

Caring for you in Cottage Country

Curtailing our Local Doctor Shortage Adopting a Teaching Model

In an effort to secure more doctors for northern and rural Ontario, students began Comprehensive Community Clerkships at the West Parry Sound Health Centre (WPSHC). As of September 2007, four third year medical students of the Northern Ontario School of Medicine (NOSM) have begun to live and learn in West Parry Sound.

The students participate in physician clinics and other health-related facilities giving them valuable hands-on practical experience in our community. By investing in this education and training of the next generation, we are hoping to ensure future access for all to a local doctor.

Those taking part in the official medical school ceremony included: (left to right) NOSM local clinical lead Dr. David Clarke, MPP Norm Miller, CEO Norman Maciver, WPSHC Past-Board Chair Len Yauk, NOSM Dean Dr. Roger Strasser, WPSHC Board Municipal Representative Conrad van der Valk, and MP Tony Clement's Constituency Representative Trudi Weeks.

Norman Maciver, CEO of WPSHC, said that the Health Centre is proud to be a part of a true community-based medical school. "As one of the newest and best equipped community hospitals in Ontario, with significant investments in advanced technology and a wide outreach through uniquely integrated programs, the Health Centre will serve as an ideal learning environment for Charter Class members from the Northern Ontario School of Medicine," he said, following the official signing of the affiliation agreement with NOSM's visiting Dean.

Dr. Brad Hunkin, the Health Centre's Chief of Staff, said that physicians are proud to be involved. "West Parry Sound's physicians who are active in this program are providing comprehensive, patient-centred training, allowing the students to observe, learn and participate in the care of patients in a distinctly Northern environment," he said.

The NOSM medical training offered through the WPSHC is rare around the world. Many medical schools offer community-based programs but few have students experiencing community-based learning in their third year. This model of medical training has recently been adopted by Harvard University. The Health Centre is proud to be a leader in the field.

Grand Chief John Beaucage, Past-Board Chair Len Yauk, Anne Pamajewon, CEO Norman Maciver, and John Rice cut the ribbon to officially open the pioneering First Nations Healing Room.



Ultra-Modern Health Centre Pioneers Traditional Healing with “Noojmowin Bimaadizi Gamik”

In 1988, Shawanaga Chief Howard Pamajewon, asked for a meeting with Norman Maciver CEO of the then Parry Sound District General Hospital. There had been an incident in the Emergency Department the night before that highlighted the lack of understanding staff had of traditional First Nation healing methods. That meeting launched a journey that decades later would achieve the opening of a traditional healing room in Parry Sound's ultra-modern Health Centre.

Almost immediately after they met, the CEO and the Chief encouraged the First Nation community to teach hospital staff about traditional healing methods. Soon everyone realized that the physical constraints of the old building were no match for the emerging cross-cultural medical partnership. It was a logistics conundrum with health care staff and First Nation families negotiating to have fire alarms turned off and patients moved in order to hold smudging ceremonies. To co-ordinate the burning of various plants and medicines, just about every department in the hospital from medical to maintenance needed to be involved. For families already traumatized by a loved one's illness or grieving a death, relief through traditional cultural practice was complicated to arrange.

From day one of planning Parry Sound's new Health Centre, Mr. Maciver pushed for the remarkable space called Noojmowin Bimaadizi Gamik (Healing Life Room) officially opened on June 21, 2007. "Round with a sloped ceiling, decorated with dream catchers, native art and its own entrance facing significantly towards the west, the room provides an example of what a determined community can do," Jack Tynan local newspaper editor writes.

The Healing Life Room located on the ground floor of the Health Centre is unique in Ontario. At the official opening, Anishinabek Grand Council Chief John Beaucage congratulated those present for leading the way in reaching out to each other. "Hospitals across Ontario are asking about what we've done here."

The ceremony also dedicated four white cedar trees to the four First Nation leaders credited with spearheading the Healing Life Room: John Rice and the late Howard Pamajewon, Duncan Pegahmagabow and Roger Jones. Now the faith, trust, and collaboration of new leaders must help Noojmowin Bimaadizi Gamik meet its greatest potential.

West Parry Sound Health Centre Improves Care while Maintaining a Balanced Budget

All core services were consolidated and delivered from the new Health Centre site for the first time in the landmark year of 2006. This accomplishment was managed in the Health Centre's unbroken tradition of maintaining a balanced budget.

