



# GENERAL HAPPENINGS

Healthy People, Outstanding Care



Brockville General Hospital

OCTOBER, 2011

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## BROCKVILLE GENERAL HOSPITAL SIGNS NEW DATA SHARING AGREEMENTS

**Eastern Ontario—New electronic data sharing agreements between Brockville General Hospital (BGH) and Kingston General Hospital (KGH), Hotel Dieu Hospital (HDH) and the Ottawa Hospital will mean timelier access to care for patients in southeastern Ontario.**

The new agreements will allow Brockville physicians rapid access to electronic patient data from the other hospital sites, replacing the traditional methods of fax and courier mail to ensure that the most complete and up-to-date information can be used in patient care decisions. Patient information such as consult notes, discharge summaries, lab results, CT and MRI scans and other diagnostic tests will be readily available regardless of whether they were performed in Kingston or at The Ottawa Hospital.

The secure data-sharing system requires user identification and password access to ensure patient confidentiality, and complies with the Personal Health Information Protection Act (PHIPA).

“Physicians who have active privileges at Brockville General Hospital can apply for access to the shared patient record at KGH and HDH or the Ottawa Hospital system,” explains Dr. Robert Beveridge, BGH Chief of Staff. “All of the information that is critical to making timely clinical decisions can now be reviewed in a timely and efficient manner.”

Expanding the existing shared patient record between KGH and HDH to Brockville was a logical next step as many patients are often referred to Kingston from the Brockville area. “We recognize that delays in accessing information can sometimes delay patient care,” says Troy Jones, Chief Information Officer at KGH and HDH. “By leveraging technology to provide Brockville area physicians with a secure method of accessing patient data

from KGH and HDH, we can streamline the sharing of patient information while ensuring it remains safe and secure.”

For now, the systems will see primarily BGH physicians accessing information on their patients who have also received care in Kingston or at The Ottawa Hospital. In the long term, this type of agreement could reduce unnecessary re-testing and facilitate more efficient transfer of patients between institutions.

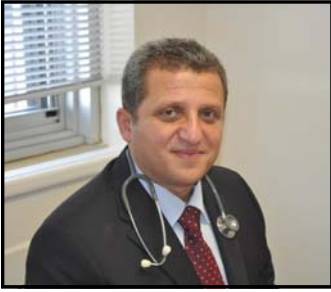
“This initiative enables patients to be secure in the knowledge that a record of their treatment at The Ottawa Hospital is available to clinicians in Brockville at the touch of a button. This eliminates the need for duplicate tests, and eliminates the stress of patients having to remember every detail of their visit,” says Dale Potter, Chief Information Officer of The Ottawa Hospital. “It’s another successful step in improving quality and patient safety at our hospitals.”

“The enhancement to patient care generated by these reciprocal data agreements will be substantial,” says Beveridge. “These agreements will have a large impact on our ability to make decisions on admission, discharge or transfer of care.”

“This is a prime example,” adds Rene Melchers, Manager of BGH IM/IT Department, “of where IT is a significant enabler in providing technology to support electronic health records within the circle of care which will also reduce costs and risks in managing patient records.”



## Brockville General Hospital Welcomes New OBGYN



Brockville General Hospital (BGH) is pleased to announce that Dr. Basem Hafazalla, OBGYN, joined the ranks of its dedicated healthcare professionals September 1st.

Dr. Hafazalla completed his medical degree and intern-

ships at Assiut University in Assiut, Egypt. He then practiced medicine in Egypt and England before coming to Canada.

Dr. Hafazalla recently relocated to the Brockville area with his family from Yarmouth, Nova Scotia, where he ran a medical practice from 2007 to this past summer; including the position of Chief of Department, Obstetrics and Gynecology, at Yarmouth Regional Hospital.

"This September," he explains, "our son is in Grade 12 and he has started to apply for universities.

Queen's in Kingston is his top priority. We wanted to be closer and felt that Brockville was a good choice.

We like the friendly, smaller city atmosphere, and the city itself is beautiful."

One focus for Dr. Hafazalla is laparoscopic hysterectomies—surgery done without a full surgical incision, using special equipment through tiny incisions.

