



KTHR Pulse

September 2008

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Category of Links

www.health.gov.sk.ca

For the latest provincial health news

www.pandemicinfluenza.gc.ca

The federal government's pandemic informational website.

www.healthlineonline.ca

HealthLine
1-877-800-0002

KTHR Pulse is published on a quarterly basis from the Kelsey Trail Regional Office

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Tisdale, SK S0E 1T0

Watch for the next issue in December 2008.

Contact us with your comments, suggestions or ideas for future editions.

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Tisdale & area women record highest participation rate in Screening Program for Breast Cancer

Women from Tisdale & area have the highest rate of participation in the Screening Program for Breast Cancer within both the Kelsey Trail Health Region (KTHR) and the province of Saskatchewan as a whole.

One in nine Saskatchewan women will develop breast cancer over the course of her lifetime. The greatest risk factors for developing breast cancer are being a woman, and getting older. Over 75 percent of breast cancers develop in women with no other risk factors. There is no known method to prevent breast cancer. ***There are methods to detect breast cancer at the earliest possible stage of its development.*** Early detection means less invasive treatment and an improved life expectancy.

The Saskatchewan Screening Program for Breast Cancer is a province-wide program for the early detection of breast cancer using screening mammography, an x-ray of the breast that can detect very small cancers often years before a lump can be felt. It is the best way to detect breast cancer at an early stage. Screening mammography is done at regularly scheduled intervals. Diagnostic mammography should occur when a breast condition has been identified either through a doctor's examination or through a screening mammogram.

The Screening Program for Breast Cancer is for all Saskatchewan women who are 50 years old or older; do not have symptoms of breast cancer (lumps, bloody nipple discharge or skin changes); do not have breast implants; or are not on active follow-up for breast cancer. ***A doctor's referral is not needed to make an appointment with the Screening Program.*** There is no charge for the program which is funded by the Government of Saskatchewan through the Saskatchewan Cancer Agency. ***(Continued on page 2)***

Upcoming Regional Health Authority Meetings

Call 873-6600 for more information

Tuesday, October 28, 2008

Tuesday, November 25, 2008

Regional Office Conference Room

Screening Program for Breast Cancer

(continued from page 1)

In the year each Saskatchewan woman turns 50 they will receive a letter notifying them that they are eligible to make an appointment for a screening mammogram. Women will continue to receive a letter for a return visit every two years until they reach the age of 75 years. If, during the first appointment, a woman informs the Screening Program for Breast Cancer about a family history of breast cancer (mother, sister, daughter), they will receive a letter for an annual return visit.

Screening Program for Breast Cancer screens approximately 37,000 women per year across the province, detecting approximately 200 cancers. At 63 percent, Kelsey Trail Health Region had one of the highest rates of participation in the Screening Program for Breast Cancer in the province in 2006-07, second only to Sun Country Health Region which recorded a 71 percent rate of participation.

The Screening Program for Breast Cancer is available from two permanent centres in Saskatoon and Regina, and five satellite centres in Moose Jaw, Yorkton, Swift Current, Prince Albert and North Battleford. A mobile bus serves women residing in rural Saskatchewan.

Early detection is crucial in cancer control efforts. In 2006, 2,170 people died of cancer in Saskatchewan and 8,019 new cases were diagnosed. Within Kelsey Trail Health Region, approximately 106 people died of cancer in 2006 and 330 new cases were diagnosed. At least 50 percent of cancer is due to **preventable factors**. Only about 10% of cancers are due to heredity according to the Saskatchewan Cancer Agency.

Women 50 years and older from Tisdale and surrounding area are to be congratulated for their individual participation in health promoting activity through their regular participation in screening mammograms! ☀

Around the Region - Spotlight on Nipawin



A committee representing health care service providers in Nipawin successfully raised \$400 to sponsor a hole for the annual Nipawin Regional Health Foundation Panhandler golf tournament July 26th. Fundraising efforts included a raffle for a summer fun basket, three weeks of 50/50 draws, and an ice cream party.

Nipawin Primary Health Care Provider Team on their award winning entry into the annual Nipawin Exhibition Parade in July. The Nipawin PHC Provider Team received third place in the "Service Club & Non-Profit" category. The theme of this year's parade was "Cowboy Daze".



Tisdale Hospital celebrates official dedication of "Theo's Place"

By Ivy Schwanke

Excerpted and reprinted with the permission of the Tisdale Recorder.