At the Corporation's June 20th Annual General Meeting the financial report revealed a net income from operations of \$441,880. A portion of those funds were used at the end of the fiscal year to pay down construction debt, resulting in a net balance of \$79,396 applied to the capital reserve fund for future expenses.

There was a cautionary note to the good budget news however. CEO Norman Maciver

cited that money borrowed to fund both the new electronic health records system and construction of the new facility, has emptied any reserves and creates a real "need to limit capital purchases over the next ten years as reserves are still low and require time to recover."

Adrienne Kolbuc, Chair of the WPSHC Foundation, reaffirmed the organization's commitment to continually raising funds to keep equipment and care up-to-date for the people who live, work and play in the West Parry Sound area. "Providing extraordinary support for health services in cottage country is a mission that everyone can support," said Ms. Kolbuc.



*Grants Development Officer
John Lee, Chair of the
Healing Room Committee,
at the official opening on
June 21.*

large part due to staff commitment, skill, and understanding. In order to meet an effective level of understanding in support of care and compassion, it is incumbent upon all of us to participate in and promote inclusion and diversity."

-- John Lee

Proud to Serve

"The support of many people from our First Nation communities along with Health Centre staff has placed West Parry Sound Health Centre at the forefront of culturally inclusive programming. Other health facilities across Ontario are using our example as a template for developing and providing services to First Nation citizens.

Our organization is recognized as a leader and has the respect across northeastern Ontario in



Carolyn Demick and the ladies of Perfectly Pampered, pamper participants of the first Think Pink Night with manicures.

Think Pink Night

Organizers of the Breast Cancer Awareness Tournament host an evening of fun and dance at The Ranch. The sixty-four ladies played the night away while raising \$785.72. Pictured below are 4 of the 8 member organizing team with The Ranch owners David Harris and his wife Bobby-Jo.



Waging War on Heart Attack Survival Rates

The odds of surviving an out-of-hospital cardiac arrest are approximately five percent, according to the Heart and Stroke Foundation, and with each passing minute the likelihood of survival continues to decline.

A project in partnership with the health centre's Base Hospital program is helping to save lives throughout Parry Sound District by placing Automated External Defibrillators (AEDs) in public buildings.

By working together with other partners, we are building a healthier community.

More AEDs increase the odds of survival

In March of this year the provincial government announced a \$3 million donation to the Heart and Stroke Foundation of Ontario to help fund the placement of 1,000 life-saving Automated External Defibrillators (AEDs) for priority public sites across Ontario and the training of personnel in their use.

Heart attack survival rates can go from five percent to 50 percent or more when an AED is used in conjunction with CPR in the first few minutes after a sudden cardiac arrest.

According to the Heart and Stroke Foundation, approximately 6,500 to 7,000 cardiac arrests occur each year in Ontario alone. The odds of survival for an out-of-hospital cardiac arrest are approximately five percent. With each passing minute, the probability of survival declines by seven to 10 percent.

Currently, according to the Heart and Stroke Foundation, only 350 people survive out-of-hospital sudden cardiac arrest in Ontario each year, but if AEDs become more common – like fire extinguishers, for example – there's potential to save 3,300 people across Ontario each year.

“By putting more AEDs in public locations, we hope to make it more likely that an AED will be on scene sooner and help improve survival rates.”

'Defibrillators as common as fire extinguishers'



Base Hospital Manager Guy Harris has become West Parry Sound's leading promoter of the Automated External Defibrillator program.

An important part of his message is for people to become familiar with AED locations as the devices can be found in more public places: malls, community centres, seniors centres, hockey arenas, curling clubs, schools, golf courses, and hotels.

“I encourage everyone to receive training in CPR and first aid, and learning to use an automated external defibrillator is a great addition to these life-saving skills. These machines are simple to use, and a little bit of training can help to save someone's life.”

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THEIR OWN PACE &
RAISE MONEY TOO!**

Details on page 12.

Embracing Change at the West Parry Sound Health Centre

A personal note from Chief Executive Officer, Norman Maciver

The West Parry Sound Health Centre is once again in the midst of an extremely rewarding time of change.

We are adding new software systems that will greatly enhance patient care and improve the way we work together. We have continued to strengthen our commitment to integration, joining new partners in health care education: Laurentian University and the Northern Ontario School of Medicine, and Canadore College.

