



Lamont Health Care Centre

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



2020 COMMUNITY NEWSLETTER – WINTER EDITION

Greetings & Blessings to all!

“HOPE is one thing that is stronger than fear.” (Buddha)

This Newsletter is dedicated to Lamont Health Care Centre’s Staff and Doctors for their exemplary work all year round and especially during this ongoing Pandemic.

We should proclaim 2020 as “The Year of the Health Care Workers.” Worldwide, Health Care Workers have done nothing less than extraordinary. Putting one’s life at risk to save others is the most selfless act that one can do. COVID-19 Pandemic is a once in a lifetime crisis; all Health Care Workers have been a very big part of the prevention and solution. They are like soldiers who are fighting a war with an invisible enemy. It is not an easy task to have conformed to changes, rules and regulations imposed on them. We must pray for the good health and safety of all Health Care Workers around the world. May the souls of those that we have lost rest in eternal peace.

Lord’s Grace and Mercy have kept LHCC free of COVID-19 cases; we pray that it continues this way for the foreseeable future. We commend all of the LHCC Medical and non-Medical Staff for stepping up to the challenge of keeping up with the ever-changing requirements to fight this Virus. Their hard work, dedication and care of Patients, Residents and families is nothing short of exemplary. At this time, we convey our deepest gratitude for their hard work and sacrifices. We are all in this together and with their help, we will come out of this Pandemic stronger and much more resilient. May the Lord keep them safe, healthy and return the favors of their hard work and sacrifices a million times over.

Stay blessed and thank you once again.

Pastoral Care Services

Pastoral Care Services are provided by an inter-denominational group of Ministers. The Services are coordinated by our facility’s Pastoral Care Director, Rev. Debbie Brill.

COVID-19 has changed the provision of our church services. Currently, only our facility’s Pastoral Care Director provides church services.

Services are held in the LHCC’s Chapel where Residents adhere to strict Public Health rules and requirements. These services are open to all denominations.

The inter-denominational group of Ministers continue to provide Pastoral Care Support to Acute Care Patients, Long Term Care and Morley Young Manor Residents through prayer and spiritual counselling via telephone and other electronic/virtual media. Families are encouraged to support and use this special ministry for loved ones and other family members.

These dedicated Ministers are very important and add another dimension to the care provided at Lamont Health Care Centre.

The current list of Ministers who serve at the facility is:

- Bruderheim Community Church
Pastor Wayne Larson (Phone 780-796-3775)
- Roman Catholic Church
Father Kristopher Schmidt (Phone 780-995-3930)
Father Danial D’Souza (Phone 780-710-3128)
- Russian Orthodox Church
Father Alex Suraiev (Phone 780-895-2149)
- Ukrainian Catholic Church
Father Iryney Valyavka (Phone 587-598-4500)
- United Church of Canada
Rev. Debbie Brill (Phone 587-588-7815)
- Lamont Alliance Church
Pastor Darren Anderson (Phone 780-895-2879)
- Lutheran Church
Rev. Jeffrey Dul (Phone 587-566-7186)

Arrangements for prayers, virtual visits, etc. can be made by calling the appropriate Minister directly.

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.

2020 Community Newsletter – Winter Edition

Volunteer Corner

Due to COVID-19 restrictions, our Volunteer Services have been greatly impacted. Volunteers are currently not allowed to offer their talents and warmth to our Residents; our Health Care Workers are carrying on this Service to the best of their ability, working above and beyond their scope of practice. Once these restrictions are lifted, we will again gratefully welcome the return of our Volunteers.

Volunteers play an important role in our hospital. They contribute 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 take your name and phone number and discuss areas of interest where you can play a significant role in the care and service offered to our Residents after COVID-19. An Orientation/Educational Program is available to all Volunteers.

We know that Volunteers are the heart of our Community and they do not replace Professional Staff; however, the presence of Volunteers in our facility is a very valuable asset as they interact and build relationships with Patients/Residents. These relationships offer a unique experience in fostering satisfaction and bringing smiles to the lonely and disenfranchised.

Please note that The Auxiliary to 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 Vilesak at 780-895-2971.

Harold James Scholarship

The Board has established Scholarships to honor Mr. Harold James' legacy. 2020 was the first year that the Harold James Scholarship was awarded.



Pictured above (L-R) LHCC Board Chair Kent Harold, 2020 Scholarship recipients - Jody Jonker, Jade Leismeister, Landon Zabel and presenter - Harold James.

Harold James Scholarship – continued ..

To apply for the Harold James Scholarship and access a list of criteria, please visit LHCC's Website: www.Lamonthhealthcarecentre.com.