"Here at BGH, the department has already begun offering this alternative to the standard method," he says, "and I would like to do more. With the laparoscopic method, it is minimally invasive. There are no in-patient days. A hysterectomy, which is usually major surgery, becomes a day surgical procedure and the patient is walking the next day."

Another interest for Dr. Hafazalla is the management of female urinary incontinence, specifically with the mid-urethral sling procedure, which is also done as a day surgery procedure.

"I am pleased to welcome Dr. Hafazalla to BGH and the Brockville community," says BGH President and CEO Ray Marshall. "His background and experience will be a positive addition to the Maternal/Child program."

## St. Lawrence District Masons Donate \$12,000 to Friends of Palliative Care Golf

The St. Lawrence District Masons recently donated \$12875.00 to the Friends of Palliative Care Golf Tournament.

"Masons have supported the fundraising tournament for many years," says Cameron Minor, District Deputy Grand Master for the St. Lawrence Masons. "It's not hard to convince people of the value of good local palliative care. It will touch us all someday."

The St. Lawrence District Masons raised \$37,000 total this year, which will be split among three hospices located in Brockville, Kemptville and Perth. The funds donated to the Friends of Palliative Care Golf Tournament will support the Brockville and District Hospice Palliative Care Service, based at Brockville General Hospital.

"I was overwhelmed by the generosity of our Masonic Brethren in St. Lawrence District," says Minor.

"Masonry teaches good men to be better and to apply their charitable ideals in their community. Fundrais-

ing is not a main activity; however, a District Charity is

selected annually and for the last two years it has been palliative care. The money was raised by generous Lodge donations and the proceeds of District events such as a Canoe Paddle Draw at Athens, a Robert Burns Table Lodge at Burritt's Rapids, a Quarry Lodge Weekend at Spencerville, a District Golf Tournament at Fortthton, and a Big River Thousand Islands Cruise, Dinner, Dance and Silent Auction sailing from Gananoque. There were also substantial private donations from Brethren. The donations went far beyond all expectation."

"Masons also participated again in the Friends of Palliative Care Golf Tournament," Minor adds with a smile. "Eight of our members golfed that day and others were working behind the scene."

"In the long run," he continues, "I hope the publicity and promotion Masons have given to palliative care will carry into the success of future fundraising for the Brockville and District Hospice Palliative Care Service."



Accepting the donation are (front, 1 – r) Sherry Anderson, BGH Director of Complex Continuing Care, Rehab and Palliative Care; Jim Cooper, Co-Chair for the Friends of Palliative Care Golf Tournament Committee; from Cameron Minor, St. Lawrence District Deputy Grand Master, and Robert Southin, St. Lawrence Masons. Attending (back row, 1 – r) are BGH staff Deb Bennett, Charleen Findon, and Cheryl Rennick with Ernie Olivo, St. Lawrence Masons.

## Spiritual and Religious Care Awareness Week 2011 October 16 to 22

The theme for **Spiritual and Religious Care Awareness Week 2011**, “**Diverse Voices: Building Bridges,**” is to re-enforce our commitment to support and value the services offered by spiritual and religious providers.

Spiritual and Religious Care Awareness Week offers an opportunity to recognize the value of spiritual and religious care and to honour those who provide the care. Spiritual and religious care is about listening, clarifying and offering spiritual direction to those in need. When one is scared, lonely, confused, angry or disillusioned, spiritual and religious care providers offer counsel and support.

Across Ontario thousands of dedicated spiritual and religious care providers of all faiths work in specialized settings such as hospitals, long term care facilities,

correctional facilities, mental health centres, and facilities for people with developmental disabilities. During Spiritual and Religious Care Awareness Week, facilities recognize the contributions of staff, families and faith community volunteers in providing the best care possible for residents and patients.

Spiritual and Religious Care Awareness Week is sponsored by the Ontario Multifaith Council. Ontario Multifaith Council is one of North America’s largest organizations dedicated to advocacy of spiritual care and the protection of religious rights. The activities of the Ontario Multifaith Council promote an environment of acceptance and respect amongst the diverse communities of Ontario.

