



Capital Health Intranet: <http://cdhaintra/> Sept. 19, 2008 Call Human Resources toll free at 1-866-473-5757

Capital Health is about healthy people and healthy communities. It is about bringing individuals together, uniting institutions, working in partnership with the people it serves. It is about treating you when you are sick, and helping you stay well. And at its heart, Capital Health stands for warmth, caring and optimism – a community striving together for better health.

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And more...

Open Doors

As you just saw on the above invitation, Capital Health is taking a very different approach to accountability reporting.

This year, the Board will hold a business meeting on its activities, followed by a dialogue with citizens about balancing the health needs of our community.

We invite all staff, physicians, learners and volunteers to attend this event, not only as professionals, but as citizens.

This is the first event in Capital Health's Open Doors strategy, our commitment to ongoing citizen engagement, transparency and accountability. Stay tuned for more details about the strategy and opportunities to get involved in the coming weeks and months.

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Living Our Promise through personal transformation

In many ways, **Gordon Spurrell** is a different man than he was a year ago. While Capital Health was transforming through [Our Promise](#), Gordon was undergoing a transformation of his own. Changing his eating habits and establishing a routine of physical activity were a big part of this transformation.

"I've been on a learning journey," says Gordon of the past year. "I've been looking at a lot of areas of my life that I wanted to change and my weight was one of them." Both Gordon's parents had bypass surgeries in their 50s. Gordon didn't want to follow them down the road of illness.

Gordon had tried losing weight in the past, but with limited success. "I used to start a diet on Monday and by Tuesday evening, I'd be off of it," he laughs. This time, Gordon's attitude and approach were different – and so were his results. Since mid-January, Gordon has lost 54 pounds, and gained a whole lot of energy and confidence.

Both Gordon and his wife decided to focus on two key areas of change: eating and exercise. “At one time we’d eat fried pub food two or three times a month. I haven’t had pub food since March.” They also started paying more attention to portion sizes, and increased their intake of fruits and vegetables.

Exercise has become a part of Gordon’s almost daily routine. “I know Point Pleasant Park inside out,” he laughs. “I take an hour for lunch to walk. Now I’m also building jogging and cycling into my exercise routine.”

This summer, Gordon attended his daughter’s wedding in Newfoundland, and was proud to be wearing a suit several sizes smaller than he’d worn in years. “People couldn’t believe it,” he beams. Having given away all of his larger clothing, Gordon looks forward to a shopping spree for new fall clothes.

New clothes aside, Gordon says his weight loss is one part of a new life outlook. “I feel wonderful physically and mentally. I’m a whole new person.”

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Profiling your work to advance Our Promise

In last week’s *Capital Health Update*, we introduced Capital Health’s new transformation team (**Neale Bennet, Jane Allen, and Elaine Hamm**). One of this team’s first responsibilities is to prepare an update to the Board of activities and initiatives relating to the transformative work of [Our Promise](#).

This is an opportunity to profile the great work being done throughout Capital Health to advance our vision of becoming a world-leading haven for people-centred health, healing and learning. Send a very brief summary of the work you’re involved in to advance Our Promise to **Elaine Hamm** at elaine.hamm@cdha.nshealth.ca by Sept. 23.



Updated information on the SAP implementation is now available on Capital Health’s intranet.

There, you’ll find:

- This Week in SAP
- Questions & Answers
- The Latest SAP Training Info
- Road Show Schedule

Click here to take you there.

Mental Health peer support group for employees, physicians, learners and volunteers

Shhhhhh...we don’t talk about mental illness. And yet statistics tell us that one in five Canadians have experienced or will experience a mental health issue in their life.

Why are we so afraid to talk about it? Stigma. We don't want to be labelled weak or crazy or unstable or one of the many other equally unattractive terms often associated with mental illness.

Capital Health's Peer Support Group wants to help break down that stigma and support employees, physicians learners and volunteers at Capital Health who are living with a mental health issue.

