

thrive

living **healthy**. living **well**.



Murray House,
Brandon



Western Manitoba Cancer Centre and Murray House Providing Care and Comfort Close to Home



Radiation Therapy
Machine, WMCC

We understand that the journey is never an easy one when you or someone you love has been diagnosed with cancer. Prairie Mountain Health, along with CancerCare Manitoba, have been working together to provide the best care and improve access by bringing treatment closer to home.

The building of the Western Manitoba Cancer Centre (WMCC) in 2011, located in Brandon, was a significant step forward in dedicating a facility for cancer patients with all services in one site.

Now, another move forward has taken place with the completion of Murray House in Brandon, a residence that provides safe,

comfortable accommodations for out-of-town patients receiving care at the WMCC. Under the direction of the Brandon Regional Health Centre Foundation, the “A Sense of Home” fundraising campaign launched. Within 14 months, \$2.85 million was raised for construction, including landscaping, furniture, consulting fees and taxes.

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Let's all pledge to "kick cancer"

Penny Gilson
CEO, Prairie Mountain Health

You will read in this issue of *Thrive* about some of the many supports Prairie Mountain Health has to offer patients dealing with cancer. Unfortunately, there are very few of us who have not at some point in our lives been affected by cancer, whether personally or through a family member or friend experiencing this difficult journey.

The ideal would be that we could prevent all cancers. While this is not the case today, there are many things that can be done to help prevent some forms of cancer. Please take a moment and go to the CancerCare Manitoba Foundation website www.cancercarefdn.mb.ca/netcommunity/kickcancer/home to learn more about what you can do personally to help prevent cancer, and take the personal pledge to "kick cancer." When cancer has not been prevented, the next best step is early detection. The "Kick



Penny Gilson, CEO, Prairie Mountain Health

Cancer" campaign talks about critical screening that helps detect certain cancers at the earliest possible point so that outcomes can be improved. Please participate in these critical screening protocols.

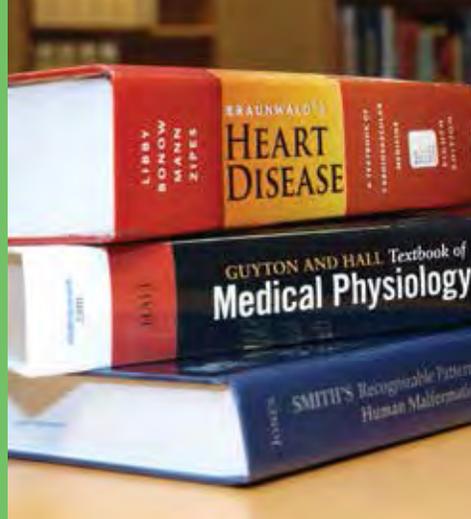
Finally, with early detection the next goal we all need to strive for is the smoothest, most efficient journey to needed treatment. As mentioned in our front page story, the goal of the Cancer Patient Journey in Manitoba is that for all Manitobans—the journey from suspicion of cancer (Physician suspicion) to treatment will be sixty days or less. To assist

in this journey, Prairie Mountain Health has been funded for three cancer patient navigator positions. They provide a helpful, guiding hand to make the patient journey more manageable. To connect with these valuable resources, you or your health care provider can contact them by calling their toll free number at 1-855-346-3710 or by faxing a referral to 1-204-578-2833.

I extend my special thanks to the Murray family and their automotive dealerships, and to the Brandon Regional Health Centre Foundation and many donors, for making the Murray House a reality in Brandon. This will truly provide many patients and families with "A Sense of Home" away from home while they need to undergo cancer treatment in Brandon. Your donations and commitment to this are very much appreciated.

So let's all work collectively to prevent as much cancer as we can; to participate and promote screening that leads to as early detection when prevention has not been successful; and to making sure treatment happens as quickly as possible. Let's do our best to "kick cancer" in Prairie Mountain Health! ■

Check it out at the Health Resource Centre



In a world full of germs, what can you do to shield your kids from infection and keep your family healthy? A summer safety must-read, **Keeping Your Kids Healthy in a Germ-Filled World: a Guide for Parents** will teach you how to protect your children wherever they are—at home or school, on the playground, while traveling—and whatever they are doing—playing sports, camping, visiting the beach.



