

# HeartBeats

A Quarterly Newsletter from Haldimand War Memorial Hospital & Edgewater Gardens Spring 2018

## Message from the President

It's been exciting to see the progress of construction on the hospital's new Emergency Department, with concrete for the first floor poured in mid-March. The project is so far on budget, but two-and-a-half weeks behind schedule due to this year's severe winter weather conditions.

Our Local Health Integration Network has approved "Phase 2" of the construction project, whereby the current Emergency Department would be transformed into an outpatient village in the future. A number of other renovations are also included in Phase 2, including the completion of a second floor above the new Emergency Department to accommodate a relocated laboratory, and an education centre for employees and the general public. The Ontario Ministry of Health has confirmed that it will soon begin its review of this second phase.

The hospital has been experiencing unprecedented volumes of patients, with the demand for beds reaching 125 per cent at times. This is causing backups in the Emergency Department, and challenges for patient care staff and discomfort for patients and families. There are limited numbers of beds available for people who need them most and many continue to be occupied by patients awaiting placement in long-term care.

The Ontario Ministry of Health and Long-Term Care last November did commit to increasing the number of long-term care beds across the province by 5,000 by 2022 and by 30,000 within the next 10 years.

Like most communities, Haldimand County is facing a shortage of long-term care beds and we have applied for 66 additional beds to complement the 64 now at Edgewater Gardens. If the application is successful, these beds will be housed in a new facility on hospital property. As of January 31, 2018 there were 145 people on the waiting list for a bed at Edgewater.

**David Montgomery**, President and CEO

## VOLUNTEER ASSOCIATION NEWS

### New President for the Volunteer Association



After serving for more than seven years on the Dunnville Health Centre Volunteer Association, Carol Gaudun has become its new president. She takes over from Donna Baillie, who recently completed her two-year term as association president.

Carol's involvement with the Haldimand War Memorial Hospital stretches back more than a half century. She and her husband Peter came to Dunnville from Hamilton in 1961, when Peter was offered a teaching job at Dunnville Secondary School. Carol immediately went to work at the hospital as a nurse, where she served in various capacities, specializing in emergency and cardiology nursing care.

Upon her retirement in 2010, Carol immediately joined the volunteer association as its administrator,

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Construction on the New Emergency Department as of mid March.

## Hitting the Halfway Mark of “Every Moment Counts”

The Dunnville Hospital and Healthcare Foundation has recently secured more than \$350,000 in gifts and pledges, ranging in amounts from \$1,000 to \$75,000, to bring the “Every Moment Counts” Campaign for the Emergency Department halfway towards its \$3-million goal. Another contribution is a recent \$25,000 gift from Farm Credit Canada’s AgriSpirit Fund. This particular fund provides donations for capital projects that help enhance rural communities.

Among the foundation’s accomplishments towards the end of 2017 was the “Trees of Hope” campaign, which raised over \$126,000 in support of the new Emergency Department. The new year brought a \$1,000 gift from Lowbanks Firehall and Dunnville Hunters and Anglers Club, and in just two weeks, more than \$3,000 through the “Toonies for Tomorrow” campaign at the Dunnville Sobeys, Canadian Tire and Pharmasave locations.

“The outpouring of generosity from families, businesses and organizations has been very exciting and overwhelming,” says foundation board chair Karen Tilstra. “We’re so grateful for every gift, large and small. They are the story of the people, the care and the hope that makes our hospital the great hospital it is.”

The foundation provided an opportunity for the community to celebrate on March 24, 2018 at a “Beam Signing” milestone event. Many people left their mark by signing their name on a structural beam which will be installed within the walls of the new Emergency Department.

Highlights from this event will be published in the summer edition of HeartBeats.

To stay updated on the progress of the “Every Moment Counts” Campaign or to learn more about it, please visit [www.dhhf.ca](http://www.dhhf.ca).

## Spring Cleaning Your Medicine Cabinet

Chances are that many people neglect to regularly clean out their medicine cabinets and drawers, which may contain prescription and over-the-counter medications, as well as natural health supplements that are well past their expiry date. Having expired or unused medicines on hand can lead to accidental or potential misuse and even dangerous interactions with other medications. Also, there’s the potential that these medications may end up being abused by others.

Health Canada recommends people regularly check medicine cabinets, remove expired drugs and supplements and bring them to their local pharmacist for proper disposal. Unused and expired medicines can be brought to any pharmacy in Canada at any time.

According to Health Canada, only a fraction of expired and unused medications are properly disposed of. Instead, they’re often flushed into sewer systems or thrown in the garbage. Municipal wastewater treatment plants are not designed to remove pharmaceuticals, and as a result, they create harmful effects on aquatic plant and animal life. Drugs that end up in landfills also contribute to environmental damage.



Haldimand County is holding a hazardous waste drop-off day in Dunnville on Saturday, September 8, 2018 from 9 a.m. until 1 p.m. Residents can bring expired or unused medications to the Dunnville Roads Yard at 710 Main Street East in Dunnville during these times. Also accepted will be syringes in puncture-proof containers and labelled “sharps.”

