

HEART BEATS

Summer 2022

A Summer of Resident Outings

With easing restrictions and the return of sunny weather, Edgewater Gardens residents enjoyed several outings and activities throughout the summer. The first “official” outing was a scenic country drive along Lake Erie.



EDGEWATER
GARDENS
NEWS

Edgewater Gardens residents ready to enjoy a scenic drive along Lake Erie.

Featured in the above photo are Angie Blane (right) and Danielle Barrette (left) who are eagerly waiting for the trip to begin while Nada Balasingham is being assisted into the van by Recreation Therapist Carolyn Taylor and Canada Summer Jobs Student Silken Ricker.

Resident, staff, and family member health and safety are always a top priority when planning outings and activities. As the team at Edgewater Gardens looks forward to the fall and winter activities planned for the rest of the year, we will ensure all outings adhere to current and future COVID-19 protocols.

Message from the President

This summer was both unique and challenging for hospitals and healthcare providers across Ontario. Due to staffing shortages, a surge in COVID-19 cases, and the ever-growing demand for care, many hospitals across the province reduced operations and services. Here at Haldimand War Memorial Hospital, we’ve certainly felt these same pressures.

Throughout the 7th wave of COVID-19, both our Emergency Department and Inpatient Unit saw an increase in patients experiencing complex health issues. Unfortunately, increased volumes, coupled with more complex cases, meant some patients experienced longer than usual wait times. Although challenging, we have not stopped delivering quality healthcare to our community and we continue to work closely with our staff and physicians to maintain a high quality of care.

We understand and recognize longer waits are frustrating for patients and families seeking care. Despite this frustration, we must all collectively remember to treat ourselves, other patients, community members, and hospital staff with respect. The past two and a half years have been challenging for everyone, especially those working on the frontlines. Healthcare workers deserve to be treated with kindness and at Haldimand War Memorial Hospital and Edgewater Gardens, we have a zero-tolerance policy for disrespectful and violent behaviour.

While we all continue to navigate the ongoing hurdles COVID-19 presents, it is reassuring to know we have come so far from where we started. **This is thanks to you.** I’d like to thank our wonderful community for their patience, continued support, and acts of kindness that have kept us so motivated. I also want to thank the incredibly dedicated staff who continue to go above and beyond. Everyone at the Haldimand War Memorial Hospital and Edgewater Gardens is working tremendously hard to provide the best possible care to our patients and residents.

As we enter into the autumn months, we will continue to steer forward and face each challenge with perseverance and determination for our patients and community.

Sharon Moore, President and CEO

Back to School and the Importance of Student Wellness

September marks the beginning of back to school for students in Dunnville and the surrounding Haldimand County. This can be an exciting time for many students as they return to the classroom and see their friends, but for some, back to school can be stressful and nerve-wracking.

These nerves might be especially prevalent after experiencing two school years of pandemic restrictions and the uncertainty of a constantly changing learning landscape. In April 2022, the Centre for Addiction and Mental Health found most Ontario students reported feeling depressed about the future because of COVID-19¹. Of those surveyed, 39% also reported that the pandemic made their mental health worse.

59%

of surveyed students said the pandemic has made them feel depressed about the future.

39%

said the pandemic made their mental health worse.

It is important students and parents are prepared with the tools and support they need to make this upcoming school year a success. School Mental Health Ontario has listed the following mental health and wellness tips for parents and students².



Don't forget about your own self-care.

As a parent or caregiver, keep in mind your own stress levels and note when you begin to feel overwhelmed. A healthy diet, exercise, and a sleep schedule can help provide you with more energy.

Work on creating routines and organization.

As summer draws to a close, consider gradually moving back to a schedule that is closer to the one you use during the school year.

This may mean going to bed a bit earlier or eating during your school's lunch hour. For younger kids, try a practice run of a typical school day. Packing a lunch in the morning and practicing the walk to school can help ease students back into what will become a daily routine.

Have a talk with your children about their feelings on returning to the classroom.

It is natural for students to feel anxious before school begins. Talking about it can help put their minds at ease.

Remind your child of the positives of going back to school, such as seeing their friends again. Perhaps make a list together about what they are excited about.

It is also important to remind your child that when school starts, they will be supported and safe, regardless of whether this return is full, virtual or a hybrid. Daily and weekly check-ins can also be an important gauge of how your child is feeling at that moment.

Preparing for major transitions.

If your child is starting at a new school or moving into a different grade level that involves any significant change, it is important to acknowledge it and be ready for any uneasiness that may arise. Talk about what the change could mean for your child, take a visit to the new school, and review their website to help acclimate to the change.

We at Haldimand War Memorial Hospital and Edgewater Gardens wish all the students in our community a safe and successful return to the classroom!

1 Centre for Addiction and Mental Health, [Majority of Ontario students surveyed report feeling depressed about the future because of COVID 19](#)

2 School Mental Health Ontario, [How to Support a Mentally Healthy Back to School for Your Child](#)



Bringing Together Generations of Haldimand Community Members

Paddles of the Grand is a community-driven project designed to bring Haldimand County together through art. The “Made in Haldimand” decorative paddles are first crafted by students from Dunnville Secondary School and local wood workers. The paddles are then delivered to Edgewater Gardens’ residents who sand and prep the paddles for design. Finally, a local artist paints the paddle, and the work of art is sold to members of the community.

