



Lamont Health Care Centre

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



2018 COMMUNITY NEWSLETTER – SPRING/SUMMER EDITION

The sign of springtime is in the air; the earth has finally sprung into new life with signs of greenery all over. Embrace and enjoy the moments!

Blessings to all; as we move closer to the warm summer days and evenings take time to relax, keep safe and enjoy your family events.

Operational Matters

We started our new fiscal cycle on April 1st, 2018 with no fanfare but living in hope that the funding envelope (which has yet to be released) will allow us some breathing space to coast along without undue hardship.

So here are a few important events for the 2018/19 fiscal year:

- **Annual General Meeting**

The Annual General Meeting for Lamont Health Care Centre will be held on **Monday, June 18th, 2018**, in the **Morley Young Manor Rotunda**, commencing at **2:00 p.m.** **This AGM is opened to the Public.** We look forward to your attendance.

- **New Physicians**

We welcome to our Community, **Dr. Bilal Rizvi**, a Family Physician who has joined Dr. Claudiu Iordache as an Associate at the Lamont Medical Clinic. Dr. Rizvi is available to see new patients; appointments can be made by phoning **780-579-2408**. Please join us in extending a warm welcome to Dr. Rizvi.

Also in mid to late July 2018, **Dr. Ebele Mgbor** will begin a Family Practice Clinic in Lamont. She will be occupying the former clinic left vacant by Dr. Slanina.

More details will be provided as we move closer to this date.

- **Accommodation Standards Review**

On June 13 & 14, 2018, a Compliance Officer from Alberta Health will be completing an Accommodation Standards Audit at Morley Young Manor and the Long Term Care Units in order to validate compliance with Provincial Accommodation Standards.

These Standards are in place in order to ensure that our Seniors are provided a safe and secure living environment at all times.

- **Accreditation 2018**

In September 2018, Lamont Health Care Centre will be surveyed by a team from Accreditation Canada in order to compare and validate our Health Care delivery Standards against National Standards. Participation is voluntary; however, our Board and organization have chosen to embark on this process in order to ensure compliance to established National Standards.

- **Patient Family Centered Care**

If you are or have been a user of the services provided at Lamont Health Care Centre, you or a responsible family member may also have been asked to validate your name, date of birth, etc. Your family member may also have been asked for clarification of special requirements or you could have had questions regarding the quality of care and medication provided. It is important that both Patient and the responsible family member are engaged in the care being provided. We encourage your participation when the opportunity presents.

- **Physician On-call**

A Physician is on-call for the provision of Emergency Services seven days per week.

Hence, if you have a need for emergent care, you are encouraged to visit the Emergency Department for timely care. Persons attending the Emergency Department are triaged by a Nurse and are seen based on the level of acute need. You may not be seen in the order of what time you arrive; severe trauma, heart attacks will be given priority.

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.

Operational Matters

- **Physician On-call** – continued ..
Hence, your wait in the ER may be longer than anticipated and in some instances may be longer than 2-4 hours.
Your patience at such times will be greatly appreciated.
Please note that we do not disclose the name of the Physician On-call; the service is there for **emergencies only** and is not normally used for elective visits.
- **Assistant Executive Director**
On Monday, June 4th, 2018, Mr. Shahad Bharmal joined our facility in the position of Assistant Executive Director.
Mr. Bharmal will eventually replace the current Executive Director, Harold James in 2019 following an orientation period.

Partnership with Others

We continue to build strong partnerships with Alberta Health Services, Alberta Seniors & Housing, Lamont County Housing Foundation, University of Alberta Rural Medical Student and Pharmacy Elective Programs, University of Alberta Family Residency Program, Heartland Primary Care Network, NAIT, Lakeland and Norquest Colleges and others.

These partnerships are important to us since valuable learning opportunities are gained from interactions with Residents and Students.

Our Family Physicians, Supervisors and front-line Staff provide support to Medical Students and Residents alike. Once again, we have arrangements in place for the 2018/19 fiscal year to accept:

- Medical Students
 - Medical Residents
 - Pharmacy Students
 - Laboratory/X-ray Students
 - Paramedic Students
 - Nursing Students
- and others.

