



Lamont Health Care Centre

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



2019 COMMUNITY NEWSLETTER – FALL/WINTER EDITION

Greetings & Blessings to all as we enter into the Season of Advent! May you celebrate the Birth of Jesus with Hope, Peace and Love!

Minister of Health and MLA Visit to LHCC

Hon. Tyler Shandro, Minister of Health and Ms. Jackie Armstrong – Homeniuk, MLA for Fort Saskatchewan-Vegreville toured Lamont Health Care Centre on August 28th, 2019. They met with the Board and Management to discuss the Centre's history, future capital projects, Long Term Care funding and the importance of rural health care facilities.



Minister of Health, Hon. Tyler Shandro, MLA for Fort Saskatchewan-Vegreville, Ms. Jackie Armstrong-Homeniuk and LHCC's CEO, Shahad Bharmal wishing a Happy Birthday to a beautiful woman who had turned 100 on that day.

AMA Medal of Honor Achievement Award

The Board is pleased to inform you that Mr. Harold James was a recipient of the Alberta Medical Association (AMA) Medal of Honor 2019 Achievement Award.

On September 27, 2019, AMA recognized Harold for his determination, integrity, kindness, wisdom and commitment to service. He has stayed true to his vision of offering compassionate and excellent care to all, especially to the vulnerable and the marginalized. The people of his community and of this province have many reasons to be grateful for his service.

The Board, Management and Staff convey heartfelt congratulations to Mr. Harold James and his family for this achievement and thank him for his dedication and long service to Lamont Health Care Centre and the people of Alberta.



Harold James' Alberta Medical Association Medal of Honor 2019 Achievement Award.

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.

Harold James Scholarships

The Board has established two Scholarships of \$1000.00 each to honor Mr. Harold James' legacy.

One Scholarship will be awarded to Lamont High School Graduates who are pursuing Post-Secondary Education in a health-related field and the other Scholarship will be awarded to Staff of Lamont Health Care Centre (LHCC) for their continuing education.

The application form can be printed from LHCC's Website: www.Lamonthhealthcarecentre.com. The deadline for applications is April 30th. The successful candidates will be awarded the Scholarships at the LHCC Annual General Meeting in June.

Patient Family-Centered Care

If you are or have been a user of Services provided at Lamont Health Care Centre, you or a responsible family member may have been asked to validate your name, date of birth, clarification of special requirements or questions regarding the quality of care and medication provided.

It is important that both the Patient and family members are engaged in the care being provided. We encourage your participation when the opportunity presents.

Operational Matters

We are well into the fiscal cycle for 2019/20; barring any unforeseen events, we should end the fiscal year in a small operational deficit due to unavoidable sick time, overtime and other circumstances.

This fiscal year, we were able to add new chairs in the Dining Rooms and the Chapel. We were also able to renovate the Quiet Room and purchased a flat-screen television for that Room. We want to thank AHS, our Community patrons and the many donors who have helped us acquire equipment, beds and furniture year after year.

Partnership with Others

We continue to build strong partnerships with Alberta Health Services, Alberta Seniors & Housing, Lamont County Housing Foundation, Christian Health Association of Alberta (CHAA), University of Alberta Rural Medical Student and Pharmacy Elective Programs, Heartland Primary Care Network, NAIT, Lakeland and NorQuest Colleges and others, including Purdue University (US) and University of Queensland (Australia).

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 2019/20 fiscal year to accept:

- Medical Students
- Pharmacy Students
- Paramedic Students
- Diagnostic Services Students
- Nursing Students and others.

