



Lamont Health Care Centre

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



2013 COMMUNITY NEWSLETTER – SPRING EDITION

Greetings and best wishes. May the blessings of Easter and the celebration of the risen Christ be with you. 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 stand firm with an embrace of its Ministry of Healing and the provision of compassionate care to Patients and Residents.

The service and care provided at Lamont Health Care Centre goes far beyond the borders of Lamont as we reach out to approximately 10,000 people in our service area.

A recent study by CBC using health information about 600 hospitals across Canada (Canadian Institute of Health Information), confirmed that the quality of care and service provided by LHCC ranked among the top ten (10) in Canada. While we are both humbled and pleased with the ranking, we believe that these results are truly a reflection of what our community expects of its community hospital. We will continue to be vigilant with the maintenance of Health Standards. We are committed to the principle of 'Patient/Resident Focused Care' and continue to offer the care and service provided in an atmosphere of openness/transparency within an environment that is safe, is of a high quality, meets Best Practice Standards, is culturally sensitive, respectful, promotes the dignity of self and operates with a sense of hope for a better future in the delivery of health services.

As many of you know, we celebrated our Centennial in 2012 and embarked on a journey to raise funds for the purchase of equipment beyond the grants which are provided by Government. We will continue to solicit donations for such purchases because of the ever increasing need to keep up with new technology and to replace equipment whose useful life has been exhausted.

We acknowledge with heartfelt thanks, a kind donation of \$6,090.00 from Providence Grain for the purchase of two IV Pumps. This addition to our asset list will allow us to provide timely IV therapy to Patients and Residents.

Our success over the past several years has been largely due to the efforts of our local communities, various community organizations, Volunteers, Staff, Physicians, Government and our church community.

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.

We cannot express in words, how thankful we are to everyone who continues to work so diligently and loyally for the good of our community and for Lamont Health Care Centre.

Operational Matters

We completed our fiscal year end on March 31st, 2013.

The past year was filled with many wonderful events including the celebration of our Centennial. We extend special thanks to all in our community who helped make the celebration a special community event.

Our focus has now turned to collecting various memorabilia, news clippings, vision statements, photos, etc. for a 'time capsule' which will be opened in September 2037.

A pictorial representation of the art work done by Elementary School Students is now on display on the corridor walls directly west of the Business Office. You are welcome to visit the display which pays special tribute to our young students who participated in rendering their version of "What does a community hospital mean to you?"

In September 2011, our hospital was accredited by Accreditation Canada. A condition attached to the maintenance of our accreditation status was compliance to criteria regarding practices such as identification of Patients/Residents, medication delivery, venous thrombosis, etc.

We have now met the required conditions and are scheduled for an accreditation review in September 2014.

Needless to say, all Staff is busy working on the maintenance of all criteria.

Safe, transparent and quality Patient/Resident care and service remains our principle focus. Regular Surveys of Patient/Resident experiences continue to tell a very positive story about the services/programs offered at our facility. We really appreciate the public feedback we receive including suggestions for improvement.

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Operational Matters – continued ..

Thanks to all for keeping us aware and alert to Patients'/Residents' needs. We value the support shown to us. Our values, commitment and behavior are reflected in the standards expected of us.

As we move on into the next phase of our journey in health, we will continue to advocate for services and programs which are truly reflective of the needs of the community we serve. There will be periods of adjustment in the funding envelope provided by Alberta Health Services and Government, so our challenge to deliver health services without compromising quality will remain front and centre.

Although we have not received our funding advice for the fiscal year 2013/14, here is a recap of our utilization for fiscal year April 1, 2012 – March 31, 2013:

Morley Young Manor (Assisted Living)	42 Suites
Total Beds available in Acute Care	14
Total Acute Admissions	436
Acute Care Occupancy	72%
Average length of stay in Acute Care	8.66 days
Total Beds in Long Term Care	101
Total Long Term Care Admissions	51
Long Term Care Occupancy	83%
Community Beds	4
(designated for Palliative & Respite Care)	
Admissions to Community Beds	10
Emergency/Outpatient Visits	6,001
Miscellaneous Clinic Visits	1,026
(Stress Tests, Podiatry, Gynaecology, etc.)	
Surgical Procedures	2,433
(performed within OR Theatres)	
Minor Surgical Procedures	408
(performed in procedure rooms outside of OR Theatres)	
Total Physiotherapy Visits	15,040
Total Recreation Visits	17,993
Total Occupational Therapy Visits	1,143
Total Radiology Procedures including ECGs	7,578
Total In-house Laboratory Procedures	48,289
Total Referred Out Laboratory Tests	9,027
Total Meals Prepared and Served	123,312
Total Pounds of Linen Processed	696,089
Operating Revenue for period	\$14,530,376.
Operating Expenditures for period	\$14,648,429.

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.

Medical Services – continued ..

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
- 9 Active Consultants (Ophthalmologists, ENT Specialist, Gynaecologist, General Surgeons)
- 7 Courtesy Staff
- 2 Podiatrists (one of whom is a Foot & Ankle Surgical Specialist)
- 1 Dentist
- 1 Optometrist
- 1 Radiologist
- Laboratory/Pathology Consulting Services are provided by Alberta Health Services.

