



Lamont Health Care Centre

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



LAMONT HEALTH CARE CENTRE 2012 COMMUNITY NEWSLETTER – WINTER EDITION

Greetings and best wishes for a joyous, peaceful and glorious celebration of Advent. May 2013 bring you good health, happiness and abundant blessings.

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.

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, this year we celebrated our Centennial 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 are happy to report that the net proceeds from the Centennial Sponsors (ie. corporations, businesses, individuals and others); thus far, has been approximately \$70,000.00. All funds collected have been used to purchase equipment and instruments for use in the delivery of care and service.

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.

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

Governance – continued ..

As we conclude our Centennial year we would be remiss if we didn't acknowledge the commitment of our founders namely Dr. Archer and Dr. Young and their health team whose vision for a 'better health care for all' went beyond the imagination of their time.

We also remember the kind support extended to us for the various building projects and other capital/operating commitments made by the Provincial Government and most importantly the work and unequivocal support offered by our former Premier and friend, The Honorable Ed Stelmach in securing a place at the health table.

In our humility we offer our 'sincere thanks' to all.

Operational Matters

We are now well into the fiscal cycle for 2012/13. Negotiations with Alberta Health Services for funding the operations are concluded. We have been assured with our thanks to AHS, that the operating grants for the period April 1, 2012 to March 31, 2013 will be a 4.2% increase on the grants offered in the 2011/12 fiscal year. This addition will cover the cost of salary increases, inflation and minor capital equipment replacement of \$5000 or less. An allocation of \$360,000 has also been secured for major capital equipment replacement. Alberta Health Services has also acknowledged that while it recognizes such capital funds may not be enough to support the operations, it is hopeful that we will be in a position to sustain capital needs through various fundraising initiatives and donations.

We will continue to be frugal with expenditures and trust that our expenditures will not outgrow the operational grants provided.

Mission Statement

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health and the provision of compassionate care to all persons.

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Operational Matters – continued ..

Meanwhile, we would like to share the following operating details for the period ended October 31st, 2012:

Total Beds available in Acute Care	14
Total Acute Admissions	230
Acute Care Occupancy	74%
Average length of stay in Acute Care	9.57 days
Total Beds in Long Term Care	101
Total Long Term Care Admissions	43
Long Term Care Occupancy	85%
Morley Young Manor (Assisted Living)	42 Suites
Community Beds	4
(designated for Palliative & Respite Care)	
Admissions to Community Beds	6
Occupancy in Community Beds	38%
Emergency/Outpatient Visits	3,876
Miscellaneous Clinic Visits	618
(Stress Tests, Podiatry, Gynaecology, etc.)	
Surgical Procedures	1,396
(performed within OR Theatres)	
Minor Surgical Procedures	216
(performed in procedure rooms outside of OR Theatres)	
Total Physiotherapy Visits	9,445
Total Recreation Visits	10,661
Total Occupational Therapy Visits	395
Total Radiology Procedures including ECGs	4,657
Total In-house Laboratory Procedures	29,497
Total Referred Out Laboratory Tests	5,739
Total Meals Prepared and Served	73,392
Total Pounds of Linen Processed	425,819
Operating Revenue for period	\$8,505,416.
Operating Expenditures for period	\$8,654,118.

We hope this provides you with some insight into what goes on in your Community Hospital.

We also have in place, various processes/audits to measure the quality of care and service in order to ensure that we satisfy the test for meeting Best Practice, Safety, Infection Prevention & Control and Accreditation Standards.

In addition, the information we receive from the ongoing quarterly Patient Surveys provides a measure of how Patients feel about the care/service provided. The feedback given is complimentary and supports the direction for health service delivery. We do get the occasional feedback regarding long waits in Emergency; however, we want to give the assurance that Emergency Care is provided in a very timely manner to all who attend at Lamont Health Care Centre.

Patients who tend to wait longer than expected are generally those waiting for treatment of a minor nature. Rest assured that most Patients are seen within an hour of registration. Patients with heart attacks, severe trauma are seen immediately upon arrival.

Medical Services

Medical Services are offered by a core group of Active Physicians who operate their private Clinics on the Ground Floor of the Archer Building.