Whether you're experiencing a mental health issue and are seeking support, or have experienced a mental health issue and want to contribute to a supportive atmosphere, you're welcome to attend the Mental Health Peer Support Group. It is a safe, non-judgemental and **confidential** space for open discussion and sharing of experiences (if you choose). Participants will not offer advice or therapy.

The next meeting of the Mental Health Peer Support Group is Sept. 23 from noon to 12:30 p.m. in room 5132 Dickson Building. For more information contact **Bruce Miller** at 473-5414 or millerbs@cdha.nshealth.ca.

The Mental Health Peer Support Group is supported by the Capital Health Workplace Mental Wellness Strategy Team.

A dollar a pay goes a long way

Did you know that if every employee at Capital Health donated one dollar from every pay cheque (or \$26 a year) to the United Way, it would add up to \$260,000? Imagine how far that would go to help those in need in the communities we serve.

United Way campaign kicks off October 6

This year, Capital Health is pleased to once again be participating in the United Way campaign. This year's campaign kicks off with "Blitz Week," Oct. 6 to 10. United Way and Capital Health believe that everyone has something to contribute. And by contributing, you will make a significant impact on the lives of many.

Here's how your donation makes a difference:

- \$1 per pay can help support a playgroup for children with developmental delays at the Progress Centre for Early Intervention.
- \$5 per pay can help seniors stay in their own homes through a Volunteer Visiting program.
- \$10 per pay can make it possible for Alice Housing to support women and their children leaving abusive homes.
- \$20 per pay can help new Canadians integrate into our community.
- \$40 per pay can help Leave Out Violence (LOVE) help teens who have been the victims or perpetrators of violence.

These are just some of the 55 organizations supported by United Way in our community.

In preparation for Blitz week, [click here](#) to read a few frequently asked questions.

United Way Day of Caring

This October, a team of Capital Health staff, physicians, learners and volunteers will spend a day volunteering their skills and enthusiasm to help a community organization as part of United Way's Day of Caring.

If you'd like to be a member of Capital Health's Day of Caring team or for more information, contact **Maxine Adams-Small** at adamsmf@cdha.nshealth.ca or 473-7591.

Please note: You are not expected to take a day without pay or a vacation day to volunteer for a Day of Caring. Please talk with your manager to see if it is possible to cover your shift. This may not be possible in all areas.

What's the buzz on saying "ouch"?

In last week's *Capital Health Update*, we published a graphic story showing the reactions of both a manager and an employee after the employee said "ouch." To view the graphic story, [click here](#).

We want to hear your thoughts about saying "ouch" to a supervisor, director, manager or member of the Leadershift Enabling Team. Do you feel you could say "ouch" if you felt disrespected or hurt by something a supervisor, manager, director or VP said or did? Have you tried it? If so, what was the result?

Send your perspectives to capitalnews@cdha.nshealth.ca or anonymously to **Margaret Angus** in room 365 Bethune Building, 1276 South Park, Halifax, NS B3H 2Y9.

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If you like fun, you'll love our Fall Festival. For details of our many fun fall events for staff, physicians, learners and volunteers, please see the attached poster or click the [Fall Festival 2008](#) link on the Intranet. You can also learn more by calling the **Fun Crew events line** at 473-2969.

Here's what's on for next week:

Family Fun Day – Sept. 27, 1:30 p.m. to 3:30 p.m. at the Dartmouth Commons. Potato sack races, hula hooping, skipping, golf putt, washer toss, a bouncy castle, magician and face painting. This event is free. RSVP to **Carolyn Sinyerd** at carolyn.sinyerd@cdha.nshealth.ca or 424-3678 by Oct. 25 so we know how many prizes and healthy snacks to have on hand.

We need volunteers! If you're available to help out on Family Fun Day, please contact **Margaret Angus** at 473-2726 or margaret.angus@cdha.nshealth.ca or **Carolyn Sinyerd** at 424-3678 or carolyn.sinyerd@cdha.nshealth.ca.

