



GENERAL HAPPENINGS

Healthy People, Outstanding Care

Brockville General Hospital

MARCH 2011

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According to legend, Saint Patrick used the [shamrock](#), a three-leaved plant, to explain the [Holy Trinity](#) to the pre-Christian Irish people.

Brockville Legion Helps BGH Lab Acquire New Microscope

The Brockville Royal Canadian Legion Branch #96 has donated \$7500 toward the purchase of a new Olympus microscope for the Brockville General Hospital Microbiology Laboratory.

"We're touched by the generosity of the Legion," says BGH Lab Manager

Susan Pugh, "and thrilled with the new equipment. The other microscope was over 20 years old and obsolete. This new Olympus microscope with its advanced optics will be extremely valuable with readings, diagnoses, and identifications."

The newest member of the BGH lab family has double viewing scopes that allow for technical consultations and clinical teaching, and cost a total of \$11,500.

The Brockville Legion is happy to support such a vital service to the community.

"The Legion makes annual donations from its Charitable Foundation Fund each March at our District Convention," explains Legion 1st Vice President and Poppy Fund Chair Don Bain. "Applications are made and Toronto assesses them. Branch 96 has been supporting Brockville General for many years now."

Bain should know—he was employed for 29 years in the BGH kitchen, and has been involved with the Legion almost as long.

The Brockville Legion Branch 96 has just under 700 members, with 100 active in the club and with community support. The proceeds of the Poppy Fund target many youth programs, and at the recent 30-Hour Telethon in Support of Palliative Care, Legion

members donated a total of \$1600 toward the palliative care service based at BGH.

"We also donate over \$180,000 each year to the community in



A good day for the BGH Lab: Welcoming the new addition are (l-r) Ray Gilroy, Legion President; Don Bain, Legion 1st Vice President; the new Olympus microscope; and BGH Lab staff Lorraine Ashby; Susan Pugh (Lab Manager); Laurie Schroeder; and Susan Smart.

kind," says Legion President Ray Gilroy. "We do that a number of ways, such as hosting tournaments for youth sports, working with the Special Olympics, or just letting local groups use our hall for free. We're a service club, so we serve the community. I think people like to know that when they participate with our events or use our facilities, any money spent goes directly back into the community."

Helping to keep the latest in health-care technology available to the Leeds & Grenville community is part of that directive for the Legion.

"Giving the grant of \$7500 toward the purchase of the Olympus microscope was a wonderful opportunity for the Brockville Branch of the Royal Canadian Legion," says Gilroy. "We love to put our money back into this community whenever and wherever we can."

Community Care Golf Tournament Targets Brockville Cardiovascular Program

The 2011 Community Care Golf Tournament Committee announced this week the tournament's new medical cause and major benefactor: Most of the proceeds raised at this year's event will be donated to the Brockville Cardiovascular Program at Brockville General Hospital.

When the Prostate Cancer Research Golf Tournament was discontinued last year, Cathy Thomas, manager of the Brockville Highland Golf Course that hosted the tournament, decided she wasn't ready to just stop raising funds for health care in the Brockville district. Thomas's father, Charlie Guy, started the tournament in the mid-1990s, and both decided to look for a new medical cause for the event.

They chose the Brockville Cardiovascular Program (BCP), a new rehabilitation service for people recovering from cardiac surgery, cardiac angioplasty or stenting. Opened in 2009, the BCP is free for patients referred to the program and offers six- and twelve-week programs designed to assist with the post-operative journey to full recovery.

The BCP receives no government funding, and is entirely supported by generous individuals, businesses, and groups such as the Community Care Tournament Committee.

Brockville Police Chief Adrian Geraghty, this year's chairman, says he had no hesitation taking the chair for such a worthy cause. "The BCP and the other groups we'll support offer important services to this community."

It's also special, he says, to see three clubs come together to make the event happen—the Brockville Lions Club, the Brockville and District Civitan Club, and the Brockville Kinsmen Club.



All for a good cause: (seated) Dr. Jay Bhatt, BGH internist; Michael Galbraith, Brockville Lions Director; (standing middle row, left to right) Ray Marshall, BGH President and CEO; Joan McLaughlin, Brockville and District Hospital Foundation Executive Director; Margriet de Bruyn, BGH Director of Critical Care; Cathy Thomas, Brockville Highland Management; Ted Hughes, Lions District Governor; Adrian Geraghty, Brockville Police Chief and Tournament Committee Chair; (standing back row, left to right) Ross Brown, Brockville Lions President; Don Russell, Kinsmen Club of Brockville President; and Courtney Lepage, Brockville and District Civitan Club International.