Are you planning to hit the road in search of a summer adventure? Be prepared for anything with **Travellers' Health: How to Stay Healthy Abroad**. Containing a gold mine of information on virtually every health problem imaginable—from sunstroke to snake bites—this book is a must-have for everyone venturing off the beaten track.



With the weather warming up, now is the perfect time to get out and enjoy your favourite sports activities. But, do you know what to do if someone becomes ill or is injured on the playing field? Designed for coaches, but perfect for players and spectators alike, **Sports First Aid** will arm you with the information you need to prevent and treat athletic injury, reduce risks, improve performance, and return to play.

The featured books are available to borrow at the Health Resource Centre (HRC), located at the Brandon Regional Health Centre, or check your local library. To contact us, please email library@pmh-mb.ca or phone 204-578-4080. The HRC is open to the public Monday to Friday, 8 a.m. to 4:30 p.m.

Care & comfort close to home

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Murray House received its name after a generous donation from the Murray family and their automotive dealerships. It features eight private rooms with bathrooms, kitchen, living room, library/meeting room and recreation area. In June, the doors to Murray House open to out-of-town patients providing them with a comfortable home away from home.

“We are extremely pleased that this long-awaited project, with such grand vision from the Brandon Regional Health Centre Foundation, is now reality,” says Brian Schoonbaert, PMH VP of Finance, Capital and Support Services and Chief Operating Officer of the Brandon Regional Health Centre. “For patients and their families who have enough to deal with, this home will provide some peace of mind so those affected can focus on their cancer care and treatment.”

Murray House is just a block away from the Western Manitoba Cancer Centre. The WMCC is the only facility outside of Winnipeg providing radiation therapy,

along with chemotherapy and the supportive services of a clinical pharmacist, social worker, patient navigator and clinical dietitian. It also has four MBTelehealth units that connect patients to health care professionals outside of the centre, further reducing the need to travel far from home. Currently, the centre provides care and treatment for over 575 new patients per year, including over 300 new radiation therapy patients per year.

In addition to these facilities and services in Brandon, Prairie Mountain Health also has Community Cancer Programs (CCPs) located throughout the region. CCPs were first established in 1978 as a pilot project to treat breast cancer patients. These networks have continued to grow and are staffed with experts in cancer treatment that work with local health care providers to better coordinate care and offer services closer to home. Staff at the sites help patients navigate the system and make patients’ journeys more manageable.

As part of the Dauphin Regional Health Centre, the Dauphin Community Cancer Program opened in 1978. Today, with growth and innovation it has become a Regional Cancer Program Hub. It has the capacity of five chemotherapy chairs, two exam rooms and access to Telehealth, in addition to supportive services such as pharmacists, pharmacy assistants and a social worker. The Swan River

Community Cancer Program opened in 1998 providing similar services to the residents in our northern communities. In 2000, Hamiota, Neepawa and Russell became part of the network of cancer programs, and Deloraine joined that list in 2008. Today they have grown and are Community Cancer Program Hubs. All sites offer chemotherapy treatment and access to Telehealth. PMH is very fortunate to have two Regional Cancer Program Hubs and five Community Cancer Program Hubs as part of the provincial networks of cancer services.

In addition, in 2011 the Manitoba Government took another step by implementing “In Sixty,” Manitoba’s Cancer Patient Journey Initiative, a partnership including the Province of Manitoba, CancerCare Manitoba, Diagnostic Services of Manitoba and Manitoba’s regional health authorities all working together. The goal of the Cancer Patient Journey Initiative is to reduce the time from suspicion of cancer to first treatment to 60 days or less. Prairie Mountain Health has taken on a significant role in this initiative and continues to move forward working to alleviate stress by providing the best care close to home, allowing patients to put all of their efforts into battling this disease. ■

For more information visit:

- www.brandonrha.mb.ca/en/index.html and look for the “cancer resources” tab on the left-hand side of the page.
- www.gov.mb.ca/health/documents/mbcancer_strategy.pdf

Clara's Big Ride for Bell Let's Talk Rolls into Brandon

Tracy Ridgen – Mental Health Promotion

On March 14, 2014, six-time Olympian, **Clara Hughes**, set out on a national bicycle tour that will span over 110 days, 12,000 kilometres and hit every province and territory in Canada, all in support of Mental Health. Clara’s Big Ride for Bell Let’s Talk was created to reach Canadians at a grassroots level and is designed to encourage long-term positive change in communities and help eradicate the stigma associated with mental illness.

