



# GENERAL HAPPENINGS

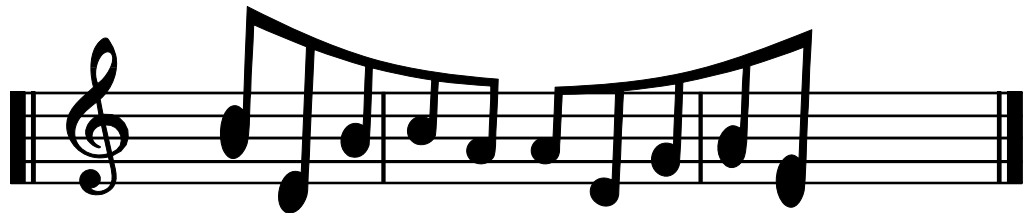
Brockville General Hospital

JANUARY, 2009

## In This Issue

2. Pandemic Planning
2. Volunteer Association
2. Holiday Cheer with the Bee Geez and Ray Marshall
3. A New Year Poem
4. Comments from RPN Students on their placement here at BGH
4. Revised Vision, Mission and Values
5. Cafeteria Labeling Lingo
5. Dana's Beadz
5. Thousand Islands Martial Arts Self Defense Course

## HAPPY NEW YEAR!!!



Our Music Therapy Program, provided in the Palliative Care Service of Brockville General Hospital, received \$20,000 funding from Leeds-Grenville MP Gord Brown during a ceremony at the Garden Street Site on Friday, November 28, 2008. Pictured are, from left, Bereavement Co-ordinator Sandy Thompson, Director of Palliative Care Sherry Anderson, Tom Russell, Executive Director of the 1000 Islands Community Development Corporation, Music Therapist Courtney Radbourne, Grenville Community Futures Development Corporation Executive Director Heather Lawless and MP Gord Brown.



### What is a Pandemic?

According to the World Health Organization (WHO), a pandemic can start when three conditions have been met

- Emergence of a disease new to a population.
- Agents infect humans, causing serious illness; and
- Agents spread easily and sustainably among humans.

A disease or condition is not a pandemic merely because it is widespread or kills many people; it must also be infectious. For instance, cancer is responsible for many deaths but is not considered a pandemic because the disease is not infectious or contagious (although certain cases of some types of cancer might be).

### What is new with Pandemic Planning at BGH

The BGH Pandemic Plan will be available on the BGH Intranet in the New Year. All of the Emergency Preparedness Codes will make their appearance as well.

Presently we are working on the logistics of who is responsible to run and house flu treatment centers in Lanark, Leeds and Grenville. The Tri Counties Health Unit is responsible to facilitate and assemble the planning team.

At the last Healthcare Network of Ontario (HNO) Incident Management System meeting, Dr Zoutman spoke on P5. P5 stands for The Pandemic Preparedness, Planning, Portal, Project. We were treated to a live demo. The P5 Project was developed by a team at Queen's University under the lead of Dr. Zoutman as Principle Investigator and Matt Melinishyn as Project Manager. The new initiative offers a widely accessible web portal with information and education for hospital managers, clinical leaders and front-line healthcare workers on how to protect themselves and how to help hospitals plan effectively for a pandemic. The web site is dedicated to hospitals with special attention paid to the unique challenges often faced by smaller hospitals in rural areas.

This is a small update on our ever evolving Pandemic Plan.

*Margriet deBruyn*

### VOLUNTEER ASSOCIATION NEWS

The Brockville General Volunteer Association would like to take this opportunity to thank all the members of staff who so generously supported the 4<sup>th</sup> Annual Christmas Bazaar and Lunch on Friday December 5. Approximately \$1275 was raised from sales by vendors, and sales of lunches.

Wishing a Happy New Year to you all,

*Maureen Overy,  
Chair Fundraising Committee  
Brockville General Volunteer Association.*

The Volunteer Association is hosting the Silent Auction for the Palliative Care Telethon in January, 2009. The Auction will be held at the Thousand Islands Mall starting on Thursday, January 22 and finishing up mid-afternoon on Sunday, January 25. You can see the items and place a bid any time the Mall is open for business. Last year the Auction raised over \$16,000.00 and the goal will be higher this year! Do come out and see the many items available – you are sure to find something you would like to bid on.

*Christine Deault*

["The Bee Geez tour the floors with Ray to deliver some holiday cheer!"](#)



*From the desk of  
Debra Wade,  
Spiritual Care Coordinator:*



Dear Friends,

As we begin this new year, let us take a moment to reflect on all that has taken place over the past year...  
May we be ever mindful of each and every blessing that we have received , whether big or small. And may we always be ready to share a blessing or two with one another.  
Wishing you and your families abundant Blessings  
for a Happy and prayerful New Year.

A New Year. ....by William Arthur Ward

Another fresh new year is here ...  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest ...  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!



"A group of RPN students just completed their September to December 2008 placement at Brockville General Hospital with Karen Doherty. Here are there comments!

What did you like the most about your clinical experiences at BGH?

- Barbara wrote "...I was given every opportunity to use my skills"
- Mark said "...willingness of staff to help teach"
- Angela commented "...I enjoyed my overall experience and gained a larger knowledge base"
- Tammy wrote "...The changes in diagnosis of patients from week to week to enhance current knowledge"
- Sharilyne wrote "...The willingness of staff to help us learn and tell Karen about procedures they have that we could do"

The BGH employee who made your experience great was...