"This is a unique event," says Kinsmen President Don Russell. "We've never worked together like this before. It's a great opportunity, and a great cause to work for. Plus," he smiles, "we get to play golf."

Pulling the clubs together was easy, says Brockville Lions Director Mike Galbraith. Everyone wanted to contribute to a good cause for Brockville and area, something really needed. "And February is heart month," he adds. "The BCP was a good fit all round."

"When Cathy Thomas asked us to participate in the new tournament," explains Courtney Lepage of the Brockville and District chapter of Civitan International, "we said 'why not?' We didn't want the tournament to stop."

The Community Caring Tournament is set for August 26th at the Highland Golf Course. Twenty per cent of the proceeds will be split between the clubs and used to support their respective community programs. The remainder—eighty per cent of funds raised—will be donated to the Brockville and District Hospital Foundation to support the Brockville Cardiovascular Program.

Boss Family Gives Palliative Care Room a Makeover

On February 18, family, friends and BGH staff gathered to officially re-open Palliative Care Room 511 at the hospital's Garden Street Site. The room, one that was not renovated previously with others for palliative care, had been given new paint, special artwork and a new mural, an electric fireplace, and a homemade quilt—all courtesy of the family of the late Dr. Mark Boss. "When Dr. Boss passed away," explains Susan Ashley of Ashley Interiors and longtime family friend, "he was under the care of the Brockville and District Hospice Palliative Care Service (B&DHPCS) here at BGH and the family spent many hours in this room. They wanted to do something special for palliative care and decided to re-decorate the room."



Ashley was hired by Mrs. Marina Boss to lead the project. A new mural was chosen, along with a new wall colour that was a personal favourite of Mrs. Boss. Then, a handmade tapestry was done and will be framed for hanging. Mrs. Boss chose a picture of the 1000 Islands as well, from those donated to this year's Rotarian Silent Auction in support of Palliative Care. In exchange, the Boss family made a donation to the palliative care service. Finally, daughter Carmen sewed a quilt in colours to match those chosen by her mother.

"It certainly was a family affair," says Joan Schwarze, Coordinator of the B&DHPCS. "Now it is a lovely room that will help support other families in their time of need."

BG Volunteer Association Purchases Chair in Memory of Jean Beveridge

As a token of esteem for our BGH Chief of Staff Dr. Robert Beveridge, the Brockville General Volunteer Association Board recently purchased and donated a new transport chair in honour of his mother, the late Mrs. Jean Beveridge. The board wanted to keep the funds within the hospital, so the transport chair was chosen. This is the twelfth transport chair that BGVA has purchased to be used by patients coming in the front door of the hospital. Standing with the new acquisition are



(l – r) BGVA Volunteer Coordinator Christine Deault, with volunteers Stan Riley and Karen Matte. The sign was made by BGH staff Dale Dixon.

VOLUNTEER ASSOCIATION NEWS

April 14, 2011 will be the date of the Volunteer Association Garage Sale. When you are doing your spring cleaning, please remember us if you have items you no longer want but that could be useful to someone else. Items can be delivered to the Auditorium any time on Wednesday, April 13, 2011, the day before the sale.

**BGH Recognizes . . .
March 1—7
National Social Work
Week**

Palliative Care Telethon

This year the Palliative Care Telethon brought in over \$175, 000 in support of the Brockville and District Hospice Palliative Care Service. If you have never seen the Palliative Care Telethon, it is an event worth watching.

The telethon showcased local talent who provided entertainment for the event.

There were live and taped interviews with Palliative Care Volunteers and Staff members who were involved with Palliative Care patients both in hospital and in the community. There were touching interviews with patients who currently use the palliative care service, sharing their stories of how Palliative Care has made a difference in their lives. Friends and family members of patients who died on the Palliative Care service also spoke about their experience with Palliative Care and how their loved one was supported by the service.

Thank you to everyone who was interviewed and spoke from the heart: family, loved ones, volunteers and staff. The stories that were shared this year as always, highlighted the very exceptional people who are involved in Palliative Care as well as the many special ways that our service has helped people in the community.

A big thank you to all the volunteers and staff who helped out at the event, the BGH volunteers who man the fish bowls and work at the silent auction. You always do so much.