After months of dedicated fundraising and hard work, 'Theo's Place' was officially unveiled August 22nd in a special ceremony in memory of a special doctor, who touched the lives of many in Tisdale before his passing.

The dedication took place at the Tisdale Hospital, where, over the summer, a great deal of work has gone forward creating a patio space for staff and patients to enjoy.

The day was made all the more special as it served to unite several members of the Bodenstab family with those who have been involved in the process of creating the patio.

"We were not aware that Donna Hainstock, with the help of Doris Wilson and the hospital staff, brainstormed and came up with the idea for "Theo's Place", we are very touched by it," said Wayne Bodenstab, son of Annchen and the late Theo Bodenstab. "Donna mentioned the project took on a life of its own with many individuals stepping forward and volunteering their time and help. This is a testament to the type of community we all belong to."

Wayne spoke on behalf of the family. "My father was not one to be the centre of attention but I know that today he would approve; not because he is being honoured but rather that "Theo's Place" will be a place that all can enjoy for years to come," he said.

"Not only did my dad love working here and with all of you, but was proud to be a part of this community. In fact, if my dad were here in person he would want to thank you for allowing him the chance to work in this great community and with such outstanding people."

Donna Hainstock, who helped to spearhead the project, noted that it was wonderful to see the project completed, a milestone that was marked by the addition of a sign attached to the patio's gate, which dedicated the space in the memory of Dr. Theo Bodenstab.

"It has been a project that has been a long time coming and it was the right time," she said. "I am just glad that it is here and that everyone is enjoying it so much and they have been so involved with it, it has really done amazing things around here."

The physical part of the work took place this spring and summer while the behind-the-scenes work took place throughout the year. In all, nearly \$8,000 in funding was raised. Among those who donated to the project were the Barrier Ford Greenhouse, who donated flowers; Brook Thomas, who donated his time and some landscaping materials; the Scotiabank, who matched the proceeds of the barbeque and silent auction and the TMSS football team, who placed the stones in exchange for an honorarium.

Hainstock also acknowledged the staff of the hospital, who all contributed something to the project.

"It has been an amazing year. All of the staff have shown so much enthusiasm for this project," she said.

"There was always someone coming up with a new idea for another fundraiser and for that I thank you...It makes my heart proud to work with such an incredible group of people." ☀



Joining Tisdale Hospital Facility Administrator Doris Wilson, Dr. Theo's wife Annchen Bodenstab (middle) and project coordinator Donna Hainstock for the ribbon cutting ceremony to mark the official dedication of "Theo's Place" at Tisdale Hospital were Dr. Theo's brothers, Dr. Robbie Bodenstab (far left) and Dr. Eric Bodenstab (far right).

KTHR encourages public to use the OPD/ER appropriately

Kelsey Trail Health Region would like to remind the public that anyone experiencing a medical emergency should dial 9-1-1 for medical assistance.

If you are unsure of whether or not your condition is considered an emergency, please contact HealthLine at 1-877-800-0002.

Health Centres are not adequately staffed to address emergency room visits. If you are thinking about visiting an emergency room, please keep in mind that only emergency rooms in the district hospitals at Melfort, Nipawin and Tisdale and the community hospitals at Hudson Bay, Kelvington and Porcupine Plain are appropriately staffed to deal with emergency room visits.

Call 9-1-1 or visit an emergency room if you have an immediate, urgent medical condition such as breathing difficulty, heart attack or stroke symptoms or head trauma; or if you cannot safely treat your medical condition at home.

If the symptoms you are experiencing are minor and you can wait to see your family physician, or you are able to treat your medical condition at home, please refrain from visiting the emergency room.☀

Did you know?

- Routine care costs two or three times more in a hospital emergency room than in a doctor's office.
- Emergency room visits aren't "first-come, first-served". The sickest patients will be seen first.



October is International Walk to School Month

The Kelsey Trail Health Region Active Living Committee is encouraging schools within the region to join in the International Walk to School Month Challenge by helping students to get active through walking (or jogging, skipping, biking) during the month of October.

Each school that registers will receive free *In Motion* incentives and the chance to win a grand prize draw.

For more information or to access planning resources visit <http://www.saferoutestoschool.ca/iwalk.asp> and watch for the complete results of the International Walk to School Month Challenge in the Kelsey Trail Health Region in the December edition of *The Pulse*.☀

Have fun walking and being active!

