



Lamont Health Care Centre

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



2017 COMMUNITY NEWSLETTER – WINTER EDITION

Greetings & Blessings to all!

We are now entering a busy time of the year when families are either planning or getting ready for celebrating Advent. Our wish for you is that whatever you do, enjoy the moments, relax and most of all keep safe. Wishing you a Merry Christmas and a Happy & Prosperous New Year. May God bless you.

Operational Matters

We are well into our operating cycle for fiscal year 2017/18. Alberta Health Services provided an operating grant for operations; however, increases in the cost of supplies/salaries and on-going maintenance of our aging facility continues to present challenges for the operations.

The service volumes have remained stable for fiscal year 2017/18; we continue to face public pressure to offer Emergency Services 24 hours per day, seven days per week; however, AHS hasn't provided the required resources at this time.

The capital equipment allocation for the 2017/18 fiscal year is \$159,000.00. Capital equipment replacements for this fiscal year are:

- New Beds
- Defibrillator Unit
- Stretchers
- Slim Colonoscope
- Patient Monitors (LTC)
- Patient Lifts (2)
- Security System Upgrade.

Transportation of Residents from our site for medical appointments to other urban sites is a challenge. We are currently embarking on a plan to purchase a mini-van for this purpose. Donations targeting such a transport vehicle would be appreciated. The current capital cost is approximately \$42,000.00. We have now raised \$31,000.00 and are hopeful that our target will be met by December 2017 or early in 2018.

Partnership with Others

We continue to build strong partnerships with Alberta Health Services, Alberta Seniors and 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 & Norquest Colleges and others.

Partnership with Others – continued ..

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 2017/18 fiscal year to accept:

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

FACILITY UTILIZATION

Projected for the period for the year ending March 31, 2018.

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	302
Total Admissions to Long Term Care	60
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	8
Acute Care Patient Days	3,416
% Occupancy in Acute Care	67%
Average Length of Stay in Acute Care	11.37days
Long Term Care Resident Days	33,902
(includes Respite & Palliative Care)	
% Occupancy in LTC	91.6%

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

Statistical – continued ..

Average Length of Stay in LTC	751 days
Average Length of Stay in Respite Care	96 days
% Occupancy in Morley Young Manor	98%
Total Surgical Procedures Performed	2,204
Minor Surgery performed outside of Operating Room Theatres	434
Emergency Visits	5,292
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Surgical Consults and Pre-Operative Visits)	1,539
Total Physiotherapy Visits	18,282
Total Occupational Therapy Visits	2,218
Total Recreational Therapy Visits	20,108
Total Diagnostic Radiology Visits (includes ECGs)	6,607
Total Meal Days	44,413
Total Patient Registrations	19,076
Total Staff on Payroll	252
(includes Full-time, Part-time & Casual)	

Financial Operations

Total Revenues	\$15,616,604.
Total Expenditures	\$15,773,778.

Medical Services

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.

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.

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. – 2:00 p.m.**

Medical Services – continued ..

Lamont Medical Clinic Phone: 780-895-2206
Dr. Deng Mapiour & Dr. Omar Farooq – Specialists in
General Surgery
Consult Appointments by Referral Only.

SANUS Medical Clinic

Dr. John Slanina- Family Physician

We regret to inform you that Dr. John Slanina has retired from his practice in Lamont, effective November 30th, 2017.

The Board is currently working hard to find a physician who wants to make SANUS Medical Clinic a home.

Meanwhile, Drs. Iordache, El-Hajj, Mohamed and Namit have advised that they are prepared to see Dr. Slanina's Patients until a suitable replacement is found. Appointments can be made by calling the Clinic of choice.

We ask that former Patients of Dr. Slanina be patient with us. A notice will be placed in the local newspaper once a suitable Physician is recruited.

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 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.

Emergency Services – continued ..

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 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 *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
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.

Visiting Specialists – continued ..

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

'MEDICAL CORNER'

The face of the medical landscape is changing. Many of you may not be aware of it but the changes have occurred already.

Right now most small communities are facing a loss of elderly physicians. This has happened in Lamont and once again we will experience the same thing. Part of our problem is to attract new physicians to our facility and this is not an easy task. We have to juggle both the needs of the facility, and the needs of the community as well as the needs of the prospective physician when we make this decision; however, this article is about the need for a family physician because not only is the face of Family Medicine changing with regards to patients, but Family Medicine is changing with regards to the system. Right now when you see a cardiologist and you see a kidney specialist, the two do not actually talk to each other. They both prescribe some of the medications but they never have a conversation as to how efficient each one is. As well, the cardiologist may prescribe something that the nephrologist is not happy with. This can create a conflict. The only person that can actually resolve the conflict and integrate these two systems of care is the family physician.

One of the issues that we have is that young people feel that there is no need for a family physician and use both emergency and the walk-in clinic as their family doctor. I am going to tell you right now, that is not your family doctor. That doctor has absolutely no interest in you as a patient but rather only as a condition or a disease. He/she may never see you again as he/she has no vested interest in your long-term health. This creates a quandary because if he/she notices something out of the ordinary he/she is not obliged to say anything to you because he is not your family doctor. The physician is only obliged to treat you for the condition that you came in with. For example: a suspicious mole, a harsh cough or a red eye may be present when you came in, but treatment will be provided for a sprained shoulder. Your family doctor, who is the person responsible for your health care, is obliged to mention these things to you, as well as, look at the medications you take and make sure that they are safe for you as well as give you any advice for preventative health care.