FACILITY UTILIZATION

Important information for the period April 1, 2019 to October 31, 2019 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	162
Total Admissions to Long Term Care	63
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	9
Acute Care Patient Days	1,916
% Occupancy in Acute Care	63%
Average Acute Care Length of Stay	12.62 days
Long Term Care Resident Days	19,044
(includes Respite & Palliative Care)	
% Occupancy in LTC	84%
Average Length of Stay in LTC	527 days
% Occupancy in Morley Young Manor	95%
Total Surgical Procedures Performed	1,587
Minor Surgery performed outside of Operating Room Theatres	194
Emergency Visits	2,947
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Surgical Consults and Pre-Operative Visits)	934
Total Physiotherapy Visits	9,918
Total Occupational Therapy Visits	2,269
Total Recreational Therapy Visits	11,714
Total Diagnostic Radiology Visits	3,883
(includes ECGs)	

FACILITY UTILIZATION

Statistical – continued ..

Total Meal Days	24,750
Total Patient Registrations	11,382
Total Staff on Payroll	260
(includes Full-time, Part-time & Casual)	

Financial Operations

Total Revenues	\$8,940,968
Total Expenditures	\$9,052,401

MEDICAL SERVICES

New Physician

Lamont Health Care Centre is in the process of recruiting a new Physician. The Community is growing and so is the need for good health care service.

Astotin Medical Clinic

Phone: 780-895-7436

Dr. Zainool Mohamed – Family Physician & Palliative Care Consultant for Alberta Health Services

Clinic Days: **Monday**

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: **Monday through Friday**

Clinic Hours: **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**

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

YULA Medical Clinic

Phone: 780-579-2222

Dr. Ebele Mgbor – Family Physician

Clinic Days: **Monday through Friday**

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

Bruderheim Community Clinic (South Entrance)

Clinic Day & Hours: **Thursday 2:00 p.m.–7:00 p.m.**

Located in Bruderheim at 4901 Queen Street

Appointments are made through the Clinic in Lamont.

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.

MEDICAL SERVICES – continued ..

Physician On-call

A Physician is on-call for the provision of Emergency Services seven days per 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. 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.** 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 that offers 24-hour Out-Patient/Emergency Services.

An important message to all residents of our community – for after-hours (8:00 p.m. to 8:00 a.m.) Acute Emergency Care -

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.

EMERGENCY SERVICES – continued ..

Ambulance and other emergency vehicle traffic can access the LHCC 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 and/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 provides health advice 24 hours a day - Call '811'.

You never know when you'll need immediate health advice or information. 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.

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 Specialists

Dr. Karim Ravji, Dr. Samir Lalani, Dr. Priya Anand
Appointments with the above Specialists 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 is 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
- 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 directly to 780-895-5817 or call 780-895-2211 and ask for Home Care, Community Rehab or Mental Health & Addiction Services.

OTHER HEALTH/MEDICAL SERVICES – continued..

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.

'MEDICAL CORNER'

HYPERTENSION

Hypertension also known as High Blood Pressure is a long-term medical condition in which the blood pressure in the arteries is persistently elevated.

High Blood Pressure typically does not cause any symptoms. Long-term High Blood Pressure however, is a major risk factor for Coronary Artery Disease, Stroke, Heart Failure, Atrial Fibrillation, Chronic Kidney Disease and Vision Loss.

High Blood Pressure is classified as either Primary or Secondary Hypertension.

About 90-95% of Primary Hypertension cases defined as High Blood Pressure are due to non-specific lifestyle and genetic factors. Lifestyle factors are excess salt in the diet, excess body weight, smoking and alcohol use. The remaining 5-10% of Hypertension cases are Secondary, due to Chronic Kidney Disease, Endocrine Disorder or the use of Birth Control Pills.

Blood Pressure is expressed in two measurements: Systolic and Diastolic which are the maximum and minimum pressures respectively.

The Normal Blood Pressure Range for most Adults is 100-130 Systolic over 60-80 Diastolic. If High Blood Pressure is present, the Adult resting Blood Pressure is at or above 140/90 mmHg. Different numbers apply for Children.

Lifestyle changes and medication can lower Blood Pressure and decrease the risk of health complications.