A number of Physicians on the Courtesy Medical Staff work in partnership with Surgeons at Lamont in order to assist at Surgery and to provide Anaesthetic Services as required. We currently have on Staff:

- 6 Active Physicians (including one Surgeon Specialist)
- 9 Active Consultants (Ophthalmologists, ENT Specialist, Gynaecologist, General Surgeons)
- 8 Courtesy Staff
- 2 Podiatrists (one of whom is a Foot & Ankle Surgical Specialist)
- 1 Dentist
- 1 Optometrist
- 1 Radiologist.

Lamont Medical Clinic Phone: 780-895-2515

Dr. Mihir Ray – Specialist in General Surgery

Consult Appointments by Referral Only: **Mondays.**

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**

& Friday 9:00 a.m. – 5:00 p.m.

Thursday 9:00 a.m. – 7:00 p.m.

Walk-ins are also welcome.

SANUS Medical Clinic

Dr. John Slanina – Family Physician

Phone: 780-895-2272

Clinic Days & Hours: **Tuesday 8:30 a.m. – 8:00 p.m.**

Wednesday & Friday

8:30 a.m. – 5:00 p.m.

Thursday 8:30 a.m. – noon

Mundare Office

Phone: 780-764-2200

Clinic Day & Hours: **Monday 10:00 a.m.-3:30 p.m.**

Thursday 2:30 – 5:30 p.m.

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 3:00 p.m. – 5:00 p.m.

Mundare Office

Phone: 780-764-2200

Clinic Days & Hours: **Tuesday 9:00 a.m. – noon**

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.

Dr. Robert Eastwood

Friday

9:00 a.m. – 1:00 p.m.

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

Other Health/Medical Services – continued ..

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.

‘MEDICAL CORNER’

Advanced Alzheimer’s Dementia as a Terminal Disease

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

I would like to introduce a topic that we see a lot of in our community as well as in our hospital - that is dementia. Obviously most people know or have a close family member or a neighbor who has previously been diagnosed with dementia but I would like to stress that dementia is not a memory loss. Dementia is a specific disease and today I will be discussing it as a terminal disease.

Of the types of dementia that are seen in Canada 47% is Alzheimer’s dementia. Alzheimer’s dementia is a specific type affecting younger people involving the development of a protein chemical in the brain.

The second most common which stands at 27 ½ % is mixed Alzheimer’s dementia and this is where the Alzheimer’s dementia has some other form of dementia which I will address later.

6.3% is mixed other type dementia, 8.7% is vascular dementia. Vascular dementia is where blood vessels that feed the brain have died and this results in non-function of those areas resulting in dementia. This can be mixed with Alzheimer’s disease giving a younger person a profound loss of memory and the ability to concentrate.

Frontal temporal dementia is 5.4% and this usually involves abnormal, weird, or uncharacteristic decision making. Dementia associated with Parkinson’s disease or with Lewy Body stands at 2.5% and 2% remains unclassifiable.

The previous one involves patients who have hallucinations and more often than not are seen as psychiatric patients rather than being seen as demented patients.

To describe what dementia is I want to emphasize once again that it is not a disease of memory loss. An example that I can use is to compare two people at eighty years old. One man lives on his own, drives his own vehicle, does his own shopping, and pays his own bills. The other person is in Long Term Care, has to be fed, and has to have his family look after his banking affairs. Obviously this

Advanced Alzheimer's Dementia – continued ..

gentleman in Long Term Care has not lost his memory but he is unable to use his mental faculties.

The diagnostic criteria for dementia is the presence of an acquired impairment in memory associated with impairment in one or more of the following areas, that is

- abstract thinking, reasoning, and judgment
- the ability to use language
- the ability to learn tasks like clapping
- the ability to recognize and name objects or faces - for example naming a tie, a pen, or a book.

This must be severe enough to interfere with work, usual social activities, or relationships with other people.

In a nut shell that is dementia. So as you can see it is not really a loss in memory but it is a loss in the global functioning of a patient.

With regards to dementia as a terminal disease an article was published in the New England Journal of Medicine in 2009 illustrating this point. They indicate that dementia is the leading cause of death in the United States and by correlation in Canada. But it is under-recognized as a terminal illness.

They followed Nursing Home patients and they found that 50% of these patients died in an eighteen month period with 25% of these patients dying in a six month period.