Brandon and the Westman Region are preparing to welcome Clara by holding the “You Don’t Have to Ride Alone” event on **Thursday, June 12, 2014**, at the Healthy Living Centre at Brandon University. Doors open at 5:30 p.m. and the event gets started at 6:30 p.m.

Ride, run, walk, or commute with family, friends and neighbours to meet Clara, cheer her on and help support her message to keep the conversation rolling for an end to the stigma surrounding mental illness. The event will feature autographed door prizes, Drums Alive performance, awards and presentations, along with mental health and physical activity information and displays.

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Benefits of Community Gardening

Jennifer Bewza, PHEC
Dietetic Intern, Prairie Mountain Health

By and large, gardening is already well-known for its physical health benefits. Gardening involves endurance, flexibility, and strength exercises, which make it a great way to incorporate practical physical exercise into day-to-day life.

Gardening also is considered to be a stress-relieving activity. Ask any avid gardener: there is something very therapeutic about reconnecting with the earth and getting your hands dirty!

What gardening is less known for, however, are its effects on the health of the community environment and in turn, its role in addressing the social determinants of health.

Social determinants of health: the influence that socio-economics, culture, and living environment have on an individual's health.

To improve the health of individuals, the social determinants of health must be considered. Research shows that the social determinants of health have the utmost influence on health—even more than individual behaviours have on health, including diet, physical activity, tobacco, or alcohol use.

By taking gardening out of the individual's backyard and putting it into a community context, gardening becomes an activity that grows so much more than just muscles and plants. When community members come together to cultivate a space, they are also cultivating a positive environment: community gardening develops the living environment by providing opportunities for relationship building, information sharing, and nutrition education. This allows for health concerns to be addressed from an environmental level rather than an individual one.

Relationship Building

Working with others to grow a community garden leads to growing relationships and connections with others. Community gardening brings people together who may not otherwise meet. It also leads to developing a sense of belonging to one's community.

Knowledge Sharing

Community gardening provides an opportunity for information to be shared between community members. People from all different ages and backgrounds work side-by-side and learn from one another. For example, in a community garden, community members might learn useful new skills. Knowledge sharing in this way is related to the creation of sustainability in communities.

Nutrition Education

In addition to the skills learned through knowledge translation, individuals participating in community gardens have the opportunity to learn about food and its origins while growing it themselves. Community garden programs also often provide workshops on topics such as food preparation, canning and food preservation, and composting. As a result, individuals who participate in community gardens tend to eat more nutritious food, and have higher fruit and vegetable consumption. ■

Websites / Links:

- Benefits of Community Gardens to the Built Environment (Together4Health): www.together4health.ca/workgroups/benefits-community-gardens
- Community Gardening (Child Hunger and Education Program): www.chep.org/cg/index.html
- Brandon in Bloom: www.brandoninbloom.ca/index.php

Growing Health and Wellness across Prairie Mountain Health

Chantal Morais RD, MPH, CDE

Health Promotion Coordinator -
PMH South Region

Carol Schnittjer RD, MPH, CDE

Community Health Nutritionist and Health
Promotion Coordinator - PMH North Region

What do gardening, cooking, and preserving food have to do with each other? They contribute to food skills. In order to have food skills, we must be food literate. Food literacy is your food-related knowledge, attitudes, and skills—meaning your ability to plan, select, prepare and eat food. Although these may seem simple they require many small steps, skills, and confidence.

Food literacy starts at growing. Being able to grow vegetables and fruits helps everyone regardless of income. When we are able to produce our own food, we are more food secure and have overall better health and well-being.

Gardening does not end when we pick the produce. What do we do with it after? How do we store our garden produce? How do we incorporate it into our lifestyle and diet? Gardening can seem difficult and who has the time to cook from scratch? Some days we may even be surprised by the fact that we fit eating into our hectic schedules between work, school, activities, and volunteering. The best thing you can do is start small to build confidence in your ability to garden.