Lifestyle changes include weight loss, physical exercise, a decrease in salt intake, a healthy diet and reducing alcohol consumption. If lifestyle changes are not sufficient then Blood Pressure medications are used. Up to three medications can control 90% of Patients.

Signs and Symptoms: Hypertension is rarely accompanied by symptoms; its identification is usually through screening. Some Patients report headaches, vertigo, light-headedness, tinnitus or fainting episodes.

Once the diagnosis of hypertension has been confirmed, health care providers can attempt to identify the underlying cause based on risk factors and start the treatment.

I wish you and all a healthy season!

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

Pastoral Care Services

Pastoral Care Services are provided by inter-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.

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 – Roman Catholic Church
Phone 780-995-3930
- 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
- Rev. Jeffrey Dul – Lutheran Church Canada
Phone 587-566-7186

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 facility, 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 LHCC 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. You can make a difference.

Volunteer Corner – continued ..

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 and bringing smiles to the lonely and disenchanting.

We invite you to take the first step and consider joining the team.

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.

All new Volunteers are required to attend an Orientation to better understand their duties, Policies & Procedures, Occupational Health & Safety, Code of Conduct and other requirements.

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 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 the Lamont Medical Clinics are also reminded that the West Parking Lot is designated for **"LHCC 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 meters away from all doorways and building entrances. Please refrain from smoking at the Front Entrances.

Smoking of Marijuana is strictly prohibited in the Lamont Health Care Centre.

Once again, we encourage all community patrons/Patients and visitors to respect the 'no smoking' signs as posted.

Donations

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

The need for new and improved technology is on-going. Your support makes a difference in the lives of those entrusted in our care.

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 **\$1,685.00**
in memory of Ilse Saleski, Jennie Medynski, Robert McKort, Albert Engman, Doris Bodnarek, Daryl Goroniuk, John Kapicki, Cathleen Koshman, Angela Fjeld, Gladys Palahniuk, Diane Dymtrash, Jean Romaniuk, Edward (Ted) Clark, Irene Fesyk, Marvin Yakubow, Anne Marler.

Towards Refurbishing 'Quiet Room' **\$ 450.00**
in memory of Angela Fjeld.

Towards Recreation Department **\$ 160.00**
in memory of Patti Trautman.

Donation-in-kind **Two Prints**
by William (Bill) Engman & family
in memory of Albert & June Engman

Other Donations

Patient Comforts
by United Way on behalf of Anonymous **\$ 192.25**
by Strategic Charitable Giving Foundation **\$ 375.00**
by Helen Yaremie **\$ 70.00**
by Wayne Woldanski **\$ 500.00**
by MEG Energy Corp. **\$1,000.00**
nominated by Phil Newgard
by Jilles Zandbergen **\$ 50.00**

Patient Comforts & Special Equipment
by Winston Taylor **\$1,500.00**

Patient Comforts in honor of her 90th Birthday
by Olga Sheptycki **\$ 100.00**

Other Donations – continued ..

Patient Comforts (Residents' Christmas Celebration)

by Jilles Zandenbergen	\$ 22.50
by Guenther Kottke	\$ 100.00
by Richard Scoffom	\$ 20.00
by Susie Patan	\$ 100.00
by Josie Kashuba	\$ 20.00
by Murray & Sybil Nicol	\$ 200.00
by Gladys Koss	\$ 20.00
by Matt Prokopiw	\$ 100.00
by John & Carol Howie	\$ 30.00
by George Olinek	\$ 25.00
by Polly Pewarchuk	\$ 10.00
by Bob Starko	\$ 20.00
by MYM Residents	\$ 20.00
by Hans & Marg Schneider	\$ 100.00
by Mary Fediow	\$ 20.00
by Dorothy Purschke	\$ 30.00
by John Ewaskiw	\$ 200.00
by Valerie Skripitsky	\$ 50.00
by Leonard Semanuik	\$ 40.00
by Pryatel's Ditching	\$ 50.00
by Luis Braz	\$ 60.00
by Wm. Lee Hamilton	\$ 50.00
by Deborah Boyce	\$ 100.00
by Donna Fedoruk	\$ 50.00
by Wilma Sabo	\$ 15.00
by Oe'Livia Chasse	\$ 20.00
by Patrick & Doreen Nichols	\$ 25.00
by Helen Wilchak	\$ 10.00
by Jessie Kolodychuk	\$ 100.00
by Ernie & Connie Bilyk	\$ 50.00
by Annie Nestorowich	\$ 50.00
by Jean Clark	\$ 20.00
by Robert & Brenda Engler	\$ 100.00
by Eva Kolenc	\$ 20.00
by Richard & Margie Kropinski	\$ 50.00
by Hartmut Von Gaza	\$ 100.00

