

thrive

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



Flu Clinics in Prairie Mountain Health set to start in October

Annual General Meetings

Prairie Mountain Health

Wed. Oct. 15 in Brandon

11:30 a.m. to 1:30 p.m.
Victoria Inn, 3550 Victoria Ave.

Wed. Oct. 29 in Swan River

11:30 a.m. to 1:30 p.m.
Swan River Friendship Centre,
1413 Main Street

As there will be a light lunch provided, please RSVP if planning to attend prior to October 10 by contacting Meagan Perkin at mperkin@pmh-mb.ca or toll free 1-888-682-2253.

Every year, the flu season in Manitoba begins in late fall and usually lasts until spring. For 2014-2015, the flu vaccine is available **free of charge** to all Manitobans. It offers protection against **three** flu strains, *including H1N1*.

The best way to protect you against the flu is to get vaccinated. Flu viruses change, so last year's vaccine may not protect you from this year's viruses. Prairie Mountain Health will launch its annual flu campaign after the Thanksgiving long weekend. Please watch for posters, check your local paper and listen for radio announcements for clinics in your community informing you of dates and locations.

What is the Flu? How is it Spread?

The flu is not a stomach virus, nor is it the common cold. The flu is a respiratory virus, and it is spread when an infected person coughs or sneezes. You can also get the flu when a person touches a surface with flu virus on it and then touches his or her nose, mouth, or eyes. The flu virus can live on hard surfaces for up to 48 hours, on cloth, paper, and tissue

continued on back page

Inside this issue of *thrive*

Letter from the CEO	2
Check It Out	2
Connecting to Care in Real Time	3
Living with Independence in Your Own Home	4
Filling in the Gaps	6
Move to Healthy Choices	7
By the Numbers	8

Local Health Involvement Groups (LHIGs)

Penny Gilson

CEO, Prairie Mountain Health

Your opportunity to become involved in exploring and providing advice to the Prairie Mountain Health Board of Directors on issues that impact the delivery of health services is here! Prairie Mountain Health will be creating four geographical Local Health Involvement Groups (LHIGs) this fall. Any member of the public who lives within the Prairie Mountain Health region is eligible to apply to become a member of a LHIG. The deadline for applications is October 31st – go to www.prairiemountainhealth.ca or call 204-483-5000 or toll free 1-888-682-2253 to request an application form and apply today!

All applications will be reviewed by an Ad Hoc Committee of the Prairie Mountain Health Board and appointments made as



Penny Gilson, CEO, Prairie Mountain Health

soon as possible following the deadline for applications.

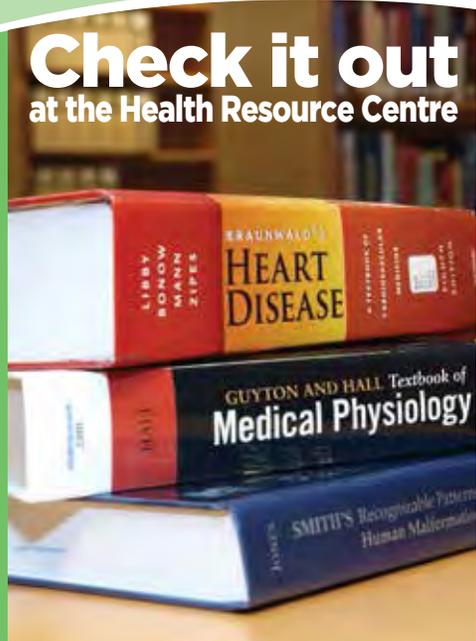
The LHIGs will function as a key component of Prairie Mountain Health’s public/patient/family engagement process and will provide one mechanism for the “community voice” in our planning and decision-making processes. So if you care about health and health services in Prairie Mountain Health and have the capacity

to make a commitment to “get and stay involved”, then please apply. Prairie Mountain Health looks forward to working with you to shape the future of health service delivery in this region! ■

Province celebrates 40 years of Home Care



Brandon East MLA, Drew Caldwell, Premier Greg Selinger, and Health Minister Erin Selby were on hand to celebrate the 40th Anniversary with PMH Home Care staff on September 9, 2014 in Brandon.