FACILITY UTILIZATION

Important information for the year ended March 31, 2018 includes:

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	304
Total Admissions to Long Term Care	63
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	9
Acute Care Patient Days	3,283
% Occupancy in Acute Care	67%
Average Length of Stay in Acute Care	11.06days
Long Term Care Resident Days	34,077
(includes Respite & Palliative Care)	
% Occupancy in LTC	88.6%
Average Length of Stay in LTC	652 days
Average Length of Stay in Respite Care	80 days
% Occupancy in Morley Young Manor	98%
Total Surgical Procedures Performed	2,353
Minor Surgery performed outside of Operating Room Theatres	384
Emergency Visits	5,281
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Surgical Consults and Pre-Operative Visits)	1,504
Total Physiotherapy Visits	19,845
Total Occupational Therapy Visits	2,983
Total Recreational Therapy Visits	20,227
Total Diagnostic Radiology Visits (includes ECGs)	6,299
Total Meal Days	44,329
Total Patient Registrations	18,648
Total Staff on Payroll	250
(includes Full-time, Part-time & Casual)	

Financial Operations

Total Revenues	\$15,639,723.
Total Expenditures	\$15,550,861.

Medical Services

Family Medicine Services are provided by:

Astotin Medical Clinic Phone: 780-895-7436
Dr. Zainool Mohamed – Family Physician & Palliative Care Consultant for Alberta Health Services
Clinic Days: **Monday & 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.

Lamont Medical Clinic
Dr. Claudiu Iordache – Family Physician Phone: 780-579-1333
Dr. Bilal Rizvi – Family Physician Phone: 780-579-2408
Clinic Days & Hours for both **Dr. Iordache & Dr. Rizvi**
Monday through Friday 9:00 a.m. – 5:00 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. – 2:00 p.m.**

Surgical Consultant Clinics Phone: 780-895-2206
Dr. Deng Mapiour & Dr. Omar Farooq – Specialists in General Surgery
Clinic is located across from the Diagnostics Services (Laboratory/X-Ray) Department.

Consult Appointments by Referral Only.

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.

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 who are in need of Acute Emergency Services**; 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.

An important message to all residents of our community...

Please note that if you are experiencing chest pain or if you are in severe respiratory distress, please call an Ambulance immediately and get to the hospital for assessment and management.

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 and/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; you may be asked to visit the nearest Emergency Department or if you require advice, call **HEALTH Link Alberta '811'**.

HEALTH Link Alberta provides health advice 24 hours a day - Call '811'

You never know when you'll need immediate health advice or information. 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.

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.**

Visiting Specialists – continued ..

Foot/Ankle Surgical Specialist

*Dr. Karim Ravji
Dr. Samir Lalani
Dr. Priya Anand*

Appointments with *Dr. Ravji, Dr. Lalani* and *Dr. Anand* are by **Referral Only**.

This Clinic offers a variety of Foot Care Services including Diabetic Foot Care, STEM Cell Injections, Orthotics, etc.

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

Optometrists *Dr. Scott Lopetinsky, Dr. Kerri Erickson & Dr. Rob Eastwood*

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

Services offered include:

- Routine Vision and Diabetic Exams
- Cataract Assessments
- Driver's Vision Exams.

Optometrists are available for scheduled appointments all day every Tuesday and Thursday and on Friday mornings.

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

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 directly to 780-895-5817 or call 780-895-2211 and ask for Home Care, Community Rehab or Mental Health & Addiction Services.

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).

'MEDICAL CORNER'

OPIOIDS

Unintentional drug overdoses have rapidly become a public health crisis in Canada; the overdose crisis has exposed the large gaps in our drug treatment system and the uneven access to harm reduction services.

One of the most significant factors affecting current pain management in Canada is the lack of adequate education of most health care professionals.

Physicians have an ethical obligation to try to relieve pain and suffering without doing harm. Since pain is an individual, subjective experience, it is often difficult to decide at what point a trial of opioid therapy is indicated.

In spite of how common acute and chronic pain are in medical practice and the huge impact of pain treatment on the economy, few hospitals have acute pain services and the wait times to Pain Specialists can be years in some provinces.

