



TDMH TOPICAL

March, 2019

The Scoop ... with Sandy



Sandy Jansen,
President and CEO
Alexandra Hospital, Ingersoll
Tillsonburg District Memorial Hospital

I had the pleasure in early February to attend the Annandale House to view the "Call the Doctor – A History of Medicine" exhibit at the Pratt Gallery. Congratulations to the team at Annandale House for crafting such a rich and detailed story of the evolution of medicine in our community. The exhibit is open until April 28. If you haven't gone I highly recommend it!

It is remarkable to look back over almost a century now and see how far our hospital has come in a rapidly changing and challenging healthcare environment. As we launch into this brave new mostly unknown world of healthcare in our province we cannot forget the words of Martin Luther King Jr... "We are not makers of history. We are made by history."

A few weeks ago we celebrated the Chinese New Year with our staff at a luncheon hosted by

our Board of Directors. Our Board wanted to find a way to thank our incredible staff for the work they do every single day to serve our patients and their families. These events take a lot of planning and I want to thank Kim Potts, Niki Lavoie and Lorelee Heemskerk for the creative genius that turned our cafeteria into a beautiful tribute to the Year of the Pig! I also want to thank food services, environmental services, stores and receiving and laundry services because without all of these individuals, events like this can't happen.

There are some who wonder why we at TDMH like to celebrate the Chinese New Year? Well, we do like Chinese food...but it is much more than that. There has been a longstanding 'sister city/hospital' relationship between Tillsonburg and Hengshui City, China. The relationship dates back to the 1940's and 1950's when Dr. Tillson Harrison, a Canadian physician from Tillsonburg, assisted in the United Nations Relief and Rehabilitation Administration in China. Dr. Harrison saved many lives in China during the revolution, and is widely honoured in China as a National Hero. The Harrison International Peace Hospital in Hengshui City was named in his honour.

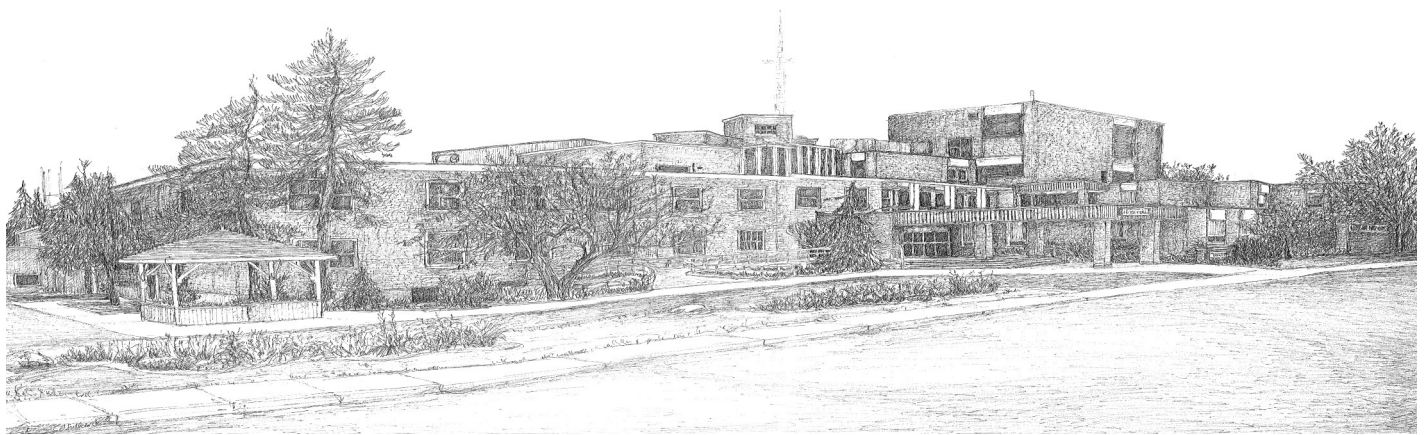
So as we say goodbye to winter and look forward to warmer weather ahead – I want to sincerely thank each and every member of our team. It is the work of all you, in every single role at the hospital, that make us what we are and what we will be as we continue to provide exceptional care here at TDMH.