Check it out at the Health Resource Centre

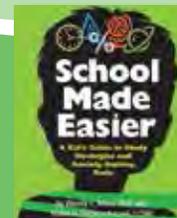


The Science of Making Friends

provides a groundbreaking, step-by-step guide to making and keeping friends for teens and young adults with social challenges—such as those diagnosed with autism spectrum disorder, ADHD, bipolar, or other conditions. With the book’s concrete rules and steps of social etiquette, parents and educators will be able to assist in improving conversational skills, expanding social opportunities, and developing strategies for handling peer rejection.



to-face communication becoming less common, it is no wonder the many “manner” and “etiquette” books fall short of reaching young people who are fully enveloped in a digital age. A smart approach to modern-day etiquette, **Socialsklz :-)** **For Success** touches on the topics of email, social networking, cyberbullying, and smartphones, but also breathes life into the basics: how to speak, shake hands, make conversation, and behave in all social settings.



Back to school can be an exciting time, but as work piles on and test dates approach, a lot of kids start to feel stressed and frustrated as they struggle with school work. Believe it or not, school can be less stressful—and even fun! Perfect for ages 8 to 13, **School Made Easier** will teach kids all the tips and tricks needed to reduce anxiety, increase confidence, get organized, and study more effectively.

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. The HRC is open to the public Monday to Friday, 8:00 a.m. to 4:30 p.m. To contact us, please call 204-578-4080 or email library@pmh-mb.ca.

Connecting to Care in Real Time

Linda Gregoire from Roblin finishes up her doctor's appointment with Radiation Oncologist Dr. Bashir in Brandon. Dr. Bashir walks down the hall back to his office, and Linda gets in the car and is home in a matter of minutes. Linda just saved herself five hours of driving time by using the MBTelehealth services located at the Roblin and District Health Centre. MBTelehealth uses a secure link to provide video-conferencing, so you can see, hear and talk to a health-care provider on a television screen in real time.

Linda travelled to Brandon for radiation therapy at the beginning of this year for three weeks; six weeks after radiation was completed she had a follow-up appointment in Brandon. Now she is using MBTelehealth for her six-month checkup and feels this is a great alternative. "MBTelehealth saves a lot of travelling, a lot of money. Last time my husband had to take time off work, and that is not always easy to do," says Linda.

Dr. Bashir uses MBTelehealth at the Western Manitoba Cancer Centre as much as possible. He has patients come in person to Brandon for initial consultations or if they are experiencing problems. If things are going well, he will order tests that can be done closer to home and review those results with the patient via telehealth. "Everyone is different, but after their six-week checkup if they are doing well, much of the follow-up appointments can be done using telehealth. If at that time they are experiencing any problems, they would be required to come in."

Albert Johnson from Erickson travelled to Brandon to receive chemotherapy treatment six times last year. He would then have to travel to Winnipeg to see his specialist for medical appointments. His wife Gale said those were the trips that were difficult. At the end of his last chemotherapy session, he was told he could do some of his follow-up appointments using MBTelehealth located at the Western Manitoba Cancer Centre in Brandon. Albert said it was a lot easier travelling two hours vs. six hours to see his doctor. "This was so much better, said Albert. "It is stressful travelling to Winnipeg, trying to find parking for an appointment that may only last 10 minutes. We can save time and money by using MBTelehealth for some of my appointments."

Prairie Mountain Health (PMH) spans an area of 67,000 square kilometres from the 53rd parallel in the north to the United States border in the south and reaches from the Saskatchewan border across to the lakes and central Manitoba. MBTelehealth can help bring health care closer to home. This technology can be used for health-care services, continuing education and family visits between communities across our region and the province. Currently, there are 17 communities in the region with MBTelehealth capabilities. ■

PMH communities currently offering telehealth services:

Baldur, Brandon, Dauphin, Deloraine, Grandview, Hamiota, Killarney, McCreary, Neepawa, Rivers, Roblin, Russell, Shoal Lake, Ste. Rose, Swan River, Virden and Winnipegosis.



Linda Gregoire in Roblin has her doctor's appointment using MBTelehealth with Radiation Oncologist Dr. Bashir in Brandon.



PMH staff located in Brandon have a patient consultation with a physician located in Winkler.



CAREER OPPORTUNITY

Prairie Mountain Health Professionals...