Fall hike – Sept. 28 – An all-day hike on the most scenic trail in HRM. The Admiral Lake Loop is as close to a back country hike as you can get near Halifax. It is a 9-km round trip hike off the Musquodoboit Rail Trail near Twin Oaks Hospital. The footing is rocky and there are several steep sections but the pay-off is fantastic views. This hike is only for those in relatively good physical shape and used to hiking. Call [Ginny](#)

[Guthrie](#) at 473-7421 or 981-8129 for details and to register. Come prepared with appropriate clothing, food and water. We'll provide snacks.

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Access to Smoke-free homes

Public meeting for renters in Nova Scotia

- Do you live in a rented home?
- Do you have an opinion about second-hand tobacco smoke in your unit?

Smoke Free Nova Scotia would like to hear from you. You're invited to participate in discussions with property owners and managers, tenants, health organizations and government departments to explore how people who rent can have increased access to smoke-free homes in Nova Scotia. For more information and session times and locations, visit www.smokefreens.ca.

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Good news for the musically inclined

Can you carry a tune or play an instrument? Would you like an opportunity to meet fellow members of our Capital Health family while having fun? If the answer to any of these questions is yes, then do we have an opportunity for you! **Chris Power**, our president and CEO, is starting a Capital Health choir and is looking for choir members and musicians to join. No details have been developed yet regarding times, dates or places - just looking to see what the level of interest might be. If you are interested, please let Chris know by e-mailing chris.power@cdha.nshealth.ca.

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Mental Health First Aid – Oct. 20 and 21

One in five Canadians experiences a mental health issue at some point in their lives. Here at Capital Health, that translates to 2,000 employees and/or physicians. How equipped are we to help colleagues experiencing a mental health issue or crisis?

In celebration of Healthy Workplace Month, Healthy Workplace and the Capital Health Workplace Mental Wellness Strategy Team are offering an opportunity for staff members to take Mental Health First Aid. Limited spots are available.

What is Mental Health First Aid?

“Mental health First Aid is help for a person experiencing a mental health problem or a mental health crisis. Just like physical first aid, the goal is to offer a person immediate assistance until they can receive appropriate professional treatment or until the crisis is over,” says Tony Prime, Mental Health First Aid instructor.

This 12-hour course provides general information about:

- what is meant by mental health problems and illnesses
- how to identify signs of mental health problems in yourself and others
- how to support an individual and help them find out about and access the professional help they may need.

For more information about mental health first aid, [click here](#).

Interested in taking the course? [Click here](#) for application details.

Celebrate!

The Grand Opening of the Adult Day Centre



The Adult Day Centre at Bayers Road will be holding an open house to celebrate its grand opening!

You are invited to come celebrate, share and learn more about what the Adult Day Centre has to offer.

Where: Adult Day Centre
Bayers Road Centre (Former Bayers Road Shopping Centre)
7071 Bayers Road, Suite 161

When: Wednesday, Oct. 1, 2008

Time: 8 a.m. - 4:30 p.m.

Staff will be on hand offering tours and refreshments. There will also be entertainment from 10 a.m. - 12 p.m. and an official ribbon cutting between 1:30 - 2:30 p.m.

For more information call: 454-3829



Capital Health



Northwood and Capital Health partnering
together for a healthy community

Apply for a Workplace Health Promotion Grant

Did you know that 293 teams have received Workplace Health Promotion Grants since 2002?

Funded grants include staff break rooms, fitness equipment for on-site gyms, team recognition awards, off-site facilitated retreats (mindfulness stress reduction, conflict resolution) and friendly team building challenges (walking, amazing race, bowling).

What do you and your co-workers want to do to enhance your health and work-life? Check out [Grants in Action](#) on our Healthy Workplace website; apply for a grant and maybe you and your co-workers will be the 294th team to receive a grant.