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As always, I invite your questions, reflections, and feedback about our hospital. I always appreciate hearing what's on your mind.

We are small hospitals with big hearts!





Chinese New Year Celebration!

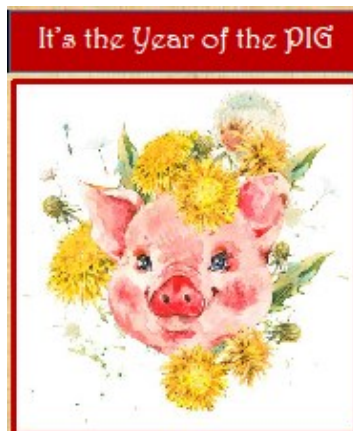
The Board of Directors hosted a Staff Appreciation Luncheon on February 5th and the theme was the Chinese New Year. Thanks to everyone for helping make this such a successful event. The message to staff:

THANK YOU...

*For all your hard work and dedication;
For being so compassionate and caring;
For going above the call of duty;
For making a difference.*

*As you venture into the Chinese New Year,
we wish you joy, health and a prosperous 2019.*

TDMH Board of Directors



TDMH Laboratory Hosts Tillsonburg Girl Guides



On February 11th, the first Tillsonburg Girl Guides were hosted to an evening of science experiments by our very own laboratory techs. Deanna, Jamie, Bobbie-Jo and Amy did a laboratory tour and had stations with microscopes, reagents and

chemical reactions. Everyone thoroughly enjoyed themselves and hopefully an inspiration into science will come for some young ladies,

Caroline Lucas





In the Spotlight with Lynda “Lyn” Roloson



Lyn started as a Lab assistant on January 5, 1973. Her duties included blood taking, doing ECG's along with various clerical duties. In those days all patient orders were transcribed by hand; this meant writing the patient info on a separate requisition per department order i.e. hematology, chemistry and so on.

OHIP charge slips were submitted to the business office with the LMS units totaled per patient at the end of each day. The structure of the hospital (in 1973) Total Beds 147: 3rd Floor: Delivery Rooms and Obstetrics, 2nd South: Surgery, 2nd North: Medical, 1st South: half Medical and half Pediatrics, 1st North: Geriatrics, and ICU was a 5 bed portable unit off of 1st South.

After a major hospital reconstruction the Lab was relocated downstairs. This was the starting by the Lab of the cardiac stress testing which was initialized by Dr. Liwanpo; who became and remains; a respected, much appreciated mentor.

Lyn was assigned to the department with stress testing in the morning and lab assistant duties in the afternoon. Norman Crowe, the department head at the time, brought in Cardiac (holter) monitoring. Lyn's job now was stressing in the morning and holter monitoring in the afternoon. Stress tests were done on both inpatient and outpatients. Holter monitors were done on out patients only. Holter monitors record all cardiac activity over a 24-48 hour or 72 hour period. When the monitor is returned, the data is downloaded and scanned (by Lyn). An internist would review and diagnose any of her findings. A report was then issued to the ordering physician.

Lyn has worked with many hospital administrators over the years: George Stevens, Ralph Carew, Jim Spencer, Brenda Butters, Tom McHugh, Crystal Houze and presently Sandy Jansen.

She has had 6 different department heads: Mike Hardy, Norman Crowe, Maurice Goulet, Michael Haselbah, David Baird and presently Deanna Goyette.

Lyn has worked along side of 9 internists: Dr. Liwanpo, Dr. Filipich, Dr. Bishinsky, Dr. Lam, Dr. Aswald, Dr. Abdalla, Dr. Nimir, Dr. Hayat and Dr. Naser. She has had the opportunity to learn and gain cardiac insight from each internists technique. In the late 1990's the then department head of the Lab Maurice Goulet and the department head of Xray/ Ultrasound Denis Turcotte along with Marty Klein proposed the idea that the public would be better served if all outpatient services were combined and located on first floor. As a result, we now have Diagnostic Services. The bleeding room, stress lab, holter monitor department is now upstairs. Cardiac ultrasound (Echo) and advanced respiratory testing were also included.

