

Hospital Happenings February 5th 2008

Internal News Digest

Get Moving !

The Heart and Stroke Month Step Challenge is approaching Valentines Day, February 14th from 8 am to 3:30pm. The program is designed to promote a healthy lifestyle and a healthy heart.

Do you find yourself sitting at your desk far too often? Here's your chance to get up and start moving. On February 14th, step up to the plate and compete with your peers in the "step challenge" and wear a pedometer for the day.

How many steps do you take during the workday? You might just surprise yourself. The top 3 steppers will win a prize!

"The main goal is to bring awareness that activity will decrease your heart and stroke risk factors as you are exercising" said Debbi Cockerill, Clinical Educator and event organizer, adding that the step challenge is just a fun tool to see who's moving at NGH.

Sign up, pedometer pick up & instruction will be held between 7:30am and 8:00 am on February 14th. If you would like to pre register or have any questions contact Carolyn Beam at extension 1259.

Volume #1 Issue #2



"What time did he discharge himself?"

Feature Profile Holmes House

If your staff would like to be featured or share a story, please contact us

Len Pollet will tell you right from the beginning, "it's not about me", "it's about we." He's making reference of course to his fellow colleagues at Holmes House, the addiction treatment facility across from the hospital which houses 10-15 patients at any given time. "Our staff really put their heart into their work" said Pollet, a supervisor and treatment councilor for the past 20 years. In those 20+ years at Holmes House, Len has seen many changes. At one time, alcohol addictions were predominant; today it's a younger generation becoming hooked on drugs such as crack, oxycontin and opiates. "We know what's going on from our patients, what they're using and how they're using it," said Pollet. Amongst area addiction treatment centres, Holmes House is a highly regarded treatment facility for it's firm approach to wellness, safe environment, caring atmosphere and rural setting. In fact, it's become a popular escape from the temptations of a big city. "We really affect people's lives," confirmed Pollet, adding "there's something special about the environment here."



Len, Anneka, Caroline, Irene, Justina

No one wants to be an addict, but it happens. Sometimes the consequences of facing the realities are scarier than the consequences of getting high. Often addictions have a crippling effect on the family as a whole. At Holmes House they try to assure the addicts family that they are not the ones to blame. They also let them know with support and encouragement a loved one can be helped. "You can't enable an addict to feel comfortable with their addiction," said Pollet "they must face some of the negative consequences." Facing addiction in an incapable state is probably the most demanding challenge these people have ever dealt with. Support their recovery, not their addiction.

Even though Holmes House continues to see a rise in admissions, they're convinced that their work is helping to make a difference. "Our bonus is seeing people get well and families getting back together," said Pollet, "it's such a reward to see patients functioning, back into society and believing in themselves."

If you know of someone who needs support, call 1-888-999-4966.





Going Somewhere?



Travel Tips display on the main floor across from the resource room brought to you by Infection Control: For more information call Ext. 3454

The cold weather is here! Time to plan that winter escape! Along with choosing the perfect beach you should take your health into consideration .

During the months of January and February, the Infection Control Department is highlighting favourite winter hotspots featuring precautions you should take before leaving the country.

Whether it's golfing in Jamaica or snorkeling in Mexico, be cautious. Read about the food and water precautions, vaccinations for preventable diseases, insect precautions even the concerns of simply getting too much sun.

Have a enjoyable, safe and healthy vacation!

NHNH

Letters of Gratitude

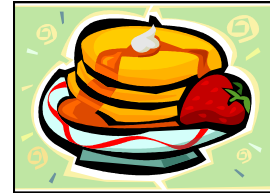
To all the staff at NHNH

Everything that you and the staff did was above and beyond normal care. Mom was treated with respect and dignity while in your care. In her last hours, the care and concern extended to our family was precious to us. The privacy you gave us was the best gift of all. Thank you from the bottom of our hearts. I have and would recommend your home (away from home) to any and all who are looking.

