



Lamont Health Care Centre

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



2015 COMMUNITY NEWSLETTER – SPRING/SUMMER EDITION

Greetings & Blessings to all!

We extend to you "Easter Greetings; may the Joy/Glory of the risen Christ remain always in your heart." Just as Easter brings us 'HOPE', we also live with the notion that our ability to make 'changes' for the greater good without compromising care/service, will always be paramount in our thinking.

We extend our best wishes to the new Government under the leadership of the Hon. Premier Rachel Notley and also extend a warm welcome our newly elected MLA Ms. Jessica Littlewood. We look forward to working with the new regime.

Operational Matters

The past year has simply flown by; one can hardly believe where the time has gone. This past period we were very focused on how we will manage the operations given the tight fiscal policy we now face. The challenge of providing care and service to our various publics with limited resources has been an enormous task.

You may recall that we got a 4-year Accreditation Award. Accreditation reviews always involve recommendations; we are not immune to these and so during the next four years there will be a number of Patient Safety features introduced into various processes in use at our facility. Some of these processes may be repetitive; however, we do ask your patience as you answer questions about who you are, confirmation of address, next-of-kin, telephone number and date of birth. These responses are required for every visit.

There is also a requirement to invite Patients to be active partners in our Safety Program, so one can expect to see signage around our hospital requesting participation. Other aspects of safety include medication reconciliation, assessment of risk for pressure ulcers; we will also add safety as a key strategy for Staff, Patients, Visitors and Community into our Strategic Plan.

Although these afore noted safety points are embodied into various aspects of our work process, safety will now be enshrined as one of the key strategies we will follow in order to ensure that care and service offered to our various publics will continue to meet best practices.

Thank you for supporting these initiatives; the standards of transparency, openness and safety are all part of a strategy to reduce risks/do no harm to Patients/Residents/Staff and the Board.

The next Accreditation Review will be in the fall of 2018.

Capital Equipment

The need to replace equipment is constant because of changes in technology and obsolescence.

For fiscal year 2014/15 we expended over two hundred and sixty thousand dollars (\$260,000.00) in new and necessary equipment in order to ensure that the care and service provided to Patients and Residents is not compromised. Special thanks to Alberta Health Services, memorial donations and other countless donors for providing the required resources to make these purchases possible.

Examples of such purchases include:

Total Lift Transfers	Flexible Hysteroscope
New Beds	ENT Equipment
Garden Tractor	Pulse Oximeters
New TV Sets for Acute Care	Dishwasher
Wire Driver Set (Net proceeds from Dr. M. Ray Memorial Golf Tournament - \$12,400.00)	
Orthopedic Equipment/Instruments	
Low Air Pressure Mattresses.	

The support has been outstanding and is greatly appreciated.

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 ending March 31, 2015

Statistical

Beds in use and in service	
Acute Care	14
LTC	105
(includes 4 Community beds for Respite & Palliative Care)	
Supportive Housing Suites (Morley Young Manor)	42
Total Admissions to Acute Care	458
Total Admissions to Long Term Care	58
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	10
Acute Care Patient Days	3,799
% Occupancy in Acute Care	74.3%
Average Length of Stay in Acute Care	8.13 days
Long Term Care Resident Days	34,925
(includes Respite & Palliative Care)	
% Occupancy in LTC	91.1%
Average Length of Stay in LTC	880 days
Average Length of Stay in Respite Care	16 days
% Occupancy in Morley Young Manor	97.6%
Total Surgical Procedures Performed	2,356
Minor Surgery performed outside of Operating Room Theatres	
Emergency Visits	6,129
Scheduled Out-Patient Visits	
Podiatry/Stress Testing/Holter Monitor/Pre-Operative Admission	
Total Physiotherapy Visits	19,798
Total Occupational Therapy Visits	908
Total Recreational Therapy Visits	20,320
Total Diagnostic Radiology Visits	8,045
(includes ECGs & Holter Monitor)	
Total Diagnostic Laboratory Procedures Performed	
	46,667
Total Laboratory Procedures Referred Out to Others	
	15,383
<u>Financial Operations</u>	
Total Revenues	\$15,254,224.
Total Expenditures	\$15,509,672.

