

# HeartBeats

A Quarterly Newsletter from Haldimand War Memorial Hospital & Edgewater Gardens

Fall 2018

## Nearly \$2 Million for “Every Moment Counts”

The Dunnville Hospital & Healthcare Foundation’s “Every Moment Counts” campaign is just shy of the \$2 million mark in its \$3 million fund-raising goal for the hospital’s new Emergency Department.

To celebrate this achievement, the foundation recently presented the Haldimand War Memorial Hospital with a \$500,000 gift towards the new Emergency Department. This brings the foundation’s total giving towards the Emergency Department project to \$1.5 million.

Foundation board chair Karen Tilstra extended a heartfelt thanks to donors, the hospital board and the foundation board for their support, as well as the campaign team, who have volunteered their time to secure gifts and pledges. “We have raised very close to \$2 million in gifts and pledges, which is a wonderful accomplishment for our community,” Karen says. “That’s two thirds, and we still have one to go!”

Hospital president and CEO David Montgomery expressed his thanks to the many individuals who

have helped bring the new Emergency Department into fruition, highlighting the donors, “who are the heartbeat of this community in giving so generously.”

With the final stretch of the construction and the fund-raising goal in view, campaign team members continue to meet with donors interested in supporting the Emergency Department. Naming opportunities are still available, including options to name the

entire building, treatment rooms and to receive recognition on a planned donor wall (see some of the opportunities at bottom left).

There are many other ways to get involved in the campaign, including the annual “Trees of Hope” campaign, which runs from November 1 to December 31, 2018. To stay updated on the progress of the “Every Moment Counts” campaign, or to get involved, email [campaign@dhhf.ca](mailto:campaign@dhhf.ca) or visit [www.dhhf.ca](http://www.dhhf.ca).

For more information or to discuss how you might be interested in a naming opportunity for the new Emergency Department, please contact Janet deVries at 289-668-5226.



Participating in the cheque presentation were (from left) hospital board vice-chair Dr. Scott Reid, hospital president and CEO David Montgomery, hospital board chair Perry Barnhart, foundation board chair Karen Tilstra, foundation treasurer Doug Madill and foundation vice-chair Liz MacDonald.

### Remaining naming opportunities for the new Emergency Department include:

Emergency Department Building	\$1.5 million
Exterior Ambulance Bay	\$500,000
Nurses' Station	\$250,000
Ambulance Bay	\$100,000
Treatment Rooms	\$50,000 – \$75,000
Corridor to Main Hospital Building	\$5,000 – \$20,000
Donor Wall Recognition	\$1000 – \$3,000

### Message from the President

It's been a year since construction began on the hospital's new Emergency Department and it's exciting to see the progress being made each week. Construction is now anticipated to be finished sometime in December. This extension of the completion date is due solely to the weather. The brutal cold last winter, coupled with the timing of rainfall, have both played havoc with the schedule. Many trades cannot work if it's raining or has just rained. While we haven't had a lot of rain this past summer, when we did it fell at the wrong time

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**Message from the President** – *continued from Page 1*

as far as the schedule is concerned. Happily, the roof has now been installed and was considered watertight as of September 6, allowing the drywall to be delivered. Drywall installation began on September 10.

There have also been contingency costs, amounting to a little under \$200,000. This is a result of a combination of unforeseen factors, including some changes required to the electrical wiring in the building and unanticipated issues with the soil quality that were discovered once the former laboratory wing was torn down to make way for the new ED. This overrun is well within acceptable guidelines for projects of this type, and was expected.



Construction progress outside and inside the new Emergency Department as of mid-September.

Speaking of the Emergency Department, we've had a very busy summer in the ED, resulting in increased wait times for patients coming in for diagnosis and treatment. Physician staffing has also become an issue. A major reason for this problem is that physicians who work in the ED have been retiring faster than they can be replaced. The hospital will be developing a strategy to recruit more physicians to help alleviate this situation, particularly since we can expect even more emergency visits once the new building is open for business.

A positive development has been the hiring of a new nurse practitioner, Teresa Pitt. Teresa will be working in both the Emergency Department and on the Inpatient Unit, with the goal of enhancing the continuity of patient care between the two departments.

Stay tuned to the next edition of HeartBeats for more exciting news about the Emergency Department, including what we hope will be the end of the construction project and the beginning of a new era for our hospital.