As we know, there are different types of pain: acute pain, chronic non-cancer pain, cancer pain, neuropathic pain, etc.

There are many types of opioids that we can use to treat Patient pain; the treatment can be started with Tramadol, Codeine, Oxycodone, Hydromorphone or Fentanyl.

The art of optimizing long term opioid therapy is to find the right opioid via the right route at the right dose for the right Patient.

Nowadays we see many people having symptoms of drug seeking behavior who come to the Emergency Department asking for refills or complaining of pain. This is why Lamont Health Care Centre has a policy of not refilling or prescribing narcotics in the Emergency Department or initiating a prescription for narcotics. Our advice to a Patient is to follow-up with the Family Doctor in order to discuss the options for treatment.

As a treatment of opioids overdose in Lamont Health Care Centre, we have a Narcan Kit which is used as an antidote for an opioid overdose. We advise people who are on narcotics to always have a Narcan Kit and to be more cautious about opioid use since an overdose without timely treatment may lead to death.

- Dr. Eyad El-Hajj, Chief of Medical Staff-LHCC

Use of Electronic Equipment

During the past few months, the Board has been debating a concern about the use/overuse of electronic equipment and the residual effects (radiation) usage of equipment such as IPAD, cell phones, tablets, etc. on the public, especially young, vulnerable children. The results of many studies have been shared with the public through

sources such as the News Media, with recommendations regarding placing limits on children regarding the use of electronic equipment in order to avoid the harmful effects of radiation on the body, hearing loss, changes in vision, poor social habits, etc.

We encourage families to pay close attention to what is being reported. The health and well-being of children/families are important to us.

Pastoral Care Services are provided by a non-denominational group of Ministers. The Services are coordinated by our facility's Pastoral Care Director, Rev. Debbie Brill.

These Ministers provide Pastoral Care support to Acute Care Patients, Long Term Care Residents and families through on-going visits, prayer, spiritual counselling and one-to-one special visits.

Weekly Services are also held in the facility's Chapel. These Services are open to all denominations.

In addition, Roman Catholic Church Services are held every Saturday in the Chapel, commencing at 4:30 p.m.

The Pastoral Care Director also holds monthly Memorial Services on behalf of Residents who have passed away. These Services are opened to all Residents/families.

Families are encouraged to support and use this special spiritual ministry for loved ones and other family members.

These dedicated Ministers are very special and add another dimension to the care provided at Lamont Health Care Centre.

The current list of Ministers who serve at the facility are:

- Pastor Wayne Larson – Bruderheim Community Church (Phone 780-796-3775)
- Father Francis & Father Jean-Claude – Roman Catholic Church (Phone 780-998-3288)
- Father Alex Suraiev – Russian Orthodox Church (Phone 780-895-2149)
- Father Iryney Valyavka – Ukrainian Catholic Church (Phone 587-598-4500)
- Rev. Debbie Brill – United Church of Canada (Phone 587-588-7815)
- Pastor Ron Wurtz – Lamont Alliance Church (currently on a Leave of Absence).

Arrangements for one-to-one visits/prayers, etc. can be made by calling the appropriate Minister directly.

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 are the heart of our Community and they do not replace Professional Staff; however, the presence of Volunteers in our facility 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 and consider joining the team.

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.

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.

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 for other specified purposes.

The need for new and improved technology is ongoing; your support makes a difference in the lives of those entrusted in our care.

Every donation, no matter how small, makes a difference. Your support has been and will always be invaluable as we strive to find ways to supplement the funding provided to our facility in order to keep up with purchases/additions of new technology at LHCC.

We acknowledge with sincere thanks and appreciation the following donations:

Memorial Donations

Patient Comforts \$8,004.52
in memory of Grant Cossey, Evan Wilson, Mary Choma, Bernice Rudiak, Mildred Matenchuk, Dorothy Haverstock, Fred Yakemchuk, John Kurylo, Lisa Prokopiw, Arnold Ostafichuk, Doris Andrais, Lawrence (Bud) Haverstock, Morris Peniuk, Alice Boyko, Nancy Hrehirchuk, Olga Paruk, Jean Petryk, Mary Orlesky, Alma Radke, Fred Pewarchuk.