These improvements would not be possible without the dedication of staff and support from our medical community. In particular, I am proud to recognize everyone working in our Lab, in our EMS Communications Centre, and to those in the District Ambulance Service. These departments have worked diligently to meet standards of excellence established by peer-review organizations. They have each undergone a thorough service review, and their success means high standards of service for you and well-deserved credit to our organization.

We all share pride in this success. These accomplishments will lead our progress as the entire organization prepares for review in 2008 by the Canadian Council on Health Services Accreditation. A new process has been created by the CCHSA, and we are prepared to respond with a thoughtful strategy involving all staff, physicians, and our board of trustees.

In September it was my pleasure to greet Barbara Taylor, the President of Canadore College - a vigorous supporter of our partnership in nursing education.

We are enhanced by her experience in education and we share an understanding that the pace of change in health care creates a continuous demand for new skills and training. We have an established learning culture at West Parry Sound Health Centre, but we now have the additional support of two significant partners.

Our nursing and medical students bring new vitality to our environment and they represent the future of health care in our community.

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When we consider our Electronic Health Record project, we are all students. The creation of a complete EHR environment will change the way we deliver health care services to our community.

We are involved in this project because an electronic health record will improve quality, achieve better outcomes for you, our patients, and reduce the risk of error. Functionality, interoperability, and cost were the critical criteria used in selecting Eclipsys. By implementing Sunrise Clinical Manager, we will have the technology in place to help us achieve our goals as we work to improve your patient experience through decreased wait times, more personalized care delivery, appropriate movement of information and the safest possible environment.

Our Eclipsys project is in addition to new software programs being provided in Finance and Human Resources along with an on-line event reporting system that will support greater safety at West Parry Sound Health Centre.

We share with pride our physical environment and the program accomplishments that continue to expand. I recently greeted a team of Norwegian physicians and educators who were impressed by our integrated response to remote and rural challenges. OHA Past-President and CEO Hilary Short shared a similar response during a visit in July.

Our accomplishments are the results of the support we receive from you as a Donor and our Health Centre's strategic team approach. I thank you, our staff and our medical team for ensuring the West Parry Sound Health Centre can provide extraordinary health care in cottage country.



Ontario Hospital Association Past-President and CEO Hilary Short and VP Policy and Public Affairs Anthony Dale were greeted by board Chair Jim Beatty and CEO Norman Maciver.

New ED Comes ‘Home to the Cottage’

West Parry Sound Health Centre Foundation Executive Director Lynne Atkinson is feeling comfortable in her new position.

“I am delighted by the opportunity to build on the momentum that our community started when building this state-of-the-art facility,” said Ms. Atkinson, a former cottager who has lived in the community since 2002. “The challenge of fundraising for the Health Centre and keeping it current with today’s ever-evolving technology is an opportunity to support a community that I’ve grown to love.”



Lynne Atkinson

With over 25 years of private and public sector experience as a CEO, creative strategist, producer, communications professional, entrepreneur and innovator, she brings a wide range of skills into the job. Prior to accepting the Executive Director’s position at the Foundation, Ms. Atkinson operated her own business. Area residents may be familiar with her work through the Strings Across the Sky, a not-for-profit organization that works entirely in northern Canada introducing youth to the lively art of fiddling. Over the last couple of years, she has brought fiddle teachers to work with First Nation communities in the Parry Sound area.

“On behalf of the West Parry Sound Health Centre Foundation, I am pleased that Lynne joined our team as Executive Director,” said Foundation Board Chair Adrienne Kolbuc, who is busy working on many initiatives with Lynne.

“This is an exciting time for the Foundation and we welcome her energy and skill-set that will assist in the success of accomplishing the Foundation’s goals in support of our Health Centre.”

Those skills have been collected through a varied career in public service and the arts. While working in southern Ontario, Lynne served for 10 years as a senior communications executive in government creating innovative strategies for communicating policy. As the Executive Director of an arts council in Toronto, she directed the financial turn-around of the Council with a focus on community development.

In the field of event management, Lynne was a producer for the BC Pavilion at Expo ‘86, promoting regional talent and achievements in the arts. She is a graduate of McGill University. As a creative strategist, Lynne tackles organizational deficits by focusing her talents on friend- and fund-raising, program development, creative marketing, and organizational structure.

A cottager to the Parry Sound area since the mid-80s, Lynne, along with her partner Larry Popert, purchased Bert Weir’s old Loon Studio in 2002. In late 2004, they opened the Whistlestop, a computer and large-format print, graphics shop. They and their two ‘found’ dogs live in the completed one-third of the renovation project.

