

# HEART BEATS

Summer 2021

## Message from the President

With COVID cases easing once again as a result of the most recent provincial lockdown and increasing numbers of people being vaccinated, there's hope that life will soon be back to normal – but it will be a new kind of normal.

At the hospital, elective surgery at HWMH is back up to about 85 per cent capacity, while clinic visits continue to happen online. Visiting restrictions have eased at Edgewater Gardens and general visits are now permitted outside by appointment. Residents who are fully vaccinated are also now permitted to leave the home on day outings. Visits can be booked by calling 289-377-9870.

Also on the COVID front, Haldimand War Memorial Hospital is now the lead organization for the Infection Prevention and Control Hub for Haldimand Norfolk. A new, temporary, full-time employee will be an infection control resource to the region in providing education and support to long-term care homes and other congregate settings.

Some good news has come from Accreditation Canada, after both HWMH and Edgewater received an "Accreditation with Commendation" decision. Together the hospital and home achieved 99 per cent (1,403 out of 1,426) of the listed requirements.

And finally, this edition of HeartBeats has a refreshed look. After nearly seven years of publication for members of the community, it was time for a bit of a facelift. We hope you enjoy the new look of HeartBeats and will stay tuned for our next news updates in the Fall edition.

I hope that members of our Dunnville area community will continue to stay safe and follow public health guidelines.

Sharon Moore, President and CEO

## Major Hospital Construction Projects Underway

Over the past several months, and despite the COVID pandemic, four major hospital construction projects have been underway.

The Ontario Fire Marshall's Office has mandated that all hospitals in the province must have all areas fitted with overhead sprinkler protection by the year 2025. While patient areas and the cafeteria at HWMH had already been retrofitted some years ago, two-thirds of the building still needed to have sprinklers installed. These areas included the first and second floors, operating suites, Diagnostic Imaging Department and main kitchen. As a result of work being done during days, evenings and weekends, 100 per cent of the hospital now has overhead sprinkler protection.

Another retrofit project involved the Surgical Day Care and Pain Clinic areas on the second floor of HWMH. Work was recently completed to add call bell, oxygen and vacuum (suction) to this area.

By the time cooler temperatures arrive in the fall, all inpatients will be better able to control the heating in their rooms. In the past, radiant heat generated through the hospital's basement boiler system was controlled by pneumatic thermostats, which resulted in heat that was inconsistent – with rooms frequently being either too cold or too warm for patient preferences.

A new electronic heating control system – connected to the rooftop HVAC system and monitored by the hospital's building automation system – will permit patients and nursing staff to more precisely control the degree of heat in their rooms.

A major project that has been underway since the Fall 2019 has been the creation of a new outpatient area and inside entrance space of the hospital. The outpatient clinics as well as the commercial pharmacy are being located in the former Emergency Department, and the hospital Lobby, Admitting Department and Cafeteria entrance are being reconfigured. The onset of the COVID pandemic resulted in a redesign of the project to allow for more wide-open areas (to allow for a degree of ongoing social distancing) and better traffic flow. While the Pharmasave outlet has been open for several months, the remainder of this project is expected to be completed in mid-July.



Construction is finishing up on the two new patient registration areas off the hospital's Main Entrance.

## Message from the Chair of the Board of Directors

It has been an honour to serve in this role with a hard-working, thoughtful and skills-based Board of Directors. No one could have imagined the direction the position would take with the outbreak of COVID-19.

It brokered historic change in the way hospitals and long-term care homes operate and are viewed. This pandemic threw a deadly spotlight on the long-ignored deficiencies in long-term care and its undervalued, overworked staff. The need for hospitals to be flexible, vigilant, resilient and – in the case of small centres like ours – the ability to develop strong partnerships of care has been essential. I am pleased to say we did all of this.

The Board of Directors of Haldimand War Memorial Hospital and Edgewater Gardens a year ago in mid-March realized it was not business as usual. Our leadership team, led by interim CEO Sharon Moore, needed to focus all its time, talent and energy on protecting us from this mysterious and dreaded plague, yet provide the critical health care service the public has relied on for 100 years. The board eliminated distractions and time-consuming reports, and altered agendas to support management and staff in their efforts to safely provide our core services.

As board chair, I was privileged to be part of a daily, early-morning COVID strategy and information update task force that included our family doctors. Stressful as these sessions were, they provided clear insight into how dedicated, determined and proactive our team members were. Any barriers or silos came down. It was truly a “we are all in this together” approach, something I am pleased to say is still present today.

We saw what worked – and what didn’t – and adjusted plans on the go. It was a tremendous team effort headed by Sharon Moore, chief of staff Dr. Johan Viljoen, emergency chief Dr. Jeff Remington and interim chief nursing officer Devon Inglis.