HPV immunization program offered this fall

Beginning this fall, girls in Grade 6 will have the option to be immunized against the Human Papillomavirus (HPV), a virus that can lead to cervical cancer. In 2008 only, this vaccine will also be available for girls in Grade 7.

HPV is a family of viruses that commonly affect humans. There are over 100 different types of HPV. While most are harmless, almost 40 types are sexually transmitted. HPV is the most common Sexually Transmitted Infection (STI).

Three out of four people will come into contact with at least one type of HPV during their lifetime. HPV is spread through close skin to skin contact during sexual activity with someone who has HPV. Most people who come into contact with HPV will have no symptoms and, as a result, it can be transmitted by someone who isn't even aware that they have it.



The body's immune system can fight most types of HPV infection but some types can cause small, painful, itchy bumps (called genital warts) on the pubic areas of males and females and some can change cells in the cervix. Cell changes in the cervix can be identified through a Pap test however, if they are not found and treated, they can lead to cancer of the cervix. Cancer of the cervix can result in death if left untreated.

The HPV vaccine is a cancer prevention tool. The vaccine provides protection from four types of HPV – the types of HPV that cause 70% of cervical cancer and 90% of genital warts

All provinces in the country have started offering the HPV vaccine to school-aged girls. Kelsey Trail Health Region's Public Health services have provided parents with the information they need to make an informed decision about having their daughters immunized. Information sheets and consent forms were sent home from school prior to immunization in order to assist parents with having the information they need to make an informed decision about having their daughters immunized. Immunization is voluntary in Saskatchewan

The HPV vaccine, Gardasil™, will be administered by injection by public health nurses. Three doses will be required over a six month period. All three doses will be delivered by public health nurses at school.

"Health Canada conducts rigorous scientific reviews of the safety, effectiveness and quality of all vaccines prior to granting approval for use in Canada," According to Acting Deputy Chief Medical Health Officer Dr. Shauna Hudson, Health Canada conducts rigorous scientific reviews of the safety, effectiveness and quality of all vaccine prior to granting approval for use in Canada. "The HPV vaccine, Gardasil™, is safe. It is not a live vaccine; it has no components that affect the safety or effectiveness of other vaccines, nor does it cause HPV in girls."

The vaccine provides protection from four types of HPV which have been found to be causing most of the cases of cervical cancer and genital warts. It may not provide protection for other types of HPV or other sexually transmitted infections in girls that are sexually active.

Parents are encouraged to talk to their children about healthy behaviours and the risk of sexually transmitted infections. To lessen the risk of HPV infection individuals are encouraged to abstain from sexual activity until they are older; have one sexual partner forever; limit the number of people you are sexually active with; and use a condom.. A condom will provide protection from other STI's, however it may not provide protection from HPV.☀

Did You Know?

Saskatchewan is spending \$2.9 million this year for human papillomavirus (HPV) vaccines. These vaccines protect women from cervical cancer.

Celebrating occupation

Occupational therapy can help you live a healthier, more satisfying life. How? By helping you do what's important to you – at work, home or play. If you struggle to participate in daily activities, an occupational therapist can help.

To find an occupational therapist in your community, contact the Melfort, Nipawin or Tisdale Therapy departments at 752-1750, 862-9822 or 873-8282 or visit www.otworks.ca.



OCTOBER IS OCCUPATIONAL THERAPY MONTH

Occupational Therapy Facts

An occupational therapist (OT) works with anyone who is having difficulty doing the activities that are important to them. OT's define occupation as everything that a person does each day, within each of the following categories;

- self-care (getting dressed, bathing, cooking and eating);
- leisure (hobbies, sports, social activities); and
- productivity (paid or unpaid work, housework and school).

Occupational therapy began in large psychiatric asylums and tuberculosis sanatoriums. Post World War I, the profession expanded greatly to assist injured veterans, both physically and mentally, to reintegrate and regain their occupations in civilian life.

Occupational therapists are university-trained, regulated health professionals whose unique training enables them to understand not only the medical and physical limitations of a disability or injury, but also the psycho-social factors that impact on an individual's ability to participate in the activities that are important to them. Occupational therapists help people to attain their potential in their desired occupations of daily living.

Their approach is based on research that proves that an individual's ability in occupation increases their health and well-being.