DELIVERING QUALITY HEALTH SERVICES

Join our team for diverse health care opportunities.

- Rural & urban employment opportunities
- Competitive salary & excellent benefits
- Career advancements

For a complete listing of available opportunities please visit our website.

www.prairiemountainhealth.ca

Home Care

Living with Independence in Your Own Home

The MacKalskis have lived in their home for 40 years. When Bob became ill last year and ended up in the hospital, he didn't know if he would ever be able to return. But with the help of Home Care and his wife Marlene, Bob is back in his residence and living comfortably. After getting out of the hospital, Bob's care needs had changed and it was just too much for Marlene to handle on her own. She had suffered a stroke a number of years ago and wasn't able to do any heavy lifting. When staff from Home Care first came to visit, Marlene didn't know what to expect. "Our initial feeling was our life is over, but it wasn't. A new life had begun," says Marlene. "The girls are part of the family. We joke together, we tell stories, and they keep us young. I just love them."

Home Care comes twice a day and helps Bob in the morning and evening with dressing, bathing, and getting in and out of bed, along with other medical needs. Tracy Dixon is one of his Home Care Attendants. "I just love my clients. They are the best thing. I never thought it was something I could do, and here I am 12 years later," says Tracy. "You get to know your clients and their families. It's so much fun, and I just love to do it."

At 91 years of age, Bob says he would like to be able to stay at home as long as possible where he can relax and enjoy the things he still likes to do. "The Home Care



Bob and Marlene MacKalski of Brandon, along with Home Care Attendant Tracy Dixon.

staff provide a beautiful service; the young ladies come in, and I find that they are very obliging, making sure I am comfortable, and they are efficient in what they do," says Bob.

That is what the Manitoba Home Care program was designed to do: assist individuals and their families in their efforts to remain independently in their own home for as long as safely possible. It is recognized that some people need ongoing health services to help them with their activities of daily living, but not necessarily needing the level of care provided in a hospital or personal care home. This goal has guided Home Care since it was first developed in 1974, with this year marking the 40th anniversary of the Manitoba Home Care Program.

The Home Care program facilitates hospital discharges and emphasizes the promotion of care in the home, with special attention to care plans that prevent or delay entry into long-term care facilities. Home Care will also coordinate the admission to a facility such as a personal care home when living in your home is no longer a viable option.

The Home Care Program does not have age-related eligibility criteria, but the majority of clientele have been the elderly and disabled. Eligibility for Home Care service is determined through an assessment by a Case Coordinator. They explain what they would be able to do and how they could help individuals to continue to live at home. Some of the criteria include:

- Care needs are such that even with the assistance of family/informal support network and available community resources, the individual would be unable to remain safely at home.
- The provision of services will delay or prevent deterioration of functioning essential to remaining safely in the community.
- Without services, the individual is or will become at risk of placement into a personal care home or chronic care facility; entering into a hospital, or remaining in hospital; or at risk of premature re-admission to hospital.



Long-time client Olga Boychuk of Shoal Lake with Home Care Attendant Marnie Bonchuk.

The Home Care program offers a full range of services including assistance with personal care and activities of daily living. Nursing care addresses more specific medical needs such as wound care, catheter care, insulin, etc. Part of the program also includes respite care which aims to provide some relief to primary caregivers through in-home respite or through adult day programs. Depending on the needs, occupational and physiotherapy services are also provided, as well as equipment and medical supplies to support the provision of care at home. Each client is assessed and their needs are determined, which sets the action plan for an individual.

Prairie Mountain Health has almost 3,500 Home Care clients throughout the region. There are approximately 800 staff in permanent or casual positions that make up the Home Care team (see sidebar). Every team role is critical in making sure needs are met, and clients can live as independently and safely in the community for as long as possible.

* * *

Marnee Bonchuk is a Home Care Attendant covering the community and RM of Shoal Lake. She has been involved in the Home Care program for the last 27 years in a number of positions. Marnee is now back doing what she loves—working one on one

with her clients—and visits anywhere from 15-20 clients per day depending on their needs. “I have seen the results of being able to care for someone in their home. We truly keep people longer in their homes because of the care that we can give them,” says Marnee. “Sometimes clients don’t see anybody for days on end, except for the Home Care girls, so it makes it special. You become part of their lives, and they become part of ours.”