**David Montgomery**, President and CEO

# Understanding the Risk of Marijuana Use

With the legalization of marijuana (cannabis) on October 17 of this year, both the Ontario Government and Ontario Medical Association are issuing warnings about its use.

From a legal perspective, the provincial government is restricting the use, possession and growing of recreational marijuana to people over the age of 19. It can only be used in a private residence – including outdoor spaces – and in multi-residential units or balconies, depending on the building's rules or lease agreements. The use of recreational marijuana will not be allowed in public places or workplaces.

Police officers will be authorized to use devices that measure the concentration of drugs in saliva for drivers suspected of being impaired by marijuana or any other drug, with strict penalties for convictions. Young, novice and commercial drivers will be prohibited from any amount of cannabis in their systems. Consuming recreational in the workplace is illegal and will continue to be so after October 17.

The Ontario Medical Association (OMA) is warning the public about the use of recreational marijuana, saying it is far from harmless, particularly for young people. In a fact sheet developed earlier this year, the OMA says marijuana has "generally harmful effects on most users. It has been found to contribute to anxiety and depression by increasing the negative feelings associated with these conditions." It also notes that "evidence suggests that using marijuana during teenage years is linked to the development of mood and anxiety disorders," adding that there is strong evidence that marijuana affects brain development which continues to the age of 25.

As far as health effects, the OMA states that tar from a marijuana cigarette harms the lungs, and smoking increases the risk of respiratory diseases, including lung cancer. Other health effects include difficulties with attention, problem solving, impaired judgement, decision making and the ability to learn.

Furthermore, the association says marijuana can lead to addiction, with withdrawal symptoms including irritability, anger or aggression, anxiety, depressed mood, restlessness and difficulty sleeping.

"The health risks caused by recreational marijuana can best be avoided by abstaining from use," the OMA says.



The Ontario Medical Association says recreational marijuana is particularly harmful for young people.

# A Comforting Presence in the Hospital's OR

Anyone who ends up having a surgical procedure at the HWMH will meet Liane Dekker during the pre-operative process and the operation itself. That's because she is the only certified registered nurse assigned to the Operating Room.

Liane works with various surgeons, Monday through Friday, and is on-call after hours and one weekend per month. It's a demanding schedule, but she takes it in stride.

"It doesn't bother me, and I love my job," she says. "Plus, I have a very supportive husband who understands."

Liane typically brings patients into the OR, ensures the proper checks and paperwork are completed, and then gets the room ready with such things as drugs and equipment. She brings patients into the room, reviews paperwork twice more and hooks up the necessary monitors. During the procedure itself, she is running around, doing what's needed and getting ready for the next surgical case.

Procedures done at HWMH are mostly elective and routine, such as for cataracts,

gallbladders, hernia, carpal tunnel repair, bowel procedures and endoscopy. Major traumas are sent out to a larger hospital.

Liane says most patients are understandably nervous before surgery and a big part of her job is to offer support. "I try to provide information and reassure them at the pre-op session," she says. "Patients are pleased to see a familiar face and look to me for trust. I hope I make their experience comfortable."

Liane first started working at HWMH part time in 1986 and became a full-time employee in 2012. She has worked at a couple of Niagara hospitals but says HWMH is tops. "Dunnville is the best place. I have dedicated and knowledgeable colleagues and co-workers, and the doctors are wonderful and very respectful."



Liane Dekker is the only certified RN working in the hospital's Operating Room.

Liane and her husband Mit live in Wainfleet. They've been married 32 years and have three grown children. Mit is a shipper/receiver at a local steel company.

During her time away from work, Liane walks between six and 10 kilometres per day, goes to a Zumba class a few times a week and enjoys home improvement projects. She and Mit also embark on camping trips, along with other friends in their social circle.

"Many people ask me when I plan to retire, but I can't answer that because I really love my job," she says.

# A New Way to Travel for Edgewater Residents

Residents at Edgewater Gardens have a new way to get out and about, thanks to a generous donation from resident Maxine Booker and her family. They have purchased a special wheelchair bicycle that recently arrived at the home after being shipped from Denmark.

The bike allows residents to tour scenic pathways in such locales as the nearby Lions Park and along the Grand River. Volunteers, staff and family members actually ride the bike, while residents sit in their wheelchairs on a platform out front.