Qualified occupational therapists have:

- graduated from an accredited university program with a four-year baccalaureate degree or master's degree in occupational therapy;
- successfully completed a minimum of 1,000 hours of fieldwork education;
- successfully passed the certification examination administered by the CAOT, or met provincial registration qualifications.

Occupational therapists are experts, recognized by government and consumers for evaluating and promoting performance in daily occupations that include work, school, self-care and leisure pursuits.☀

KTHR PUBLIC HEALTH INFLUENZA & PNEUMO 23 VACCINE 2008 CLINICS

**HIGH RISK INCLUDES: (65 OR OVER, MEDICAL CONDITIONS, CHILDREN 6-23
MONTHS & Pregnant Women)**

DATE	LOCATION	WHERE	TIME	APPOINTMENT	RISK FACTOR
October 14	Tisdale	Golden Age Senior's Centre	9:15 – 11:30 a.m. 1:15 – 3:30 p.m.	Walk-In Clinic	High Risk Client's Only
	Smeaton	Health Centre	1:00 – 3:00 p.m.	Walk-In Clinic	High Risk Client's Only
October 15	Melfort	Diefenbaker Place	9:00 – 11 a.m.	Walk-In Clinic	High Risk Client's Only
	Melfort	Caskey Place'	1:00 – 2:00 p.m.	Walk-In Clinic	High Risk Client's Only
October 16	Naicam	Senior's Centre	10:00 – 12 noon	Walk-In Clinic	High Risk Client's Only
	Pleasantdale	Seniors	2:00 – 3:00 p.m.	Walk-In Clinic	High Risk Client's Only
	Carrot River	Pioneer Place	9:30 – 11:30 a.m.	Walk-In Clinic	High Risk Client's Only
			1:00 – 3:30 p.m.	Walk-In Clinic	High Risk Client's Only
Kelvington	Senior's Centre	9:30 – 12:00 noon 1:00 – 3:30 p.m.	Walk-In Clinic	High Risk Client's Only	
October 17	Nipawin	Senior's Centre	9:00 – 11:30 a.m. 1:00 – 3:30 p.m.	Walk-In Clinic	High Risk Client's Only
October 20	Hudson Bay	Senior's Centre	9:00 – 12:00 noon 1:00 – 2:30 p.m.	Walk-In Clinic	High Risk Client's Only
	Arborfield	Sunset Lodge	9:30 – 12:30 p.m.	Walk-In Clinic	High Risk Client's Only
	Aylsham	Drop-In Centre	2:30 – 3:00 p.m.	Walk-In Clinic	High Risk Client's Only
October 22	Melfort	North East Leisure Centre	9:00 – 12 noon 1:00 – 3:30 p.m.	Walk-In Clinic	High Risk Client's Only
October 23	Porcupine Plain	Sunset Club	10:00 – 12 noon 1:00 – 2:00 p.m.	Walk-in Clinic	High Risk Client's Only
October 27	Star City	United Church	10:00 – 12 noon	Walk-In Clinic	Open to Public
	White Fox	Senior's Hall	9:30 – 11:00 a.m.	Walk-In Clinic	Open to Public
	Choiceland	Senior's Hall	1:00 – 3:00 p.m.	Walk-In Clinic	Open to Public
	Mistatim	Goldenrods Club	9:30 – 11:30 a.m.	Walk-In Clinic	Open to Public
October 28	Fosston	Senior's Centre	1:00 – 2:00 p.m.	Walk-In Clinic	Open to Public
	Archerwill	Lutheran Church	4:00 – 7:00 p.m.	Walk-In Clinic	Open to Public
October 29	Naicam	Churchview Lodge	10:00 – 12 noon	Walk-In Clinic	Open to Public
	Nipawin	Senior's Hall	9:00 – 11:30 a.m.	Walk-In Clinic	Open to Public
			1:00 – 3:30 p.m.	Walk-In Clinic	Open to Public
	Ridgedale	Senior's Centre	10:00 – 11:30 a.m.	Walk-In Clinic	Open to Public
Bjorkdale	Senior's Centre	1:15 – 3:30 p.m.	Walk-In Clinic	Open to Public	
October 30	Melfort	Mall	1:00 – 7:00 p.m.	Walk-In Clinic	Open to Public
	Tisdale	Co-op	1:00 – 7:00 p.m.	Walk-In Clinic	Open to Public
	Codette	Senior's Hall	9:00 – 11:00 a.m.	Walk-In Clinic	Open to Public
	Zenon Park	Manoir Notre Dame	1:30 – 3:30 p.m.	Walk-In Clinic	Open to Public
October 31	Rose Valley	Senior's Centre	1:00 p.m. – 3:30 p.m.	Walk-In Clinic	Open to Public
November 3	Kelvington	Senior's Centre	9:30 – 12:00 noon	Walk-In Clinic	Open to Public
	Lintlaw	Senior's Centre	1:30 – 3:30 p.m.	Walk-In Clinic	Open to Public
	Nipawin	Senior's Hall	1:00 – 8:00 p.m.	Walk-In Clinic	Open to Public
November 4	St. Brieux	Senior's Centre	10:00 – 12 noon	Walk-In Clinic	Open to Public
	Yellow Creek	Wellness Centre	2:00 – 2:30 p.m.	Walk-In Clinic	Open to Public
	Hudson Bay	Churchill Place	9:00 – 12 noon	Walk-In Clinic	Open to Public
			1:00 – 2:00 p.m.	Walk-In Clinic	Open to Public
November 5	Melfort	North East Leisure Centre	9:00 – 12 noon 1:00 – 3:30 p.m.	Walk-In Clinic	Open to Public
November 6	Tisdale	Mall	3:00 – 7:00 p.m.	Walk-In Clinic	Open to Public
	Carrot River	Pioneer Place	9:30 – 1:00 p.m.	Walk-In Clinic	Open to Public