For staff like Marnee and Tracy, their jobs are something they look forward to every day. “It isn’t just about what I can do for them; it’s what I gain from the people that I have encountered over the 27 years. It has been amazing because everybody has a story, and everybody has something to share,” says Marnee.

For clients like Bob and Marlene MacKalski, their health-care workers and the Home Care program have meant keeping their independence for as long as safely possible, because as Marlene says, “At home we can be relaxed. There is no place like home—that is where your heart is.” ■

If you have any questions regarding home care services provided in Prairie Mountain Health and whether you or loved ones can qualify for the services, contact your local health unit and ask to speak to the Home Care Case Coordinator.

Home CARING Team

A glimpse at the positions that make up the Home Care Program across PMH. (Employee numbers are a combination of permanent and casual positions.)

Case Coordinator - 44 - is a nurse/social worker who is responsible for the assessment of a client/family to determine care needs and eligibility for the Home Care program or Long Term Care Placement. Together with the client/family, they develop a mutually agreed upon plan of care.

Resource Coordinator - 35 - responsible for scheduling and supervising the direct service staff into the client’s home to provide care.

Scheduling Clerks - 10 - provide support to the Resource Coordinator with scheduling duties of direct service staff.

Supervisor of Seniors Programs - 3 - responsible for the development, coordination, implementation, evaluation and operation of seniors programs

Home Care Direct Service Staff

Nursing Staff - 101 - responsible to provide direct nursing treatments, such as wound care, catheter care, insulin, etc.

Home Care Attendants - 640 - provide assistance to clients who require help with personal care, mobility, hygiene, medication assist, transfers, toileting, etc.

Home Support Workers - 8 - provide supervision or assistance to clients in the activities of daily living where hands-on care is not required. This may include bulk meal preparation, laundry, etc.

Tenant Support Workers - 25 - provide 24-hour support/direction/guidance to the supportive housing tenant in their instrumental activities of daily living.

Community Support Workers - 14 - provide support and services for assistance with instrumental activities of daily living in a designated community congregate setting.

Home Care Clients Currently Served

Total for PMH - 3,468

As part of marking the 40th anniversary of the Manitoba Home Care Program, clients were asked to share their stories and experiences. Prairie Mountain Health wanted to share one of those from a Dauphin client in this edition of *Thrive*.



Joyce Weaver (left) with her home care worker Jennifer Maraski.

Joyce Weaver, Dauphin

I have been involved with the Home Care program since 2004, when I broke six vertebrae in my lower back. I was unable to do anything—bend, lift, etc.—only walk with a walker. I have had many workers over the years and have found them to be kind, considerate and caring. They are very observant as well, as they have come in and sent me to the hospital as they felt I shouldn’t be alone. They have called my family when needed and overall have been great. I had one worker for nearly ten years and liked consistently having the same worker as I feel they really get to know you and notice any changes. I find them great and would highly recommend their services to anyone that has need for them.

Filling in the Gaps

Chris Bromley

Program Manager, Child & Adolescent
Mental Health - South

Studies suggest that as many as 14-25% of children and youth experience significant mental health issues¹. Most mental health problems can be detected prior to the age of 24, and 50% of these difficulties surface before the age of 14². Social stigma associated with mental health problems deters many youth from seeking help from community professionals³. Access to a broad range of mental health services for children and adolescents is important for the overall health of our community.

So how do we address these issues within Prairie Mountain Health (PMH)? The Child and Adolescent Mental Health Team strive every day to provide responsive valuable service to children, youth and their families experiencing mental health problems. With the direction of the Evergreen Framework for Child and Youth Mental Health from the Mental Health Commission of Canada (www.mhcc.ca), a four level approach is used.

Promoting Mental Health literacy and awareness is the first step on our continuum of services. School based mental health resources and education is delivered through Teen Health Clinics and presentations to classes. Public events and anti-stigma campaigns are also held and sponsored by PMH across the region, promoting mental health for all.

Another facet of the continuum of mental health services is prevention. One initiative behind prevention would be parenting resources and courses. The Triple P positive parenting program is available in different forms across the region. Public Health programs and Health Promotion teams also provide excellent information on parenting and early bonding with children, which can be a preventative measure for developing mental health problems. We also provide presentations on resiliency, coping and wellness aimed at teaching youth not only to recognize mental health problems, but also how to take care of themselves and cope with everyday life.