I feel at this time that patients are in jeopardy because they are choosing not to have a family doctor. I also feel that patients are in jeopardy because they are using emergency services and walk-in clinics as their family doctor and they have no idea that the service they have been provided is very limited.

I think in order to protect yourself personally as well as to protect your family, a couple things need to change in the way we think about Family Medicine:

1. You need to identify a single physician as your family doctor. That is somebody that you need to have a relationship with. The only way to establish a relationship is to have regular routine visits, irrespective if nothing is wrong. In order to continue to update your family doctor on your health condition, please remember that if there is nothing wrong with you, that is still an update, because when you walk in the room something in the way you walk, something in the way you speak, something in the way you look might be something that raises suspicion in the mind of your family doctor that could forestall illness in the future.

2. A routine physical, even though it might not provide any useful information with regards to health prevention, is still an essential part of the interaction between you and your family doctor and it makes a big difference when you are being referred to a specialist. In my practice I do routine physicals all the time even though my patients may be healthy, because if they have a need to see a specialist it allows the specialist to know exactly how my patient was when they had their physical which hopefully would have been within the last year.

3. Complex medical care. Nobody can say that tomorrow they are not going to have a heart attack or they are not going to have a motor vehicle accident or they are not going to have a work injury. This results in a complex series of maneuvers requiring multiple physicians and multiple care systems. Only your family doctor can negotiate all of them. Yes, there is a charge for this visit because it is not covered by Alberta Health, but I can tell you right now that if you go to the walk-in clinic to get one form filled out, you go to emergency to get the other form filled out and then you go to see a doctor that you had seen ten years ago to get the third form filled out, you are never going to get the same level of remuneration that you would have gotten if you had had one family doctor who knew you before the accident and who treated you through the accident and followed you up after the accident.

I hope that this message hits home. I wish you all success in finding a family doctor that suits both you as a patient and as a user of the health care system.

Merry Christmas and Happy New Year to all!

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

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 on-going; 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 \$7,955.00
in memory of Mike Horobec, Edward (Eddy) Skitsko, Nancy Huculak, Olga Hackman, Jeanet Sobkow, Sophie Krawchuk, Victor Sloboda, Alex Chichak, Lawrence (Bud) Haverstock, Alice Kranz, Sharon MacLean, Herb Bowley, Joan Carol Crawford, Lydia Van Buskirk, Kay Poloway, Bernie Sime, Albert Andrychuk, Joe Parasynchuk, Grant Cossey, Mary Choma.

Florence Plishka Estate \$10,000.00

Low Air Pressure Mattress \$ 100.00
in memory of Alex Hlushak.

Day Surgery \$ 260.00
in memory of Sharon MacLean.

Towards Purchase of Mini-Van \$2,275.00
in memory of Jeanet Sobkow, Sharon MacLean, Nancy Dembicki, Kay Poloway, Joe Parasynchuk, Grant Cossey, Evan Wilson, Lorraine O'Brien.

Other Donations

5th Annual Dr. Ray Memorial Golf Tournament – Benefiting LHCC's Surgical Program
by Tanya Baldwin \$ 200.00
by Sentry Investments \$1,000.00
by Lamont County (Sponsor) \$ 500.00
by Flower Pot (Donation-in-kind Flower Basket) \$ 79.69

Other Donations- continued ..

Towards Purchase of Mini-Van
in honour of *Mary Orlesky's 97th Birthday* \$ 550.00
by **Anonymous** \$ 525.00
by **Patricia Kottke** \$ 500.00
by **Lamont United Church** \$1,000.00
by **Yellowhead Presbytery UCC** \$ 500.00
by **Josephburg Community Church Mission** \$ 500.00
by **Holden United Church Women** \$ 100.00
by **St. Michael Golden Age Club** \$ 100.00
by **Maddigan Chrysler Dodge Jeep Ram Ltd** \$1,300.00
by **Crystal Kroeker** \$ 20.00
by **Marilyn Thomas** \$ 50.00
by **Debra Jamieson** \$ 15.00
by **John Slanina Prof. Corp.** \$1,000.00
by **Dorothee & Ilse Saleski** \$ 200.00
by **Joanne Hryniw** \$ 20.00

Patient Comforts

in honour of *Olga Serink's 93rd Birthday* \$ 25.00
in honour of *Marilyn & Henry Pruss' 60th Wedding Anniversary* \$1,040.00
by **United Way Payroll Deductions** \$ 225.21
by **Elk Island Catering** \$ 200.00
by **Helen Tymchuk** \$ 100.00
by **Olga Sheptycki** \$ 25.00
by **Resident/Family Christmas Dinner** \$1,595.00
by **Dorothy Magill** \$ 50.00

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

Your support at this event will be greatly appreciated. Please mark your calendars. Details will be provided prior to June 23rd, 2018.

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 will be used to supplement the purchase of an Operating Theatre Light at a cost of approximately \$35,000.00.

In closing, we leave you with this quote ...

*“Work for a cause, not for applause.
Live life to express, not to impress.
Don't strive to make your presence noticed,
just make your absence felt.”*

2017 Community Newsletter – Winter Edition

We also wish to share with you, glimpses of a typical day in the lives of Patients, Residents & Staff of Lamont Health Care Centre.

Thank you & Merry Christmas!

Yours in Christ,

Board, Administration & Staff