November 7	Gronlid	School	10:00 – 11:00 a.m.	Walk-In Clinic	Open to Public
	Porcupine Plain	Sunset Club	10:00 – 12:00 noon	Walk-In Clinic	Open to Public
November 13	Melfort	Mall	1:00 – 7:00 p.m.	Walk-In Clinic	Open to Public
	Tisdale	Co-op	12 noon – 3:30 p.m.	Walk-In Clinic	Open to Public
November 19	Melfort	North East Leisure Centre	1:00 – 3:30 p.m.	Walk-In Clinic	Open to Public
December 1	Melfort	Public Health Office	8:30 – 12 noon 1:00 - 3:00 p.m.	Call: 752-6310	Open to Public & Children
December 2	Naicam	Home Care Office	10:00 – 12 noon	Call: 874-2086	Open to Public & Children
December 4	St. Brieux	Chateaux Providence	10:00 – 12 noon	Call: 752-6310	Open to Public & Children
January 12, 2009	Melfort	Public Health Office	8:30 – 12 noon 1:00 – 3:00 p.m.	Call: 752-6310	Open to Public & Children

For more information call your local public health at Melfort (752-6310) Tisdale (873-8282) Nipawin (862-0761) Hudson Bay (865-2634) Kelvington (327-4723)

Protect yourself! Get a flu shot

The 2008 public flu vaccine program for high risk individuals will begin on October 14th. The focus of this program is to protect those individuals **most at risk** for complications from the flu.

High risk individuals include individuals 65 and over, residents of special care homes and personal care homes, those under the age of 65 with chronic health conditions, pregnant women and children between the ages of 6 to 23 months. Individuals who fall into these categories can receive the flu vaccine free of charge.

While at the flu clinic, please ask about the pneumo 23 vaccine for high risk clients. The pneumo 23 vaccine prevents infections caused by 23 types of "streptococcus pneumoniae". Unlike the flu vaccine, the pneumo 23 vaccine is usually given only once in a lifetime.

The sales program for flu vaccine will begin October 27th. While healthy individuals are not at high risk of complications from the influenza virus they can pass the virus on to those individuals who are risk of complications. In fact, it has been shown that it is possible to be infected with the flu virus and not have symptoms of the disease which means you can actually spread the virus to those with the highest risk of complications without your knowledge. The fee for the influenza vaccine is \$20.00.

The flu vaccine not only protects you, it protects those you love and care for.

Individuals who should not receive the flu vaccine are individuals with a serious allergic reaction to a previous flu vaccine, a component of the flu vaccine, or a known allergic reaction to eggs with symptoms of hives, swelling of the mouth and throat, difficulty in breathing, unconsciousness and shock.