Lynne sits on the Parry Sound and Area Community Business and Development Centre Board; the advisory group for the Georgian Bay Women’s Network; and the Executive with Strings Across The Sky.

Did you Know?

Georgian Bay is considered a UNESCO World Biosphere Reserve. Eastern Georgian Bay, from Severn Sound to the French River, is considered the world’s largest freshwater archipelago and is a demonstration site for finding ways to live in balance with nature. This worldwide designation celebrates our local priorities and achievements, the value we place in our natural, historic and cultural resources, as well as our commitment to conserve and foster these resources for future generations.



Day Hospital Offers New Out-Patient Programs

West Parry Sound Health Centre's Rehabilitation Day Hospital is now open. Located inside the Health Centre's first floor entrance, the Day Hospital provides expertise and education to help people develop the skills and resources needed to resume healthful living.

Programs include both individual and group therapy sessions, and are covered by OHIP.

Neurological Rehabilitation

Designed for neurological clients (some diagnoses may include stroke, multiple sclerosis, Parkinson's disease, ALS, and Guillain-Barre syndrome). This program includes intensive multi-disciplinary therapy two times a week with the duration determined on an individual basis until set goals are achieved (maximum four months).

Pulmonary Rehabilitation

Designed for individuals impacted by chronic lung or breathing difficulties (some diagnoses may include lung disease such as COPD or fibrosis). Sessions include exercise programs and educational classes three times a week for eight weeks.

The Back Class

Designed for individuals with chronic back pain (ie. stenosis or degenerative disc disease). Sessions include exercise programs and educational classes that are held in 1.5 hour sessions, twice a week for six weeks.

Cardiac Rehabilitation

Designed for individuals who have been impacted by cardiac concerns (i.e. MI or 'heart attack,' angina, or hypertension). Sessions include exercise programs and educational classes and are held in 1.5 hour sessions, three times a week for eight weeks and then once a week for twelve weeks.



A ribbon-cutting ceremony officially opened the Day Hospital. Participants included (left to right) Recreational Therapist Michelle Phillips, RN Carrie van der Valk, Manager of Rehabilitation Services Debbie Junk-Lloyd, CEO Norman Maciver, Director of Corporate Services Dr. Peter Istvan, and Physiotherapist Janice Robinson.

Donors Help Finance Electronic Health Records

Electronic Health Records (EHR) is much in the news. All levels of government agree that it is needed but no one is fully funding it. The West Parry Sound Health Centre is committed to installing EHR to better serve our local and seasonal residents.

To pay for the project, the Health Centre has secured several grants and launched a fundraising drive to raise \$1,000,000 to support the \$3,100,000 purchase. With the support of the Townships of the Archipelago, Carling and McKellar, the Foundation raised close to \$52,000 through a direct appeal from the respective Mayor/Reeves in 2007. Our Dragon Boat Races and other events all add to the EHR pot.

By March 2008, the Foundation will have transferred \$250,000 to the Health Centre for EHR.

Did you know...

EHR allows access to up-to-date information, along with related diagnostic information such as X-Rays and laboratory results. EHR means diagnostic and care decisions can be made promptly and appropriately. And that, will save time and lives.

Fundraising

Newsletter

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Winter 07/08

Carling Dinner Helps Health Centre's Palliative Care Unit

Pat Dudas and Joan Koponen hosted the 4th annual Carling Dinner on the magical date of 070707. This year, the organizers aligned with the Station Gallery to honour Carling Cottager and Great Canadian Artist, Doris McCarthy. Ticket holders to the dinner enjoyed a free pass to opening day of the McCarthy exhibit at the Gallery.

Carling Ventriloquist/Comedian, Mark Crocker kept folks laughing with his various assistants, including Dr. Woodhouse (don't give up your day job Woody). Door prizes, great food and elegant place settings (all the cutlery matched!) added to the magic for a perfect night out at the Carling Recreation Centre.

The funds raised this year purchased lounge chairs in the WPSHC's Palliative Care Unit for friends and family members spending long nights with their loved ones. This purchase was the special request of Joan who lost her husband in 2007 and experienced, first hand, the need for more comfortable chairs.

The Foundation would like to thank Pat, Joan and the many other volunteers for their hard work making the evening a success. The kitchen volunteers were an army in themselves with all the food being homemade! We would also like to thank the 176 people who supported this wonderful cause.