Please note that the **Annual General Meeting of Lamont Health Care Centre** will be held on **Tuesday, June 23rd, 2015** in the **Rotunda, MYM**, commencing at **2:00 p.m.** The Public is invited to attend.

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 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*
* **Ophthalmology** *Dr. R. Harris, Dr. M. Kutzner & Dr. K. Gill*
* **Stress Testing** *Dr. A. Bharmal*

* Appointments with Dr. Azer, Dr. Harris, Dr. Kutzner, Dr. Gill and Dr. Bharmal 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 Letwin - 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.

Recipes from Our Kitchen to Yours

The Lamont Health Care Centre Dietary Department has compiled a cookbook – *Recipes from Our Kitchen to Yours*. The net proceeds from the sale of these cookbooks will go toward the purchase of equipment in the Food Service Department. Cookbooks can be purchased at the Business Office at a cost of \$15.00 each. Your contribution is truly valued and appreciated.

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 disenchanting.

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

Volunteer Corner – continued ..

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.Lamonthhealthcarecentre.com.

'MEDICAL CORNER'

SEASONAL ALLERGIES

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

Once again it is Spring and we are plagued by seasonal allergies. If you sneeze, cough or your nose and eyes itch and run during certain times of the year these are seasonal allergies.

The most common triggers are grass, pollen and mold because this is what occurs in this season. As well, in our area, we have snow mold. There can also be unique triggers like specific flowers or pollens and sometimes just grass pollen cause the seasonal allergy. In addition, seasonal allergies can be triggered by smoke, insect bites, chlorine in swimming pools, candied ingredients and pine trees and reeds.

Some people often think that season allergies are one thing but sometimes it is a combination of two things which results in an allergy.

One of the common myths is that you have a cold. Remember that colds last up to fourteen days and maybe slightly more but don't go on for months on end. Usually colds are associated with some sort of a fever and this is usually lacking with seasonal allergies.

Treatment is very simple. The first thing to do is to avoid the allergen. Unfortunately, this is very difficult to do if you do not know what the allergen is. Previously, I was very much against allergy testing because there was not much we could do if you knew what you were allergic to. More recently, I attended a conference and the speaker indicated that testing for allergies does help the patient because sometimes people are unaware that they may be allergic to dust, trees, mold or flowers. By giving them this information they can better plan their garden, their yard work or their exposure. The testing is done in the doctor's office and the nurse provides information that can be truly valuable.

Seasonal Allergies – continued ..

Some of the basic methods to prevent seasonal allergies and their symptoms are:

1. Saline solution – this is plain salt water which is mixed up in a certain way. The solution can be bought at any pharmacy. The plan is to flush out the nose and the sinus cavities for a two to three day period as frequently as possible. This would be akin to washing your hands. You keep on washing until the stain goes away.
2. The second thing would be an allergy pill. This could be any kind of non-sedating antihistamine. Suggestions for this can be obtained at your local family doctor.
3. The last thing is a prescription. It is a steroid nasal spray. All of them do work. Some of them are more effective than others and your family doctor can give you some direction in regards to this.

With regards to preparation for the future, I have been advising my patients to treat themselves for two weeks and then to stop the treatment and then to repeat if the allergies come back. The reason for this is seasonal allergies should continue the whole season. Seasons usually last three to four months and so there is no real quick fix.

I know we talk about just allergies. The important thing to recognize is that it is not life threatening and it does not lead to any serious disease. However, it does impair our enjoyment of the outdoors; as well, it does cause us concern that there might be a more serious illness underlying the allergy. Fortunately this is not true.

I therefore highly recommend that if you have any concerns; your family doctor and ask for an allergy test to put your mind at ease.

Have a good summer.

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:

Donations – continued ..