Minister of Infrastructure and MLA Visit LHCC

Hon. Minister Prasad Panda, Minister of Infrastructure and Ms. Jackie Armstrong-Homeniuk, MLA for Fort Saskatchewan – Vegreville toured Lamont Health Care Centre on August 13th, 2020. They met with the Executive Committee of the Board, Senior Management, the Reeve of the Lamont County and the Mayor of the Town of Lamont to discuss the Centre's history, current infrastructure in place and future capital projects.

Operational Matters

We started our new fiscal year on April 1st, 2020. With the Pandemic and current economic condition, we hope that the funding envelope will be sufficient to be able to keep us going.

Annual General Meeting

The Annual General Meeting of the Lamont Health Care Centre Board was held on June 22nd, 2020 via Teleconference with an invitation extended to the Public.

Patient/Family Centered Care

As 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 members are engaged in the care being provided. We encourage your participation when the opportunity presents itself. COVID-19 Pandemic has made things a little difficult, but with a little patience and consultation, we can achieve our Patient Care Goals.

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.

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 2020/21 fiscal year to accept:

Partnership with Others – continued ..

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

FACILITY UTILIZATION

Important information for the period April 1st, 2020 to October 31st, 2020 includes:

Statistical

Due to COVID-19 Pandemic, the numbers are lower than our normal average.

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	125
Total Admissions to Long Term Care	29
(includes Respite & Palliative Care)	
Total Admissions to Morley Young Manor	2
Acute Care Patient Days	1,662
% Occupancy in Acute Care	55.47%
Av. Length of Stay in Acute Care	12.93 days
Long Term Care Resident Days	19,805
(includes Respite & Palliative Care)	
% Occupancy in LTC	88%
Average Length of Stay in LTC	665 days
% Occupancy in Morley Young Manor	88%
Total Surgical Procedures Performed	1862
Minor Surgery performed outside of Operating Room Theatres	46
Emergency Visits	2,389
Scheduled Out-Patient Visits (Podiatry/Stress Testing/Surgical Consults and Pre-Operative Visits)	298
Total Physiotherapy Visits	11,637
Total Occupational Therapy Visits	1,291
Total Recreational Therapy Visits	8,482
Total Diagnostic Radiology Visits	3,973
(includes ECGs)	
Total Meal Days	23,892
Total Patient Registrations	7,977
Total Staff on Payroll	252
(includes Full-time, Part-time & Casual)	

Financial Operations

Total Revenues	\$15,965,173.
Total Expenditures	\$16,094,881.

Medical Services

Family Medical Services are provided by appointment only through the following Clinics:

Lamont Family Physician Clinic Phone: 780-895-5910

Dr. Jaime Namit – Family Physician

After 25 years of great service to the people of Lamont and neighboring area, Dr. Jaime Namit has decided to hang his hat and retire as of January 2021. LHCC Board and Staff thank Dr. Namit for his extraordinary service and wish him good health and the very best in his retirement.

We will have a new doctor joining Lamont Health Care Centre in January 2021. He will be located in Dr. Namit's clinic.

During COVID-19, Clinics will be open on the following days & hours:

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. – 2:00 p.m.**

Dr. Eyad El-Hajj – Family Physician

Clinic Days: **Monday, Tuesday, Thursday & Friday**
Office Hours: **9:00 a.m. – 2:00 p.m.**

Lamont 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.**

YULA Medical Clinic

Phone: 780-579-2222

Dr. Ebele Mgbor – Family Physician

Clinic Days: **Monday through Friday**
Clinic Hours: **8:30 a.m. – 1:00 p.m.**

Bruderheim Community Clinic will be closed until further notice.

Dr. Mgbor will be on a 6-month Maternity Leave starting December 18th, 2020. The LHCC Board and Staff pray for her family's good health.

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

Due to the current COVID-19 Pandemic, strict rules and regulations are in place for the safety of the Patients, Residents, Families and Staff. Please help us to curb this Virus before it causes more damage. Please follow the instructions of the health professionals and adhere to Public Health requirements.

A Physician is on-call for the provision of Emergency Services seven days a week. If you require emergent care, you are encouraged to visit the Emergency Department.

Persons attending the Emergency Department are triaged by a Nurse and are seen based on the level of acuity. You may not be seen in the order of what time you arrive; severe trauma, heart attacks will be given priority.

Accordingly, 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 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 -

Emergency Services – continued ..

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 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' for 24 assistance.

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.

