



Lamont Health Care Centre

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



2018 COMMUNITY NEWSLETTER – WINTER EDITION

Greetings & Blessings to all!

As we enter into the season of Advent and as we celebrate the birth of Christ, let us celebrate with hope, peace, joy and love.

Operational Matters

We are well into the fiscal cycle for 2018/19; barring any unforeseen events, we should end the fiscal year in a balanced position.

This fiscal year, we were able to add new equipment purchases of approximately \$200,000.00. This included new Beds, Patient Lifts, Sterilizer, OR Lights, BIPAP Machine, Cast Cutter with a Vacuum System among others. We are thankful to Alberta Health Services for the financial support of approximately \$160,000.00. The remaining difference was made up with donations from our Community patrons.

New Physician

Dr. Ebele Mgbor began a Family Practice Clinic in Lamont on September 4th, 2018. She is occupying the former clinic left vacant by Dr. Slanina under the new name “**YULA Medical Clinic**”.

Dr. Mgbor is available to see new Patients. Appointments can be made by calling **780-579-2222**. We know that you will join us in extending a warm welcome to her.

Accommodation Standards Review

On June 13th & 14th, 2018, a Compliance Officer from Alberta Health completed an Accommodation Standards Audit at Morley Young Manor and Long Term Care Units in order to validate compliance with Provincial Accommodation Standards. A full certificate of compliance has been issued for the period ending June 30th, 2019.

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

Accreditation 2018

In September 2018, Lamont Health Care Centre was audited by a team from Accreditation Canada in order to compare and validate our Health Care delivery Standards against National Standards.

Participation is voluntary.

We are pleased to report that Lamont Health Care Centre received an Accreditation Award with Commendation for a four-year period.

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 the Patient and the responsible family member are engaged in the care being provided. We encourage your participation when the opportunity presents.

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:

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.

Partnership with Others – continued ..

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

FACILITY UTILIZATION

Important information for the period ending October 31st, 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	169
Total Admissions to Long Term Care	36
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	3
Acute Care Patient Days	2,025
% Occupancy in Acute Care	68%
Average Length of Stay in Acute Care	11.26days
Long Term Care Resident Days	21,848
(includes Respite & Palliative Care)	
% Occupancy in LTC	89%
Average Length of Stay in LTC	715 days
% Occupancy in Morley Young Manor	100%
Total Surgical Procedures Performed	1,530
Minor Surgery performed outside of Operating Room Theatres	135
Emergency Visits	3,011
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Surgical Consults and Pre-Operative Visits)	896
Total Physiotherapy Visits	12,130
Total Occupational Therapy Visits	2,168
Total Recreational Therapy Visits	11,222
Total Diagnostic Radiology Visits	4,018
(includes ECGs)	
Total Meal Days	26,214
Total Patient Registrations	11,129
Total Staff on Payroll	250
(includes Full-time, Part-time & Casual)	

Financial Operations

Budget 2018/19

Total Revenues	\$16,012,952.
Total Expenditures	\$16,097,822.

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

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**

Clinic Hours: **7:00 a.m. – 2:00 p.m.**

YULA Medical Clinic

Phone: 780-579-2222

Dr. Ebele Mghor – Family Physician

Clinic Days: **Monday through Friday**

Clinic Hours: **8:30 a.m. – 5:00 p.m.**

Lamont Medical Clinic

Phone: 780-895-2206

Dr. Deng Mapiour & Dr. Omar Farooq – Specialists in General Surgery

The Clinic is located across from the Diagnostics Services (Laboratory/X-Ray) Department.

Consult Appointments by Referral Only.

Physician On-call

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

Hence, if you have a need for emergent care, you are encouraged to visit the Emergency Department for timely assistance. 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 the time of arrival since Patients who present with severe trauma, heart attack or other emergent conditions will be given priority.

Hence, your wait in the ER may be longer than anticipated and in some instances may be longer than 2-4 hours.

Physician On-call – continued ..

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.

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 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.

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

Other Health/Medical Services – continued ..

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 **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**

The Clinic is located on Main Street Lamont (next to Alberta Treasury Branch).