For more information please call your local public health offices:

Melfort (752-6310)
Nipawin (862-0761)
Kelvington (327-4723)

Tisdale (873-8282)
Hudson Bay (865-2634)



Welcoming Kelsey Trail Health Region's newest employees



July

Christine Coldevin - Office Asst., Melfort Hospital
 Tami Nordmarken – Env. Services, Nipawin
 Darla Paskell – SCA, Hudson Bay
 Bev Beskorovayny – Unit Clerk, Melfort Hospital
 Manuela Kaltenbach, SCA, Kelvington
 Arlene Franklin – ESW, Nipawin
 Lindsay Horvath – FSW, Porcupine Plain
 Tracey Nakonieczny – FSW, Tisdale
 Candice Thorpe – FSW, Porcupine Plain
 Carolyn Pikientio – FSW, Arborfield
 Debbie McCoshen – FSW, Arborfield
 Pat Mitchell – FSW, Carrot River
 Kent Boughen – Maint. Services Worker, Nipawin
 Denise Gray – LPN, Parkland Place
 Danielle Smith Nurse Aide, Tisdale Hospital
 Janelle Anderson – SCA, Tisdale Home Care

August

Ron Diller-Regional Director of Building Services
 Christie Anderson - Home Care Nurse, Tisdale
 Lorry Reed - Mental Health and Addictions, Melfort and Tisdale

August (continued)

Leeann Clarke - Diagnostic Lab
 Regulatory Affairs, Nipawin Hospital
 Brenda Nakonieczny – Admin. Office Asst., Kelvington Hospital
 Marion McComb - Home Care Case Manager, Nipawin
 Jo-Anne Wheeler – Unit Clerk, Melfort Hospital

September

Terrah Gagnon-LPN, Parkland Place
 Sandy Bennett-Holmes – RN, Melfort Hospital
 Kristina Paulson – RN, Kelvington/Tisdale
 Crystal Heppner-ESW, Tisdale
 Randi Rosencrans – RN, Nipawin Hospital
 Josie Sales – RN, Nipawin Hospital
 Amanda Biro – Chronic Disease Educ., Nipawin Primary Care
 Gisele Bouvier - RN, Melfort Hospital
 Christine Bracken – OT, Regional
 Lindsay Unruh – RN, Melfort Hospital
 Olivia Budd – LPN, Home Care
 Joanne Ventin – SCA, Arborfield
 Tiffany Thoreson – SCA, Arborfield

Welcome to **Dr. Jerry Richard**, who arrived in Nipawin from Saskatoon with his wife and two sons in July. Dr. Richard officially began his practice with the Nipawin Medical Group on September 2nd. We hope you enjoy your stay in Kelsey Trail.

Best wishes to Kelsey Trail Regional Health Authority board member **Robert Cheechoo** of Cumberland House, who resigned his position on the board in July to pursue career opportunities in his home province of Ontario; to **Doris Wilson**, who resigned from her position of Facility Administrator at Tisdale Hospital on August 25th. She will continue in her role as Facility Administrator for Kelvington Hospital, Kelvindell Lodge and Rose Valley Health Centre; and to **Pam Molnar**, who officially assumed the role of Facility Administrator at Tisdale Hospital on August 25th. Thank you for your dedicated service to the residents of Kelsey Trail Health Region.

Congratulations to Kelsey Trail Health Region Directory of Primary Health Care, **Linda Barlow**, and Nurse Practitioners **Cheryl Weger**, **Val Kimball** and **Shelley Cal**, who attended the 5th annual International Nurse Practitioner Advanced Practice Nursing Network Conference in Toronto September 18th -20th. The KTHR contingent made a poster presentation entitled "Knowledge sharing through a collaborative practice network".☀



When black cats prowl and pumpkins
 gleam,
 May luck be yours on Halloween.

-Author Unknown



Coming Events

Palliative Care Conference: Thursday, October 2 at the Tisdale & District Golden Age Centre

Arthritis Workshop: Thursday, October 9th from 1-4 p.m. at the Tisdale & District Golden Age Centre. KTHR Arthritis Working Group presents "Arthritis & Your Health: Take Charge", an educational afternoon for the public. There will be presentations by a dietitian, exercise therapist, Nurse Practitioner, physical therapist and pharmacist as well as informational displays, door prizes and a nutritional break. The workshop is free but pre-registration is required. **Registration deadline is October 6th.** To register, please call 873-8282.


Telehealth Saskatchewan - Free Public Education Sessions

Tuesday, September 30th from 7-8:30 p.m.: Canadian Diabetes' Association event "Keeping your kidney's healthy with diabetes". KTHR Telehealth Sites: Nipawin Hospital, Tisdale Hospital, Melfort Hospital, and Hudson Bay Health Care Facility.