1973 – 2019: A learning journey.





Guidelines for Choosing a Weight Loss Program

If you are thinking of joining a weight loss program, you can use these facts as a guide to help you choose a program that is nutritionally balanced, safe and effective over the long term.

Steps you can take:

Before joining a weight loss program, consider the following steps:

1. Don't be shy! Ask questions up front

You should know what to expect from a commercial weight loss program BEFORE you join and start the program.

2. Look for "Red Flags"

The weight loss industry is not regulated in Canada. It is up to you to choose a safe and trustworthy weight loss program. Here are some "red flags" that may tell you that a program does not meet your health needs:

- Promises fast weight-loss (more than one kilogram (two pounds) per week).
- Recommends a very low calorie diet plan (below 800 calories per day) without medical supervision.
- Tries to make you dependent on their company by selling you products such as foods or supplements rather than teaching you how to make good choices from regular grocery store food.
- Does not encourage long term realistic lifestyle changes, including regular exercise and a healthy diet that suits your lifestyle and health.
- Employs salespeople who act as "counselors", but are only trained on the program and the company's products and not on healthy approaches to help you change your behavior to help you lose weight.
- Requires you to sign a long term, expensive contract.
- Pressures you to sign up right away by offering a "special price".
- Does not tell you about the risks that may go along with weight loss or their specific program (for example: if you have diabetes and take prescription medication, it may affect you differently after you lose weight).
- Promotes weight loss aids like starch blockers, fat-burners, herbs, supplements or amino acids that have not been scientifically proven to have any health benefits. Talk to a dietitian or other health professional to find out this information.
- Does not offer support or follow-up to help you lose weight and keep it off.

3. Decide if this weight loss program fits well with your lifestyle

Ask yourself the following questions:

Can I see myself:

- Following the program (menu) plan for life?
- Enjoying the changed lifestyle long term?
- Being successful in this program?

If you answered no to any of these questions, then the program is likely not right for you.

Consult a Registered Dietitian

Talk to a Registered Dietitian who can help you lose weight in a way that suits your lifestyle.



Registered Dietitians

Left to Right: Karen Cook
and Julie McConkey-Barks



HAPPY NEW YEAR

From your Recreation Committee

GOODBYE 2018 ! HELLO 2019 !

As another year passes, we would like to recap on all Of the fun we had in 2018. Here is everything the Rec Committee was able to do because of YOU!

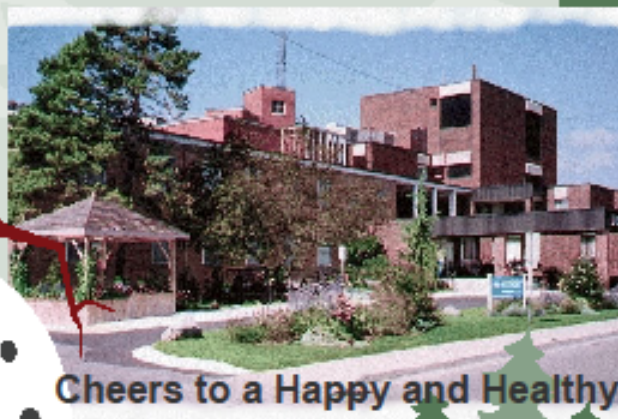
- Valentine's day Candy Grams and punch break
- Olympic Day Cake Break
- Easter Gift Card Draw
- Mother's Day Draw
- Father's Day Draw
- 30 Days of Gratitude Appreciation cake break
- Craft and Vendor Fair
- One of a Kind Bus Trip
- Kids Polar Express Christmas Party
- 12 Days of Christmas

The TDMH Recreation Committee would like to thank all Team Members for their continued support and contributions in making 2018 another great year.