Janet Stark,  
BGH Spiritual Care Manager & Multifaith Chaplain

### *In celebration of Spiritual & Religious Care Week*

*Please join us for  
“Tales and Talk”*

**A luncheon presentation of stories and insight into compassionate spiritual care at end of life**

**Friday October 14, 2011 12:00-2:00 pm**  
**Charles Street Site Auditorium**  
***No charge!***

**For:** BGH Staff & all Volunteers; Brockville & Area Ministerial Association & Community Pastoral Care Teams

**Presented by:** Janet Stark  
Spiritual Care Manager & Multifaith Chaplain

To reserve for lunch, please RSVP to Janet by Oct 7, 2011

[staja@bgh-on.ca](mailto:staja@bgh-on.ca) 613-345-5649 x 1-4120



### Welcome to New Employees

Love, David	Full Time	Technician IT
Primeau, JoAnn	Casual	RPN GSS
Garvin, Fay	Full Time	EA Administration
Samiento, Belinda	Part Time	R.N. Med/Surg
Killick, Joshua	Casual	R.P.N. Med/Surg
Armstrong, Meredith	Part Time	Facilitator ARCC
Barber, Dianne	Part Time	Technician Health Records
Gilchrist, Marie	Casual	R.N. OR
Carle, Christina	Casual	R.P.N. Med/Surg
Martin, Shelly	Temp. P.T.	R.N. ICU
Vivona, Francesca	Casual	R.P.N. Med/Surg
Fidler, Leannah	Casual	R.P.N. Med/Surg
Porter, Ashley	Casual	R.P.N. Med/Surg
Westgate, Cara	Casual	R.P.N. Med/Surg
Burns, Shari	Casual	R.P.N. Med/Surg
Tucker, Shawntel	Casual	R.P.N. Med/Surg
Appleton, Sheila	Casual	R.N. Med/Surg
Hamilton, Kyara	Casual	R.P.N. GSS
Pouryavari, Monir	Part Time	R.N. 1 North
Dalgleish, Lesley	Part Time	R.N. Med/Surg



## BGVA Holds Annual Awards

The Brockville General Volunteer Association (BGVA) held its annual Volunteer Awards September 16th. This year, awards were given for special service, long service, and lifetime service. Pictured receiving their awards for

### Lifetime Service

**lifetime service** are (l – r) Jim Tickel, Pat Bennett and Audrey from BGVA President Maureen Overy (far right). Missing is Hugh Bates.



The BGVA is one of the oldest service groups in the Brockville area, having celebrated 120 years of service in 2009. It is also the 4th oldest hospital auxiliary in the Province, with a current membership of over 320 active volunteers.

“Our volunteers are very dedicated,” says Overy. “If we totaled the years of service from only those receiving awards today, it would add up to 317 years given in support of Brockville General Hospital.”

### 5 Years Service



Awards for Five Years went to (l – r) Mykie Boag, Derek Clayton, Clare Lunman, Sharron Fairgrieve, Marjorie Boyle, and Ray Loucks.

### 10 Years Service



Awards for Ten Years went to (l –r) Ross Butler, Linda Smith, Wilma Spracklin, Priscilla Walter, and David Downing.

### Provincial



Bea Slack received a certificate of Long Service for 15 years from the Ministry of Citizenship and Culture. The Ontario Volunteer Service Awards were presented in Kingston on June 27th. (Those recipients who are not able to attend are presented locally.)

Other local nominees were Marg Alexander, Shirley McMillan, Marie Oomen, Dorothy Goddard, Evert Van Bolhuis, and Bill Carberry who received their certificates in Kingston.

### Special Spiritual Care Award



Sharron Fairgrieve received a certificate for 10 years and a pin for outstanding service. Janet Stark, Spiritual Care Coordinator, notes “Sharron is currently a very busy volunteer. She looks after the compassion bag program at both sites. She is a new care clown and hopes to bring laughter to the patients and staff. She also volunteers in the emergency department, and helped host the spiritual care Christmas party. Sharron is a member of the Spiritual Care Advisory Committee, and a very strong supporter of the program.”

## Housekeeping



A Certificate of Appreciation was presented to the Housekeeping staff. Accepting the certificate from Maureen Overy, BGVA President (front right) is Sally Cross, Housekeeping Supervisor (front left) with (back row, l – r) housekeeping staff June Kennedy, Bev Wicher, Julia Couture, Anita Knapp, Theresa Currie and Rita Robertson.

