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Who is this? See page 4!

Send your news to General Happenings

We welcome your articles and notices! Please send your submissions to Pam Quine quipa@bgh-on.ca (cc to endch@bgh-on.ca) by the 24th of the month.

For information, please contact Communications Officer Christine Endicott, ext. 1504 or endch@bgh-on.ca.

Welcome: Obstetrician-gynecologist Dr. Derek Fraser



A new obstetrician-gynecologist has joined the team at Brockville General Hospital and has already been very busy delivering babies and helping patients. Dr. Derek Fraser joined BGH earlier this month.

"It's great for our community and our hospital to have Dr. Fraser here," says Dr. Rudolf Novak, Head of Obstetrics and Gynecology at BGH. "With three obstetrician-gynecologists, we can continue to provide seamless coverage for obstetrical patients."

He adds that Dr. Fraser was highly recommended. "Dr. Fraser came to

Brockville with excellent references from Queen's University. He's a highly trained obstetrics-gynecology specialist skilled surgeon who is also known for his excellent bedside manner."

Dr. Fraser says working at Brockville General Hospital appealed to him for several reasons.

"With two very experienced doctors to work with, and the new operating rooms at BGH, it was a pretty easy decision," he says.

An avid golfer, Dr. Fraser is originally from Calgary and likes the small cities along the St. Lawrence. "Parts of Kingston and Brockville remind me of Victoria," he noted.

"We really like the area, the river, and many of our friends live close by."

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Welcome: Internist Dr. Tom Psarras

Brockville General Hospital's newest internal medicine specialist says he really enjoys working with patients.

Dr. Tom Psarras, who started at BGH Sept. 8 after working at Sudbury Regional Hospital and teaching at Laurentian University, says he enjoys the interaction with patients and is excited to start making a difference in the health of the local community.

"I like the clinical part of medicine more than anything else. I like seeing patients," he says. "I never put a barrier between myself and my patients. I like to talk to them, and I like the interaction."

Dr. Psarras is pleased to be working in the Brockville area. "Often you get a broader practice in a smaller commu-

nity," he says. "I think you can make more of a difference, and you have more of an effect on a community's health."

Chief of Internal Medicine Dr. Jacobus

Steyn welcomes Dr. Psarras to BGH. "Dr. Psarras is a skilled and highly trained internist with subspecialty training in Critical Care. He will expand the range of General Internal Medicine services offered to the residents of Brockville and surrounding areas," comments Dr. Steyn.



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Dr. Fraser

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Dr. Fraser finished his residency in Kingston in June and then embarked on a nine-week trip across North America with his family. The 20,000-kilometre road trip took him, his wife Laura and 14-month-old son Andrew to 21 states and Canada's western provinces. They especially enjoyed visiting the U.S. national parks.

He began working at BGH in early September and says he is enjoying being here. "Everyone is welcoming, friendly and helpful," says Dr. Fraser.

His office is located at the Charles Street Site of Brockville General Hospital, 1st Floor. The office is accepting referrals from family physicians.

Dr. Derek Fraser

Specialty: Obstetrics-Gynecology
Start date: September 2009
Office Address: Brockville General Hospital, First Floor, 75 Charles St., Brockville ON K6V 1S8
Tel. 613-498-0740

Dr. Psarras

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"He is also an accomplished teacher, and his ability is complemented by an enthusiastic and friendly demeanor," adds Dr. Steyn.

Dr. Psarras says the St. Lawrence River and the people attracted him to the position at Brockville General Hospital. "This is an absolutely beautiful city with the water, and it is close to big metropolitan centres, so it gives your family the opportunity to grow up in a small-city environment with a nice lifestyle."

The people are incredibly nice," he remarks. "I am very excited about this part of my professional career because I have landed in a good group. Everyone here has been kind. I am very excited to be contributing and getting involved."

Dr. Psarras received his Medical Doctorate in 2001 at University of Ottawa, where he also completed his Internal Medicine residency in 2004 and Critical Care fellowship in 2006.

His office is located at the Charles Street Site of Brockville General Hospital on the 4th Floor. The office is accepting referrals.

