



# Lamont Health Care Centre

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



## 2014 COMMUNITY NEWSLETTER – WINTER EDITION

*Greetings & Blessings to all!*

*As we enter into the Advent, we extend to you a “Merry and Joyous Christmas”.*

*May your celebration of Advent and the anniversary of the Birth of Christ fill your heart with Love.*

*Have a Happy, Warm and Prosperous New Year! Keep safe and may God bless you always!*

### **Operational Matters**

The past year has simply flown by; one can hardly believe where the time has gone. This past period we were very focused on preparing for Accommodation Standards Compliance Review (June 2014) and Accreditation Canada Standards Review (September 2014).

The results of both reviews confirmed our compliance with the Province’s Accommodation License requirements and Accreditation Canada Standards. The Accreditation Certificate was granted for the period 2014-2018.

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

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

These afore noted safety points are embodied into various aspects of our work process but will now be enshrined as one of the key strategies we will follow.

Thank you for supporting these initiatives; the standards of transparency, openness and safety are all part of a strategy to reduce risks to Patients/Residents/Staff and the Board.

### **Capital Equipment**

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

This past period we expended over one hundred and seventy thousand dollars (\$170,000.00) in new and necessary equipment in order to ensure that the care and service provided to Patients and Residents is not compromised. Special thanks to Alberta Health Services and countless donors for providing the required resources to make these purchases possible.

Examples of such purchases include:

Total Lift Transfers	Flexible Hysterscope
Stretchers	ENT Equipment
Garden Tractor	Pulse Oximeters
New TV Sets for Acute Care	Floor Scrubber, etc.
Wire Driver Set (Net proceeds from Dr. M. Ray Memorial Golf Tournament - \$12,400.00).	

### **Partnership with Others**

We continue to work hard in building strong partnerships with Alberta Health Services, Alberta Housing, Lamont County Housing Foundation, University of Alberta Rural Medical Student and Pharmacy Elective Programs, Heartland Primary Care Network, NAIT, Lakeland College and others.

These partnerships are important as we strive to relate in a positive and open manner with our various stakeholders. Such openness is an expression of public confidence in the provision of care and service offered at LHCC.

### **Mission Statement**

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

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

**FACILITY UTILIZATION**

**For the period ending October 31, 2014**

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	282
Total Admissions to Long Term Care	28
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	8
Acute Care Patient Days	2,170
% Occupancy in Acute Care	72.4%
Average Length of Stay in Acute Care	8.13 days
Long Term Care Resident Days	22,883
(includes Respite & Palliative Care)	
% Occupancy in LTC	94%
Average Length of Stay in LTC	990 days
Average Length of Stay in Respite Care	21 days
% Occupancy in Morley Young Manor	98%
Total Surgical Procedures Performed	1,397
Minor Surgery performed outside of Operating Room Theatres	372
Emergency Visits	3,600
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Holter Monitor/Pre-Admission/Gynaecology)	1,044
Total Physiotherapy Visits	11,257
Total Occupational Therapy Visits	522
Total Recreational Therapy Visits	12,275
Total Diagnostic Radiology Visits	5,067
(includes ECGs & Holter Monitor)	
Total Diagnostic Laboratory Procedures Performed	27,395
Total Laboratory Procedures Referred Out to Others	9,582

Financial Operations

Total Revenues	\$8,924,958.
Total Expenditures	\$9,105,305.

*Medical Corner*

**Flu Immunization**

The flu season is now upon us; we encourage all members of our community to get the “flu shot”. This is one way to protect yourself from the harmful effects of the flu.

A ‘flu clinic’ is being held (by appointment only) on Thursday, December 11<sup>th</sup>, 2014 from 10:00 a.m. to 2:00 p.m. Please contact the Lamont Health Unit at 780-895-5817 to book an appointment.

One way you can protect yourself and others is to “cover your cough” and to use hand hygiene techniques often; this can be achieved by washing your hands often or by using a hand sanitizer.

**Ebola Update**

Although the likelihood of contracting ‘Ebola’ at Lamont Health Care Centre is low, we can never be too cautious given the travel habits of many people.

Our Staff has received information and training on how we can provide care and support to an ‘Ebola’ infected Patient. Personal protective equipment is available for Staff use in order to minimize contact with a Patient. Alberta Health Services has mandated certain protocols which must be followed if a Patient presents with symptoms of “Ebola”. These protocols include isolation, contact precautions and calling AHS for appropriate transport to an “Ebola Treatment Unit” in Edmonton.

