World Environment Day

The Brandon RIIA celebrated World Environment Day by taking time out to clean up their work spaces and computer files on June 5, 2003. Successes in energy efficiency were also celebrated with prizes given out to the following winners:

- Town Centre: Water Relay winners - Janet Wilcox-McKay & Brian Schoombergt (dimmer switch & energy efficient light bulb)
- Participation draw - Jim Coats (umbrella)
- Rideau Park: Water Relay winners - Patti Rehor & Linda Campbell (Flashlights)
- Participation draw - Linda Campbell (umbrella)
- Fairview: Water Relay winners - Tracy Wyburn & Jenny Thompson (dimmer switch & energy efficient light bulb)
- Participation draw - Linda Cable (umbrella)
- Brandon Regional Health Centre: Water Relay winners - Jocelyn Beever & Allan Holmes (energy efficient light bulbs)
- Participation draw - Cory Bartley (umbrella)
- Child Adolescent Treatment Centre: Participation draw - Emma Boyd (umbrella)

Thanks to EECOL Electric and Brandon Bearing who donated prizes through the Prize Committee.

Bruce Miles, co-chair Environment/Energy Efficiency Day

Miriam Miller congratulates Fairview water relay winners

Rideau Park water relay winners

Blair Zarba presents BRHC water relay winners: Jocelyn Beever & Allan Holmes

Town Centre "White Glove" winners: Team Homecare!
ASK the CEO

Thank you for forwarding your questions in regards to the Primary Health Care Centre. We have received approval through the Primary Health Care Transition Fund to establish an “access centre” in downtown Brandon to enhance accessibility of relevant health services for populations that are not currently well served. Clients will have access to a multi-disciplinary team and coordinated services. The Community Access Centre (CAC) will be a single entry point into the health and social services systems and clients will be able to access family physicians, advance practice nurses and other health and social services providers at one location. This centre will fully integrate acute care and community health services. There will be a team of professionals available for extended hours thus avoiding inappropriate use of emergency departments. Discussions with fee-for-service physicians have been initiated to determine the options for partnerships. The Funding allocation is $1,365,188 over three years.

Highlights from the June Board Meeting held on Tuesday, June 17.

- Westman Lab: Renovations and/or new construction at Westman Lab have been deferred over a period of several years, pending development of a provincial lab system (Diagnostic Services of Manitoba). The workload has increased steadily over the years and has been accommodated by the addition of trailers; however, the space is inadequate and has deteriorated. Plans are underway to replace flooring, paint, and install a new air exchange system for part of the building along with several other minor maintenance projects. Other outstanding issues have been submitted as a safety/security projects in the health plan. Cost projections, etc. are anticipated by the end of the month. We are also exploring additional options to address inadequate space.

- MRI: Tenders closed on June 2 and three were submitted, with the low tender being PCL Constructors Ltd. at 3.3 million. Treasury Board has approved $3 million and we now face the challenge of trying to reduce construction costs to as close to $3 Million as possible to avoid having to go back to Treasury Board for additional funding.

- Aboriginal Strategy: The Council of Indigenous Elders received a grant to hire a Coordinator of Elder services, which includes a partnership with the Brandon RHA. In addition, a unique “Partnership Agreement” between the Brandon RHA and several organizations will be pursued to develop initiatives that will facilitate the integration of Aboriginal persons into health sector occupations.

I regret to inform you that Dr. Wilson has officially submitted notice to retire at the end of this calendar year. Watch future Regional Responders on details of activities planned for Dr. Wilson.

What’s on your mind, heard a rumour, have a question on a RHA program or service, wondering about something? Send your questions in confidence to Annette at wiebea@brandonrha.mb.ca, by phone 571-8410 or by mail to RA.

Employee Profiles.....

Todd is the Director of reorganized Emergency & Safety Services portfolio. Todd liaises and coordinates ambulance & emergency services provided by the Brandon Fire Department and Shilo Fire Department through service agreements and various committees established for this purpose. He is also involved in the current development of a Medical Transportation Communication Centre that will be responsible for the coordination and dispatch of all ambulance outside the city of Winnipeg.