Learning food skills contributes to eating healthier. High calorie processed convenience foods are linked to obesity, and we are eating more and more of these types of foods. Often homemade versions take a similar amount of time. These are skills that we learn from our parents, grandparents, friends, neighbours, schools, or trial and error. Make learning food skills a priority by teaching our children or asking our elders to teach us and supporting home economics programs in school. Take the time, grow or purchase whole food, prepare it and eat. It is time to listen to your body, not your schedule. Your body (and taste buds) will thank you for it.

Prairie Mountain Health hosts many



gardening/food preservation classes including the “My First Garden” workshop series. These classes focus on starting a basic vegetable garden that can be grown in your own backyard or a community garden, cooking with fresh produce and how to store and preserve the garden produce. In addition there are many garden projects including Community Gardens in the southern part of the PMH region. For information and further gardening resources contact Chantal Morais at 204-764-2412 ext. 268 or cmorais@pmh-mb.ca.

In Brandon there are a number of Community Garden locations throughout the city. For information on garden locations/co-ordinators and workshops see www.brandoninbloom.ca. On this site you will also find a link to register for the Brandon Community Garden Network.

In the North Region of Prairie Mountain Health, you will find gardening projects in a variety of locations, with different partners, and ages and stages of participants, and plots of many shapes and sizes.

In the Aboriginal and Northern Affairs Communities, many projects are supported by the Northern Healthy Foods Initiative (NHFI). Waterhen School, The Waterhen Primary Health Care Centre and the Waterhen Day Care have all had vegetable gardens, along with various fruit trees. The most unique raised garden in Waterhen was planted



in an old wooden boat, producing a fantastic crop of cucumbers. In the communities of Rock Ridge, Meadow Portage, Mallard and Crane River, they have grown a mix of container, raised and individual gardens, with vegetable and fruit crops. In addition to all these gardens residents are also able to take part in canning, freezing, composting and seed saving workshops to reap the benefits of all their hard work.

The Manitoba Métis Federation provided funding for community garden workers in Duck Bay and Camperville to tend to the community gardens at each site. There has been a bountiful assortment of vegetables which have been distributed and used by local community members.

The HERO (Helping Everyone Reach Out) Club in Swan River initiated raised gardens last year, with used tires, wooden raised beds, and hanging planters on fences.

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Tick-borne Disease in Manitoba

Dr. Sandra Allison

Medical Officer of Health, Brandon Site

Now that summer is on the way, many people will be found enjoying the outdoors; and, with increased time spent outdoors comes the opportunity to encounter many insects that may carry disease. One important insect is the tick, including the black-legged tick or deer tick, or the common American dog tick, also known as the wood tick, which may carry bacteria that can cause disease in people. These zoonotic (animal origin) diseases appear to be on the rise for a number of reasons, including global climate change and migration patterns of birds and other animals.

Blacklegged ticks live in locations that provide them with moist habitats. Wooded or forested areas are suitable grounds as they provide shade and leafy ground cover. Other mammals and birds live in these areas as well and are important in the life cycle of ticks, as they grow from larva to nymphs to adult ticks. Ticks do not jump or fly, and rely on animals or people to brush against them as they rest on foliage. Ticks feed on the blood of mammals and birds, and the bacteria from ticks that cause disease in humans is acquired when ticks feed upon wild animals; this bacteria may then be transmitted to humans after a blood meal.

The proportion of ticks infected with the bacteria, *Borrelia burgdorferi*, that causes Lyme Disease varies. Usually larger adult ticks are infected with the bacteria,

and this can range from 10-25% in low prevalence populations of ticks to 60% in well-established tick populations. Larvae and nymphs have lower rates of infection with the bacteria, but may be more likely to transmit the bacteria, as the nymphs are more likely to go unnoticed as they are so small. It is worth noting: the risk of contracting Lyme Disease almost anywhere in Canada is fairly low.

Lyme Disease is the outcome of infection and growth of this *Borrelia burgdorferi* bacteria. Transmission of the bacteria from an infected tick to a human requires a minimum period of attachment to the human host, generally more than 24 hours. Early local infection includes a characteristic rash and other symptoms of fever, fatigue, headache and joint pains. If an early infection goes untreated, spreading of the disease may develop. At this stage, the infection may affect the nervous system and cardiac system, and many other symptoms may last up to months. Ongoing infection without treatment can lead to a syndrome known as Late Lyme Disease and those symptoms may linger for years.