- Barbara wrote "Karen Doherty. She is very knowledgeable, patient and honest about the skills we were performing, and gained valuable experience"
- Mark said "...Karen Doherty. Her expert knowledge base helped us to learn safe top quality care"
- Angela commented "Darleen. She made me feel like a member of the team, she was willing to show me any skill that came up and was very welcoming"
- Sarilyne wrote "...Karen Doherty, because of her patience and extensive amount of knowledge and a kind personality"

Overall this was a great learning experience because...

- Barbara wrote "...I was given the opportunity to use my skills, and was given positive feedback and negative and given instructions on how to improve"
- Mark said "...I was able to experience many diagnosis and really broaden my knowledge base"
- Angela commented "...I now have a greater knowledge of an acute care setting, and how important this experience is in the nursing program"
- Sharilyne wrote "...Everyone was kind and I was given every opportunity possible to do things within our scope"

Shirley Lazurko, Manager, Organizational Development

### **Congratulations and thanks to our dedicated and energetic charge staff group**

"A group of charge staff met in December with Ray Marshall to review the revised Vision, Mission and Values for Brockville General Hospital. Ray thanked the group for their commitment to continuing education and their contribution to the vision, mission and values of the hospital. The charge staff received a recognition certificate and a "Brockville General Hospital Leader" pen."



Rebecca Gardiner, Judy Fowler, Elaine Watters, Diane Bowen, Ruby Locke, Stephen Bernhardt, Lee Ann Grattan, Marilyn McCue, Jessica Gerritsen, Judy Curry, Louise Muiltze, Lorraine Ashby, Lise Ballantyne, June Simpson, Beth Gibson, Ray Marshall, President & C.E.O., Kathy Gaudet, Wilda Madden, Sandy Workman, Bobbi Annable, Curtis Coates, Debra Mathers  
Missing from photo: Cari Bailey, Caroline Cardoso, Debbie Burnett, Gail Coville, Joy Coutu, Karen Riede, Kim Suatac, Larry Palmateer, Lea Hamblett, Martha Wiggins, Neil Ferguson, Sally Cross, Sharon Hass, Susan Schaub, Verna Graves

## CAFETERIA LABELING LINGO

The Brockville General Hospital Cafeteria staff know that most people are conscious of their health and are working on making healthier selections each day. In union with the hospital's vision of "Healthy People—Outstanding Care", it is our duty to provide our patrons with the information to allow them to make healthy choices. Our goal is to help our patrons to make informed food choices.

The cafeteria now provides information for hot meals, salad bar, sandwiches and more. The information that we have included in our nutritional analysis includes:

- ◆ serving size
- ◆ Calories
- ◆ Weight Watchers points
- ◆ Fat, saturated fat, trans fat
- ◆ Carbohydrates, fibre and sugar
- ◆ Protein
- ◆ Cholesterol
- ◆ Sodium

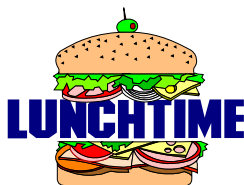
Weight Watchers points are included because we wanted to meet the needs of all our customers. It is important to keep in mind that Weight Watchers doesn't take sodium content or the types of fat into account. Therefore, read the nutrition labels entirely to ensure you are making the best choice for you.

### TIPS FOR MAKING HEALTHIER CHOICES:

1. Consider the serving size compared to how much you are eating. If you eat twice as much, there are twice as many calories, twice as much fat, etc.
2. Choose foods with less than 2 grams of saturated and trans fat.
3. Choose foods that contain 4 or more grams of fibre.
4. Select foods that contain less than 200mg of sodium.
5. Check out the poster in the cafeteria for more tips and information on reading nutrition labels.

The cafeteria offers a wide variety of foods for everyone to enjoy. The nutritional information that we now provide is an excellent addition that we hope you will all use to make informed and healthier food choices.

*Claire Watts, Dietetic Intern  
Southeastern Ontario Dietetic Internship Program*



- ⊗ *Handmade Original Designs*
- ⊗ *Beading Wire, Cotton String, Leather, Elastic, and much more*
- ⊗ *Hemp Knotted Jewelry*
- ⊗ *Friendship Bracelets*
- ⊗ *Earrings*
- ⊗ *Bracelets & Anklets*
- ⊗ *Jewelry Repairs*
- ⊗ *Sterling Silver, Plated Gold, & Surgical Steel*
- ⊗ *Glass, Plastic, Metal, CZ, Crystal, Fimo, and Pearl Beads*
- ⊗ *Swarovski Crystals*
- ⊗ *1,000's of Beads to choose from*
- ⊗ *Custom orders*
- ⊗ *Bridal Jewelry*

*Gift Certificates Available!  
If you can think of it, I can do it!*

*Contact Dana Easter—342-0869  
deaster1@cogeco.ca  
www.freewebs.com/danasbeadz*

## THOUSAND ISLANDS MARTIAL ARTS

Offers self defense courses for anyone interested. The course covers:

- ◆ Preparing and Being Aware
- ◆ Identify and React
- ◆ Verbal Awareness
- ◆ Escalation
- ◆ Impact and Force
- ◆ Avoid & Escape

The intent of this course is to leave you with a sense of confidence and the knowledge of being more confident in protecting yourself.

The course runs approximately 3 hours and costs \$35 with a \$10 deposit upon registration. Balance to be paid on the day of the course.

The course requires a minimum of 12 people and a maximum of 20 people and likely would run on a Saturday afternoon or Friday night.

Please contact Valerie Cummings at Thousand Islands Martial Arts at 613-342-4762 and please mention where you saw this ad.