Welcome to the following new Employees

Patricia Creighton, Casual Therapist, Occ. Therapy
 Deanne Osborne, Interim Full Time Manager, 1E
 Thomas Alston, Full Time, Tech., IT
 Andrea Schaeffer, Part Time R.N., Med/Surg
 Shelley Halladay, Casual Aide, Dietary
 Leona Van den Dam, Casual Aide, Dietary
 Tammy McNeill, Casual R.N., Emergency
 Mary Hawes, Casual R.N. ICU
 Anne Rothwell, Casual R.N., GSS
 Kathy Seed, Casual R.N., GSS
 Diane Hampton, Casual R.P.N., OR
 Debbie Bhatt, Casual R.P.N., Med/Surg.
 Justine Cooper, Casual R.P.N., Med/Surg.
 Jennifer McDonald, Casual R.N., GSS

Ethics Committee Update

At Ethics Committee, we have updated the Ethics Concern Form so it is much shorter and easier to fill out. This form is to be used by all staff for all ethics issues and concerns. Please return the concern form to the Chair of the Ethics Committee, currently Heather Crawford.

There is a Quick Link coming—the Ethics Concern Form will be found on the right-hand side list on the Sharepoint home page.

The Ethics Committee also plans to offer ethics education for nursing staff, on the use of the Ethical Decision Making Pocket Guide.

The Pocket Guide can be accessed via Sharepoint/Committees/Ethics and Research Committee/Documents.

Heather Crawford, VP Clinical Services/CNE

Anonymous Donation

Thomas Hanson, BGH Therapeutic Recreation Specialist at our Garden Street Site, is happy to announce an anonymous donation of a new Canon Power Shot A495 Digital Camera with an 8 GB Memory Card to boot!

The Therapeutic Recreation Service had its camera stolen some time ago and someone who heard about their plight made this generous response.

Thank you very much!

Human Resources – Job Competitions

All current job competitions that are posted on the internal bulletin boards now can also be found on the Human Resources Department website under the tab “Current Job Competitions”.

IM/IT Project Report - 2011 Continues. . . .

Each year there are numerous technological developments that provide IM/IT with opportunities to offer extended value to the organization. Listed are a few of the IM/IT lead initiatives for 2011 towards the advancement of electronic health records (EHR) and record sharing, regionally and provincially, which will lead to improved patient care.

Project Listing 2011

Project	Status	Scheduled Completion Date	Description
Printer Consolidation and Optimization	Started	March 31,2011	<p>An enterprise wide output management solution is being implemented to control costs and to streamline technology and business solutions that drive the creation and management of documents and records.</p> <p>The goal is to reduce costs by 10-15% by combining existing print, copy, fax and scan technology thus reducing the number of devices in use and replacing them with network print and multifunctional devices while improving productivity. The proposed solution will also provide us with a measureable reduction in carbon footprint.</p> <p>The overall objective is to migrate print volumes from desktop personal printers, work group printers, copiers and dedicated fax equipment to multifunctional devices and right sizing the current fleet to increase efficiency and effectiveness and reduce the Hospital's overall output costs.</p>

March is Nutrition Month and the theme of the campaign is:

Improving your health with vegetables and fruit, it's easier than you think!

almonds, and quick and easy tortellini vegetable soup.

For easy, tasty recipes, check out the workplace wellness committee site on sharepoint.

To Find: go to> committees; workplace wellness then "documents" tab to find "Easy Meals in Minutes". Try our latest recipe: cheddar vegetable chowder. It's so easy and tasty! Add some cubed chicken a whole wheat baguette and a tossed or caesar salad for a complete meal. Other recipes found on the site which can bring you closer to the recommended amount of 5-8 vegetables and fruit /day are: cottage cheese crunch, " not just a salad, mandarin orange salad with

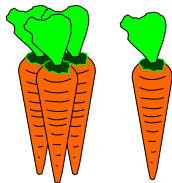
NUTRITION TIP:

Make the most of your fruit and vegetable intake by choosing the brighter colors such as dark orange found in mangoes, peppers, squash, carrots, and dark green found in broccoli, green peppers, spinach and romaine. The brighter colored vegetables and fruit contain more antioxidants which offer protective health effects.

Don't forget to support our local economy and buy local fruits and vegetables more often. Locally grown foods may taste better, are fresher, have required less processing and fewer emissions from transport.

Cheddar Vegetable Chowder

- Course *Soups & Creams*
 - Prep. Time *15 mins*
 - Cooking Time *30 mins*
- Yields *4 to 6 servings*



PREPARATION

What You Need

- 2 cups (500 mL) water
- 4 cups (1 L) frozen mixed vegetables
- 3 tbsp (45 mL) **butter**
- 1/4 cup (50 mL) finely-chopped onion
- 1/4 cup (50 mL) flour
- 4 tsp (20 mL) chicken broth mix
- 1/2 tsp (2 mL) paprika
- 1/2 tsp (2 mL) dry mustard
- 2 cups (500 mL) **milk**
- 2 cups (500 mL) shredded **Canadian Cheddar cheese**
- Salt and pepper

Instructions

Bring water to a boil. Cook vegetables until tender. Do not drain; set aside.