Prevention of Lyme Disease includes steps to address the breeding environment. As the habitat of the tick that carries Lyme Disease increases, it is important to take steps around your living environment to decrease possible exposure to the tick. Landscaping measures can be used, such as wood chip barriers between wooded or forested areas

and green spaces. There are personal measures that can be taken by people including wearing long sleeves and pants and tucking trouser legs into socks. Use repellants such as DEET or Icaridin, shower or bath within a few hours of being outdoors, and perform full body checks to remove ticks that may have attached themselves to the skin. (See sidebar: *How to Remove a Tick.*) Be sure to check young children and pets as well.

Other infections that can result from tick bites include Human Granulocytic Anaplasmosis, Babesiosis, and Tularemia. It is important to know the measures that can be taken to prevent infections by any bacteria, including Lyme Disease. Get outside and enjoy the great outdoors, but check for ticks when you go back inside!

Dr. Allison is the Medical Officer of Health based in Brandon for Prairie Mountain Health. As a consultant to the public health programs, the Medical Officer of Health provides guidance to regional health authority programs and services for disease and injury prevention, health protection and health promotion, health needs assessment and emergency preparedness.

Resources for Lyme Disease:

- www.phac-aspc.gc.ca/id-mi/tickinfo-eng.php
- www.gov.mb.ca/health/publichealth/factsheets/lymedisease.pdf
- www.gov.mb.ca/health/lyme/docs/brochure.pdf



How to Remove a Tick

If a tick is attached to the skin, remove it with tweezers: grasp the tick close to the skin with tweezers and pull slowly upward with steady pressure; avoid twisting or crushing the tick. Other methods such as using a match, petroleum jelly, soap, etc. are not recommended.

Cleanse the skin around the tick bite with soap and water or disinfectant.

Mark the date and location of the tick bite on a calendar for future reference.

If you develop a rash or other symptoms, see your doctor.

Spring is Coming: Protect Yourself with a Tetanus Shot

Rake the lawn...check.

Clean out the eaves troughs...check.

Sharpen the gardening tools...check.

Tetanus shot?

Whether the last of the snow is just melting, or the gardens are already in full bloom, Canadians from coast to coast are eagerly getting ready to head outside to cross jobs off their springtime checklist. But there is one item many Canadians may want to add to the top of their list this year: checking to ensure their tetanus shot is up to date.

Some Canadians might think tetanus is only caused by rusty nails. The truth is, the bacteria that cause tetanus live in soil, dirt and dust, and can enter the body through a cut or puncture in the skin—even a splinter is enough to let the bacteria in and cause infection. Projects like home renovations, gardening, and composting may put you at risk for contracting tetanus. It can also be spread through animal bites, or self-piercing or tattooing with unsterilized equipment.

Tetanus is part of the routine childhood vaccines given in Canada, starting at two months of age. Canadians should also receive routine boosters every ten years to ensure they are adequately protected. Adults who have not received a full series of tetanus during childhood need three doses of vaccine.

The Dirt on Tetanus

Tetanus is caused by a bacteria-producing neurotoxin. The bacterial spores are found worldwide and live in soil. Tetanus can cause severe muscle spasms which usually begin in the jaw (lockjaw) and descend downwards. Serious complications or death can occur if tetanus goes untreated. Older adults and those born outside Canada may be at increased risk of tetanus. This is because they may not have been fully immunized in childhood, or have incomplete/absent immunization records, making it difficult to determine how many tetanus shots they have had.

Roll Up Your Sleeves and Protect Yourself

To avoid contracting tetanus while working or playing outside, follow these easy steps:

1. Get a tetanus booster every 10 years from your local public health clinic or doctor or nurse practitioner.
2. Wear gloves, protective clothing, and footwear while renovating, gardening, composting, or doing yard work.
3. Be careful when using tools that could cut or puncture your skin.
4. If you are injured, clean wounds thoroughly and immediately with soap and warm water. Cover the wound and visit a medical clinic or the emergency room if it is a more serious injury.