Lamont Medical Clinic Phone: 780-895-2515
Dr. Ramesh Juta, Dr. Parveen Boora & Dr. Omar Farooq – Specialists in General Surgery
Consult Appointments by Referral Only.

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.**

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. – 7:00 p.m.
Friday 9:00 a.m. - noon
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.

Medical Services – continued ..

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.**

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.

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.

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

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

Clinic Days & Hours:

Monday through Friday

Dr. Scott Lopetinsky

Tuesday & Thursday

9:30 a.m. – 4:00 p.m.

Friday

9:00 a.m. – noon.

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.

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.

Patrons who attend Lamont Medical Clinics are requested by the Town of Lamont to park only on the left side of 54th Street or for that matter on all streets leading to the facility. Also please note that the West Parking Lot is designated for Staff parking only; visitors are asked to park along the public streets.

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

DEPRESSION AND ANXIETY

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

I would like to discuss anxiety and depression which is very prevalent in our community. Usually these are topics that seemed to be reserved for the colder, darker days of winter but I feel that these two diagnoses affect people year around.

Anxiety itself is actually a protective mechanism to deal with day-to-day stress. The disease is actually called an anxiety disorder. This occurs when a person has excessive anxiety or worries about several events or activities most of the days of the week. Also involved here is difficulty in controlling these feelings and this affects your day-to-day life. It also affects your social interactions. There are different types of anxieties including post traumatic stress disorder and panic disorder but they are still within the anxiety disorder list.

Depression is not merely a feeling of sadness. This occurs at any time to almost anybody. This is specifically in a situation where there is persistent feelings of sadness or unhappiness, an inability or frustration over small matters, a loss of interest in normal activities or pleasure in normal activities, reduced sex drive, insomnia, changes in appetite, agitation or restlessness like pacing, irritability or angry outbursts, slow thinking or decreased concentration, indecisiveness, fatigue, loss of energy, feeling of worthlessness or guilt even if it is undeserved guilt over things you might have done differently, memory problems, frequent thoughts of death, dying or suicide, crying spells for no apparent reasons and unexplained physical disorders like chronic back pain, neck pain or temporomandibular joint dysfunction; something that cannot be easily seen.

So, the above indicate how we come to a diagnosis of depression. Some people consider that those feelings must exist for a certain time period or that they must have a triggering life event in order to qualify as depression or anxiety that are medical disorders; however, I feel that if people have these feelings which are interfering with their day-to-day living, this in itself justifies making a diagnosis of depression. This does not mean that a person requires long term treatment but they do require some kind of intervention.

The first intervention that needs to be taken is to actually discuss your feelings with your family doctor. This is the start of the therapeutic relationship; at the same time it allows you to reaffirm whether you have a true disorder or if it is merely just life's stress which is a natural part of living. Remember taking medication in order to cure disease is not the answer in all cases. Often the doctor will suggest counseling in order to get to the bottom of the feelings of anxiety and depression and this

Depression and Anxiety – continued ..

is an essential part of the treatment. An understanding of the disease and being able to think properly about the disease is half of the treatment; it's an ongoing part of the health of the patient.

Medication is essential for a long term feeling of depression or anxiety. The reason for this is we know from brain studies that a change occurs in a person's brain when they have a long standing depression or anxiety and that needs to be reversed chemically. There is a chemical imbalance in the brain that has been proven and the only way to reverse this balance is to use medication to accomplish this. Counseling will maintain the reversal of this balance. So, this means that once the medication has had an effect, counseling allows the person to continue having good mental health.

People often ask me about discontinuing medication once it is started. Depression is a discreet disease that can have a sudden time limit with regards to treatment especially if the incident that caused the depression in the first place is addressed. Usually treatment should occur for about two years or maybe four times as long as the person was depressed.

Anxiety on the other hand is something that occurs on a day-to-day basis and has multiple factors that cause it. Anxiety can be controlled but more often than not anxiety has to be treated for the rest of the patient's life with the lowest dose of medication possible. At some stage a person may feel that their anxiety is under control without the need for medication and that counseling in itself is acceptable. I cannot argue with this as a person may be well on their road to recovery. However, because anxiety is so insidious, relapses are common and it is important to recognize that a person may need the medication again maybe in spurts, every two to three years. There is nothing to be ashamed of since everybody has anxiety to the point that if it interferes with daily life which needs to be addressed in a medical manner.

I hope that this has given you some insight into two very complex diseases; I feel it essential that if you think this applies to you that you seek consultation with your family doctor.

Donations

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

Donations are used to purchase capital equipment and various Patient/Resident comforts.