Melt **butter** in large saucepan. Sauté onion until tender. Blend in flour, broth mix, paprika and mustard. Gradually stir in **milk**. Add vegetables and cooking water. Cook over medium heat, stirring constantly, until mixture comes to a boil and thickens.

Remove from heat. Add **Canadian Cheddar cheese** and stir until melted. Add salt and pepper to taste. Sprinkle additional shredded **Canadian Cheddar cheese** over each serving.

A very special thanks to all the dietary staff at CSS for their hard work and dedication for the Feb. 24th Mexican Fiesta lunch served in the cafeteria! I think all who dined in the cafeteria and tasted the Mexican food would agree it was "Yum". The meal was planned by dietetic intern Danielle Crutchley and included: beef and chicken fajitas, mexican rice, fiesta salad and chocolate cinnamon cake. The cilantro was a nice touch to the fajitas and the spanish music "Gypsy Kings" compliments of Joe Henry really set the mood of dining in Mexico in the middle of our cold winter days!

Thanks to all!

Next Board Meeting
(Open Session)
March 14 6:00 p.m. CSS Library

Mandarin Orange Salad with almonds:

Dietitians of Canada submitted by Irene Ireland

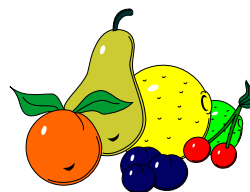
- 8 cups Torn romaine lettuce leaves 2L
 - 1/2 cup diced celery 125ml
 - 2 green onions, chopped
 - 1 can (10 oz/284ml) Mandarin Orange segments, drained
- Add Shrimp if desired or chopped chicken breast

Dressing:

- 2 tbsp vinegar 25 ml
- 4 tsp olive oil 20 ml
- 1 tbsp chopped fresh parsley 15ml (or 1tsp/5 ml dried)
- 2 tsp granulated sugar 10 ml
- 1/4 tsp hot pepper sauce 1 ml
- 1/4 tsp salt 1 ml
- Black pepper
- Candied almonds

Per serving: 166 calories(minus the shrimp or chicken)
3 grams fibre
20 grams carbohydrate

To make candied almonds: in a small nonstick skillet, melt 1 tbsp(15 mls) granulated sugar over low heat. Add 1/4 cup (50 mls) slivered almonds and cook, stirring constantly, for 5-6 minutes or until almonds are well coated with syrup and lightly browned. Cool; break apart into small pieces.



BGH
Recognizes . . .
March is
National
Nutrition Month

Next Staff Forum
March 15 2:00 p.m.
Teleconferenced CSS Auditorium
GSS Bardroom

A Traditional St. Patrick's Day Celebration That Will Touch Your Heart

It's a St. Patrick's Day celebration at the Brockville Arts Centre on Saturday, March 12th. Join Master of Ceremonies, Bruce Wylie and A.J. Benoit & The Blarney Show Band for an evening of traditional Irish music with proceeds to benefit the Brockville Cardiovascular Program.

The Brockville Cardiovascular Program receives no government funding and operates on an annual budget of approximately \$130,000—all from generous corporate and private donations.

Through the vision of many medical personnel, the Brockville General Hospital Board of Governors, and the Brockville and District Hospital Foundation, the Brockville Cardiovascular Program (BCP) opened its doors to offer guidance with cardiac rehabilitation in June of 2009. The success is already measurable. "We've graduated 185 patients since we opened," says Brockville internist Dr. Jay Bhatt, a driving force behind the creation of the program at BGH. "Another 30 have completed a home program. Our success rate is 100% in terms of providing real benefit and quality of life to our clients."

Recovering cardiac patients from Brockville and surrounding area no longer have to travel to Ottawa or Kingston to access information, or to get support in making lifestyle changes toward a healthy recovery. Brockville Cardiovascular Program offers individualized programs of exercise, education, and counseling with the assistance of a multi-professional team including a kinesiologist, a dietician, a nurse, a respira-

tory therapist and a pharmacist.

"Our aim is to address patients' modifiable risk factors and improve their quality of life," explains Margriet de Bruyn, BGH Director of Critical Care Services.

