky but holds the Board liable and also interferes with patient traffic in and out of the various buildings.

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Volunteers

We acknowledge with thanks the dedication and contributions of Volunteers who give so willingly of their time and talents to support the care provided to Patients and Residents of LHCC. The work of Volunteers is an integral part of the care and service and provides much value and comfort to the sick. The generosity is greatly appreciated.

We are always in need of Volunteers and extend an invitation to all who wish to contribute their time and talents to some aspect of caring for Patients/Residents.

For more information about the role of Volunteers in our facility please contact *Ms. Wendy Horricks* at 780-895-2211.

Centennial Celebration

We will be celebrating one hundred years of health service in 2012. A Planning Committee is in the process of getting details together. An outline of planned activities will be presented to our community by December 2011.

Meanwhile, we invite community members to share with us, momentos, stories, ideas and other memorabilia. Any items provided will be returned to the rightful owner. Please contact the Executive Director at 780-895-2211 if you have any items of interest you may wish to share with us.

Donations

We encourage community support of cash, 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, 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

General	\$ 290.00
In memory of Walter Malica, Herb Rinas, Anne Achtemichuk, John Bilyk, Helen Kotowich, Teresa Kolodychuk	
(Specific)	
Low Air Pressure Mattress	\$1,150.00
In memory of Beverly Slaght	
Equipment	\$ 25.00
In memory of Alice Yorke	

Memorial Donations – continued ..

<u>Patient Comforts</u>	\$6,235.00
In memory of Oscar Kadatz, George Lockert, George Fedyniak, Helen Kotowich, Verna Wacko, Anne Achtemichuk, Loris Koch, Lena Lopushinsky, John Kuzyk, Rudolf Thiel, Stephen Olinek, William Semeniuk, John Starko, Peter Lukawesky, Mary Fedun, Paul Dehod	

Other Donations

<u>Patient Comforts</u>	
by Trudy Harrold	\$ 50.00
by Fred Prochnau	\$1,000.00
by Linda Davies	\$1,000.00
by Bruderheim Lioness Club	\$ 813.50
by Herman Swab	\$ 400.00
by Margaret Mrazek	\$ 200.00
by Josephburg Ladies Aid	\$ 200.00
by Irma Newgard	\$ 100.00
<u>Use of Archives Room</u>	
by Steve Marko	\$ 50.00
<u>Equipment</u>	
by Dr. Vel Velmurugiah Prof. Corp.	\$1,500.00
by Eddie & Joan Nowicki	\$ 200.00
<u>Surgical Equipment</u>	
by Dr. Karim Ravji	\$3,000.00
<u>Christmas Tea</u>	
by Peter Achtemichuk	\$ 50.00
by Frances Shlichta	\$ 10.00
by Ann Mihalcean	\$ 10.00
by Gale Birch	\$ 200.00
<u>Christmas Gifts for LTC Residents</u>	
by Nicholas Kolla (Religion Class Project)	\$ 200.00
by Auxiliary of LHCC	\$ 100.00
<u>Recreation Department</u>	
by Nancy Tymchuk	\$ 198.00
<u>General</u>	
by Dorothee Saleski	\$ 200.00
by Welcome Wagon	\$ 10.00
by Holden United Church Women	\$ 75.00
by ATCO Pipeline Corporate Communications	\$ 150.00

Website

A Lamont Health Care Centre Website is in the final stages of completion.

Watch for the official launching of the Website in our local newspapers.

Thank you.

Sincerely,

Board, Administration & Staff