The efforts of both the hospital and Edgewater were recognized during an independent accreditation process with a “Commendation” designation.

This past year, your Board of Directors completed an extensive search for a president and CEO. Sharon Moore was the successful candidate and I offer her my congratulations.

The long-standing application to double the size of Edgewater Gardens was approved by the provincial government and we are awaiting financial funding information from the Ministry of Health. In the meantime, the Dunnville Hospital and Healthcare Foundation has agreed to fundraise a community share, once costs are finalized.

Our board is saying goodbye and much thanks to long-time directors Tracy Gibbs and Greg Hedley, while welcoming new members whose names will be announced at the Annual General Meeting at the end of June.

I wish everyone a safe and happy summer!

Lorne Boyko, Board Chair

## The Mental Health Effects of COVID-19



The pandemic has had widespread effects on people's mental well being.

After well over a year into COVID, the anxiety and social isolation that has accompanied the pandemic is taking its toll on people's mental health.

“Everyone is suffering,” says Nancy Candy-Harding, CEO of Community Addiction and Mental Health Services of Haldimand and Norfolk. “Not having normal structure and connections has left people feeling anxious, despondent and sad.”

She notes that people are increasingly experiencing mental health issues, regardless of whether they have a mental health illness, and this is affecting families as well as those living alone. As one manifestation, she points to a general increased incidence of addiction – whether its drinking, smoking, playing video games or gambling, for example.

Nancy says the first step in getting back to normal is giving yourself permission to not be feeling OK, since this is not a normal time. “People are nervous about admitting they are suffering because stigma really plays a role in mental health.” She also suggests getting outdoors, since connecting with nature has proven to have positive benefits on mental health.

For those people who want to reach out for help with their mental health issues, resources are available in the Dunnville area. They include:

- **Community Addiction and Mental Health Services of Haldimand and Norfolk** – For mental health and/or addiction services and/or peer support services 519-587-4658
- **CAST** (Crisis Assessment and Support Team) – 24/7 crisis line for age 16 and older 1-866-487-2278
- **REACH** - Child and Youth Crisis Service 1-866-327-3224

# Emergency Doc Enjoys Work in Small-Town HWMH

## EMPLOYEE & MEDICAL STAFF PROFILE

Dr. David Stavrou in the hospital's Emergency Department.



It was just over a year ago that David Stavrou spent a couple of months working in the HWMH Emergency Department as part of his medical residency training in Family Medicine, and now he is a full-time member of the department's medical staff.

Dr. Stavrou says his residency experiences with critical and emergency care in medium and small-sized hospitals, and the small-town environment of Dunnville, are what led him to take the job at HWMH upon completing his residency training in June of last year.

"It's nice to work in a smaller town," he says. "It's a nice quality of life, a great setting in a new Emergency Department with very good staff and a supportive team."

Raised in North York, Dr. Stavrou lives with this wife Krista in Niagara Falls. She is completing her residency in Internal Medicine in Buffalo.

"It's good to be out of the city with its traffic gridlock," he says. "I don't think

I could go back to that lifestyle."

Nonetheless, taking on a full-time job, working 12-hour shifts in a small Emergency Department during a major pandemic has presented its challenges. In addition to worrying about patients coming into the department who might be infected, there's been a concern about resources.

Dr. Stavrou says it had sometimes been difficult coordinating extra resources for patients who needed them – but weren't critically ill – when larger local hospitals were not able to accept transfers because their beds were filling up with COVID patients. He says he had spent a lot of time on the phone to get the help that's needed.

Now that COVID cases are dropping and summer is here, Dr. Stavrou expects to be seeing typical cases that come into the ED in a tourist area – such as fishhooks stuck in fingers.

During his time away from work, Dr. Stavrou and his wife enjoy outdoor activities including snowboarding, biking

and water sports. They've also been busy with their newborn daughter Sophia, who was born in May.

## Welcome New Staff

### HOSPITAL:

- Nancy Medeiros – Ward Clerk
- Welly Hanenberg – Seasonal Student, Maintenance
- Amanda Hevak – Laboratory Patient Technician
- Lauren Edgar – Housekeeper

### EDGEWATER:

- Jodi Kilts – RPN
- Allison Forrest – PSW
- Nancy Schuur – Pandemic Worker
- Taflyn Janzen – PSW
- Kanita Mujkanovic – PSW
- Amber Jansen – Nurse Practitioner
- Hannah McNeice – PSW
- Marissa Gregory – RPN
- Myrah Flatt – PSW



## EDGEWATER GARDENS NEWS

## A Special Blanket for Going Home

The Knitting Guild Group at Edgewater Gardens recently completed a new "Going Home" blanket to be lovingly placed over the bodies of residents as they leave the home for the last time. Meant to share love and care when a life passes, the blanket took nearly a year to complete. Nursing staff and resident knitters pictured with the blanket are (from left) Margaret Cronkwright, Solveigh Warden, Aleida Knol, Adelle Moormann, Rebecca Woolley and Maxine Booker.