"This will be an action packed evening filled with all the traditional knee slapping, sing-a-long Irish songs," says A.J. Benoit, lead singer for The Blarney Show Band, "Songs like: If Your Irish Come into The Parlour, Galway Bay, Too Ral Loo Ral Loo Ral, When Irish Eyes Are Smiling, Whiskey in the Jar, Lord of The Dance, My Wild Irish Rose and of course, Danny Boy," A.J. adds, "You can expect to have a great evening knowing the proceeds are benefiting a wonderful



A.J. Benoit & The Blarney Show Band (photo credit: Mark Oliver)

program that literally touches the heart."

The Blarney Show Band is made up of six members A.J. Benoit (lead singer), John Jodoin (guitar/back-up singer), Jaime Burt (flute), Laura Anderson-Brick (accordion), Suzanne Neimanis-Klug (fiddle) and Mike Anderson (banjo).

Tickets are available now at The Brockville Arts Centre box office or online at:

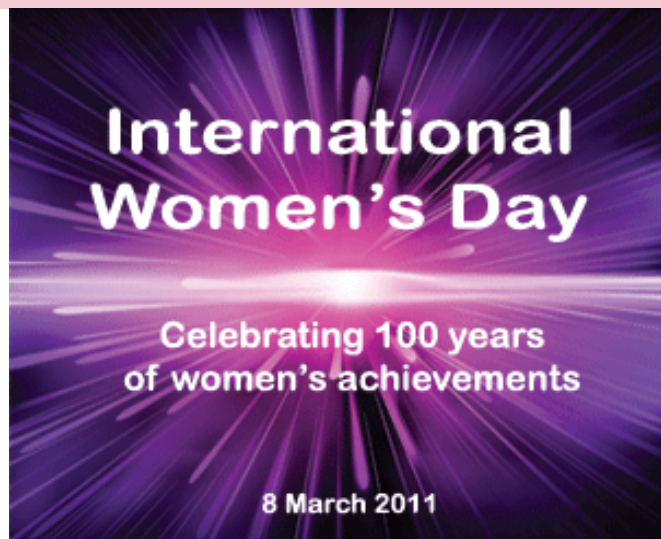
www.brockvilleartscentre.com <<http://www.brockvilleartscentre.com/>> for \$22.50 (+HST). The show starts at 8:00 p.m. and the party will continue with an "After Show Celebration" down stairs at "The Mill". Come meet the members of the band and participate in the fun...some say there will be green beer at the bar!



Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that that is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

International Women's Day March 8, 2011



Thousands of events are held throughout the world to inspire and celebrate women's achievements.

Women's Day (8 March) is a global day celebrating the economic, political and social achievements of women past, present and future. In some places like China, Russia, Vietnam and Bulgaria, International Women's Day is a national holiday.

The **first** International Women's Day event was held in 1911. **2011** is the Global Centenary Year

**YOU ARE INVITED TO JOIN US IN
CELEBRATING
THE 100TH ANNIVERSARY OF
INTERNATIONAL WOMEN'S DAY
TUESDAY, MARCH 8, 2011 AT 10:00 AM
BY DROPPING IN AND HAVING A TREAT
AT THE
CHARLES ST. SITE CAFETERIA
AND
GARDEN ST. SITE MAIN RESIDENCE
LOUNGE**

***"CELEBRATE THE ACHIEVEMENTS OF
THE WOMEN OF
BROCKVILLE GENERAL HOSPITAL"***



60-plus and going strong: Wellness 101

As Canada's largest home care provider, Bayshore Home Health understands the importance of living safely and comfortably in your own home. That's why this Spring, at the Brockville YMCA, we're offering 60-plus and going strong: Wellness 101, a **FREE** eight-week certificate course designed to promote long-term health, wellness, and fall prevention in your home. The goal is to prolong your independence at home.

Each week, you'll learn from health care experts about a different aspect of healthy aging in a relaxed, social setting. You'll gain valuable information on the importance of each area of health, potential risks and symptoms to watch for, as well as strategies to best promote and manage your health. You'll take away tips such as how to stay active, eat well, minimize the effects of common ailments, and prevent injury and falls. Plus, at the end of each one hour session, you'll have the opportunity to speak with specialists from your community and share solutions with seniors like yourself. There's no cost or obligation and, at the end of the course, you'll be presented with a personalized certificate of achievement.

Start prolonging your independence today!

**April 6 -May 25
Wednesdays, 1:00 pm – 2:00 pm
Brockville YMCA
345 Park St., Brockville
Advanced registration required.
Register by calling 613.345.3371
Space is limited.**

**BGH Recognizes . . .
March 6—12
National Pharmacy
Awareness Week**

**Submissions for
"General Happenings" are due on the 24th
of every month. Please send to
quipa@bgh-on.ca
or whema@bgh-on.ca**

Maggie Wheeler, Editor Pam Quine, Publisher