Interestingly the death was associated with pneumonia at 40%, fever at 50%, and eating problems at 85%. Commonly we think of people with dementia as dying from one of the following diseases namely seizures, bleeding from the abdomen, hip fractures, strokes, lung problems, or a heart attack. But, in actual fact these accounted for a very small number of deaths. In fact, a heart attack accounted for 2% of the total population and a stroke for 7% of the population. However, more distressing was the fact that the patients had symptoms that were not addressed because of advanced dementia. People with dementia require somebody to speak for them as they cannot express

pain and they are unable to express any burdensome feelings. In actual fact in this article they indicated that shortness of breath affected 40% of people, pain 40%, leg ulcers 40%, and swelling problems 40%. This indicates a very high burden of suffering as these people were unable to express their problems but this was found indirectly.

Because of this, 40% underwent interventions that did not actually improve their quality or quantity of life but possibly added to their suffering in that they needed to be taken to Emergency where they had IV support, received antibiotics, and underwent further investigations. These unfortunately did not improve any of the underlying conditions other than possibly the stabilization of the hip fracture or treatment of dehydration which could be done in the Nursing Home itself.

They also found that patients with cancer, when they understood that the disease was progressive, actually had less intervention and had more comfort care at the end of life compared to patients with dementia in the advanced stage at the end of life that had more investigations and interventions which did not actually improve their quality of life.

The final assessment is that dementia is equivalent to somebody having metastatic breast cancer or Stage IV heart failure as the rate of death at six months is 25% with the survival of 1.3 years.

I feel that people who have relatives, friends, or neighbors that have dementia should make an extra effort to be a proxy for the patient in order to speak out on behalf of the patient; however, in being a proxy, they need to understand that dementia is a terminal illness and that this person will die from this particular dementia. As quoted in the article the median survival is 1.3 years. That is about one year and four months. I feel that if the proxy understands this, then much more aggressive comfort measures will be instituted at an earlier stage rather than intensive interventions and investigations which ultimately do not benefit the patient but rather increase the burden of suffering.

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Donations

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

We acknowledge with sincere thanks and appreciation the following donations:

Memorial Donations

Patient Comforts \$8,984.01

In memory of Norma Scheers, Walter Wandzilak, Sr. Cassie Waschuk, Raymond Scheers, Jean Alton, Magdeline Medynski, Joy Horrick, Walter Eleniak, Velma Letwin, Edmund Mackay, Nick Tymchak, Anton Andruchow, Sharon Edmonton, Bernice Schneider, Olga Alexandriuk, Lena Ostashek, Peter Paruk, Gerard White, Mike Schiller, Herb Bowley, William Rechlo, Julia Gregoraschuk, Mary Mastaler, Nadie Schaff, Edward Hrehirchuk, Donald Klein, Norma Gabert, Peter Starko, Mary Tymchak.

Palliative Care \$ 740.00

In memory of Ed Hocolak, Helen Campbell.

LTC Palliative Care Room \$ 550.00

In memory of Mabel Johnson.

Morley Young Manor \$1,325.00

In memory of Raymond Scheers, Norma Scheers.

Low Air Pressure Mattress \$ 270.00

In memory of Magdeline Medynski, Hilda Breitzke, Stan Klaczek, Victor Vezina, Delorese LeBlond, Fr. Basil Skubleny OSBM, Br. Casimir Kolodychuk OFM.

Recreation Department \$ 180.00

In memory of Magdeline Medynski, Gerard White.

Bus Fund \$ 20.00

In memory of Walter Eleniak.

Other Donations

Patient Comforts

by Auxiliary of LHCC \$ 450.00

by Anonymous \$ 150.00

by Anonymous \$ 20.00

by Ron Ryland \$ 203.00

by Shirley Quiring \$ 100.00

by Anthony & Blanche Dembicki \$ 200.00

by Rick Anderson \$ 5.00

by Bruderheim Lioness Club Activity acc't. \$ 100.00

by United Way of Calgary-Donor Choice

Program \$ 87.94

in honor of Polly Pewarchuk's 90th Birthday \$ 500.00

Use of MYM Rotunda

by Stanley Woychuk \$ 100.00

by Donald & Oe'livia Chasse \$ 75.00

Nurses' Med Cart

by AMH Alumni Association \$ 800.00

Other Donations – continued ..