Missing: Sherry Wamboldt, Sheila Jonkman, June Edwards, Eric Hutt, Sharon Hoare, Roger White, Dan Willoughby, Sandy Lennox, Mike Gilmer, Dave Jackett, Bill Hanson, Steve Boyle, Pat Kennedy, John Durant, Bonnie Wooley, Ron Cowles. Part time: Kris Macleod, Mike Fox, Mary

Jane Stephenson, Matt Rossbottom, Francie Baker, Grace Lyons, Bailey Countryman, and Irena Drezin. Casual: Paula Gray and Georgette Young.

## BGVA News

The Volunteer Association has been buzzing with activity over the summer! Our incredible volunteers have donated over 5,000 hrs of their time over the course of the summer. We've welcomed sixteen brand new volunteers to our team and we are continuing to grow! If you know of someone with time on their hands we certainly are looking for volunteers in several areas of our services.

We celebrated with over sixty volunteers and staff at our Awards Tea on September 16th. Several of our volunteers have completed five or ten years of service with one volunteer having served fifteen years. Additionally four volunteers received their life memberships with BGVA. We also honored eight Spiritual Care Volunteers for their continuous compassionate care. Our amazing Volunteers walk quietly among us daily, week after week, year after year going about their volunteering efforts for the good of our hospital. So the next time you see a person in a blue or pink jacket or apron, take the time to acknowledge them and say thanks we truly are blessed to have them. Exciting times ahead for the Volunteer Association as we open an Information Desk and a Volunteer office at the Garden Street site. The Information desk will be at the back door as you enter the site and the Volun-

teer office will be directly across from the Gift shop. We can hardly wait to get this up and going and are currently recruiting volunteers to assist us. Stay tuned for more information about these exciting ventures! Our "Christmas in October" Silent Auction will be held on October 18th and 19th in the auditorium at the Charles Street site. Start your Christmas shopping early! Lots of really nice items coming in! We are still taking donations should you have any new items to donate please bring them by our Charles Street Volunteer office before October 14th weekdays from 10:00am to 3:00pm. Or call Cheryl Marshall at extension 1254 for more information.

Our Volunteer service highlight this month is our busy Information Desk. We have about thirty Volunteers who are doing shifts manning this desk from 7:00am to 8:00pm Monday to Friday with Saturday and Sunday from 1:00pm to 4:00pm. They ensure visitors get to where they need to go; help track down the ever wayward wheelchairs needed at the front entrance; help out with the parking meter; etc.

Thanks everyone you do an amazing job!

Cheryl Marshall  
Coordinator Volunteer Services

## BGVA Looking for Volunteers

If you're looking for new places and faces, the Brockville General Volunteer Association is looking for you. "We have room for new volunteers in all our programs at Brockville General Hospital," says Cheryl Marshall, Volunteer Coordinator for the Association. "New members can choose programs that fit their interests." Some of the many programs at the hospital's Charles Street Site staffed by volunteers are the Emergency Room Support, Patient Services, Day Surgery Support, Magazine Cart, Information Desk (at both sites), and Eleanor's Café. Knitters for baby sets and children's sweaters are also needed.

The BGVA is one of the oldest service groups in the Brockville area, having celebrated 120 years of service in 2009. It is also the 4th oldest hospital auxiliary in the Province. Those interested in joining its dedicated ranks may contact Cheryl Marshall at 613-345-5649, ext. 1-1254.

## BGH IM/IT Department Successfully Launches Clinical Document Repository

A major electronic records pilot, the Clinical Document Repository (CDR), achieved “go-live” status at Brockville General Hospital on August 19<sup>th</sup>. With the rollout of the CDR, Brockville General Hospital has taken the lead in Ontario in delivering discharge summaries that comply to eHealth Version Three interchange standards.

The CDR is a regional repository of primary patient records—and a key component toward developing an electronic health record (EHR) for citizens of Eastern Ontario. With CDR, the primary document is the Discharge Summary, based on the new eHealth Ontario Discharge Summary Standard. Once a patient is discharged, the discharge summary and diagnostic imaging reports are automatically downloaded and directly integrated into the patient record. This makes information automatically available in the physician’s office records, allowing them to be better informed...and faster. With this pilot, the Champlain LHIN is focusing on discharge only; however, the SE LHIN is including Diagnostic Imaging Reports with the CDR as well.