We are always in search of new committee members and ideas. For more information email recreationcommittee@tdmh.on.ca

Your Recreation Committee Members:

Cheryl Pfaff
Jackie Fletcher
Karen Atkins
Kim Telfer
Kimberly Potts
Loralee Heemskerk
Melanie Kennedy
Niki Lavoie
Shari Mudford
Shanye Chambers
Tanya Chilcott
Tara Paret



Cheers to a Happy and Healthy 2019



Welcome To Our New Team Members

New Team Member articles are listed next to each new team member picture if a "New Hire Questionnaire" had been completed. This is such a great way to gain some fun facts about you our new team member! Welcome and Kudos to you for sharing!



David Pankoff
Operating Engineer
Plant Operations

Dave Pankoff has joined TDMH as an Operating Engineer. Prior to coming to TDMH, Dave worked at London Health Sciences Centre for over 30 years and Ford Motor Company. Dave is a 3rd class Stationary Engineer.

We are extremely pleased to have Dave join us. Please welcome Dave to TDMH.



Jennie Rodney
Registered Practical Nurse
Medical / Surgical

Jennie enjoys reading non-fiction. Her favourite book is "Girl Wash Your Face!" and favourite movie is "Leap Year". She loves dogs, munching on chips and prefers hot chocolate over coffee or tea!

If given the opportunity, she would love to eat dinner with Michelle Obama and would also venture to Alaska on a heart beat!

Welcome to the team Jennie!



Thyra Wolters
Registered Nurse
Emergency



Paige Matthews
Patent Registration Assistant
Patient Registration



Heather Simpson
Dietary Aide
Food Services



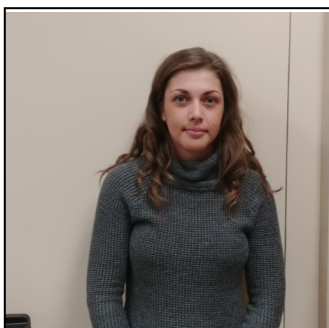
Christopher Baldwin
Registered Nurse
Medical / Surgical



Jessica Vandenbroere
Registered Practical Nurse
Medical / Surgical



Toria Ashford
Registered Practical Nurse
Medical / Surgical



Kristine Overholt
Registered Practical Nurse
Medical / Surgical



Craig Feddema
Registered Practical Nurse
Medical / Surgical



People Page Team Members are encouraged to share human-interest stories, poems, recipes, educational achievements, congratulations and retirements. Articles can be mailed to Dawn Copeland-Tomlinson in the Diabetes Education Program or emailed to the TDMH Topical at tdmhnewsletter@tdmh.on.ca.



Retirements



Bill Moore
Biomedical Engineer

Bill joined TDMH in October 1984 and will be retiring on June 1, 2019 after 34 years of service to TDMH!

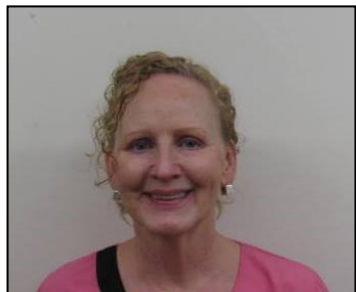
Dave and Bill's contributions have been integral to the success of our facilities management and we thank them for their years of dedication and commitment to our patients, families and staff. Congratulations!

Wishing these two long-term employees all the best in the next phase of their journey!



Dave Metselaar
HVAC / Electrician

Dave joined TDMH in August 1980 and will be retiring on July 1, 2019 after 38 years of service to TDMH!



Mary Ostler-Reich
Dialysis Unit Assistant

Mary joined TDMH in August 2003 and retired on February 18, 2019 after 15 years of service to TDMH!

Congratulations to Mary, our Patient Services Team Member on her retirement!!

Best wishes to you! Enjoy this special time in your life!

Congratulations

TDMH Topical

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We're online! For today's issue as well as previous issues, please visit us on the internet and intranet.