Todd leads a team of individuals who together provide leadership with disaster planning, fire safety, WCB issues, Workplace Hazardous Materials Information System (WHMIS), Workplace Safety & Health issues, Occupational Health, Security and Parking and housing accommodations.

Todd started at the Brandon RHA in April, 2001 after a 16 year career with the Brandon Fire Department Emergency services. He was the department’s Training Officer for the last six years of his career.

Todd is married to Kathy Ward, a Registered Nurse in the ICU unit. They have 2 girls Taylor (9 years) and Kristine (6 years) who are active in music (violin and piano), sports (soccer, baseball, skiing) and 4-H.

You can reach Todd at 726-2536 or by email at wardt@brandonrha.mb.ca

Bereavement Support

The Brandon RHA Palliative Care Program is seeking individuals interested in volunteering with the Bereave- ment Telephone Support Team. Responsibilities of the bereavement telephone support volunteer are to make follow-up telephone calls to bereaved family members, to offer support and meet the emotional needs of families through the grief process. Training is provided.

For more information, or to volunteer, please call Volunteer Services at Brandon Regional Health Centre at 726-2303.
Congratulations Tracy!

Tracy Anderson, from Rideau Park Personal Care Home, received the “Award for Excellence in Psychiatric Nursing Practice” at the College of Registered Psychiatric Nurses Annual Meeting on April 10, 2003 in Winnipeg.

Tracy graduated in 1983 and later earned her Advanced Certificate in Gerontology. In the past two years Tracy has provided expertise and leadership in the development and implementation of the “Manual for Feeding and Swallowing Management in Long Term Care Facilities” in Manitoba. Over the years it has been evident that she is committed to excellence in her work and she is recognized as a role model for students, co-workers and new staff. Tracy consistently demonstrates warmth, caring and compassion to the residents and families. She is as an advocate for the residents of Rideau Park PCH and displays a client focus that never wavers. She continually strives to ensure the best quality of care for residents and their families.

Tracy’s genuine interest in the residents is evident in the care she gives. She is curious about them, interested in what they say and how they say it, and more importantly how they came to be who they are. Tracy works with staff, residents and families in her quiet and unassuming way. She is a model RPN who is always calm, gentle and comfortable dealing with people and yet at the same time she is strong, assertive and capable. Tracy is a very deserving recipient of this award. Congratulations Tracy, we are all proud to have you a part of the RHA team!

Call for CSRP Grand Opening Assistance

As we move closer to opening the doors of the Clinical Services Redevelopment Project (CSRP) at the Brandon Regional Health Centre, plans are being developed for a Grand Opening.

Assistance will be required in a variety of areas including tour guides, way finding assistants, tour group organizers, and other helpers as required. An orientation to these roles will be provided so familiarity with the facility is not a requirement. Tour times will include day, evening, and weekend time slots. If you are interested in becoming involved during this exciting time, please contact Cindy Buizer, Coordinator Staff Education at 726-2254. A commitment of at least one hour will be expected.

Agency Appreciation Reception

The University of Manitoba Baccalaureate Nursing Program, Brandon Site hosted their Agency Appreciation Reception on Wednesday, April 30th at the Nurses Residence in the Brandon Regional Health Centre. The reception was attended by over 100 representatives from various agencies in Brandon and surrounding area that support nursing students in their clinical placements. The reception was held to show appreciation for the important role that clinical partners play in student learning and to thank them for the continued positive working relationship that is enjoyed with these nurses and their facilities.

The Brandon Site students were given the opportunity to identify specific nurses who most positively contributed to their clinical experiences. Forty-six of these nurses were honoured at the reception and presented with Certificates of Appreciation entitled “Champion of Student Learning”. Dr. Wanda Chemomas, Associate Dean, University of Manitoba, Faculty of Nursing acknowledged the positive learning environment created by these nurses through their leadership and presented each recipient with a certificate to keep as well as a certificate to be displayed in their respective nursing units.