Not all mental health problems can be prevented. The other end of the continuum is intervention and care. Community Mental Health Workers are located across the region. Each worker also has access to consultation and assessment time with a psychiatrist and, in most areas a psychologist. Our focus is not only the decrease in symptoms of mental health problems, but to help youth develop the skills they need to experience wellness above all else. Mental Health is not the absence of a mental disorder, but is a “state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”⁴.

In times of crisis, a ten-bed Crisis Stabilization Unit (CSU) located in Brandon is also available to youth and their families. This is a short stay treatment unit that is staffed by psychiatric nurses, psychiatrists, psychologists, social workers, teachers and psychiatric nursing assistants. Treatment at the CSU focuses on assisting clients and families to understand and resolve the specific crisis, while anticipating future problems and contributing factors.

If you have any further questions about mental health services for children and adolescents within Prairie Mountain Health please call 1-866-403-5459 or visit our website at www.prairiemountainhealth.ca for more information about our Mental Health Services.

For more information about mental health and mental health problems you can visit www.cmha.ca or www.mhcc.ca.

The Child and Adolescent Mental Health Team is committed and dedicated to helping the youth and families within PMH. As the team continues to learn and grow, its commitment is to provide accessible and responsive mental health services for all. ■

1 Waddell, Shepherd, Chen, & Boyle, 2013; Boyle & Georgiades, 2009; Canadian Institute for Health Information, 2009

2 Kessler, Berglund, Demler, Jin & Walters, 2005

3 Waddell, Offord, Shepherd, Hua, & McEwan, 2002

4 World Health Organization



Move to Healthy Choices

Christa Veitch

Health Promotion

Hockey equipment is rolling in, dance costumes are fluttering by, and curling brooms are sweeping through the doors... it's time for the recreational facility in your community to come alive with kids, parents and adoring fans! But the never-ending question comes up: "what and where are we going to eat?"

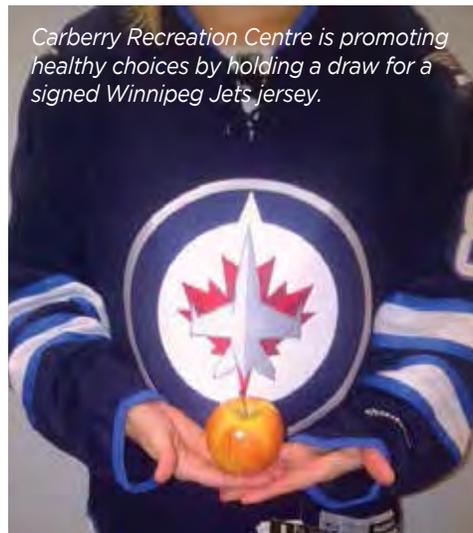
The project is called "Move to Healthy Choices." It began in 2007 as it became obvious that families are spending hours upon hours at facilities and are growing tired of the traditional items in the canteens. The project's purpose is to help recreation facilities offer healthier choices in their canteens and vending machines. It is about adding healthy options to the menu, not about taking away items from the canteen. "Move to Healthy Choices" started with a dedicated group of individuals who designed a toolkit and workshops and has grown over the years to offer many other resources for facilities to use. The Prairie Mountain Health Registered Dietitians and Health Promotion Coordinators play a key role on this committee to assist the facilities to choose healthy food items, promote their healthy menu, develop a nutrition policy, and much more.

For the *Move to Healthy Choices* committee, an important component of the project is offering support to facilities to have a nutrition policy in place, so positive changes will not be lost from year to year. This past year, two facilities (Hamiota and District Sports Complex and Baldur Recreation Centre) in the Prairie Mountain Health region have created a nutrition policy for their facility canteen to ensure healthy choices are always offered and supported at the facility. Both facilities worked hard to put a policy in place that is effective and realistic, and have had much success with their new menu!

Promotion of healthy items is another important part of offering healthy choices and making them successful. Facilities like Carberry Recreation Centre have been very creative with promoting their healthy choices. If you purchase an item off their healthy choice menu, not only do you nourish your body, but you also get a ballot to enter your name in a draw for a signed Prairie Mountain Health



Leigh Wood, Concession Operator for Brandon's Community Sportsplex, displays some of her "healthy choices" available at the canteen including homemade gluten-free baking.