Mayor Mike Konoval (Emcee for the evening) thanks Joan and Pat with bouquets of flowers. A total of \$11,000 was raised with all funds going to the Health Centre.

Tournament Honors a Great Friend while Raising Funds for His Favourite Charities

On June 22, 2007, thirty-five teams, gathered at the Parry Sound Golf and Country Club to play a round in honour of a great friend to Parry Sound, Ken Brown. Ken Brown was well known in the Parry Sound Community. Over the years Ken was a board member of the General Hospital, and an active Shriner.

The 3rd annual Ken Brown Memorial Golf Tournament was a rousing success and participants had a fantastic time. An auction accompanied by a scrumptious dinner with a touching tribute to Ken from friends and family, concluded the event. This year's event raised \$15,000 in support of the Shriner's Organization of North America and the WPSHC Foundation.

The organizers would like to send a heartfelt thank you to the many community businesses who donated prizes or sponsored holes and to all the volunteers that helped to make this event such a success.



Marlene Brown and Tournament Organizer Neil Dewar present a cheque to Past-Board Chair Len Yauk and Foundation Executive Director Lynne Atkinson.

New Nursing Program in Partnership with Canadore College

In partnership with Canadore College, WPSHC is offering a two year Practical Nursing program that began last September. Working with the college, the Health Centre will train local people for future nursing vacancies. It's a win/win situation with students from the community able to take advantage of new education and career opportunities without having to incur the extra expense of relocation.

"West Parry Sound Health Centre is pleased to have formed a partnership with Canadore College for the provision of a Practical Nurse education program for our community. This is a valuable opportunity for residents to begin a rewarding career in health care," said Norman Maciver. "We will be a site for the clinical training and I hope this is a partnership we can build on in the future."

The program will be a enormous benefit to the Health Centre's recruitment program. Most of the 18 students beginning the program this fall live in the Parry Sound area and most are expected to remain working here after graduation.



WPSHC maintenance and information technology staff are busy preparing the new classroom for the students' September 2007 start date.

Nurses Create a Gift of Lasting Light



Stained glass artists and RNs Libby Scobie and Janet Grandy (centre front) are joined by (left to right) Foundation Art Acquisition Committee Chair Sue Woodhouse, RN Marlene Villeneuve, Chief Nursing Officer Linda Kulkarni, CEO Norman Maciver, and RN Lorraine Vankoughnett.

RNs Libby Scobie and Janet Grandy have unveiled a gift to their colleagues and patients that brightens the long corridor between Pods A and B at the WPSHC. The design offers its own message of hope meant to reflect life's path: sometimes uncertain, but like a dull overcast day it can burst into sunlight lush with flowers.

More than a thousand pieces of glass and hundreds of hours went into producing the windows easily viewed from the corridor and the patient rooms that face out onto the courtyard. The two art pieces were unveiled during an afternoon ceremony on May 4 to help celebrate the launch of National Nursing Week, May 7 to 13.

DONATING SECURITIES: NEW TAX ADVANTAGES

To encourage individuals to increase their charitable giving, the federal government eliminated capital gains tax on publicly traded securities (including stocks, rights, mutual funds, or bonds) donated to qualified registered charities effective May 2, 2006.

When you donate publicly traded securities to a charity, this will result in either a capital gain or loss to the donor. Normally, you would pay capital gains tax at your marginal rate of income tax on 50% of the capital gains. To encourage charitable giving, the federal government has now reduced the capital gains tax rate on donated securities to zero.

When you donate appreciated securities directly to a charitable organization, you pay no tax on the capital gain. You will receive a charitable donation tax receipt that is usually equal to the fair market value of the securities you have donated, which you can use to reduce your income taxes.

This tax break can reduce the cost of your charitable donations and enable you to give more than you otherwise could. For example, donating shares that originally cost \$10,000 and now have a fair market value of \$100,000 only costs you \$53,600 after the \$46,400 tax credit – compared to \$74,480 when you sell the shares first, then donate the proceeds.

Charitable donation receipts made out to one spouse can be used on either spouse's tax return. This may present an opportunity where several donations can be collected together to maximize the amount of the tax credit at the top marginal tax rate.

If you're thinking about making an impact on your favourite charitable cause by donating publicly traded securities, contact your professional tax consultant or Investment Advisor to discuss the tax benefits in detail.