The Paddles of the Grand project is one that Edgewater Gardens and Haldimand War Memorial Hospital are proud to be a part of. Much to the delight of residents and staff, two paddles are currently on display outside Haldimand War Memorial Hospital’s Sophie Nelson Outpatient Clinic and a large paddle will be mounted outside Edgewater Gardens’ Broad Street entrance.

If you are interested in painting or purchasing your own paddle, visit the [Paddles of the Grand Facebook page](#) for more information.

Edgewater resident Larry Knight sands a paddle with Ben Sisler holding it in place.

Introducing Joanna Brzozowska-Moodie: Haldimand War Memorial Hospital and Edgewater Garden’s New Board Chair

Joanna Brzozowska-Moodie’s heart has always belonged to small towns.

As a child, Haldimand War Memorial Hospital and Edgewater Garden’s new Board Chair spent the summer months visiting her grandparent’s rural farming community in Poland. Now, Joanna’s love for small communities has only grown. Her life, career, and passions are tied to Haldimand County where she lives with her husband — a born and raised Haldimand County resident — and works as a Senior Account Manager in agricultural banking.

Joanna’s journey with Haldimand War Memorial Hospital and Edgewater Gardens first began in 2016 when she moved to Dunnville and became a volunteer member of the Board’s Finance and Audit Committee.

“Serving as a committee volunteer opened my eyes to how impactful the hospital and Edgewater are to the community. After that first year, I knew I wanted to become a Board Member.”

After six years on the Board, Joanna stepped into her new role as Board Chair in June 2022. As Board Chair, Joanna is responsible for supporting the community, the hospital, Edgewater and the employees.

“I am looking forward to a great year ahead to show my dedication and appreciation for the hospital, Edgewater and the incredibly hardworking staff at Haldimand War Memorial Hospital and Edgewater Gardens. I am hopeful we all stay safe and healthy and can move out of COVID-19 and on to greater things here within our healthcare system.”



BOARD CHAIR PROFILE

Joanna’s vision for the two-year term is to continue working towards building capacity within Haldimand War Memorial Hospital and Edgewater Gardens. New long-term care beds, physician recruitment, and establishing new partnerships are among some of the priorities to build a stronger health system within Haldimand County.

- continued on the next page

Careers Corner



Join the Team

Haldimand War Memorial Hospital and Edgewater Garden's mission is excellence in health care, which is guided by our patients and residents, their families, research, and our highly skilled team of professionals. If you or someone you know is interested in joining our amazing team, check out the current list of open positions at hwmh.ca/careers and edgewaterlhc.ca/careers.

Celebrating Milestone Years of Service

Haldimand War Memorial Hospital is proud to recognize the following employees for their career milestones, serving our community, and achieving incredible years of service:

50 Years: Diane King, Evelyn Veldman, and Bonnie Seath

40 Years: Linda Vallee

35 Years: Janet Corbett, Susan Schmalz, Liane Dekker, Kathryn Stengel, Evelina Boverhof, and Cheryl Schweyer

30 Years: Kim Good

25 Years: Jayne Minor, Jeri Lee Emerson, Rhonda Meeuwse, Lisa Voigt, Kitty Seager, Luann Reynolds, Dianne Tokar, and Tracie Walpole

15 Years: Ann Cormier, Devon Inglis, Tammy Sutor, Toni Smith, Barb Crumb, BJ Taylor Smelser, Scott Murray, Diana Ricker, and Kara Reidy

10 Years: Lisa McMahan, Clint Tomlinson, Monique Westerhof, Lynn Holland, Sharon Moore, Tracy House, Thommy Hannenberg, Andrea McLachlan, Traci Chambers, Kim Knox, Lyndsay Coffell, and Kallirae O'Hagen

A Welcome to New Team Members

Please join us in wishing the following new team members a warm welcome to the Haldimand War Memorial Hospital and Edgewater Gardens teams:

Julia Gilmore	Tessa Sherk	Mackenie Martindale
Carissa Williams	Lori Martin	Ashley Bevan
Michelle Trzok	Jessica Gordon	Sara Lambert
Nathan Smith	Erin Strobosser	Alana Scott
Lee Ann Scott	Sara Lambert	Yvette Whitwell
Jordan Sierdsma	Erin O'Connell	Nikita Garrison
Kim Kirchin	Grace Harder	Mikayla Minken
Nicole Poirier	Felicity Schoon	Marlene Phibbs
Kelly Smuck	Silken Ricker	Jean Noble
Pamela Huctwith	Raelee Advilens-Steele	Elizabeth Denbak
Dana Swan	Alisha Humphrys	Patricia McKeen
Owen Embleton	Melissa Bowslaugh	Allison Bonang
Sara Harris		
Tracy Klepka		

Introducing Joanna Brzozowska-Moodie – continued from page 3 -

In the shorter-term, and as we head into the fall season, Joanna wants to remind families to use the healthcare services available within the community. If anyone needs support, they can visit hwmh.ca to find information about clinics, programs and any relevant COVID-19 information.

If you see Joanna around the community, please feel free to say hello. As your neighbour, she is always available to connect and lend a helping hand.



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