“We are now able to electronically share discharge summaries and DI reports with family health teams across both LHINs,” says Rowland Taylor, BGH Systems Analyst and Project Manager for the CDR pilot. “This saves significant time and helps physicians deliver optimal care to patients.”

*The development of the CDR is essential to one of eHealth Ontario’s newest projects—the Clinical Document Specification (CDS), which targets the standards-based exchange of clinical documents. eHealth Ontario is developing the standards-based CDS to facilitate the wider electronic availability and transfer of clinical documents among hospitals, physicians, Community Care Access Centres and other health care organizations in Ontario. The CDS is be-*

*ing developed as part of realizing a provincial standard for electronic clinical documents, while staying in line with national and international clinical e-document standards. The CDR will use eHealth standards for documents, common reading and information.*

“The Clinical Document Repository (CDR) provides a regional repository of key patient records that are most commonly shared among healthcare providers across the continuum of care,” explains Rene Melchers, BGH IM/IT Manager. “Through effective regional collaboration between the South East LHIN and the Champlain LHIN, BGH has successfully delivered a state-of-the-art CDR solution that is accessible to health care providers in both LHINS—also demonstrating that BGH is able to host and provide large regional solutions. BGH is the first hospital in Ontario to delivery discharge summaries to family health teams in the latest eHealth report specifications.”

### What does this mean for patient care?

When patients are discharged from a hospital, they usually have a follow-up visit with their primary care physician (PCP). In the past, the PCP would often not have a record of their discharge summary or diagnostic imaging report at the time of the visit. This would require time-consuming explanation by the patient and valuable details might be overlooked. With the CDR, reports on the patients are sent immediately to the PCP—prior to follow-up visits—to allow patients the most accurate, timely and optimal patient care

### CDR Pilot Participants (to date):

#### South East LHIN

Brockville:

Brockville General Hospital

Upper Canada Family Health Team—15 primary care physicians

#### Champlain LHIN

Ottawa:

Ottawa Hospital

Osgoode Family Health Team—five primary care physicians

**Next Staff Forum**  
**Tuesday October 4**  
**2:00 pm**

Teleconferenced CSS Auditorium  
& GSS Boardroom

**Next Board Meeting**  
**(Open Session) 5:30pm**  
**Monday**  
**October 3**  
**CSS Library**

## Women's Memorial Ribbon Cutting Ceremony Sends Message of Hope for Future without Violence

An official ribbon-cutting ceremony on Blockhouse Island for the Women's Memorial statue September 22nd sent a message of hope to the community for a future without violence.

Over 100 people attended the ceremony, along with speakers from the community including Steve Clark, MPP Leeds & Grenville; Lynette Cummings, representing the Ministry of Community and Social Services; and Jane Fullarton on behalf of the Mayor of Brockville.

The Women's Memorial, a bronze statue that depicts two women with arms held high releasing doves of peace, was created by art students at Thousand Islands Secondary School (TISS) and unveiled last November. It stands as a memorial to those women who have lost their lives to violence, and to those men and women who work to prevent it. "In its resting



Laurie Bourne-Mackeigan (left), Manager of ARCC, and Dave Sheridan (right), Artistic Director at TISS, share ribbon-cutting duty while Sharon Hinbest (far right), ARCC counsellor, looks on.

place, this memorial makes a permanent and public statement of the many women lost to violence," says Laurie Bourne-Mackeigan, Chair of Victim Issues Coordinating Committee and Manager of the Assault Response and Care Centre (ARCC) at BGH, "by honouring and commemorating each life. By acknowledging the losses we have suffered at the hands of violence, we can initiate social change and the hope of a future without violence."

## Believe in Hope Fashion Show Supports Palliative Care

The Believe in Hope Fashion Show recently donated \$1358.60 to the Brockville and District Hospice Palliative Care Service.