Winnipeg Jets jersey! Carberry also makes sure their healthy options are priced lower than the other options to give more incentive for people to purchase them. Another tip: take color pictures of your healthy items and post them around your facility to promote them!

Vending machines can also be a source for offering healthy choices! For example, the Killarney Shamrock Centre has added a new vending machine to the facility that provides some healthier options such as milk, fruit, nuts and seeds. The vending machine allows over half the items to be refrigerated, allowing for a

variety of snacks and beverages to be sold.

The move can be simple; starting with one or two healthy items is all it takes to start helping your facility make the move! For example, chocolate milk is a great way for athletes to re-fuel, and it is a simple healthy choice to add to your menu! Homemade soups are always a hit, fill it with veggies and whole-grain pasta, and you will have a delicious warm meal on a cold winter day (make it ahead and freeze it)! There are many great snack and meal ideas in the toolkit, newsletters, and other resources found online at healthylife.cimnet.ca. For more information about the project, you may also contact Kris Doull toll free at 1-800-259-6592.

As a committee, we want everyone to be aware and involved in this great project. This fall, a *Move to Healthy Choices* committee member from PMH will be travelling to Dauphin to present to the Health Promotion Team and Recreation Directors on *Move to Healthy Choices* and how to encourage participation of the facilities in the northern part of our region.

Move to Healthy Choices is a partnership between Prairie Mountain Health, Westman Recreation Practitioners Association, Children and Youth Opportunities – Westman, and Manitoba Healthy Living Youth and Seniors. ■

Flu Clinics in Prairie Mountain Health set to start in October

continued from page 1

for up to 12 hours, and on hands for about five minutes!

The flu is very contagious, and people can spread the virus before they show any symptoms. Some people will not have symptoms, but can carry the virus and spread it to others. The flu can lead to serious complications such as bacterial infections, bronchitis, pneumonia, and kidney or heart failure.

What is the Flu Vaccine?

The flu vaccine is a needle that is given in the arm. For some people, the flu vaccine can be given a different way, through a spray that is put inside a person's nose.

Every year, scientists monitor the global spread of flu and decide what flu viruses will most likely cause widespread illness. Each flu vaccine contains three of these 'killed' flu viruses--meaning they can't harm you or make you sick. The vaccine helps your body recognize these flu viruses so it can protect you.

Why Do I Need a Flu Shot Every Year?

Because flu viruses change over time, each year a new flu vaccine has to be developed. That is why it is so important to get a flu shot every year.



Who Should Get the Flu Vaccine?

The flu vaccine is recommended for all Manitobans over six months of age.

Some people are at greater risk of serious complications from the flu. The flu vaccine is strongly recommended for the following individuals: children age six months to 59 months, those with a chronic illness, seniors age 65 years or older, healthy pregnant women, residents of personal care homes or long term care facilities, health care workers and first responders, individuals of Aboriginal ancestry, and people who are severely overweight or obese. The flu vaccine is also recommended for household contacts or caregivers of these people.

Are There Any Side Effects?

Vaccines are known to be very safe. It is much safer to get the flu vaccine than to get the flu. The most common side effect of the flu vaccine is redness, soreness, and swelling where the needle was given. Some people may have chills, fever, or fatigue. These side effects should go away in one to two days.

How do I Find out More Information about the Flu?

You can contact your local public health office, nurse practitioner, pharmacy, or physician clinic. You can also visit www.gov.mb.ca/health/flu/index.html for more information on the flu. Check out PMH's flu clinic dates by visiting Prairie Mountain Health at www.prairiemountainhealth.ca. Please watch for posters, and check your local newspapers and listen for radio announcements, for locations and times of flu clinics in your area. Don't forget your Manitoba Health Card.

Submitted by:

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

By the Numbers

Quick facts from the Prairie Mountain Health region:

35 Physiotherapists

32 Occupational Therapists

27 Rehabilitation Assistants

2 Recreation Therapists

3 Audiologists & 1 Assistant

4 Million kilograms of laundry processed by PMH Laundry Departments each year



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Your feedback is encouraged. Send comments to: Monica Truffyn Communications Coordinator
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