Dr. Thomas Psarras

Specialty: Internal Medicine
Start date: September 2009
Office address: Brockville General Hospital, 4th Floor, 75 Charles St., Brockville ON K6V 1S8
Tel. 613-498-0365

Workplace Wellness events for October

Popcorn and a movie! Bring your lunch and plan for lots of laughs during your lunch break on Friday, Oct. 23 at either 11:30 a.m. or 12:15 p.m. in the CSS auditorium. We will show some Mr. Bean movies that will put a smile on your face! Popcorn will be provided.

Tap into your creative talent on Friday, Oct. 30 from 9 a.m. to noon at the CSS cafeteria or GSS cafeteria. Make a **Halloween craft** with our talented **Kim Porter!**



See the staff **Travel Photos** posted in the Cafeteria at CSS this month.

Sign up for education at BGH

Here are some of the BGH education events scheduled for October:

- **Hannah Kaufmann:** discussions on Ethics, Oct. 2 and Oct. 21.
- **Jackie Smylie:** "Unusual Occurrences" for charge staff on Oct. 7 from 1 to 2 p.m. in the auditorium.
- Videoconference on RSV on Thursday, Oct. 8 from noon to 1 p.m. in the auditorium.
- Infection control "Hot Topic" on Tuesday, Oct. 13 at 2 p.m.: "ARO – How do we stop the spread of it?"
- Thursday, Oct. 15 from 8 a.m. to 4 p.m., **Darlene Hutton**, "Rhythm Interpretation"
- Introductory MS Powerpoint Basic Tuesday, Oct. 20, 1 to 3 p.m.
- MS Word Basic, Tuesday, Oct. 27, 1 to 3 p.m.
- CNO "One is One Too Many" video and discussion, Thursday, Oct. 22 from 2 to 3 p.m. auditorium.
- **Gary Gzik** Part 2 Team Building – for managers and charge staff on Wednesday, Oct. 28 from 1 to 3 p.m.
- Update your resume: Thursday, Oct. 29, 2 to 3 p.m., library.

For a complete listing or to register, please go to the Events calendar on the Organizational Development Sharepoint site.

For information, call Jessica ext. 1335 or Shirley ext. 1104.

Prepare yourself: Influenza season is here

It is that time of year again: Influenza season. This season will bring pH1N1. Remember that pH1N1 is a respiratory illness caused by Type A influenza virus. It is a new and emerging virus and most people do not have protection against it. As of September 2009, the World Health Organization continues to have the pandemic phase set at phase 6 and has advised countries in the northern hemisphere to prepare for a second wave.

- Symptoms are generally a **sudden** onset of fever, cough, headache, sore throat, runny nose, fatigue, body aches and chills.
- Remember to cover your coughs and sneezes and routinely perform hand hygiene. If you have flu-like symptoms, stay home and keep a distance of two metres from other people. Avoid close contact when greeting people and avoid touching eyes, nose or mouth with unwashed hands.
- Seasonal Influenza vaccine clinics will be held in October, and the pH1N1 vaccine will be available sometime in November. On Sept. 16, 2009, the Public Health Agency of Canada released the vaccine priority list. Please view the website for more details regarding this list.

Websites with more information

Important websites to visit to help answer questions or concerns are:

1. The Ontario Agency for Health Protection and Promotion www.oahpp.ca
2. The Ministry of Health and Long Term Care www.health.gov.on.ca
3. World Health Organization www.who.int/en/
4. The Regional Infection Control Network www.ricn.on.ca and select Southeastern Ontario
5. Public Health Agency of Canada www.phac-aspc.gc.ca/cpip-pclcpi/vf/panvac-eng.php

Remember that hand hygiene is the **best** way to prevent the spread of infection!

Infection Control ext.1259

Dana Finnegan-Yee

(Full Time Infection Control Coordinator)

Angie Gaudin

(Part Time Infection Control Coordinator)

Cyclists visit BGH to promote organ and tissue donation

Four cyclists departed from Brockville General Hospital's Charles Street Site on Sept. 15 on a leg of a bicycle journey from Guelph to Montreal to raise awareness about organ and tissue donation.