For an application form, [click here](#). **Applications are due Oct. 17 at 4 p.m.** To read frequently asked questions about applying for grants, [click here](#). For more information, please contact **Bonnie Conrad** at 473-3743 or bonnie.conrad@cdha.nshealth.ca.

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Prescriptions for Survival: The Physician in the Global Village

As health professionals, what is our role in addressing global issues that influence health, like global warming and nuclear weapons? It's no small question with no easy answers.

From Sept. 25 to 27, *Prescriptions for Survival: The Physician in the Global Village*, invites participants to delve into tough questions around peace and sustainability, active living, climate change and healthy communities.

Rob MacAulay, pathologist and member of the conference organizing committee, says the event “provides a unique opportunity to explore the impact of global issues on our collective health.”

Co-sponsored by the Association of Doctors for Advancing Physically active Transportation (ADAPT), the Canadian Association of Physicians for the Environment, and Physicians for Global Survival Canada, the event was originally created for a physician audience, but speakers and small group sessions promise a rich learning opportunity for all health professionals.

The conference features physicians from our own Capital Health community as well as impressive keynote addresses from international leaders. **Ivar Mendez** speaks to “Challenges Providing Health Care in the Developing World,” and **T.J. (Jock) Murray** talks about the “Social Responsibility of Medical Schools.” Helen Caldicott, pediatrician, author, internationally acclaimed nuclear activity and Nobel Prize nominee, speaks to “How Nuclear Energy and Global Warming Affect Your Health.”

If you're interested in exploring prescriptions for survival in the global village, view the full conference program, attached.

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Halifax Peninsula Community Health Board update 2007-08

The Halifax Peninsula Community Health Board (HPCHB) has created a brief update on its activities in 2007-08 (attached). The report is a synopsis of the board's activities and initiatives broken down by issue. These issues were determined based on needs identified by the community in public consultations

conducted by the HPCHB in 2005. For more information about the Halifax Peninsula Community Health Board and its activities, please contact **Susan Dunn**, co-ordinator, at 424-5147 or susan.dunn@cdha.nshealth.ca.

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Fresh food after hours at Dartmouth General Hospital

By **Rebecca Griffin**

Until recently, there were slim pickings of fresh food in the evening and weekend hours at Dartmouth General Hospital. That's all changed with a recent partnership between the Dartmouth General Auxiliary and Restaurant Services.

Now the main floor lobby gift shop offers a variety of fresh salads, sandwiches, baked goods, and other snacks to staff and visitors after the cafeteria is closed.

Karen Mumford, director of Health Services, comments on the change. "We are very excited to have the support of both the DGH Auxiliary and Retail Food Services in offering nutritious food options after hours. This will go a long way to better serving families and staff."

For more information, contact Dartmouth General Hospital Retail Food Services at 465-8505.

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Winner of Mental Health website-naming contest

Congratulations to **Pat McKay**, Community Mental Health Nurse with Community Outreach and Support Team (COAST) at Mount Hope, The Nova Scotia Hospital. She is the lucky winner of the website-naming contest held by Capital Health Mental Health Services. Pat won a \$50 gift certificate to a restaurant of her choice. She chose The Vines - enjoy, Pat!

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Diabetes Management Centre moves to Bayers Road Centre

Effective Sept. 24, the Diabetes Management Centre will be located at the Bayers Road Centre, suite 165.

The centre moves into a fresh new space and is accepting all patients who were formally referred to the Centre on the 5th Floor Bethune Building, VG site, Capital Health.

The centre has a new phone number: 454-1600. Their fax number remains the same: 473-3770.

The Diabetes Management Centre joins several other community health clinics at the Bayers Road Centre. It is conveniently located in central Halifax, is close to many major bus routes, and offers free parking.