Memorial Donations

Patient Comforts \$14,502.50
 In memory of Wasyl (Bill) Holyk, Alex Megley, George Tichkowsky, Klaus Zabel, Arthur Peters, Helen Yakimyshyn, Mary O’Kurley, Judith Shulko, Sadie Kadatz, George Andriuk, Metro Topolnisky, Kim Ewanowich, Mike Kurylo, Henry Yakemchuk, Irene Weleschuk, William Kimbriel, Judy Hauer, Peggy Kucy, Steven Rasmussen, Peter Sheptycki, David Mills, Larry Lehman, Mike Kleparchuk, John Rohatynski, Anelia Topolnisky, Mildred Horpyniuk, Grace Flaska,

Low Air Pressure Mattress \$1,425.00
 In memory of Emily Gabinet, Mike Kurylo, Anelia Topolnisky, John Rohatynski.

Toward Laboratory Services \$ 100.00
 In memory of Kim Ewanowich.

Toward Palliative Care Services \$ 50.00
 In memory of Kim Ewanowich.

Toward purchase of Surgical Equipment \$ 100.00
 In memory Dr. Mihir Ray.

Other Donations

Patient Comforts
 by Cassie Gavinchuk \$ 100.00
 by Jeanette Logozar \$ 50.00
 by Bernadette Townsend \$ 50.00
 by Fred Prochnau \$ 1,500.00
 by Alice Miskiw \$ 100.00
 by Verna Badry \$ 500.00
 by Mary Dehod \$ 60.00
 by Vicky Brownlee \$ 50.00
 by Douglas & Darlene Shapka \$ 50.00
 by Thomas & Geraldine (Mae) Adamyk \$ 50.00
 by Dave & Diane Fischer \$ 40.00
 by Dennis & Lonny Gabinet \$ 40.00
 by Dr. Claudiu & Mrs. Mihaela Iordache \$ 500.00
 by Joan Crawford \$ 50.00
 by Lamont Farm Centre Ltd. \$ 100.00
 by Marshall Pankiw \$ 100.00
 by Ernie Shulko \$ 40.00
 by Doreen Smith \$ 100.00
 by Elk Point United Church \$ 100.00
 by Holden United Church Women \$ 75.00
 by Jasper United Church \$ 172.80

Other Donations- continued ..

by Josephburg Community Church –
 Mission Account \$ 375.00
 by Dorothee Saleski \$ 200.00
 by Ron Matenchuk \$ 60.00
 by Gordon Kadatz \$ 100.00
 by Oe’Livia Chasse \$ 50.00
 by St. Michael Golden Age Club -
 on behalf of Clair Meyer’s Birthday \$ 25.00
 on behalf of Connie Newgard in lieu of flowers \$ 30.00
 by United Way of the Alberta Capital Region \$ 523.02
 by United Way of the Lower Mainland
 on behalf of Melanie Craigen \$ 402.48
 on behalf of Costco Wholesale \$ 325.50
 by Russo Greek Catholic Orthodox Church \$ 100.00
 by Anonymous Donors \$1,464.84

Toward purchase of Cafeteria Showcase
 by Cameron Thomas \$ 200.00

Toward Diagnostic Services
 by Anonymous \$ 300.00

Toward purchase of Equipment
 by Bissell Memorial United Church, Andrew \$ 485.00

Towards purchase of Residents’ Christmas Gifts
 by Auxiliary of LHCC \$ 150.00

Towards purchase of Low Air Pressure Mattress
 by Anonymous \$8,279.00

Finally, to our departing MLA Mrs. Jacquie Fenske, we extend our thanks for her generous contribution and hard work in trying to respond to the needs of the Fort Saskatchewan/Vegreville Constituency. We wish her well in her future endeavors.

We leave you with this thought as we end:

*“One of the greatest discoveries a man makes,
 one of his greatest surprises,
 is to find he can do what he was afraid he couldn’t.”*

Henry Ford

Thank you.

Sincerely,

Board, Administration & Staff