The tetanus vaccine is effective, safe, and free for all Canadians! There is no reason anyone should be unprotected.

How Do I Find Out More Information About Tetanus?

You can contact your local public health office, nurse practitioner, or physician clinic or by visiting: www.immunize.ca.

Submitted by:

- Shannon Whaley, RN BN, Immunization Coordinator, Prairie Mountain Health (Brandon)
- Shaunna Watt-Dorscheid, RN BN, RPN, Immunization Coordinator, Prairie Mountain Health (Dauphin)
- Melanie Sanderson, RN BN, Immunization Coordinator, Prairie Mountain Health (Melita)

References:

- www.immunize.ca
- www.phac-aspc.gc.ca



Photo: ©shutterstock.com by Chris_Ewell

DASH Tent — Sunday, June 1st, Kirkcaldy School Grounds 10 a.m. to 4 p.m.

THANK YOU TO OUR 2014 DASH SPONSORS

Prairie Mountain Health and the BRHC Foundation thank the following businesses and volunteers who help make Dudley's Ambulatory Surgical Hospital - DASH Tent a huge success. Because of their support this fun and educational event is FREE to the children and their families!

- | | | |
|---------------------------|---|---------------------------------------|
| • BSN Medical | • Elite Safety Services Inc. | • Safeway - Corral Centre |
| • Canada Moving | • Humpty's Family Restaurant - 18th St. | • Smitty's Restaurant - Shoppers Mall |
| • Coca-Cola Bottling Ltd. | • MGEU | • Staples |
| • Dietitians of Canada | • Prairie West Academy | • Summit Promotions |
| • Display Manitoba | • Regent Custom Cresting | • Ventures |
| • Domino's Pizza | • Reid Takvam - Tent Rental | |



DASH Tent is held in conjunction with the Westman Dreams for Kids Children's Country Fair!



Growing Health and Wellness

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The Roblin Shell River Hillsburg Recreation Commission joined the Community Health Facilitator to offer planting workshops, with a variety of vegetables grown in pallets.

Alonsa School started the Alonsa Edible School Yard project last spring with fruit trees and raised vegetable gardens, and purchase of a garden shed to store the tiller, tools and supplies. Phase 2 will begin this spring with the planting of 15 additional fruit trees, raspberry canes, rhubarb and grape vines. Many of the seedlings for the garden are started in the classroom under their grow lights so the children can enjoy watching as the plants start to grow. Produce from the garden is used for nutritious snacks for the children’s classrooms as well as the school canteen.

In Ste. Rose, the hospital donated space for a garden for use by the Ste. Rose Youth Center. Youth ages 10-18 years grew assorted tomatoes, peppers, zucchini, pumpkins, watermelon, onions and cucumbers, and these foods were incorporated into their meals and snacks.

For further information on funding and resources for gardening initiatives in the North, please contact Carol Schnittjer, Community Health Nutritionist and Health Promotion Coordinator, at 204-629-3002 or email at cschnittjer@pmh-mb.ca.

Clara’s Big Ride

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Along with Clara’s message fits the fact that regular exercise is helpful in maintaining good physical health; preventing chronic diseases; as well as being helpful in improving overall mental health.

Research has shown the following:

- People who exercised regularly were less likely to report mental health concerns such as depression and anxiety than those who were not active.
- People with mild-moderate depression who began a regular exercise program found benefits similar to taking an antidepressant medication or participating in psychological treatment.
- Children with ADHD who exercised regularly reported fewer behaviour problems than they had before they began exercising.
- Older adults who are active showed improvement in memory function.
- Overall exercise can improve the way we feel about our bodies and overall self-confidence.
- People who exercised regularly reported being less bothered by stress.

Check with your health care provider if you are unsure if it is safe for you to exercise and before changing your current treatment plan for a mental health concern that you have.

For more information: www.bell.ca/clarasbigride or #ClarasBigRide

By the Numbers

Quick facts from the Prairie Mountain Health region:

9 Nurse Practitioners

4 Dialysis Units

2 Regional Cancer Program Hubs

5 Community Cancer Program Hubs

20 Telehealth Sites

148 Buildings Occupied, totaling in excess of 2,725,000 square feet



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www.prairiemountainhealth.ca



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