Towards Refurbishing 'Quiet Room'

by Janine Whiting	\$ 102.15
by Diane McClafin	\$ 10.00
by Dave Gray	\$ 20.00
by Debra Jamieson	\$ 68.00

Use of MYM Rotunda

by Elaine Glasman	\$ 20.00
in honor of 60 th Wedding Anniversary of Edward & Jean Clark	\$ 250.00
in honour of Birthday Celebration	
by Olga Kurylo	\$ 100.00
by Linda Serink	\$ 50.00

Towards the Purchase of Ultra-Sound Equipment

by Claudiu Iordache	\$1,000.00
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Other Donations – continued ..

7th Annual Dr. M. Ray Memorial Golf Tournament –

Benefiting LHCC's Surgical Program	
by Dixie Stumpf	\$ 50.00
by Grant Miller Motors Ltd.	\$ 100.00
by Dr. Laszlo Torok-Both Prof. Corp.	\$1,250.00
by Margaret Mrazek	\$ 100.00
by Andrea Devlin	\$ 200.00
by Park Memorial (Edmonton)	\$ 500.00
by Anonymous	\$ 500.00
by St. Michael Community & District Agricultural Society	\$ 500.00
by Kent & Shirley Harrold	\$ 200.00
by Crista Stelmach	\$ 50.00
by Laura Danilak	\$ 100.00
by Dr. Sameh Azer	\$ 100.00
by Associated Communications Inc.	\$1,000.00
by JMAA Architecture	\$ 500.00
by Alberta Orthopaedic & Podiatric Inc.	\$ 200.00
by Z.A. Mohamed Prof. Corp.	\$ 500.00
by Gloriann Sarafinchan	\$ 500.00
by Jim & Evelyn Lopetinsky	\$ 100.00
by Scott A. Lopetinsky Prof. Corp.	\$ 100.00
by Andrew Lions Club Casino Acc't.	\$ 300.00
by Mousumi Mukherjee	\$ 25.00
by Lamont Value Drug Mart	\$ 500.00
by St. Michael Golden Age Club	\$ 500.00
by Bissell Memorial United Church	\$ 500.00

8th Annual Dr. M. Ray Memorial Golf Tournament

Please mark your calendars –

8th Annual Dr. M. Ray Memorial Golf Tournament

Saturday, June 20th, 2020.

Please note that the 2019 7th Annual Dr. M. Ray Memorial Golf Tournament raised net proceeds of approximately \$15,000; the amount was used to acquire 2 Rigid Hysteroscopes for the O.R.

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

Website

We invite you to visit the LHCC's Website at www.Lamonthealthcarecentre.com.