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Give away your taxes? It's possible!

Anyone owning Bell shares for decades, can expect a huge tax hit in 2008. *But you can beat the taxman!*

Long-term investors can reduce the capital gains tax with a donation of Bell shares that will both eliminate personal income tax and give you the joy of being a philanthropist.

When BCE sells in 2008, capital gains tax will come into play unless you take steps to **avert the taxman before the sale is finalized.**

At the West Parry Sound Health Centre Foundation we can help. We'll receive your shares, provide you with a tax deductible receipt and honour you in our **Give Away Your Taxes Event.**

If you would like to speak to our Planned Giving expert please call us at **746-4540 ext 3348 or 1-888-262-0436.**

Example

Using the 2006 tax programme, our example has a senior with an income of \$60,000 and 1,000 shares of Bell with an adjusted cost of \$1.00 a share.

Without the Bell Shares income tax owing would be: **\$13,771.11**

With the Bell Shares income tax owing would be: **\$21,773.24**

Donating 200 Bell Shares income tax owing becomes: **\$17,871.87**

Donating 400 Bell Shares income tax owing drops to: **\$14,259.06**

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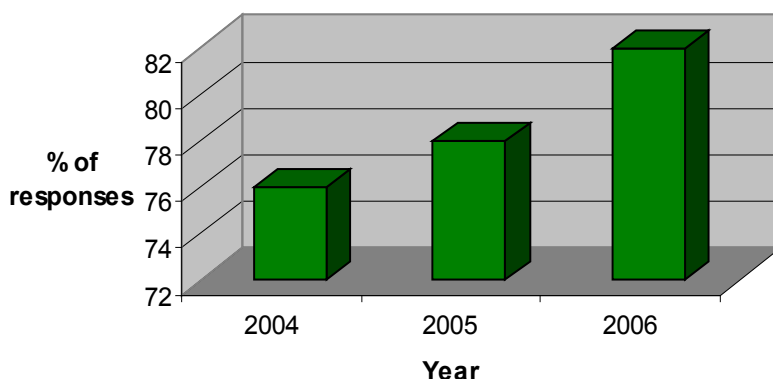
Great news! Patient Satisfaction Scores Have Improved at the West Parry Sound Health Centre!

Patients rating the quality of care as either "very good" or "excellent" have increased from 76% in 2004 to 82% in 2006!

NRC+ Picker Group is an outside company that distributes, collects and analyzes patient satisfaction surveys. On a monthly basis, surveys are sent to randomly selected patients who have received health care at WPSHC. Information gathered from a patient include:

- courtesy/trust/confidence of staff
- treated with dignity and respect
- quality of food
- cleanliness of the facility
- pain management
- explanation of results/medications
- information/available services

Overall, how would you rate the care you received at WPSHC?



Information gathered from patient surveys are helpful for understanding, learning, and guiding future decisions to continually improve patient care at the Health Centre.

"I'm sure if I needed a hug. I would of gotten one. Thank you."

"I always feel extremely happy after being there. They are the nicest most professional group...."

2008 Great Fun(d) Raising Events

2K, 5K or 10K Run/Walk Fun

Sunday May 25, 2008

If either you or someone you love lives with heart disease you will want to join in this event organized by Trysport, the Foundation and the WPSHC Rehab Program. Minimum pledge payments of \$100 for adults and \$50 for 14 years and younger is the entrance fee for this community exercise event. Proceeds go to keeping equipment current at the Health Centre.

Parry Sound Dragon Boat Races

Saturday June 14, 2008

The races are in support of the Foundation and the Rotary Club. Funds raised through this day of fun and exercise go to the purchase of equipment for the Health Centre and the Rotary's support of the new sailing centre.

Tapas and Tango on the Bay

Thursday August 21, 2008

Join our Tango Dancers for a performance, dance and silent auction at the Charles W. Stockey Centre all to benefit good health and spirit. Our dancers will be offering lessons for couples wanting to polish up their Tango. The auction boasts original art from celebrity cottager Doris McCarthy with all proceeds going towards keeping equipment and health services current. Details to follow.

SUITCASE PARTY

Saturday October 4, 2008

Come join the old time dance party at the Bobby Orr Community Centre and be ready to travel. The grand prize is a trip! Imagine the places you might go while having fun and supporting a worthy cause too.

For more information please contact:

The Foundation office

(705) 746-4540 ext. 3348 or by email cknox@wpshec.com