Visiting Specialists

* <u>Obstetrician/Gynaecologist</u>	<i>Dr. S. Azer</i>
* <u>Ophthalmology</u>	
<i>Dr. R. Harris, Dr. M.H. Strungaru & Dr. J. Heston</i>	
* <u>Stress Testing</u>	<i>Dr. A. Bharmal</i>
* <u>Orthopedic Surgeon</u>	<i>Dr. A.R. Manolescu</i>
* <u>Foot/Ankle Surgical Specialist</u>	<i>Dr. Karim Ravji</i>
* <u>ENT Specialist</u>	<i>Dr. V. Velmurugiah</i>

Appointments with Dr. Azer, Dr. Harris, Dr. Strungaru, Dr. Heston, Dr. Bharmal, Dr. Manolescu, Dr. Ravji and Dr. Velmurugiah are made through their respective Clinics.

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)

Telephone: 780-997-0046

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.

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'

"CORONAVIRUSES"

Coronaviruses are a type of virus; there are many different kinds of newly identified Coronavirus, SARS COV 2 has caused a worldwide Pandemic of the respiratory illness called COVID-19.

As of now, researchers know that the new coronavirus is spread through droplets released into the air when an infected person coughs or sneezes. The drops generally do not travel more than a few feet and they fall to the ground. This is why physical distancing is effective in preventing the spread.

The incubation period for COVID-19 can take up to 14 days of exposure to the virus before the symptoms appear.

COVID-19 symptoms include cough, fever or chills, shortness of breath or difficulty breathing, sore throat, loss of taste or smell, diarrhea, headaches, fatigue, nausea or vomiting, congestion or runny nose.

Diagnosis may be difficult with only a physical exam because mild cases of COVID-19 may appear similar to the flu or a bad cold. A laboratory test can confirm the diagnosis.

Currently, there is no specific treatment for the virus. People who become sick from COVID-19 should be treated with supportive measures like those that relieve symptoms.

How to protect yourself and others from exposure to the virus:

1. Avoid close contact with others. Stay at least six feet away from others in public places.
2. Practice good hygiene; wash your hands with soap and water for at least 20 seconds. The new coronavirus can survive for hours or even days on some surfaces.
3. Take precautions if you are living with or caring for someone who is sick by wearing a mask, cleaning counters, doorknobs, phones and tables with disinfectant or wipes.
4. Avoid any family gathering
5. Stay at home if you feel unwell.
6. If you have a fever, cough and difficulty breathing seek medical attention.

Calling in advance allows your healthcare provider to quickly direct you to the right facility. This protects you and prevents the spread of viruses and other infections.

I wish all of you happy holidays; stay at home, stay safe!

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

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 and not good for the environment.

Patrons who attend Lamont Medical Clinics are 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, to do so at least 5 meters away from all doorways and building entrances. Please refrain from smoking at 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 smoking bylaw that requires smokers to be at least 5 meters (approx. 16.5 feet) from entrances to public buildings. A fine will be enforced by the Town for non-compliance.

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 ongoing; 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:

Donations – continued ..

Memorial Donations

Patient Comforts \$6,470.00
in memory of Vicki Kuzyk, Nels & Colleen (Connie) Magnuson, Walter Starko, Nola Normand, Adelaide Motiuk, Jason Hennig, Gregory Tichkowsky, Maynard Gauthier, Laura Kupsch, Ivy Gabert, Stan Arndt, Sam & Gladys Palahniuk, Francis Sheptycki, Alexander Halabey, Mary Borys, Molly Weleschuk, Ben Mendiuk, Robert Floathen, Andriuk Eliuk, Jerry Kupina, Roy Reinhardt, Sophie St. Onge, Sophie Laschuk and Fred Procinsky.

Towards LHCC Chapel
in memory of Elsie Semeniuk \$ 20.00

Towards Healing Garden
in memory of Colleen Hughes \$ 60.00

Towards Palliative Care
in memory of Jan Pedersen \$1,750.00

Other Donations

Towards Building Fund
by Anonymous \$ 500.00

Towards Mini-Van
by Josephburg Community Church \$ 375.00

Towards Refurbishing ‘Quiet Room’ & ‘Palliative Care Suite’
by Winston Taylor \$ 500.00

by ‘The Little Things’ \$ 100.00
(Bruderheim Seniors’ Transportation) \$3,230.00
by LHCC Payroll Deductions

Towards Purchase of Special Equipment
by Winston Taylor \$1,500.00

Towards Long Term Care
by Sheila Permanand \$ 500.00

Towards Auxiliary Unit
by Doreen Nichols \$ 35.00

Towards Harold James Scholarship Fund
by Anonymous \$1,000.00

Patient Comforts for Use of MYM Rotunda
by Elaine Glasman \$ 10.00

2020 Community Newsletter – Winter Edition

Other Donations – continued ..