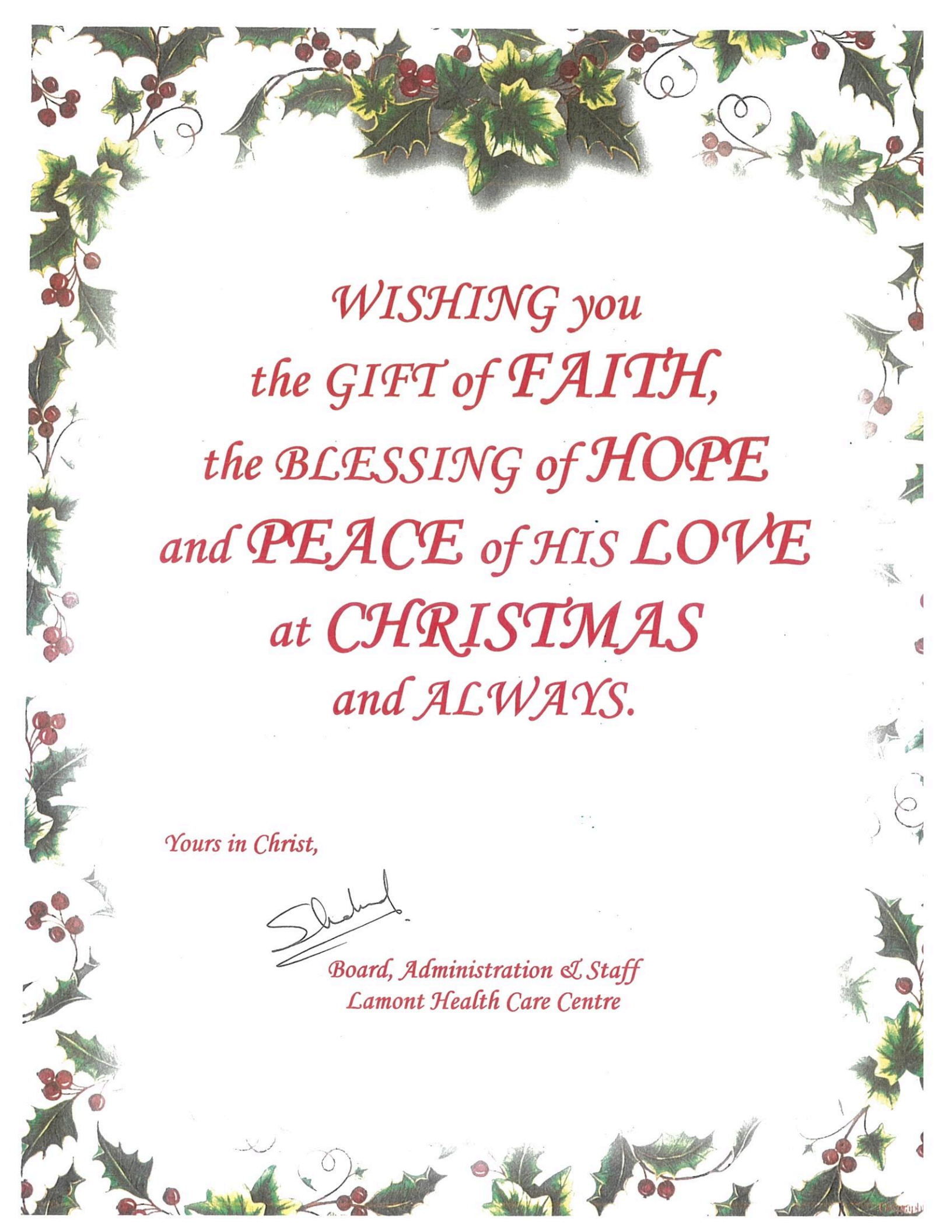
Please share your thoughts and provide your comments/ feedback about the design/information and other features of this Website.

Have a Joyous Christmas and our very best wishes for Health and Prosperity in 2020!

Yours in Christ,



Board, Administration & Staff

A decorative border of holly leaves and red berries surrounds the text. The leaves are green with some yellowing, and the berries are small and round.

*WISHING you
the GIFT of FAITH,
the BLESSING of HOPE
and PEACE of HIS LOVE
at CHRISTMAS
and ALWAYS.*

Yours in Christ,

A handwritten signature in black ink, appearing to read "Shepherd".

Shepherd

*Board, Administration & Staff
Lamont Health Care Centre*