Show creator and organizer Rebecca Bush says that donating part of the proceeds of the event to palliative



Admiring one of the T-shirts created for the Believe in Hope Fashion Show are (front row, l-r) event hosts Brody Fahrngruber and Rebecca Bush with BGH staff Cheryl Rennick, Patricia Howlett, (back row, l-r) Leslie Leeder, Deb Bennett, Sandra Thompson, Charleen Findon, and Elaine Watters.

care is one way to give back to an important service in the community.

"The Believe in Hope Fashion Show raised \$3200 this year," says Bush. "Along with this donation to our local palliative care service, we donate to the Canadian Cancer Society."

Bush also uses part of the event proceeds to purchase and deliver gas and grocery coupons to help area cancer patients.

The event is a personal matter for the Algonquin college student, who lost her mother to cancer in December of 2009. The idea started with a high school science project that included 10 hours of community service, and grew—with community support—into a fashion show and silent auction hosted at South Grenville District High School (SGDHS).

"Local businesses lent clothes for the show," Bush explains, "some donated items, and some did both." With Bush now in college studying Hospitality and Tourism, she brought fellow SGDHS student Brody Fahrngruber on board this spring to train to take over the reins for next year's event.

"It's important to keep the show going, and to continue to support community services," says Bush. "My mother and my family were helped by this palliative care service when we needed them the most."

## Annual Ecumenical Celebration of Life

The Brockville and District Hospice Palliative Care Service invites all BGH staff members and volunteers to attend our Annual Ecumenical Celebration of Life

Please join us on  
**Wednesday November 2, 2011**  
**At the First Presbyterian Church**  
**10 Church Street, Brockville**  
**At 7:00 pm**

## STAFF KUDOS

**This month we added a request for staff kudos along with our deadline reminder. We are delighted to say we received many replies. This “Staff Kudos” section will be a monthly feature to highlight the great people who work at BGH.**

*I find the IT staff I deal with highly professional; extremely helpful; collegial and act and present like they enjoy both their jobs and working here...Bob Tierney and Michele Zaveda are a delight to work with...their assistance has been exemplary...I have not had a negative experience with any of the IT staff.*

*I think BGH is lucky to have them.*

Linda Peever, Director Mental Health Services

*Mike (Gilmer—Housekeeping) is always pleasant and cheerful to other staff, patients and visitors. He is very conscientious in his work and consistently maintains a clean environment for patients, staff and visitors. Mike is dependable and is quick to assist in urgent situations. He maintains high standards and others should take example from his consistency in attention to detail and his work ethic. Yay Mike!*

Karen Lowry, PSP at GSS

*I would love to send Special Kudos to Patti Howlett Volunteer Coordinator, Palliative Care Service and Joan Schwarze, Team Leader, Palliative Care Services. The whole PC Team is an amazing compassionate group of people.*

Deb Bennett, Brockville and District Palliative Care Service

*I would like to give kudos to my staff for organizing the Women’s Memorial Ribbon Cutting Ceremony – Lorraine Lessard, Maureen Thibodeau and Sharon Hinbest. Thanks.*

Laurie Bourne-Mackeigan Coordinator  
Assault Response & Care Centre

*I’d like to give kudos to Neil Ferguson for all his patience with me while learning the stores job. It is great to work with a team player!*

Tara Kelly, Stores

*I would like to send a very special kudos to Cathy Knapp from 2nd floor, Garden Street site. She is always so friendly and upbeat, and she's always willing to lend a hand. She's wonderful with patients and she's extremely team orientated.*

Thank you so much,  
Michelle Myre-Madden :)

### Kudos Sent to Staff Forum:

*Accolades from nurses re: Physiotherapy and Occupational Therapy staff;*

*BGH Volunteer Group and staff worked hard on Community Care and Share and Friends of Palliative Care fundraising golf tournaments that raised \$140,000 for Palliative Care and over \$30,000 to Community Care and Share. Tremendous support and dedication from those who worked tirelessly to prepare for these events and those who participated.*

*Kudos to Jessica Gerritson for the time spent connecting with students and various educational organizations in area. Accolades to Diane Bowen, Cathy Semkiw and Sandra Graham who also contributed to orientation.*

**Kudos can be sent to Maggie at [whema@bgh-on.ca](mailto:whema@bgh-on.ca) at any time during the month. We will continue to publish kudos monthly in the newsletter. Keep them coming!**