Wednesday, October 1st from 7-8 p.m.: Breast Health/Breast Cancer – Fact or Myth? This is an informative session that will present facts, discuss risk factors, dispel myths and allow you to have your questions answered. KTHR Telehealth Sites: Nipawin Hospital, Tisdale Hospital, Melfort Hospital and Hudson Bay Health Care Facility.

Thursday, November 6th from 7-9 p.m.: Saskatchewan Parkinson's Disease Foundation presents "Parkinson Disease Week Presentation". Contact your regional Telehealth Coordinator at 862-7256 to find out which locations are running this event.

You must pre-register to attend these events. Contact your local Telehealth site to register at: Nipawin 862-7256; Tisdale 873-3760; Melfort 752-7589; or Hudson Bay 865-2219. ☼



SMARTRISK Heroes
Presentation for Parents

L.P. Miller Comprehensive High School


Free Monday, October 20, 2008 **Free**
7-8:30 p.m.

SMARTRISK helps people identify the risks in their everyday lives and shows them how to take those risks in the smartest way possible so that they can enjoy life to the fullest.

"No one can leave a SMARTRISK Heroes presentation without being convinced."

~ Peter Mansbridge,
CBC National

For more info, contact:
Mike Woodward @ 862-9822



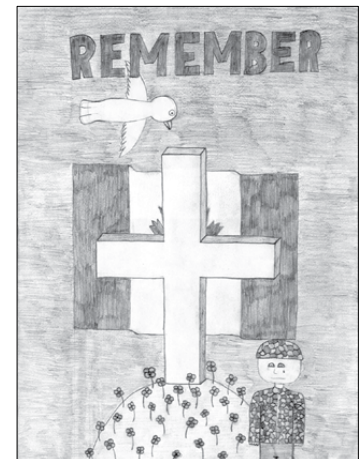
SMARTRISK Heroes. refreshments & door prizes are made possible through the support of Kelsey Trail Health Region and the Nipawin Primary Health Care Provider Team.

Buckle Up. Look First. Wear the Gear. Get Trained. Drive Sober.
<http://www.smartrisk.ca>

Lest we forget.

Remembrance Day - November 11th

The Royal Canadian Legion 2008
Remembrance Day Black & White Poster
Contest, Junior category 1st place winner –
Mallory Lindsay, Arborfield School



Kelsey Trail congratulates TES - Mosaic Extreme School Makeover Challenge grand prize winner

Kelsey Trail Health Region joined students and staff of Tisdale Elementary School as well as several special dignitaries in a celebration honouring the changes that the school has implemented in an effort to improve health and wellness.

KTHR Community Wellness Coordinator Heather Turcotte and Public Health Nutritionist Allison Amundrud were among those that joined a large parade of TES students and staff that wound its way



from the school to the Tisdale RECplex on the morning of Wednesday, September 10th. In addition to representatives of the Town of Tisdale, North East School Division, the Tisdale RCMP, and Carrot River Valley MLA Fred Bradshaw, the Lieutenant-Governor of Saskatchewan, His Honour the Honourable Dr. Gordon L. Barnhart and Her Honour Mrs. Naomi Barnhart joined the massive “Walk to Breakfast” that culminated with the presentation of the \$5000 grand prize in the province-wide Mosaic Extreme School Makeover Challenge. Several residents of Sasko Park Lodge also took part in the walk.

The challenge provided the students and staff with the opportunity to be formally recognized for the progressive efforts that have been made to implement and encourage good nutrition, healthy choices and physical activity. Among the initiatives that set TES apart from the other entries were the TES garden project, the implementation of a Good Food & Nutrition Policy, the WIN (We Invite Nutrition to school) program and the development of a “Go Green Kids” club. This year, the school will also be adding a composting project.

The parade was met by a very enthusiastic response from business owners, parents and the public who turned out in full force to wave and cheer the students and staff down Main Street. Upon reaching their final destination, they all enjoyed a healthy breakfast sponsored by Mosaic Company and catered by Tisdale’s Good Food Box program. In addition to several speeches by the many special guests in attendance, a number of students also did an In Motion demonstration before breakfast was served.