Please update your records to reflect the centre's new location:

Diabetes Management Centre
Suite 167, Bayers Road Centre
7071 Bayers Road, Halifax

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Buy Local – The 100-mile challenge

How far has your meal travelled to get to your plate? Did you know that only 10 per cent of our food comes from Nova Scotia? Have you wondered how you can find local food in your area? Do you want to know more about the benefits of buying local foods?

Come to *The 100-Mile Diet*, an education session with Jennifer Reynolds, Nova Scotia Department of Agriculture, and Marla MacLeod, Ecology Action Centre. For dates and times of a session near you, please [click here](#).

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Impressions Catering Open House winners

Morrison Health Care and Capital Health Restaurant Services congratulate the following people who won door prizes at their recent Open House:

1st place: A catered event of your choice (valued up to \$100)

- **Lindsay Sangster**, Department of Medicine

2nd place: A catered event of your choice (valued up to \$50)

- **Tina Bowdrige**, Community Health and Epidemiology

3rd place: Coffee and muffins for up to 10 people

- **Sylvia Redmond**, Pain Management

Catering Services hopes everyone enjoyed the delectable samples from their new Impressions Catering menu. You can view the [new menu](#) and order online by clicking the tea cup on the Intranet home page. If you have questions, please contact **Trish Walsh** at 497-7679 or walshp@cdha.nshealth.ca.

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Transportation of Dangerous Goods sessions

The Safety Programs presents the following Transportation of Dangerous Goods (TDG) Courses:

Air-Initial and Recertification Combination Class

Oct. 28

Room 378, Bethune Bldg.

8:15 a.m. to 4 p.m.

(Maximum: 15)

Initial Ground Certification

Oct. 27

Room 378, Bethune Bldg.

8:15 a.m. to 4 p.m.

(Maximum: 15)

Ground Recertification

Oct. 9

Education Room 2, NS Rehab

8:15 a.m. to 4 p.m.

(Maximum: 15)

Air Recertification

Oct. 14

Room 378, Bethune Bldg.

8:15 a.m. to 4 p.m.

(Maximum: 15)

To register for one or more of these courses, visit the [Safety Programs web page](#). E-mail your registration form to **Anne Feltham** at anne.feltham@cdha.nshealth.ca or fax to 473-2765. Be sure to include your cost centre on your registration form.

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One of two Grand Prize Showhomes - \$1,000,000 in value, located at 94 Saddleback Road, Voyageur Lakes.

QEII Home Lottery 2008

This year's QEII Home Lottery includes 4,175 prizes worth more than \$2.7 million. Two of the top prizes are the impressive grand prize show homes. The early bird prize includes a \$125,000 cash prize or a first class vacation to visit the seven wonders of the world, plus a 2009 Mercedes-Benz C350 and \$5,000 cash!

Chances to win are 1 in 15. This year's Early Bird deadline is midnight Oct. 23 with the draw taking place on Nov. 4.

Don't miss your chance! Call 454-2929 to order your ticket today. Tickets are \$100 each or \$250 for three. Take a virtual tour at: www.QE2HomeLottery.com.

Your support of the 2008 QEII Home Lottery will help build an expanded, world-class Emergency Department and assist with the purchase of a CT Simulator to help treat cancer patients.

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QEII FOUNDATION
EXCELLENCE • INNOVATION • LEADERSHIP

The **QEII**
Excellence
in Research
Dinner

Featuring
the Department of Medicine,
Division of Neurology



2008 QEII Excellence in Research Dinner

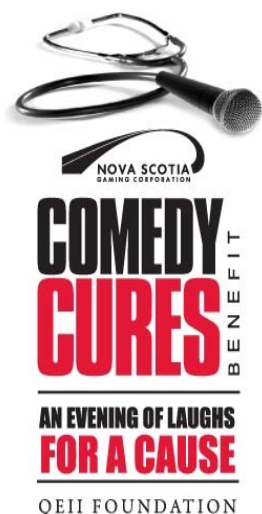
The QEII Excellence in Research Dinner celebrates its 10th anniversary and we want you to be a part of it! Join us Nov. 7 at the beautiful Cunard Centre for an evening filled with food, fun and great company.