### Submissions for

**“General Happenings” are due on the 24th of every month. Please send to [quipa@bgh-on.ca](mailto:quipa@bgh-on.ca) or [whema@bgh-on.ca](mailto:whema@bgh-on.ca)  
Maggie Wheeler, Editor Pam Quine, Publisher**

## STAFF COUNCIL NEWS



Our September 22nd Staff Council barbeque netted a total of \$662.00 for Staff Council initiatives. We also hosted Work Perks and one of their vendors—Cooperators Insurance—for information and sign up support sessions at both sites during the barbeques. Staff turnout for these presentations was very good. Congratulations go to Rennie Gemmel (CSS) and Joanne Rosevold (GSS) as the two door prize winners of a \$100 five-restaurant gift card, courtesy of Cooperators Insurance.

**Next Staff Council Barbeque is Thursday  
October 20th from 11:30 to 1:30 at both sites.**

Mental Health Update:  
**Mental Illness Awareness  
Week  
October 2<sup>nd</sup> to 8<sup>th</sup>**

Mental Health Crisis Team of  
Leeds and Grenville  
**Afternoon tea meet and  
greet/information display  
October 5<sup>th</sup>  
1:00 to 3:00 p.m.  
CSS cafeteria**

All are welcome!

## WORKPERKS REPORT AUGUST 2011

195 employees were enrolled in WorkPerks.

175 employees have opted-in to receive e- newsletters.

272 times WorkPerks was accessed during the month.

2,691 page views during the month.

27 employees enrolled during the month.

**Jack Astor's Restaurant**—the most popular perk for the month.

**Entertainment**—the most popular category for the month

## BGH Recognizes

- Occupational Therapy Month
- National Healthy Workplace Month
- 2nd to 8th Mental Illness Awareness Week
  - 9th to 15th Central Services Week
- 17th to 21st Canadian Intensive Care Week
- 17th to 21st National Infection Control Week
- 16th to 22nd Spiritual and Religious Care Week
  - 23rd to 29th Respiratory Therapy Week

## Sweet potato Sheppard's Pie (PC cooking school) "What's for Dinner?"

### Ingredients:

- 1 pkg lean ground turkey
- 2 large sweet potatoes (peeled and cut into cubes)
- ½ cup light cream cheese
- ½ cup sliced mushrooms
- 1 medium Spanish onion diced
- ½ cup corn niblets
- ½ cup peas
- ½ cup zucchini diced
- 1 tsp garlic powder
- 2 tbsp Worcestershire sauce
- 2 tbsp olive oil
- ½ cup parmesan cheese

### Directions:

Pre-heat oven to 350 F. In a medium pot, steam sweet potatoes by pouring a small amount of water into bottom of pot (do not cover potatoes with water) and cook on high covered with a lid. Steam until a fork easily slides into the potato. In a large skillet, pour olive oil and add turkey, onion and mushrooms. Let simmer for 10 minutes covered. Add corn, peas, salt, pepper, garlic powder and Worcestershire sauce. Remove and continue to cook for 10 minutes. When potatoes are boiled, drain the water, add cream cheese and mash. Using a 9 x 13 casserole dish, pour cooked turkey mixture into the bottom of casserole dish and level. Layer the mashed potatoes onto the top of the turkey mixture. Sprinkle with parmesan cheese and bake for 30 minutes.

## Dietary Dept specials



The General's Retreat and our Garden Street Cafeteria would like to offer our customers Premium Ice Cream Novelties at clearance prices. The regular prices range from \$1.00 to \$3.00 and sell-off prices are at half

price. Enjoy these end of season specials today!

**Watch for our upcoming Halloween Luncheon Theme in October.**

## Christmas in October



**Brockville General Volunteer Association is holding their Second Annual 'Christmas in October' Silent Auction**

**October 18th and 19th**

**8-4 Auditorium  
(Many Treasures, Christmas items and unique gifts)**

**Oct 18th**

**BGH hallways**

**(Vendors showcasing their crafts, pottery, jewellery lines and much more)**

**It's not too early to start your Christmas shopping.  
Staff and Public welcome**

## The Next Generation



**September means students!** Lighting up our hallways this fall with their smiles will be co-op students (l – r) Alisha Beaugard, Brianna McLean, Olivia McMunn, Tom Good, Brenda Hodgkinson, Jennie Knapp, Alaina White and Logan Grant

## BEE GEEZ BITZ AND BITES

### Your Wellness Committee

#### Yoga with Dan

Thursdays at 4:30pm, 126 Pine Street, Brockville

**NOTICE:** Two on-site yoga sessions this fall to start in October on Tuesdays from 4:30 to 5:30 p.m. If you are interested in signing up, please contact Adonica Keddy at [kedda@bgh-on.ca](mailto:kedda@bgh-on.ca) or ext.1349. The cost will be \$10.00 for a one-hour class.