The school will use the \$5000 grand prize toward the purchase of a refrigerator for food storage, to purchase additional food for the school’s good food program, and possibly to host presentations for students that centre on health, wellness, fitness and nutrition.☀

KTHR Community Wellness Coordinator Heather Turcotte (left) and Public Health Nutritionist Allison Amundrud (right) joined Tisdale Elementary School principal Brenda Gabriel, TES staff and students, and a number of special guests for the TES “Walk to Breakfast” on Wednesday, September 10th. TES was the grand prize winner of the Mosaic School Makeover Challenge which recognized the outstanding health, nutrition and fitness initiatives undertaken by the school.

KTHR to mark National Infection Control Week October 20th to 24th



The theme of this year's National Infection Control Week is "Antibiotic Resistant Organisms (AROs): A Call to Action!"

The increasing number of infections with antibiotic resistant organisms in the community and in health care settings highlights the need for ongoing reminders about using infection prevention and control measures to lower the risk of getting a disease and spreading it to others. One of the AROs being targeted is Methicillin-resistant *Staphylococcus aureus*, more commonly referred to as MRSA, a bacteria that is resistant to commonly-used antibiotics and can inhabit the skin and mucous membranes of people who have

no symptoms. MRSA can be spread among patients through equipment like wheelchairs and bed rails. One of the methods by which MRSA is spread is by unsuspecting health care workers who unintentionally spread the bacteria after casually touching an infected patient or piece of equipment.

Hand hygiene is considered the most important and effective infection prevention and control strategy to prevent the spread of health care-associated infections and infections in general. Infection prevention and control is the responsibility of everybody through practice and participation.

During Infection Control Week, Kelsey Trail Health Region is focusing the education of patients, clients, residents, visitors, volunteers and staff on the importance of proper hand hygiene. Within KTHR facilities, hand sanitizers are no longer only accessible in patient care areas but are now strategically placed in locations accessible by the public. Everyone entering the facility is strongly encouraged to use hand sanitizers during their visits.

Infection prevention is no longer only a healthcare issue. Kelsey Trail Health Region encourages the public to do their part to prevent and control infections by cleaning your hands frequently with alcohol hand rub or soap and water; covering your nose and mouth when you cough or sneeze; staying home from work if you have symptoms that may indicate infection; and keeping your immunizations up-to-date.

In an active effort to reduce hospital acquired infections, the health region is also asking patients, clients and residents to become actively involved in encouraging and promoting staff compliance with hand hygiene. The Kelsey Trail Health Region wants to provide safe and quality patient care to all patients, clients and residents and, toward that goal, continuously reminds staff to follow proper hand hygiene. During Infection Control Week, staff will be wearing buttons that read "Ask Me If I've Washed My Hands" in order to promote and recognize compliance to hand hygiene. The public is encouraged to take the time to ask their healthcare providers if they have washed their hands during Infection Control Week and beyond.

By working together, we can develop a culture where proper hand hygiene is the norm, rather than the exception. Everyone has a role to play in preventing hospital-acquired infections – do your part to become part of the solution.☀



To the physicians and staff of the Melfort Hospital and EMS personnel from Porcupine Plain and Melfort for their outstanding, professional and compassionate response to the tragic events that impacted the community of St. Brieux on August 14th.

To staff at Parkland Place in Melfort and Newmarket Manor in Tisdale for generously offering to provide staff at Chateau Providence in St. Brieux with the relief they needed in order to support their colleagues, friends and relatives in their time of grief.☼



When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

~Kahlil Gibran

Patient Safety Week: How to use "My Personal Medication Record"



Having a good knowledge of your medications, and being able to tell all members of the health-care team the medicines and the doses that you are taking, is one of the most important things you can do to make your drug therapy safe and effective. In recognition of National Patient Safety Week September 29-October 4th, Kelsey Trail Health Region is encouraging everyone to fill out and carry the attached "Your Medication List" brochure with them. Have it available to show your pharmacist, doctor, nurse or other health care provider at any time.

The medication record is to be filled out by the person taking the medicines, or their caregiver. Taking responsibility for this is an important step in improving your drug therapy.

Be sure to list all of the medicines that you regularly take, as well as the ones that you take some of the time or as needed. If you stop taking a medicine, record the date and draw a single line through that recorded drug. Medicines that people sometimes forget to put on their list are creams and ointments, inhalers (puffers), eye drops, vitamins, minerals, herbal supplements and drugs they can get without a prescription (over-the-counter).☼