**DUNNVILLE  
HOSPITAL &  
HEALTHCARE  
FOUNDATION  
NEWS**

Lisa Hribar

# HWMH Saves Life of Woman Busy Raising Funds for the Hospital

The Dunnville Hospital & Healthcare Foundation (DHHF) has raised more than \$20,000 in its spring mail-out campaign, featuring a story of a grateful patient.

Dunnville Tim Hortons manager Lisa Hribar was busy selling Smile Cookies for the hospital in the fall of 2018 and was thrilled that her location sold nearly 23,000 cookies – the most of any Tim’s outlet in Canada. While at work she began to have heart palpitations and felt dizzy. Later that evening, when her symptoms intensified, she drove 20 minutes from her home to HWMH and was treated for a heart attack.

“I can’t stress enough how important having a hospital like HWMH is,” she said. “Having a hospital nearby saved my life.”

Through her story in the mail campaign, Lisa encouraged others to donate to DHHF in support of the hospital.

Another recent foundation initiative was the “Hearts and Heroes” virtual gala. More than 100 participants enjoyed food prepared from a menu offered by Dunnville’s Debb’s Cuisine on Queen, and delivered porch-side by a team of dedicated volunteers. The host of the event was local media personality and Port Maitland resident Matt Hayes, with musical performances by country singer Tim Hicks, Paul Langlois of the Tragically Hip band, and Frank Sinatra-inspired crooner Matt Dusk. Funds raised will support the purchase of equipment for the hospital’s Diagnostic Imaging Department.

The foundation’s “Care & Win” lottery is now online with the cost of tickets being five for \$10, 30 for \$20 and 150 for \$50. To purchase tickets, visit [dhhflottery.ca](http://dhhflottery.ca). Coming up later this summer are the DHHF’s annual golf tournament on August 20, 2021 and the “Henriette McMichen Stride & Ride for Your Hospital” on September 18. For more information visit the foundation’s website [dhhf.ca](http://dhhf.ca) or email [events@dhhf.ca](mailto:events@dhhf.ca).

# Long-Service Award Recipients

The following employees are being recognized for their long service to the hospital and Edgewater in 2021:

- |                  |                   |                    |
|------------------|-------------------|--------------------|
| <b>HWMH:</b>     | <b>10 Years</b>   | Marlene Wilson     |
| <b>35 Years</b>  | Jenn Reid         | Jeanine Mather     |
| Janet Corbett    | Lisa McMahon      | Linda Komejan      |
| Susan Schmalz    | Clint Tomlinson   | Laurie Szakall     |
|                  | Monique Westerhof | Melissa Ricker     |
| <b>30 Years</b>  | Lynn Holland      | Nicole Lockhart    |
| Kim Good         | Sharon Moore      | Elizabeth Moormann |
|                  | Jonathan Phibbs   | Adoria McIntee     |
| <b>20 Years</b>  | Jim Thorne        | Lori Logan         |
| Jeri Lee Emerson | Tracy House       | Melissa Baisley    |
| Rhonda Meeuwse   | Thommy Hanenberg  | Dianne Harrison    |
| Lisa Voigt       | Andrea McLachlan  | Elaine Wielink     |
| Kitty Seager     | Kelly Disher      | Amanda Hamilton    |
|                  |                   | Sherry Galbraith   |
| <b>15 Years</b>  | <b>EDGEWATER</b>  |                    |
| Ann Cormier      | <b>15 Years</b>   | <b>10 Years</b>    |
| Devon Inglis     | Kelly Popoff      | Cathy Matheson     |
| Tammy Ellis      | April Radford     | Nicole LaHaise     |
| Toni Smith       | Larry Deamude     |                    |
| Barb Crumb       |                   |                    |



**EDGEWATER  
GARDENS  
NEWS**

# A Gentle Ride Through Town

Edgewater resident Yvon Labelle stops for a photo with Dunnville’s Muddy the Mudcat during a recent trip on the home’s special wheelchair bicycle.



400 Broad Street West, Dunnville, ON N1A 2P7  
905-774-7431  
[www.hwmh.ca](http://www.hwmh.ca)

Contact for HWMH and EG:

Sharon Moore  
President and CEO  
905-774-7431 ext.1210



428 Broad Street West, Dunnville, ON N1A 1T3  
905-774-2503  
[www.edgewaterlhc.ca](http://www.edgewaterlhc.ca)