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

## 2014 Community Newsletter – Winter Edition

### 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.**

Lamont Family Physician Clinic Phone: 780-895-5910

##### Dr. Jaime Namit – Family Physician

Clinic Days: **Monday through Friday**

Office Hours: **7:30 a.m. – 4:00 p.m.**

Lamont Medical Clinic Phone: 780-895-2515

##### Dr. Ramesh Juta & Dr. Omar Farooq – Specialists in

##### General Surgery

Consult Appointments by Referral Only.

#### SANUS Medical Clinic

##### Dr. John Slanina – Family Physician

Phone: 780-895-2272

Clinic Days & Hours: **Tuesday 8:30 a.m. – 8:00 p.m.**  
**Wednesday 8:30 a.m. – 5:00 p.m.**  
**Thursday 8:30 a.m. – noon**  
**Friday 8:30 a.m. – 4:00 p.m.**

**Mundare Office** Phone: 780-764-2200

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

**Thursday 2:30 – 5:30 p.m.**

### 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 of Patients needing 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.

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.

### Emergency Services – continued ..

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 52<sup>nd</sup> Avenue and North on 54<sup>th</sup> 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. If you require advice call HEALTH Link Alberta.

HEALTH Link Alberta Health advice 24 hours a day  
Call toll-free 1-866-408-LINK (5465)

You never know when you'll need immediate health advice or information. That's why Health Link Alberta is available to you **24 hours-a-day, 7 days-a week**. One call will connect you to a Registered Nurse who can answer your questions and give you sound advice whenever you need it because health needs don't keep office hours. Current reports indicate that the Health Link is serving a very useful purpose.

### Visiting Specialists

Foot/Ankle Surgical Specialist **Dr. Karim Ravji**

Appointments with **Dr. Ravji** are by Referral Only.

Obstetrician/Gynaecologist **Dr. S. Azer**

Ophthalmology **Dr. R. Harris, Dr. M. Kutzner &**

**Dr. K. Gill**

Stress Testing **Dr. A. Bharmal**

Appointments with **Dr. Azer, Dr. Harris, Dr. Kutzner, Dr. Gill** and **Dr. Bharmal** are made through their respective Offices.

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.



**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 disenchanted.

You can make a difference and 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.Lamonthhealthcarecentre.com](http://www.Lamonthhealthcarecentre.com).

**Donations**

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

Donations are used to enhance the care and service provided and are directed toward the purchase of capital equipment and various Patient/Resident comforts or other specified purposes.

We acknowledge with sincere thanks and appreciation the following donations:

**Memorial Donations**

**Patient Comforts** \$6,595.00  
In memory of Martha & Leo Radke, Ed Bettac, Richard Ewasiuk, Herb Bowley, Rose Motyka, Janice Ulan, Scott Paton, Metro Woychuk, Frances Shlieta, Anne Matiaszow, Hedwig Frieda Jeske, John Andruchow, Mary Kozub, Bill Holyk.

**Memorial Donations - continued ..**

<b>Patient Comforts – LTC</b>	\$ 50.00
In memory of Jennie Klebanowski.	
<b>Special Air Mattress</b>	\$5,160.00
In memory of Leo Flaman, Rose Steeden.	
<b>Toward purchase of Surgical Equipment</b>	\$1,100.00
In memory Dr. Mihir Ray	
<b>2<sup>nd</sup> Annual Dr. Ray Memorial Golf Tournament</b>	
Sponsorship Ken Pilip	\$1,500.00
<b>Toward Frail Elderly Room</b>	\$ 250.00
In memory of Mary & Peter Skubleny	
<b>Other Donations</b>	
<b>Patient Comforts</b>	
by Bruderheim Lions Club	\$ 250.00
by St. Michael Golden Age Club	\$ 60.00
by Valerie Mintenko	\$ 105.00
by Emma Bartel	\$ 25.00
by Alex Bendera	\$ 50.00
by Olga Sheptycki	\$ 25.00
by Lloyd Davison	\$ 100.00
by Joe Fedorak	\$ 100.00
by Sonia Wall	\$ 50.00
by Paul & Lily Dutchak	\$ 50.00
<b>Toward Dietary Department's Cookbook</b>	
by Lamont Lions Club	\$ 100.00
<b>Toward purchase of Cafeteria Showcase</b>	
by Linda Serink	\$ 200.00
by Joanne Hryniw	\$ 40.00
by Sheila Mitchell	\$ 60.00
by Anonymous	\$2,000.00
<b>Toward Resident/Family Christmas Tea</b>	
by Olga Hackman/Gale Birch	\$ 100.00
by Polly Pewarchuk	\$ 20.00
<b>Toward LHCC Solar Panel Voltaic Cell Installation Program</b>	
by SHELL Canada Energy	\$36,750.00

We leave you with this thought as we end:

*"A man is but the product of his thoughts,  
what he thinks, he becomes."*

Mahatma Gandhi

Thank you.

Sincerely,

Board, Administration & Staff