The lucky winner of the beautiful tropical basket (donated by the Green Spot Garden Centre) was Merle Teertaert, Palliative Care Coordinator, Assiniboine RHA, Deloraine, MB. Congratulations Merle!
Learning Resource Centre

Summer Hours

The Learning Resource Centre (LRC), located in the Nurses’ Residence building at Brandon Regional Health Centre, is open to serve your health information needs during July and August with a new schedule of hours. Summer hours are Monday to Friday 8:00 am to 4:00 pm and Saturday and Sunday from 1:00 – 9:00 pm. Regular hours of business will resume September 2.

Take time this summer to check out all the resources available in the Learning Resource Centre, and drop by to say hello to LRC staff Betsy, Sheila and Tanya — they will be happy to assist you with your information needs.

U of M, Faculty of Nursing Leaves - a move in body...but not in spirit!

On July 7th, the University of Manitoba, Faculty of Nursing, Brandon Site will physically relocate from the Nurses Residence at the BRHC to the School of Health Studies at Brandon University where classes will commence this fall.

We look forward to continuing our working relationships with the BRHA and would like to thank management and all departments, the surrounding RHAs and many facilities that are involved in providing clinical placement experiences for our students.

We welcome and value your continued support and input into the nursing education of our students and invite you to come and visit us in our new surroundings. Watch for announcements early this fall regarding the grand opening of the new addition to the Health Studies Building at Brandon University.

You can contact us at:
University of Manitoba Faculty of Nursing.
School of Health Studies, Brandon University
270 - 18th Street
Brandon, MB R7A 6A9
Tel: (204) 571-8570 Fax: (204) 571-8568

Smokers’ Helpline

The Canadian Cancer Society-Manitoba Division has a new support program available across Manitoba. The Smokers’ Helpline is a free, confidential telephone service that provides personalized support, advice and information about quitting smoking and tobacco use. Health Canada and the Canadian Cancer Society-Manitoba Division provide funding for this service.

The Smokers’ Helpline encourages calls from smokers who want to quit, are thinking of quitting, have stopped smoking & need support and for those who don’t want to quit. This program is also available to individuals who want information on how to help others quit smoking.

Please call 1-877-513-5333, Monday to Thursday 8 am – 8 pm and Friday 8 am – 4 pm. A 24-hour messaging service is also available.

Critical Incident Stress

The Critical Incident Stress Management (CISM) team consists of staff members from various departments within the Brandon RHA. All members have been trained in Critical Incident Stress Management. The CISM staff assists any department, and its staff members who are experiencing significant stress as a result of a traumatic event in the workplace. The primary role of the team is to provide debriefing and/or defusing group sessions for staff in need. The team is also available to provide pre-incident education on request.

Please contact any member of the CISM team listed on our brochure. These brochures should be posted in staff lounges and work areas. If you are looking for more information on the CISM team, or are unable to find a brochure please call Patti McCann at 726-2998.

I would like to thank everyone for the beautiful clock I received as a farewell gift. I appreciate your kindness very much! I have truly enjoyed working at the Brandon Regional Health Authority and I value your continued support and friendship. I will miss all of you.

Janis Humeston, Environmental Services

I wish to extend a very warm thanks to everyone for their best wishes upon my retirement. It has been a very happy yet emotional time for me & I have appreciated the support during this time. Many thanks to all those who contributed to my farewell gift (a camera case & gift certificate for a new camera), which will give me many hours of enjoyment. The farewell lunches & personal gifts/cards/visits which I received in the days leading up to my last day (May 30th) is all so memorable. I am also very grateful to the organizers of my retirement party at the Royal Oak & to the many people who attended. I have many special memories to cherish & I owe it to all of you.

Yvette Lennon, Patient Care Administration
Summer Active

Would you take a pill that claimed to give the benefits of better health, improved self esteem, weight control, more energy and reduced stress? Chances are most of us would be eager to try such a miracle pill.

That medication describes exercise. As stated by Dr. Robert Butler, former Director of the National Institute on Aging, “If exercise could be packaged into a pill, it would be the single most prescribed and beneficial medicine in the nation.”