We acknowledge with sincere thanks and appreciation the following donations:

Memorial Donations

Patient Comforts	\$8,554.00
In memory of Peter Starko, Stanley Jacobs, Harry Holyk, Mary Tymchuk, Frank Buga, Hermiane Arbter, Mary Mastaler, George Goroniuk, John Hunka, June Engman, Irene Warshawski, Annalotte Thiel, Victoria Kostiuik, Maxine Holts, Lorne Hillis Rice, Mary Nygren, Ernie Mochnach, Doris Brzezicki, Victor Ewanowich, Eva Robinson, Helen Cholak, Lawrence Prusak.	
Sheepskins	\$2,240.00
In memory of Hermiane Arbter.	
OR Equipment	\$1,230.00
In memory of Dr. M. Ray.	
Low Air Pressure Mattress	\$1,580.00
In memory of Dr. M. Ray, Ernie Mochnach, Romeo Leblond, Bev Slaght.	
Special Fence Project	\$ 250.00
In memory of John & Anne Sadoway.	
Palliative Care	\$1,060.00
In memory of Sadie Russ.	
<u>Other Donations</u>	
LHCC Centennial	
by Mary Dehod	\$ 100.00
by Gloriann Sarafinchan (toward Surgical Equipment)	\$1,000.00
by Grace Trynchy	\$ 50.00
by Marshall Pankiw	\$ 100.00
by Dave & Lori Mendiuk (toward Equipment)	\$ 500.00
LTC Palliative Care Suite	
by Auxiliary of Lamont Health Care Centre	\$1,500.00
Healing Garden	
by Alfred Baron	\$ 105.00
Morley Young Manor	
by Olga Hrehirchuk	\$ 300.00
Surgical Equipment	
by John & Shirley Kmech	\$ 100.00
Purchase of Equipment	
by Eddie & Joan Nowicki	\$ 200.00
Christmas Open House Tea	
by Frances Shlichta	\$ 30.00
by Tillie Beamer	\$ 50.00
by Nettie Mastaler	\$ 50.00
by Richard Lefebvre & family	\$ 45.00
by Jean Petryk	\$ 30.00
Chapel	
by Melvin Kozub	\$ 600.00
Spiritual Care Program	
by Josephburg Community Church	\$ 400.00
Handi-bus	
by Zabel's Autobody & Glass	\$1,732.50

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Other Donations – continued ..

Special Fence Project

by Skaro District Community Society	
Casino Account	\$1,000.00
by 748903 Alberta Ltd. Burger Baron	\$ 50.00
by Sylvia Kuzyk	\$ 40.00
by Steve & Grace Blashko	\$ 40.00

Patient Comforts

by Jessie Saruk <i>in memory of her friends</i>	\$ 125.00
by Metro & Mary Woychuk	\$ 100.00
by St. Michael Golden Age Club	\$ 30.00
by Elsie Inkster	\$ 150.00
by Judy Dube	\$ 100.00
by Richard & Verna Badry	\$ 250.00
by Anonymous	\$ 100.00
by Rose Motyka	\$2,000.00
by Holden United Church Women	\$ 100.00
by Alice Miskew	\$ 100.00
by Sophie Sheptycki	\$ 20.00
by Patricia Purschke	\$ 85.00
by Oscar Pederson	\$ 32.00
by Janice Orichowski	\$ 25.00
by Fred Prochnau	\$1,000.00
by Dr. Dorothee Saleski	\$ 200.00
by Welcome Wagon Ltd.	\$ 10.00
by Linda Davies	\$1,000.00
by Diane Beveridge	\$ 100.00
by Helen Tymchyshyn	\$ 100.00
by United Way of Calgary & Area	\$ 101.78
by Bissell Memorial United Church	\$ 500.00
by Helen Yaremie	\$ 100.00
by Gale Birch/Agrium	\$ 360.00
by Louise McDougall	\$ 200.00
by Anonymous	\$ 500.00

Annual General Meeting

Once again, the Board will be hosting the Annual General Meeting of the LHCC Board on **Monday, June 17th, 2013**, in the Rotunda, Morley Young Manor, commencing at 7:00 p.m.

You are cordially invited to attend and hear what has taken place at your community hospital this past fiscal year.

The Rotunda can be accessed on the North side of Morley Young Manor. Parking will be along 54th Street.

LHCC Golf Tournament in Memory of Dr. M. Ray

We continue to feel the loss of Dr. Mihir Ray. His value to the Lamont Health Care Centre family is immeasurable and every attempt is being made to honour his contribution to Lamont Health Care Centre and community.

A group of OR Staff headed by Johanne Rousseau-Chicoine has organized the 1st Dr. Ray Memorial Golf Tournament which will be held on Saturday, August 24th, 2013, at the Fort In View Golf Course, located at 55028 Range Road 230, Fort Saskatchewan.

This tournament will not only honour the legacy left by Dr. Ray, but would also provide an opportunity to raise funds for the purchase of surgical equipment for our facility. Dr. Ray was a very strong advocate of the surgical program and this would be one way of keeping his legacy alive.

The cost of this event is \$100.00 per person and includes 9 holes of golf (Texas Scramble), riding cart, steak dinner and \$15.00 toward a donation for surgical equipment. Extra banquet tickets are also available at a cost of \$35.00 per person. Registration begins at 1200 noon, with tee-off at 1:30 p.m. Award presentations, Silent Auction and dinner will conclude the day's event. Pre-registration is required by July 25th, 2013. Registration forms are available at:

Lamont Health Care Centre
Business Office
780-895-2211.

We extend an invitation to all.

Thank you.

Sincerely,

Board, Administration & Staff