HWMH Emergency Department chief Dr. Jeff Remington has another suggestion for people who decide to spring clean their medicine cabinets. “This is also a good time to update a list of your current medications, and be sure to bring it with you to specialist appointments and Emergency Department visits” he says.



Foundation representatives (from left) Janet deVries, Doug Madill, Alison Topp and Richard Schilstra, along with Farm Credit Canada’s Ian Tate and Derek Emond, and Andrew Topp, also from the foundation, celebrate a \$25,000 gift towards the construction of the new Emergency Department.

### Tim is Happy Working in His Home Town

As is the case with so many employees of the hospital, Tim Baker was born and raised in the Dunnville area and began working at HWMH at a very young age. During high school he was employed doing gardening and odd maintenance jobs over the summer. Now, 30 years later, he is the director of Plant Maintenance and Engineering.

Tim completed a plumbing apprenticeship and worked for various companies throughout southern and eastern Ontario before returning to HWMH after applying for a position as a plumber in 2004. "I was lucky enough to get into the hospital," he says. "I'm not a big city person and was happy to come back to my home town, with its neighbourly feeling and support network."

Tim is responsible for ensuring that electrical, plumbing and mechanical systems are functioning well in not only the hospital, but also in Edgewater Gardens, Village by the Grand, several outbuildings on the campus and the heliport on Cross Street. In addition, he is responsible for such maintenance functions as snow removal and landscaping. These days, he's also overseeing the construction of the new Emergency Department.



Tim Baker in the hospital's Boiler Room.

When asked what he likes most about his job, Tim answers that "there's something different every day." At any one time, there are seven or eight people in his department and each must be able to do a bit of everything. For example, he says it's not unusual to have an electrician installing a new toilet or a mechanic hanging up a blood pressure monitor on a patient unit. There's always one person on call 24/7 to deal with unexpected situations, and who must be able to be on site within 20 minutes. "If the boilers are down in the winter or the cooling system in the summer, this needs to be fixed right away," he says.

Tim lives in Byng with his wife Jennifer, their 15-year-old daughter Sasha and seven-year-old son Sammy. During long weekends and summer holidays, the family travels up to their cottage on Manitoulin Island, and makes the trek down to Florida or South Carolina during March break.

Tim has an active social life away from work. He participates in three local leagues; golf, trap shooting and volleyball. Trap shooting is a relatively new hobby, and he admits he isn't very good at it yet, but hopes to improve with more practice and time at the gun range.

### New President for the Volunteer Association

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responsible for recruiting and training new volunteers and developing new programs.

"I didn't want to lose my association with the hospital," she says. "I wanted to give back. There's something very special about our little hospital."

Among the programs that Carol has taken a lead in initiating are the addition of volunteers in the Emergency Department, Information Desk, Health Records Department and in a gardening program for Edgewater Gardens.

"We're always looking to add new programs," she says, and would like to see a greater number of the approximately 120 volunteers at the hospital and Edgewater come to the association's monthly meetings with their ideas.

Among the new programs that Carol is keen to start is a volunteer feeding service for hospital patients who need assistance with their meals, similar to the program already in existence at Edgewater Gardens.

"As volunteers, we're always looking at how we can contribute to improving the quality of care, and helping our patients and residents," she says.

## Community Open Houses

The spring open houses for HWMH and Edgewater Gardens will be held

**Monday, April 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.

# Lottery HELPPs Support Patient and Resident Care

For the sixth year in a row, the Dunnville Health Centre Volunteer Association is running a lottery to support the needs of patients at HWMH and residents of Edgewater Gardens.

To date, the association's "Hospital Equipment Lottery Project for People" (HELPP) lottery has raised \$4,000 to upgrade the tub rooms at Edgewater Gardens and \$10,000 towards the hospital's new Emergency Department construction project.

"This is a very good fundraiser for us," says Gail Marsh, a 14-year member of the volunteer association and co-ordinator of the HELPP lottery. Among her duties, Gail completes all the paperwork to run the lottery – including getting a licence under the Ontario Lottery and Gaming Corporation and a permit from Haldimand County – and obtaining the tickets.

Each break-open ticket costs 50 cents, with prizes ranging from free tickets to \$100 cash. Tickets are available in the association's "Hidden Gems" gift shop near the hospital lobby, with hours from 10 a.m. to 4 p.m. on weekdays, and 1 p.m. to 4 p.m. on Saturdays and Sundays.



Volunteer Joanne Floyd in the Hidden Gems gift shop with the HELPP lottery tickets.



## Getting Ready for St. Paddy's Day

Peggy Lloyd (above) and Maaike Vanoosten (below) were among the Edgewater Gardens residents who made table arrangements in advance of St. Patrick's Day celebrations.



## Welcome New Staff

### HOSPITAL

Christina Wilson – RN

Pamela Maddalena – Health Links Transformation Lead

Roxanne Silva – Health Links Model Adopter

### EDGEWATER

Samantha Malcolmson – PSW

Krystal Pollari – PSW



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