As a province, we have a failing grade at getting active. Did you know that:

- As many as 61% of Manitobans are insufficiently active to achieve health benefits;
- Physical inactivity is on the increase;
- 55% of youth age 12-19 are not active enough for optimum growth and development; and
- Physical inactivity is as dangerous to your health as smoking!

So, how much activity is enough? Experts say one hour of physical activity daily will help you to stay healthy or will improve your health. The good news is that minutes count. Three twenty-minute periods of activity add up to that elusive 60. What a great use of coffee breaks and/or lunch hour. Find a partner and walk, talk and munch. You’ll find your flagging energy return after a brisk walk around the block, ward, Town Centre.

Summer is a great season to increase your activity. If you feel you have no time, make a conscious effort to build activity into your day; take the stairs, park the car further away, take your bike instead of your car. Rather than looking for childcare so you can go to the gym, think about ways to incorporate family fun like playing catch, going for a walk, throwing a Frisbee, going to the local playground and playing! Remember, you don’t have to be a marathoner or a triathlete. Start slowly, pick something you like doing and just do more.

Cost doesn’t have to be an issue. The number one most popular activity is walking, which requires a pair of good shoes and willing legs. Gardening can be another enjoyable activity for some. For more ideas about being active this summer, check out the Health Canada Guides to Physical Activity at www.hc-sc.gc.ca/hppb/paguide or for a hard copy call Donna Epp 571-8364.

Submitted by Donna Epp, Prairie Health Matters
Diabetes and Heart Health Promotion
Nurses Week a Hit

The Nurses Week committee was very creative and enthusiastic and were extremely pleased with the response to this year’s event. Everyone who took in the activities had a great time and we'll definitely see you next year.

Thank you to all the nurses who worked so hard on the committee: Debbie Medwechuk (CAP), Lynda Stiles (CAP), Kerri Ramstead (U of M School of Nursing), Carol McCaig (Dialysis), Michelle Atchison (A3), Almira Shewchuk (Fairview), Joan Sinclair (Nursing management), Kathy Foster (Uof M School of Nursing), Joey Pattie (400), Myrna Pachal (Nursing Informatics), Kathy Ward (ICU), Deb Rocan (Dialysis), Nola Buchanan (SRMC), Kathy Clelland (Hillcrest), Val Wotton (Emerg), Marilyn Harvey (Emerg).

Everyone has been recruited for next year, so if you have any ideas or would like to join us please let us know.  

Val Zurba, Nurses Week Committee Chair

Memos and Distribution Lists

Did you miss the last eMemo or deleted it and need to view it again? Well you can...all memos to each of the four distribution lists are also sent to the Public Folders under the Memos distribution category. They are kept in the Public Folders for 60 days so that you can refer to them as needed.

Not all staff in every area will receive the BRHA/BRHC, All Areas/Clinical Areas eMemos in their own mailbox. Each area within the BRHA/BRHC listings has specific contact people that the eMemos go to. That person is to post/forward the memo as they normally would with hard copies for their area. The contact person for each program & service area also maintains your group listing of staff. As more programs and services obtain easier access to computers the recipients will broaden. Why? This allows for each area to read memos in a timely manner and it also helps decrease the amount of space used on the mail server.

Not getting memos, need to change or ready to broaden your listing? Please call Annette at 571-8410 or email wiebea@brandonnha.mb.ca.

Stretcher Races

Kiwanis Kar Derby
"Team RHA"
Standing L - R:
J.J., Barry
Front Row L - R:
Corina, Sydney, Vannessa, Alexa, Alison

The Regional Responder, a newsletter for employees of the Brandon RHA written by employees of the Brandon RHA.

Information for the August Responder can be sent to Annette Wiebe, Communications Coordinator, through email at wiebea@brandonnha.mb.ca or on a disk to the attention of Annette at RA by July 15. Please call 571-8410 if you have any questions, comments, or concerns on happenings within the Brandon RHA.

An Italian proverb translates as follows: "Once the game is over, the king and the pawn go back into the same box."