General

by Barry & Judith Cote \$ 50.00

by Evelyn Dowling in celebration of 60th Anniversary of Bob & Olga Dowling \$ 30.00

by Strategic Charitable Giving Foundation \$ 394.32

Resident & Family Christmas Open House Tea

– Morley Young Manor

by Gale Birch on behalf of Olga Hackman \$ 200.00

- Long Term Care

by Mary Woloshniuk \$ 40.00

Perimeter Fence Project (Auxiliary Wing)

by Margaret Suddaby \$ 50.00

by Aldon Auto Salvage \$ 1,000.00

by Dr. M. Ray \$ 100.00

by Denham Chrysler \$ 200.00

by Lamont Foods \$ 30.00

by Elsie Inkster \$ 100.00

by Park Memorial Ltd. \$ 1,000.00

by Beaver Creek Co-Op Association Ltd. \$ 100.00

TV in Frail Elderly Dining Room

by Dr. Eyad El-Hajj \$ 500.00

TV in LTC Palliative Care Room

by John Slanina Professional Corporation \$ 500.00

LHCC Centennial Celebrations

by SERVUS Credit Union Ltd. \$ 1,000.00

by Lamont County \$10,000.00

by Lamont County (toward MYM Gazebo) \$ 5,000.00

by Victor & Bernice Schneider \$ 250.00

by Lawrence & Dorothea Haverstock \$ 100.00

by Lawrence & Pat Hryniw \$ 25.00

by Price Automotive Ltd. \$ 100.00

by Anonymous \$ 500.00

by Anonymous \$ 500.00

by Anonymous \$ 500.00

by Lamont Value Drug Mart \$ 1,000.00

by Lamont Medical Clinic – Dr. Ray

(TV in Day Surgery) \$ 500.00

by Sherritt International Corporation \$ 5,000.00

by John Newgard (toward Equipment) \$ 2,600.00

by Vel Velmurugiah Prof. Corp. \$ 100.00

by Lamont Fire Department – Parade Collection

(toward Patient Comforts) \$ 1,840.00

by Stanley Jacobs in memory of John Jacobs

(toward Special Equipment) \$ 5,000.00

by Zabel's Autobody & Glass Ltd.

(toward LTC Palliative Care Room) \$ 500.00

by Allen Antoniuk \$ 1,000.00

by Dolores Sadoway in memory of Dennis Sadoway,

Mary & Peter Skubleny \$ 250.00

by Alastair Cockburn Architect Ltd.

(toward Special Equipment) \$ 500.00

by Lamont Recreation Catering Club

(toward Special Equipment) \$ 1,000.00

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Other Donations

LHCC Centennial Celebrations – continued ..

by Bissell Memorial United Church (toward Patient Comforts)	\$ 430.00
by James Burger	\$ 2,200.00
by S.C. Azer Prof. Corp.	\$ 100.00
by General Auto, Lamont (toward LTC Palliative Care Room)	\$ 500.00
by Lamont Farm Centre Ltd.	\$ 500.00
by M. Zahirul Hoque Prof. Corp.	\$ 100.00
by Andrew & Olga Tchir	\$ 100.00
by Chipman Lions Club (toward Low Air Pressure Mattress)	\$ 1,000.00
by Lamont Fish & Games Association (toward Special Equipment)	\$ 500.00
by Lamont Lions Club (toward Equipment)	\$ 1,000.00
by Ed & Marie Stelmach (toward Patient Comforts)	\$ 200.00
by Irwin & Linda Farris	\$ 75.00
by Steve & Stella Stodola	\$ 100.00
by Catherine Leskiw	\$ 25.00
by Neil & Margaret Vivian	\$ 250.00
by Elk Island Pastoral Charge-Lamont United Church (September 28, 2012 Offerings)	\$ 675.00
by Gondola's (Sham Achty)	\$ 500.00
by Lamont Travel 2009 (Maria Young)	\$ 200.00
by Jack Dennett & family	\$ 200.00
by CAT Rentals (donation-in-kind – Cable - Pancake Breakfast)	\$ 395.00
by Lamont RV Park & Campground (donation-in-kind - Propane – Pancake Breakfast)	\$ 50.00
by Associated Communications Ltd.	\$ 100.00

Website

We are pleased to announce that the Lamont Health Care Centre Website is up and running.

You may visit this site at www.lamonthehealthcarecentre.com

Expect to find details on the following:

Mission, Vision, Values, History, Job Postings, Current Events, Results of Patient/Resident Surveys and other interesting notes.

Your feedback regarding the Website will be greatly appreciated.

Thank you.

Sincerely,

Board, Administration & Staff