Furnishing Frail Elderly Room \$ 500.00
in memory of Mary P. Skubleny.

Towards Purchase of TV in LTC \$ 600.00
in memory of Lisa Prokopiw.

Towards Purchase of Mini-Van \$1,450.00
in memory of Lorraine O'Brien, Dorothy Haverstock, Doug Maschmeyer.

Towards Purchase of Low Air Pressure Mattress \$ 370.00
in memory of Jean Petryk

Towards 'Therapeutic Garden Ramp/Patio Project' \$ 40.00
in memory of Fred Pewarchuk

Donations – continued ..

Other Donations

Recreation Department

by Edward Iwaskow \$ 25.00

Auxiliary Residents' Easter Dinner

by Sylvia Ann Kotlarchuk \$ 110.00

Patient Comforts

by Donors at the Resident/Family Christmas Dinner \$ 110.00

by Dorothy Magill \$ 50.00

by Emily Robinson \$ 100.00

by Doreen Nichols \$ 20.00

by Waltraut Sabo \$ 75.00

by Anonymous \$1,000.00

by Mary & William Procinsky \$ 100.00

by Anne Pruss \$ 20.00

by Skaro District Community Society Casino Account \$ 500.00

by Louise McDougall \$ 200.00

by Donna Frauenfeld (Bake Sale proceeds) \$ 40.00

by Antji Bettac \$ 25.00

by Catholic Women's League of Canada \$ 75.00

United Way on behalf of

Gale Birch \$ 360.00

Joe Gluckie \$ 12.01

Anonymous \$ 451.09

Melanie Craigen \$ 214.60

Costco \$ 425.00

Towards Purchase of Mini-Van

by Holden United Church Women \$ 100.00

by Jasper United Church \$ 598.25

by Bissell Memorial United Church \$ 500.00

by Marilyn Thomas \$ 50.00

by Debra Jamieson \$ 15.00

by John Slanina Professional Corporation \$1,000.00

by Dorothee & Ilse Saleski \$ 200.00

by Sheila Mitchell (on behalf of

Joanne Hryniw) \$ 20.00

by Karen & Ian Carter \$1,000.00

by Anonymous \$ 500.00

by Kent & Shirley Harrold \$ 500.00

by Elsie Bishop \$ 40.00

by Bruderheim Senior Citizens' Club \$2,000.00

Towards 'Therapeutic Garden Ramp/Patio Project'

by Beaver Creek Co-Op \$ 250.00

by Lamont Value Drug Mart \$ 200.00

by Webbs Machinery (Lamont) Ltd. \$ 500.00

by William Skubleny \$ 200.00

by Lamont Lions Club Administration Acc't. \$ 250.00

by Antoinette Siracky \$ 100.00

Towards Purchase of Equipment

by Bruderheim Lions Club \$ 500.00

by Claudiu Iordache Professional \$1,000.00

6th Annual Dr. M. Ray Memorial Golf Tournament

The 6th Annual Dr. M. Ray Memorial Golf Tournament will be held on *Saturday, June 23rd, 2018* at the *Whitetail Crossing Golf Course* in *Mundare*.

Your support at this event will be greatly appreciated. Please mark your calendars.

You may visit the Website for details at www.lhccgolftournament.com

The net proceeds from the 2017 Dr. M. Ray Memorial Golf Tournament were \$15,700.00. This sum is used to supplement the purchase of Operating Room equipment. The goal is to combine the 2017 proceeds with the 2018 proceeds in order to purchase an Operating Theatre Lighting Source at a cost of approximately \$35,000.00.

Donations made to this event will be recognized in a future edition of the Community Newsletter.

Website

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

Please share your thoughts and provide your comments/feedback about the design/information and other features of this Website.

In closing, we leave you with these quotes...

"We are called to assist the earth to heal her wounds and in the process heal our own."

Wangari Maathai

"The heart of human excellence often begins to beat when we discover a pursuit that gives you a sense of meaning, joy or passion."

Terry Orlick

Thank you!

Yours in Christ,

Board, Administration & Staff