A sincere heartfelt thanks for the care you gave Mom, especially in her final days. You will never know how much it means to us to have been able to be there when she answered God's call. For all the extra's you did for me while I stayed with her, however small they may have seemed to you. I will be ever thankful. It is reassuring to know that there are still compassionate people taking care of our family members when we can't. God sent us Angels to help us through these final days! With deep appreciation and gratitude.

Just a thank you note for the superb care [my father] received during his stay at the nursing home. He really enjoyed everyone! Thanks again.

On behalf of my Mom and myself we would like to thank you for the delicious Christmas dinner that you prepared and served for us last Thursday. It was a wonderful way to spend time with our husband and father. Thank you for all the work you do daily as well.



Today is Pancake Tuesday!

Appreciation



Dr. Hitchcock would like to send out an early Valentine to the Ultrasound Department. Your hard work and dedication does not go unnoticed. Thanks for everything you do!



The Ultrasound Girls

Patty, Marilyn & Mary Ellen

March is Nutrition
MONTH

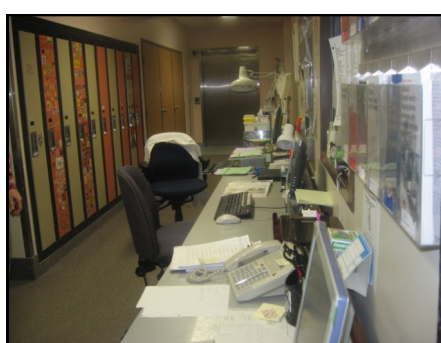


Happenings

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Pardon Our Progress



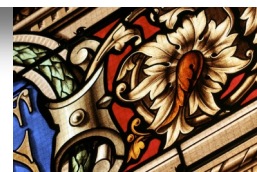
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You're Invited

We extend a warm invitation for everyone to attend the Norfolk General Hospital Sanctuary Open House on Friday, February 22nd between 2pm-4pm. Special guests, Mayor Dennis Travale, MP Diane Finley and local clergy will be in attendance.



Please RSVP Sherri Schira-Ladosz Ext. 2100



Happenings

Get Bammed!

Hand Sanitizers kill most bacteria in 15 seconds.



You'll find them pretty much everywhere! Main entrances, patient rooms, in the hallways, outside the elevators, nursing units. Take a look around and you're likely to find one. In fact, when you start counting there are approximately 150 hand sanitizers at Norfolk General Hospital. According to House Keeping Supervisor, Tracey Cullimore, an additional 50 dispensers will be installed within the next 6 months.

Some are refilled more often than others (it depends on their location.) On average, the hospital goes through approximately 35-40 refills in a month.

- **Fragrance free**
- **70% Ethyl Alcohol**
- **Non-Aerosol Foam**
- **Added skin conditioner to reduce the possibility of dry or chapped skin even with frequent use**
- **It kills most bacteria in 15 seconds BAM!**

Get Bammed! Please use hand sanitizers daily.

The Curse of the Dizzy Spells »

D-E-P-R-(E)-C-A-T-E-D; To express disapproval of or a wish against.

Just one letter, was all it took to eliminate the NGH Dizzy Spells in the first annual Grate Groan-Up Spelling Bee. Hosted by the Rotary Club of Norfolk Sunrise on January 23rd, the adult spelling bee contest featured 18 teams who represented various local community organizations. There were prizes for best team spirit, best team costume, most productive hive, champion spellers and first team "smoked". Don't worry, we didn't win that one!

Everyone had a fun evening including one lucky NGH spectator who left with a healthy 50/50 win. Overall, the participating teams raised \$5, 140 in pledges. In addition, Scotia Bank, Simcoe donated \$5000. Money raised will purchase 10 voice enhanced Touch a Word computer tablets for Norfolk residents who are unable to speak or communicate effectively.

The NGH Dizzy Spells would like to thank all of their sponsors with special appreciation to Bradshaw Fuels in Waterford. Congratulation to the winning team, the Emerald Cowgirls from Norfolk Association for Community Living.



Helen, Pam, Jason– NGH Dizzy Spells