



CONNECTIONS

Exceptional care and patient experience: Every Patient—Every time

January/February 2021 - Volume 6, Issue 1 & 2

GWM Med Surg Communal Shower

The Lioness Club of Perth generously donated funds to support the renovation of the much needed accessible shower on the second floor at the GWM Site. The shower renovation saw the removal of the inaccessible and slippery shower base and reconstructed the floor grading to allow for a larger shower area. A larger floor drain was installed to avoid any drain blockages. The walls were repaired and new ceiling tiles and dimmable LED light fixtures were installed.

This renovation supports the quality and safety measures for our patients and staff. This work could not have been accomplished without the funding of the GWM Foundation and its amazing donors.

Below are before and after photos of the shower.



Perth ICU Renovations

The work continues... another area that has been undergoing a renovation is the GWM Site ICU. This area has been reworked to include a proper medication room and ICU family lounge. With this year's Hospital Infrastructure Renewal Fund (HIRF) along with the generosity of our community, PSFDH was able to accomplish these infrastructure projects.

This renovation will see Room 207 divided into an ICU family and a single patient room. Once this part of the project has been completed, work will shift to the transformation of the current ICU medication room. Due to the size of the Perth ICU much of the items that they require will be temporarily relocated into the newly renovated single patient room 207 while the ICU medication room is constructed.

In order to support both Patient Care and the much needed renovations, both rooms 312 and 222 will be split into double occupancy rooms.

It is anticipated that both of these projects will be completed by March 1st, 2021.



Congratulate Your Peers

We would like to recognize the following people for the months of January and February:

- Debra Robertson
- Lisa Carter
- Angelina Heliotis
- David Carter
- Megan Ferguson
- Sara Muldoon

They were nominated by their peers for their commitment to regularly mobilizing their patients!



Thanks for being ambassadors of the Hospital's MOVE TO IMPROVE program and incorporating early and regular mobilization of your patients...your efforts do not go unnoticed and are most certainly appreciated in the Hospital's commitment to high quality patient care.

Through the concerted efforts of our dedicated staff to keep our patients moving, 89% of the patients we discharged home in the 2020/2021 fiscal year so far, either maintained or gained functional ability.

KEEP UP THE GOOD WORK!

Welcome to Our New Hires

January Hires

- Craig Boyd – Environmental Assistant
- Autumn Trevena – Dietary Aide
- Chantale Ramage – Dietary Aide
- Kathy Vincent – Dietary Aide
- Steve O’Connor – Stores Clerk
- Mallory Lamer – MRT
- Marina Pineda – MRT
- Robyn Dyer – RN
- Linda MacDonald – Mammography Tech
- Leslie McLean – Physiotherapist
- Sarrah Godden – Pharmacist
- Sandra Yelle – MLT

NEW HIRES!



February Hires

- Tori Kehoe –RN
- Sandra Tackaberry – DI Clerk
- Corrina Cyr – Occupational Therapist
- Nijat Mammadov – Systems Analyst
- Brooklyn Scott – RN
- Kata Mitchell – LCMH Case Manager
- Kim Gervais – RPN
- Amanda Hodgins – RPN
- Laura Murton – LCMH Clinical Lead



New Medical Staff Appointments

| Name | Category and Department |
|----------------------|--|
| Dr. Salomine Theron | Courtesy, DI – Real Time Radiology |
| Dr. Brendan Litt | Courtesy, DI – Real Time Radiology |
| Dr. Matt Heseltine | Locum, Tenens Family Medicine |
| Dr. Andrea Stewart | Courtesy, Internal Medicine - Psychiatry |
| Dr. Bethany Monteith | Courtesy, Internal Medicine - Transfusions |

Fit Testing Clinics

- Feb 4th – 8am-4pm on the GWM site
- Feb 5th – 8am-4pm on the SF site
- Feb 16th – 8am-4pm on the SF site
- Feb 18th – 8am-4pm on the GWM site



Canadian Blood Services

BLOOD PLASMA STEM CELLS ORGANS & TISSUES

Royal Canadian Legion Branch 95

7 Main Street East

Wednesday, March 17

1:00 pm to 4:00 pm
5:00 pm to 7:00 pm

Join Canada's Lifeline

Book now to donate at blood.ca

Donation from Sweet Haven Farm & Top Shelf Distillery

Over the Christmas holiday, the cafeteria at both sites was handing out free soap and hand sanitizer. SweetHaven Farm donated numerous homemade raw goats milk soaps and Top Shelf Distillery donated the hand sanitizer.



Merry Christmas From the Rochford/McShane Family at SweetHaven Farm

To all Perth and Smiths Falls District Hospital Workers.

Thank You for all your amazing service, especially during this difficult time.

My grandfather was diagnosed with end stage liver failure last March when covid hit us here and its been a challenging time for our family with him in and out of the hospital, not being able to see him when he's admitted, but everybody at both our local hospitals have been such an amazing support, making sure we knew what was happening and we were rest assured he was getting the best of care.

Wishing you all the happiest of Holidays and the biggest Thank You!



Panini, Anyone?

If you haven't swung by either of the cafeteria's yet, I certainly would! Each cafeteria received a brand new Panini press. Staff have been creating all sorts of delicious foods and it seems to be a huge hit so far. It's definitely nice having a hot meal on a cold wintery day.



Canada's Food Guide—Recipe of the Month

Recipe of the month



EAT YOUR GREENS FRITTATA

A flavourful breakfast doesn't need many ingredients. Try making these frittatas and add in left-over vegetables such as mushrooms, onions or tomatoes. Switch it up and make it colourful!

Tips to build healthy meals and snacks

Use the food guide plate proportions to help you prepare breakfasts, snacks, family meals and mixed dishes. Make half the foods you eat vegetables and fruits, a quarter whole grain foods, and a quarter protein foods. These foods can be fresh, frozen, canned or dried.

Feature tip

Whether you're eating off a plate, from a bowl or a lunch box, visualize and follow the food guide plate proportions while you prepare, mix, and serve your meals.

Did you know?

The year 2021 is the [international year of fruits](#) and vegetables. So, whether you believe in New Year resolutions or not, we've got a healthy habit for you: no matter the cuisine, start by making half the meal vegetables and fruits.

Smiths Falls Community Hospital Auxiliary Gift Shop

Unfortunately, due to the lockdown the hospital auxiliary gift shop at Settlers Ridge Mall Will be closed until the government states it is safe to open back up.

SFCHA apologizes for any inconvenience and thanks everyone for their patronage.

We hope to see you soon!