The cyclists included lung-transplant recipient **Grant Hagerty**, **Greg Davis**, **Terry Phillips**, and **Alan Medcalf** of Brockville. Greg Davis is the brother of the late Olympic gold-medallist swimmer **Victor Davis**, who was killed by a drunk driver 20 years ago. Five of Victor's organs were donated, allowing the recipients to live many happy years with their families; some of the recipients are still alive.

Inset photo: BGH President and CEO **Ray Marshall** greeted the guests, including Greg Davis and several organ recipients from the local region.



Recognizing our BGH Educators

Heather Houlahan, Lisa Whalen and Kelly Mitten, Registered Respiratory Therapy Educators

Heather Houlahan graduated from Queen's University in 1992 with a degree in Health Science and then went to Algonquin College, where she graduated with a diploma in Respiratory Therapy in 1995. Heather enjoys teaching because she likes sharing knowledge with other health-care professionals and educating people on what services a respiratory therapist can provide. "It's rewarding to know that the information you provide helps others in their respective roles," said Heather. At BGH, she said, "I enjoy working closely with all the other disciplines and learning from each other. I feel that's a benefit of a community hospital - that and the great staff!"



Lisa Whalen graduated from the Algonquin College Respiratory Therapy program in 1992. She enjoys edu-

cating other health-care professionals about Respiratory Therapy and, in doing so, making people more aware of the profession. At BGH, she said, "The staff are always friendly and appreciative of the work that we do and the resources that we provide."

Kelly Mitten graduated in 2001 from the Algonquin College Respiratory Therapy program. Kelly likes teaching because it benefits patients and other health-care professionals by making them aware of disease processes and the equipment being used. What does Kelly like most about

working at BGH? "Being part of a team at BGH allows us to work together to make a difference in patient care."

Meet the BGH Staff: Janet Stark

This summer, BGH welcomed new Spiritual Care Coordinator **Janet Stark**. Janet works part-time and can be found at both the Charles Street and Garden Street sites.

She says she enjoys the new position, which she started on July 27. "The people have been wonderful. The volunteers are great, and the clergy I am working with are very helpful."

Previous to joining BGH, Janet worked for the past 10 years as a Palliative Care Interdisciplinary Education Coordinator at the SEO Community Care Access Centre. Her smile is familiar to many here because she previously worked in the same role at St. Vincent de Paul. She has also worked as a home economics instructor at Kemptville College.

Janet is a Presbyterian lay minister. She received her Di-



ploma in Lay Leadership from the Presbyterian College at McGill University in 2007. She achieved a Certificate in Health Service Administration from the Canadian School of Management and Athabasca University in 2005. In 2002, Janet completed a certificate program as Teacher and Trainer of Adults from Algonquin College.

Janet lives in Kemptville with her husband, Roger. They have three children, all of whom are now adults.

Welcome Janet!

Welcome to the Following New Employees

Erin Day RPT RPN Med/Surg
Anastasiya Pestava TFT RPN
(New Grad)

Leanne Birtch CPT RPN. - GSS
Marilyn Allen CPT RN - GSS

Steven Vanderkloet FT RN Med/
Surg

Catherine Rizzo FT RN Med/Surg
Ghazi Islam FT Pharmacist
Martin McAllister RPT RPN Med/
Surg.

Tory Geary RPT RPN

Darlene Kavanaugh CPT PSP -
GSS

Darlene Knapp CPT RN - OR
Brittany Baldwin TFTRPN (New
Grad)

Ashley Young TFT RPN (New
Grad)

Tips for serving clients who have physical disabilities or disabilities affecting mobility

- Ask before you help. People with physical disabilities often have their own way of doing things.
- Respect your customer's personal space. Don't lean over them or on an assistive device.
- Don't move items such as canes and walkers out of the person's reach.
- If you have permission to move a person in a wheelchair, remember to make sure your customer is ready to be moved and that you describe what you're going to do before hand. Don't leave the individual in a awkward, dangerous or undignified position such as facing the wall or in the path of opening doors.
- In some situations, inform your client about accessible features in the immediate environment (automatic doors, accessible washrooms, elevators, ramps, etc.)

