



Lamont Health Care Centre

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



2016 COMMUNITY NEWSLETTER – SPRING/SUMMER EDITION

*Greetings & Blessings to all!
Happy Easter!!*

Every Easter we read about the risen Christ. We read about His mercy and love for us. Our God is always at work, focusing on the good in us and encouraging us to do the same.

*“He knows that if we remember the good about each other,
we will treat each other with the same compassion and mercy.”*

The Word Among Us

Operational Matters

We are now at the end of the 2015/2016 operating cycle and have now entered into a new operating cycle for the fiscal year 2016/17. 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 our financial limits.

The service volumes have remained constant this past year; we do not anticipate any major changes in the delivery of programs/services in the foreseeable future; we will continue to advocate for additional resources in order to enhance the quality of care and services offered at Lamont Health Care Centre.

Public pressure to fully fund 24-hour Emergency Services continues to grow; however, funding for this Service has not been forthcoming at this time.

We are also faced with growing pressure to have in place security at nights, but once again we struggle to find resources which can sustain such a service.

Capital Equipment

In late February, AHS released a capital grant of \$157,000.00 for use toward the purchase of equipment. Thankfully, through the careful use of donations, memorial funds, together with this capital grant, we were able to replace and/or add new equipment/furnishings to our inventory.

Capital Equipment – continued ..

These included:

- Low Pressure Mattresses
- Oxygen Concentrators
- Acute and Long Term Care Beds
- Long Term Care Bedside Furniture
- Stress Testing Machine with Cardiac Monitor
- Stretchers
- Century Tub with Lift
- Patient Floor Lift
- Overbed Tables.

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.

This past year AHS replaced the main Oxygen Manifold System in Acute Care and we are currently working on a plan to upgrade the air exchange units which feed the OR/MDR areas.

We will continue to advocate for either replacing or modernizing the Long term Care Section of our facility by presenting our concerns to AHS and Government in the coming months.

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 for the year ended 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	407
Total Admissions to Long Term Care	63
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	11
Acute Care Patient Days	3,628
% Occupancy in Acute Care	72%
Average Length of Stay in Acute Care	8.9 days
Long Term Care Resident Days	43,361
(includes Respite & Palliative Care)	
% Occupancy in LTC	89.4%
Average Length of Stay in LTC	707 days
Average Length of Stay in Respite Care	20 days
% Occupancy in Morley Young Manor	98%
Total Surgical Procedures Performed	2,422
Minor Surgery performed outside of	
Operating Room Theatres	554
Emergency Visits	6,081
Scheduled Out-Patient Visits	
(Podiatry/Stress Testing/Surgical Consults and Pre-Operative Visits)	2,176
Total Physiotherapy Visits	18,762
Total Occupational Therapy Visits	1,170
Total Recreational Therapy Visits	19,069
Total Diagnostic Radiology Visits	7,235
(includes ECGs)	
Total Diagnostic Laboratory Procedures Performed	52,872
Total Laboratory Procedures Referred	
Out to Others	15,956
Total Meal Days	44,001
Total Patient Registrations	21,433
Total Staff on Payroll	250
(includes Full-time, Part-time & Casual)	

Financial Operations

Total Revenues	\$15,349,990.
Total Expenditures	\$15,399,457.

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: **7:00 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. for 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.

Calling the hospital after 8:00 p.m. may not provide an answer to your problem/concern and you may be asked to visit the nearest Emergency Department or if you require advice call **HEALTH Link Alberta '811'**.

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.

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).

Other Health/Medical Services – continued ..

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.

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.

The Town of Lamont has a new smoking bylaw; please note that smoking should always be at least 5 metres (approx. 16.5 feet) from entrances to public buildings. A fine will be enforced by the Town for non-compliance.

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; 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'

Healthy Lifestyle - WEIGHT LOSS

Your weight is a balancing act, and calories play a big role. Find out how calories determine your weight and ways you can best cut calories from your diet.

by Mayo Clinic Staff adapted by Dr. Zainool Mohamed, Chief of Medical Staff – LHCC

Despite all the diet strategies out there, weight management still comes down to the calories you take in versus those you burn off.

Fad diets may promise you that avoiding carbs or eating a mountain of grapefruit is the secret to weight loss, but it really comes down to eating fewer calories if you want to shed pounds.

Calories are the energy in food. Your body has a constant demand for energy and uses the calories from food to keep functioning. Energy from calories fuels your every action, from fidgeting to marathon running.

Carbohydrates, fats and proteins are the types of nutrients that contain calories and are the main energy sources for your body. Regardless of where they come from, the calories you eat are either converted to physical energy or stored within your body as fat.

These stored calories will remain in your body as fat unless you use them up, either by reducing calorie intake so that your body must draw on reserves for energy, or by increasing physical activity so that you burn more calories.

Your weight is a balancing act, but the equation is simple; If you eat more calories than you burn, you gain weight.

Because 3,500 calories equals about 1 pound (0.45 kilogram) of fat, you need to burn 3,500 calories more than you take in to lose 1 pound.

So, in general, if you cut 500 calories from your typical diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories).

It isn't quite this simple; however, you usually lose a combination of fat, lean tissue and water. Also, because of changes that occur in the body as a result of weight loss, you may need to decrease calories further to continue weight loss.

Cutting calories doesn't have to be difficult. In fact, it can be as simple as:

- Skipping high-calorie, low-nutrition items
- Swapping high-calorie foods for lower calorie options
- Reducing portion sizes.