The QEII Foundation is proud to feature the Department of Medicine, Division of Neurology at this year's gala. This talented group of professionals

will delve into the world of consciousness. The study of consciousness is the next step in brain research and is regarded as one of the greatest research challenges of the 21st Century.

Bette MacDonald will preside over the evening as our Mistress of Ceremonies' and then you will dance the night away to the amazing sounds of The Mellotones! For more information on how to buy tickets, please contact **Jennie Slaunwhite** at 473-7920 or jennie.slaunwhite@qe2-hsc.ns.ca.

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A night of comedy for the new Emergency and Trauma Centre

The first-ever *Comedy Cures*, held Sept. 9 at the Cunard Centre, was a huge success! Raising much-needed funds for the new Emergency and Trauma Centre at the QEII Health Sciences Centre, this event treated guests to our very own version of New York City, starring Jerry Seinfeld.

In partnership with the Nova Scotia Department of Health, the QEII Foundation is on a \$4.3 million campaign to fund the new Emergency and Trauma Centre. With \$1.1 million left to raise, the QEII Foundation is proud to be contributing to an expanded Centre which will accommodate the growing needs of our population. Construction of the expansion began in fall 2007, with anticipated completion for spring 2009.

Thank you to all of the guests, sponsors, volunteers and committee members who contributed to this event and who demonstrated that laughter is the best medicine and that *Comedy Cures*!

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Send in your comments and story ideas

NOTE: Please send items (no longer than 250 words) to capitalnews@cdha.nshealth.ca or by interoffice mail to **Margaret Angus**, Bethune Building, Room 365, VG site, QEII, Halifax, NS, B3H 2Y9, telephone 473-2726 or fax 473-4183. The editor reserves the right to edit for content, clarity and length.

Capital Health Happenings

What's ahead...

1. **Benefit auction for Laurie Crouse**
2. **Diving into Clinical Trials: Sink or Swim**
3. **National Healthcare Leadership Conference call for abstracts**
4. **Fall Give by Golfing Tournament for Hants Community Hospital Foundation**
5. **Lessons from the Injured Brain**
6. **Fibromyalgia, Learning to Recover and Thrive**
7. **Program Evaluation Course**
8. **National Learn at Work Week sessions**
9. **Call for abstracts – Nursing Leadership Conference**
10. **Valuing Children and Families community workshop**
11. **The Ethics of Disclosure**
12. **Hants Community Hospital Auxiliary gala and auction**
13. **Promoting the Mental Health of Nova Scotia's Children and Youth**
14. **Patient Care through Nursing Informatics**
15. **Atlantic Provinces Inter-Professional Pain Conference**
16. **Finding Health in Illness – Introduction to Mindfulness Meditation**
17. **Call for video submissions for IHI broadcast**
18. **Moms and babies: Bring your families to the Breastfeeding Challenge and celebration!**
19. **Transplant Atlantic 2008**
20. **Foundation lottery winners**

1. Benefit auction for Laurie Crouse

On Sept. 26 at 6:30 p.m. at Dave Doolittle's (90 Tacoma Drive, Dartmouth), there will be a benefit auction for **Laurie Crouse**, who worked with our Housekeeping Department. Laurie has brain cancer, and requires home care so his wife can continue to work and provide for their children. Tickets are \$5 each.

2. Diving into Clinical Trials: Sink or Swim

This two-day course is designed for everyone involved in clinical trials. To register or for more information, please contact **Janet Gallant** at 473-2118.

3. National Healthcare Leadership Conference call for abstracts

The Canadian College of Health Service Executives and the Canadian Healthcare Association invite abstracts for their National Healthcare Leadership Conference. For more information, [click here](#).

4. Fall Give by Golfing Tournament for Hants Community Hospital Foundation

Put together a team of four for this tournament, Sept. 26 (tee-off time 10 a.m.). Entry fee is \$555 per team. For more information, contact **Claudia Rafuse** at 792-2131.