Source: Serve-Ability: Transforming Ontario's Customer Service
For more information please visit www.AccessON.ca/compliance

Jessica Gerritsen/Accessibility Committee

Staff Council needs you!

The BGH Staff Council is looking for new members. The council meets once a month and would like more staff members from various departments. Join us! Please contact **Eleanor Hogeveen** ext. 1118 or **Tiffany Flood** ext. 8323.

Help plan BGH's 125th anniversary celebrations

Next year is Brockville General Hospital's 125th anniversary, and we are looking for your ideas on how to celebrate in 2010! Please give us your suggestions on how we should mark this great milestone.

Tell us what you think: Please contact **Leah Wales**, Vice-President Human Resources, at ext. 1177, email walle@bgh-on.ca or share your thoughts with a member of Staff Council – or better yet, join us for an upcoming meeting.

(For information about Staff Council, please contact Eleanor Hogeveen ext. 1118 or Tiffany Flood ext. 8323.)

One hundred and twenty-five years of service to our community is truly a cause for celebration.

We want to hear how you think it should be done, so don't be shy – share your ideas!

The latest BGH fashions



Penny Raabe, Ray Marshall and **Shirley Lazurko** modeled some of the new BGH clothing as they wheeled around the Wellness Cart at the Charles Street Site on Sept. 18. The clothing is available for sale from the committee. To order, please obtain an order form from Shirley Lazurko ext. 1104, call 1-888-MULTI-88 or order online at www.multideas.ca.



Lunch Meeting for Health Care Staff, Clergy & Volunteers *CULTURALLY-APPROPRIATE CARE*

with Rev. Dr. Peter Barnes

**Wednesday, October 21, 12:00-1:00 p.m.
In the BGH Auditorium**

Rev. Dr. Peter Barnes is an Assistant Professor in Counseling and Spirituality at St. Paul University in Ottawa. He will speak about various faith groups in Ontario and try to help us bridge the gaps in providing culturally appropriate care.

Perceived need:

1. The changing cultural milieu of Canada and our proximity to Toronto, Ottawa and Montreal, and with the possibilities of accidents in the 401 corridor, there is need for increased cultural understanding, and the effect of spiritual belief systems on the treatment of patients who may need our hospital services.
2. As the Brockville community gets to be more of a retirement community, the cultural and spiritual mix

of those seeking medical care is changing.

3. As the provincial government seeks medical practitioners from other countries, there is need for appreciation of the cultural and spiritual gifts such professional persons bring.

This event is co-sponsored by the Spiritual Care Department of BGH, the Brockville Mental Health Center and the Ontario Multi-Faith Council. The lunch meeting is to be the second of three events during the day: The first will be a 7:30 a.m. breakfast meeting for physicians, OR & ER staff, and the third will be a 7 p.m. evening session at Centennial Hall at the Brockville Mental Health Centre, which is planned as an interactive time with Dr. Barnes and leaders of several faith communities.

Spiritual Care Awareness Week, October 19-23, 2009

FRIENDS OF PALLIATIVE CARE GOLF TOURNAMENT

Thank you to all of the golfers and sponsors who supported the Friends of Palliative Care Golf Tournament. This year's tournament was a huge success!



The popular tournament had 240 participants; the winners were **Tom Blanchard, Mike Kalivas, Chuck Nevay** and **Larry Vanderbaaren**. The tournament is a fundraiser in support of the Brockville and District Hospice Palliative Care Service which provides compassionate care to people suffering from terminal illness and their family members. This year's tournament raised \$135,000. During the past 15 years, the tournament has raised \$1.2 million dollars. The local service does not receive government funding and costs \$475,000 annually to operate.

"No longer forward nor behind
I look in hope or fear;
But, grateful, take the good I find,
The best of now and here."

John Greenleaf Whittier

HAPPY THANKSGIVING

Please watch for the first issue of the *Caring Times* The Brockville and District Hospital Foundation newsletter. It will arrive in time for Thanksgiving.