#### Chair Massage

Unfortunately, due to other personal health commitments, Marion Sudds has had to put massages on hold at CSS.

Wednesdays at GSS

\$8.00 for 15 minutes or \$16.00 for 30 minutes

Contact Adonica for more information, ext.1349

#### COMING NEXT MONTH: Annual

**“Feed Yourself, Feed Your Spirit”  
Pancake Breakfast**

CSS November 3<sup>rd</sup>  
7:00 to 11:00 a.m.

GSS November 10<sup>th</sup>  
8:00 to 10:30 a.m.



## The Bee Geez

### The Bee Geez Announce: A Year of Celebration

**Your Wellness Committee invites you to spend time with us over the next year celebrating the good things in life. Call it a year of living dangerously—going against the negative grain in today’s society. Every month over the next twelve, we will spotlight something positive in our lives we all share and should take the time to celebrate.**

“Smiles and Snaps” Campaign

For the month of October, smiles are two for the price of one at BGH—take one and share one! Your roving reporter/BGH paparazzi Maggie Wheeler will be dropping by over the next few weeks with the camera to “snap” staff “smiles” at work. We want to celebrate the great people that make BGH what it is.

- Coming up...the BGH version of “Take Your Child to Work Day” (for November 2nd)
- November will be Merry Mornings Month (with the November weather, we’ll need it!)



## ANGEL'S HOME BAKED GOODS

Just in time for Thanksgiving entertaining! Welcome to Angel's Home Baked Goods. All items are baked fresh, are never frozen and only the finest of ingredients are selected for your order. Below is a sample of some of the baked items that can be ordered:

ITEM	PRICE	QUANTITY
Pumpkin Pie (8 inch)	\$10.00	
Deep Dish Apple Pie (8 inch)	\$12.00	
Pecan Pie (8 inch)	\$10.00	
French Canadian Tourtière Pie	\$15.00	
Home Made White Bread (Loaf)	\$5.00	
Home Made Whole Wheat Bread (Loaf)	\$5.00	
White Dinner Rolls (1 dozen)	\$5.00	
Whole Wheat Dinner Rolls (1 dozen)	\$5.00	
<b>Total Order</b>		

**Please allow 48 hours notice for all orders. Pick-up or delivery arrangements can be made by calling Angel at (613) 865-8191.**

**Please note that a portion of all orders is donated to the Garden Street Patient Activity Fund. Thank you!**

### A Special Thank You from the GSS Resident Fund

We would like to thank the staff on both sites for supporting our Resident Fund Summer barbeques.

We were able to raise approximately \$2150.00 for the GSS Resident Fund, which will assist significantly in enhancing the quality of life of our patients, specific to their leisure lifestyle while in hospital.

We would also like to thank the Volunteer Association members who helped our Therapeutic Recreation staff throughout the summer at the numerous barbeques we held.



Thomas Hanson  
Therapeutic Recreation Specialist  
Garden Street Site

### Girls Just Want to Have Fun

The Second Annual "Girls Just Want to Have Fun" fundraising event was hosted by the Bayshore Home Health on Thursday August 25th at CJ's Banquet Hall. All the proceeds raised at this event went to the Brockville and District Hospice Palliative Care Service. Activities included mini manicures, waxing, wine tasting and more! A fun time was had by all as everyone enjoyed a much deserved Ladies Night Out. Watch for this event next year! Call up your friends, make an evening of it and help support Palliative Care.

If you or someone you know would like more information about the Brockville and District Hospice Palliative Care Service, please do not hesitate to call 613-345-5649 X 4412 and speak to someone on the Palliative Care Team