Pictured at right are resident Janet Shirton and volunteer Gerry Topolniski. To be trained to become a bicycle volunteer please contact director of Therapeutic Recreation Amy Appel at 905-774-2206.



## One of Our Longest Serving Volunteers

Shirley Hall at the Edgewater Reception Desk



After nearly 45 years, Shirley Hall has become one of the longest serving volunteers at HWMH and Edgewater Gardens. She and her husband Leslie, a former local accountant, moved to Dunnville in 1957, three years after their marriage in Simcoe. The couple had five children, and once the youngest was off to school, Shirley began her community service at the hospital.

“I had lots of spare time, and it was a good thing to do,” she says of her decision to donate her time and energy to the hospital. “There’s always been a need for plenty of volunteers.”

Until this past August, Shirley was a regular volunteer in the Gift Shop, as well as helping redecorate the hospital’s Quiet Room and Sunroom, and pitching in with fund-raising initiatives such as the annual summer Penny Sale, among other duties.

She says she particularly enjoyed her gift shop work. “I liked meeting people and helping them choose gifts for patients.” With knee surgery scheduled for later this year, Shirley found it too difficult to stand for long periods of time. “I hated to give it up.”

She began volunteering at Edgewater Gardens when the residence opened, and these days, she spends Wednesday mornings there, working at the Reception Desk, delivering mail and newspapers, and helping with chores in the office. She also takes the time to visit with residents and will fill an empty spot at the table for euchre games.

Since her husband passed away in 2004, Shirley’s volunteer work is keeping her busy, along with housekeeping at her home in town, weekly card games with friends and spending time with her grandchildren.

The 83-year-old jokes that after she has recovered from her knee surgery, she will keep volunteering until she becomes a resident at Edgewater herself.

“I’ve been treated for two kinds of cancer, have bad knees and macular degeneration in my eyes, so it might not be too long now before I move in!”

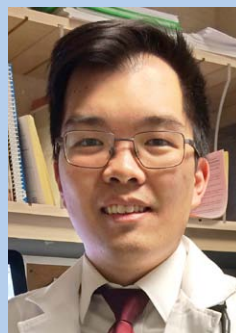
## Hello and Goodbyes to Our Doctors

**Dr. Charles Hu** is the new medical director at Edgewater Gardens. He was trained in Family Medicine at both the University of Toronto and McMaster University and has a particular interest in care of the elderly. Dr. Hu is also the medical director at Grandview Lodge.

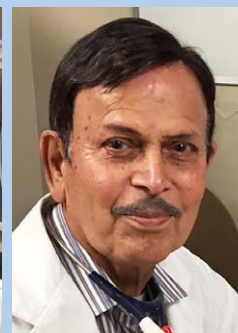
He takes over from **Dr. Nagaram Reddy** who has retired. Dr. Reddy began practicing family medicine in Dunnville in 2004 and has been medical director at Edgewater since it opened in 2006. He was a member of the Family Health Team at HWMH.

“He has a gentle, calm and kind mannerism with his patients, staff and colleagues,” says former chief of staff Dr. Tom Stewart, who adds that Dr. Reddy was always willing to help his colleagues whenever a favour was asked.

The hospital has a new interim chief of staff. He is **Dr. Johan Viljoen**, an obstetrician/gynaecologist who will also assume interim chief of staff duties at the Niagara Health System. He is stepping into the chief of staff role at HWMH on an interim basis after Dr. Tom Stewart accepted a position as CEO of St. Joseph’s Health System and the Niagara Health System.



Dr. Charles Hu



Dr. Nagaram Reddy



Dr. Johan Viljoen

## Community Open Houses

The fall open houses for HWMH and Edgewater Gardens will be held:

**Tues., Oct. 23, 2018**

- 9:30 – 11:30 a.m.
- 3:00 – 5:00 p.m.

in the hospital’s Paul Mailloux boardroom.

Members of the community are invited to attend.

## Welcome New Staff

HOSPITAL

Danielle DeHaan – Lab Patient Technician

Agnes Varghese Elizaba – RN

Teresa Pitt – Nurse Practitioner

Taylor Lewis – Lab Patient Technician

Taylor Dureault – RN

Ashley Losier – RN

EDGEWATER

Camilla Kuzyk – Nurse Practitioner

Leanna Smith – PSW



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