'MEDICAL CORNER'

FLU SEASON

The flu season in Canada is shaping up to be a nasty one as emergency rooms across the country become overcrowded with sick patients.

There are two primary flu strains which are making people sick.

The dominant Influenza A Strain H3N2 is the big one to worry about.

The second one is Influenza B; but it's not as nasty.

The flu is a respiratory illness caused by the influenza virus and is not the same as a common cold (which is caused by a different virus).

When the influenza virus gets into the body, it lodges into the respiratory tract which causes the respiratory system to swell and become inflamed. The virus then enters the blood stream and the first symptoms such as coughing, fever, body aches and sneezing begin to appear. These symptoms continue for up to several days until the body's immune system fights off the virus.

There are three main ways to protect yourself and others from getting the flu:

1. Get the flu shot
2. Wash your hands often and well
3. Stay home if you are sick.

The more commonly accepted timeline of the flu season lasts between October and late April. The peak flu season commonly occurs between December and February.

It is recommended that everyone of 6 months of age or older should have already received a flu vaccine by the end of October. However, even if you fail to get a flu shot by then, it is never too late to get one at any point during the season.

We wish you and all a healthy season!

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

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 and Morley Young Manor 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.

Pastoral Care Services – continued ..

In addition, Roman Catholic Church Services are held every Saturday in the Chapel, commencing at 4:00 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 Kristopher Schmidt & Father Anthony Narisetty – 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)
- Lamont Alliance Church (Phone 780-895-2879).

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, sharing their talents by assisting 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; they do not replace Professional Staff; however, the presence of Volunteers in our facility adds value to the Service provided as they interact and build relationships with Patients/Residents. These relationships offer a unique experience in fostering Patient/Resident satisfaction 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.

Volunteer Corner – continued ..

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 the 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 also 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 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

External – Donations-in-kind

LHCC has donated 2 'workable' Phaco Units (which were taken out of service) to Belize and Guatemala through the Rotary Clubs of Riverview and Edmonton West. These units will be used by qualified Ophthalmologists in Belize and Guatemala to perform Cataract Surgery.

2018 Community Newsletter – Winter Edition

Donations – continued ..

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.

These donations are 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 the following donations with sincere thanks and appreciation:

Memorial Donations

Patient Comforts \$3,645.00
in memory of Lena Ostashek, Fred Pewarchuk, Barb Wessinger, Peter Fediow, John Stribling, Donald Adamyk, Pat Calvert, Herman Eberhardt, William, Annie & John Borys, Warren Thomas, Andre Leblond, David Leblond, Beatrice Moroziuk, Tillie Beamer, Grant Cossey, Milford Snyder.

OR Equipment \$ 95.00
in memory of Mary Stromecky.

Ice Machine \$5,000.00
in memory of Nancy M. Hrehirchuk.

Other Donations

Patient Comforts
by United Way on behalf of
 Joe Gluckie \$ 23.99
 Melanie Craigen \$ 180.09
 Nutrien \$ 396.00
by Canada Helps.Org. \$ 144.00
by Strategic Charitable Giving Foundation \$ 411.09
by Glenn Schofield \$ 30.00
by Anonymous \$ 5.00
by Laurie Yewchuk \$ 100.00
by Elmer & Dorothy Schram \$ 100.00
by Holden United Church Women \$ 100.00
by Steve & Betty Kuefler \$ 50.00
by Josie Kashuba \$ 25.00
by Ray Hooper \$ 40.00
by John Grosul \$ 200.00
by Edward (Ted) & Jean Clark \$ 25.00
by Matt Prokopiw \$ 100.00
by Susan Budney \$ 30.00

Other Donations

Patient Comforts – continued ..

by Patricia Kottke \$ 200.00
by Olga Sheptycki \$ 20.00
by John & Carol Howie \$ 20.00
by Linda Serink \$ 50.00

Towards Special Equipment (Winston Taylor Bike Ride)

by Myrtle Roloff \$ 50.00
by Winston Taylor \$1,500.00
by Linda Mills \$ 100.00
by David & Reta Diduck \$ 100.00
by Kent & Shirley Harrold \$ 200.00
by Thomas & Mae Adamyk \$ 250.00
by Shiela Vilcsak \$ 50.00
by Dan & Darlene Cholak \$ 50.00
by Guenther Kottke \$ 100.00
by Social Media \$ 435.00