Skipping one or two high-calorie items is a good place to start when cutting calories. For example, you could skip your morning latte, soda at lunch or that bowl of ice cream you always have after dinner.

Think about what you eat and drink each day and identify items you could cut out. If you think that skipping your indulgence will leave you with a craving, try a low-calorie substitution.

Healthier options:

<i>Instead of this ..</i>	<i>Calories*</i>	<i>Try this ..</i>	<i>Calories*</i>
Flavored latte, 16 oz.	250	Black coffee, 16 oz.	0
Chocolate ice cream		Strawberries	
1 cup	285	1 ½ cups	70
Lemon-lime soda		Sparkling water	
16 oz.	200	16 oz.	0

**Actual calories may vary by brand.*

Simple substitutions can make a big difference when it comes to cutting calories. For example, you can save 60 calories a glass by drinking fat-free milk instead of whole milk. Instead of having a second slice of pizza, reach for some fresh fruit. Or snack on air-popped popcorn instead of chips.

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 **\$ 9,525.40**
in memory of **Taras Ostashek, Anna Vorsic, Florence Kozakewich, Bill Smith, David Markewich, Vera Semeniuk, Jim Allan, Marshall Thorowsky, Daryl Blume, Elsie Krys, Annie Tymchyshyn, Gerald Hosler, Doreen Smith, Irwin Hauer, Cecil Campell, Mike Zazula, Giselle Pigeon, Irene Hackett, Mary Danyluk, William Melenka, Peter Sheptycki, Anne Rohatynski, Edna Bendera.**

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Memorial Donations – continued ..

<i>Low Air Pressure Mattress</i>	\$ 40.00
in memory of Therese Vezina	
<i>Sheep Skins</i>	\$1,050.00
in memory of Ben Radke, Frank Peters	
<i>Oxygen Concentrator</i>	\$1,400.00
in memory of Jim & Jenny O’Toole	

Other Donations

<i>Patient Comforts</i>	
by Sonia Wall	\$ 50.00
by Olga Hrehirchuk	\$ 200.00
by Polly Pewarchuk	\$ 20.00
by Joan C. Crawford	\$ 50.00
by Sophie Dziwenko	\$ 50.00
by Guenther Kottke	\$ 100.00
by Dorothy Purschke	\$ 20.00
by Tri-Valley Aggregate Ltd.	\$ 250.00
by Tip-Carl & Earline Armstrong	\$ 20.00
by Valerie Stypala	\$ 50.00
by Caroline Wilson	\$ 20.00
by Elaine & John Paton	\$ 100.00
by Holden United Church Women	\$ 100.00
by Gale Birch	\$ 280.00
by Dennis Henderson	\$ 20.00
by Richard & Verna Badry	\$ 750.00
by Olga & Albert Hennig	\$ 50.00
by Jeannie Siracky	
on behalf of Mary Sharun	\$ 50.00
by Emily Robinson	
on behalf of Alma Radke	\$ 100.00
by Linda Grohn	
on behalf of Alma Radke	\$ 50.00
by Jacque Radke	
on behalf of Alma Radke	\$ 40.00
by Fred Prochnau	\$1,000.00
by Josephburg Community Church	
Mission Acc’t.	\$ 500.00
by Alice Miskiwi	\$ 50.00
by Dorothee Saleski	\$ 200.00
by Louise McDougall	\$ 200.00
by Anonymous	\$2,000.00
by Patricia & Donald Jabusch	\$ 200.00
by Jasper United Church	\$ 222.10
by Ian & Karen Carter	\$1,000.00
by Douglas & Darlene Shapka	\$ 75.00
by ARCO Pipelines	\$ 150.00
on behalf of Brent Marler	
by Oe’Livia Chasse	\$ 50.00
by Dale Ostafichuk	\$ 48.01
by Mark Ropchan	\$ 22.50
by Agrium	\$ 327.98
by Melanie Craigen	\$ 333.62
by St. Michael Golden Age Club	\$ 30.00
on behalf of Clair Meyer in lieu of flowers	

Other Donations – continued ..

<i>Patient Comforts - MYM</i>	
by Olga Sheptycki	\$ 20.00
by William Fedyniak	\$1,000.00
by Waltraut Sabo	\$ 110.00
<i>Low Air Pressure Mattress</i>	
by Low Pressure Air Mattress	\$5,000.00
<i>Replacement of ‘Stolen’ Christmas Lights</i>	\$ 25.00
by Gwynne Hayward	
<i>Chapel</i>	\$ 100.00
by Guenther Kottke	
<i>Purchase of Equipment</i>	\$3,000.00
by Andrew L.Y. Chu Prof. Corp.	
<i>Memorial Fund</i>	\$ 100.00
by Jessie Saruk	
<i>Purchase of Sheepskins</i>	\$ 350.00
by Frank & Margaret Bunning	
<i>Christmas Gifts for LHCC Residents</i>	\$ 95.00
by Auxiliary of LHCC, J.C. Crawford	
<i>Handi-Bus Wheelchair ‘Tie Downs’</i>	\$1,720.00
by Sigrun Jones, Fred Arbler	
<i>Dr. M. Ray Memorial Golf Tournament Fundraising Event for Purchase of Equipment</i>	
by Lamont County	\$ 500.00
by Lamont Value Drug Mart	\$ 750.00
by St. Michael Community & District Ag. Society	\$ 500.00

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:

“Success usually comes to those who are too busy to be looking for it.”

Henry David Thoreau

Thank you.

Sincerely,

Board, Administration & Staff