Patient Comforts for Christmas
by Sharon Toppe \$ 100.00

Patient Comforts for 'Memory Tree'
by Various Donors \$ 114.00

Patient Comforts for COVID-19 Relief
by Jolene Macdonald \$ 100.00

COVID-19 PPE Costs
by Dr. Claudiu Iordache \$1,000.00

Patient Comforts

by Josephburg Community Church Mission \$ 500.00

by Josephburg Community Church \$ 375.00

by Holden United Church Women \$ 200.00

by Jasper United Church \$ 673.10

by Anonymous \$1,000.00

by Raymond & Victoria Dodd \$ 20.00

by Helen Tymchuk \$ 100.00

by Ian & Karen Carter \$ 500.00

by Joan Carr \$ 300.00

by Dorothee Saleski \$ 200.00

by Polly Pewarchuk \$ 20.00

by Margaret Mrazek \$ 100.00

by Edward & Norma Drolet \$ 25.00

by Paremjit Sahota \$ 20.00

by Nora Gauthier \$ 300.00

by Anonymous \$2,000.00

by Kovell Halloquist \$ 5.00

by Guenther Kottke \$ 100.00

by Jessie Kolodychuk \$ 100.00

by Gale Antoniuk \$ 5.00

by Suzanne Normand \$ 50.00

by Mena Pannu \$ 30.00

Charities Aid Foundation of Canada on behalf of

Jason Diduck \$ 400.00

United Way of the Alberta Capital Region on behalf of

Warren Fedun \$ 60.60

Nutrien-Redwater \$ 90.00

Anonymous \$ 442.22

United Way – Lower Mainland on behalf of

Costco \$ 439.00

Anonymous \$ 423.00

Strategic Charitable Giving Foundation

on behalf of Anonymous \$ 400.00

Canada Helps.org on behalf of Anonymous \$ 240.00

by Bruderheim Lions Club 1999 \$1,000.00

Donations-in-kind

Debbie Fountain, owner of 'Trendy Petals for donating Birthday Corsages & Boutonnieres to our LTC Residents.

Ed & Marie Stelmach for donating framed Paintings & Prints, Needlepoint Pictures and Portrait of former Premier.

Andrea Schuld-Ergil & Helpers for 'COVID-19 Scrub Bags' for Alberta Health Care Workers.

8th Annual Dr. M. Ray Memorial Golf Tournament

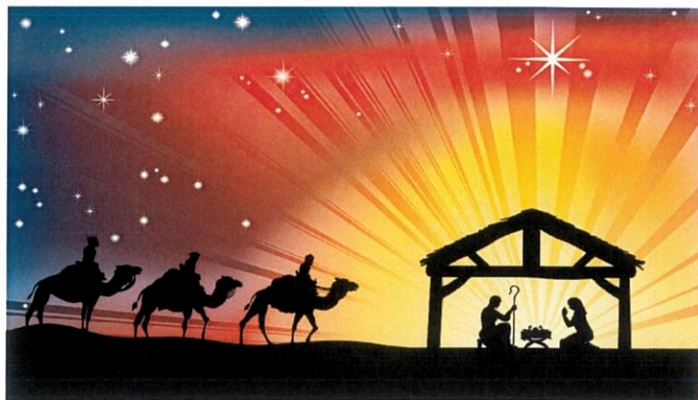
The 8th Annual Dr. M. Ray Memorial Golf Tournament was cancelled due to the COVID-19 Pandemic.

LHCC is in continuous need of Surgical Equipment. All donations would be very much appreciated.

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.



Have a Blessed Christmas and our very best wishes for Health and Prosperity in 2021!

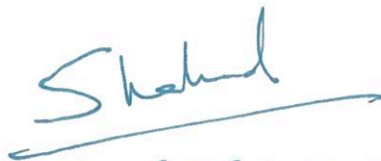
Yours in Christ,

Board, Administration & Staff

*May the Blessings of the Christ
Child be yours this Christmas &
throughout 2021.*

*COVID-19 may have closed our Churches,
cancelled our Family Gatherings
but it has opened our Hearts & Minds
to Love, Care, Happiness & Giving.*

Yours in Christ,

A handwritten signature in blue ink, appearing to read "Shabana", with a long horizontal flourish extending to the right.

*Board, Administration & Staff
Lamont Health Care Centre*