Dietary Project

by Beverley Roth \$ 50.00

Patio Project

by Cassie Gavinchuk \$ 100.00
by Ed Medynski \$ 190.00
by RDP Construction Ltd. \$5,000.00

Healing Garden

by Auxiliary of LHCC \$2,500.00

Mini-Van

by Yellowhead Presbytery United Church of Canada \$10,000.00

6th Annual Dr. Ray Memorial Golf Tournament – Benefiting LHCC's Surgical Program

by Lamont Value Drug Mart \$ 500.00
by St. Michael Golden Age Club \$ 500.00
by Dixie Stumpf \$ 50.00
by Lorraine Kwashuk \$ 100.00
by Crista Stelmach \$ 100.00
by Dr. Karim Ravji \$ 500.00
by Dr. Laszlo Torok-Both Prof. Corp. \$ 125.00
(Silent Auction)
by Margaret Mrazek \$ 100.00
by Andrea Devlin \$ 200.00
by Park Memorial \$ 750.00
by Anonymous \$ 500.00
by J.W. Namit Prof. Corp. \$ 500.00
by St. Michael Community & District Agricultural Society \$ 500.00
by Astotin Medical Clinic \$ 500.00
by Shahad Bharmal \$ 200.00
by Thomas & Geraldine (Mae) Adamyk \$ 100.00

Other Donations

6th Annual Dr. Ray Memorial Golf Tournament – Benefiting LHCC's Surgical Program – continued ..

by Kent & Shirley Harrold	\$ 100.00
by Cindy Perillat	\$ 525.00
by Laura Danilak	\$ 100.00
by Johanne Rousseau-Chicoine	\$ 603.09

6th Annual Dr. M. Ray Memorial Golf Tournament

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

The net proceeds from this event were \$15,000.00. This amount will be applied toward the purchase of OR Lights.

Please mark your calendars for the **7th Annual Dr. M. Ray Memorial Golf Tournament - Saturday, June 22nd, 2019.**

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

Website

We invite you to visit the LHCC's **Website** at www.Lamonthehealthcarecentre.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 this short text by Madisyn Taylor:

Humanity
“We are human, we are family
– we all look at the same stars,
we all laugh and cry,
we all love.”

When it comes to our families, we sometimes see only our differences. We see the way our parents cling to ideas we don't believe, or act in ways we try not to copy. We see how practical one of our siblings is and wonder how we can be from the same gene pool. Similarly, within the human family we see how different we are from each other, in ways ranging from gender and race to geographical location and religious beliefs. It is almost as if we are a different species sometimes. But the truth is, in our personal families as well as the human family, we really are the same.

Humanity – continued ..

A single mother of four living in Africa looks up at the same stars and moon that shine down on an elderly Frenchman in Paris. A Tibetan monk living in India, a newborn infant in China, and a young couple saying their marriage vows in Indiana all breathe the same air, by the same process. We have all been hurt and we have all cried. Each one of us knows how it feels to love someone dearly. No matter what our political views are, we all love to laugh. Regardless of how much or how little money we have, our hearts pump blood through our bodies in the same way. With all this in common, it is clear we are each individual members of the same family. We are human.

Acknowledging how close we all are, instead of clinging to what separates us, enables us to feel less alone in the world. Every person we meet, see, hear, or read about is a member of our family. We are truly not alone. We also begin to see that we are perfectly capable of understanding and relating to people who, on the surface, may seem very different from us. This awareness prevents us from disconnecting from people on the other side of the tracks, and the other side of the world. We begin to understand that we must treat all people for what they are – ***family***.

Thank you!

Have a Joyous Christmas and our very best wishes for Health and Prosperity in 2019!

Yours in Christ,


Board, Administration & Staff





*May the beauty of the season
bring you joy,
May the spirit of the season
bring you peace.*

Yours in Christ,

Kyle

*Board of Management, Administration and Staff
Lamont Health Care Centre*