5. Lessons from the Injured Brain

NovelTech Ethics (Dalhousie University) presents this public talk by Joseph J. Fins on Sept.25 at 7 p.m. at the Royal Bank Theatre, Halifax Infirmary.

6. Fibromyalgia, Learning to Recover and Thrive

On Sept. 22 from 7 p.m. to 9 p.m. the Arthritis Society presents speaker **Barbara Adams**, physiotherapist, Nova Scotia Environmental Health Centre. The session takes place at the Quality Inn and Suites, 980 Parkland Drive, Halifax. To register, please call 429-7025 (within HRM) or 1-800-321-1433 (toll-free).

7. Program Evaluation Course

Pauline MacDonald and **Helen Cameron**, Performance Excellence Program, offer this course Sept. 23 and 24 from 9 a.m. to 4 p.m. in the Weather Watch, 5th Floor Dickson Building. This course is free for Capital Health staff and attendees must be available to attend both days. For more information, [click here](#).

8. National Learn at Work Week sessions

In conjunction with National Learn @ Work Week (Sept. 22 to 26), **Gordon Spurrell** is hosting two sessions for staff:

Learning in our Capital Health Workplace: Sept. 22, noon to 1 p.m., room 378 Bethune Building
Communicating for Workplace Success: Sept. 25, noon to 1 p.m., room 5110 Dickson Centre

For more information about either of these sessions, visit the [Intranet/Announcements and Events](#).

9. Call for abstracts – Nursing Leadership Conference

The sponsoring organizations of the 2009 Nursing Leadership Conference are issuing a call for abstracts for concurrent sessions or poster presentations. Deadline for abstracts is Sept. 25. For detailed information, please visit www.can-aiic.ca.

10. Valuing Children and Families community workshop

The Nova Scotia Council for Early Child Development and Fairview Heights Elementary School present their second annual community workshop on Sept. 26 from 9:30 a.m. to 4 p.m. at Fairview Heights

Elementary School. For details, [click here](#) or contact Theresa Griffin at 275-2343 or tmgriffin@eastlink.ca or Jim Mustard at 248-2893 or jim_mustard@hotmail.com.

11. The Ethics of Disclosure

On Oct. 1 from 4:30 p.m. to 6 p.m. the Bluenose Chapter of the Canadian College of Health Services Executives presents When Something Goes Wrong: The Ethics of Disclosure, with Jeff Kirby, associate professor, Dalhousie University Department of Bioethics. For more information, see attached.

12. Hants Community Hospital Auxiliary gala and auction

The Hants Community Hospital Auxiliary hosts a gala and auction on Oct. 2 at 7 p.m. at CoCoa Pesto Bistro. Their goal is to raise \$50,000 to buy a cardiac stress test machine. Tickets are \$55 each and tax receipt will be issued for part of that price. Tickets are available at Scotiabank in Windsor.

13. Promoting the Mental Health of Nova Scotia's Children and Youth

On Oct. 2 at 8:15 p.m. you are invited to a public forum to discuss child and adolescent mental health issues in Nova Scotia. This session, featuring Michael Ungar, professor, Dalhousie University School of Social Work, and members of the Department of Psychiatry, will focus on prevention and early detection of mental illnesses that can arise during adolescence. This event takes place in the Royal Bank Auditorium, Halifax Infirmary. For more information, please contact **Jennifer MacDonnell** at 473-2470 or jennifer.macdonnell@cdha.nshealth.ca.

14. Patient Care through Nursing Informatics

The Nova Scotia Nursing Informatics Group presents this conference on Oct. 2 and 3, as well as two pre-conference workshops with limited seating. For more information, please see the attached brochure. Please note: The registration deadline has been extended to the last week of September.

15. Atlantic Provinces Inter-Professional Pain Conference

This event takes place Oct. 3 and 4, 2008 at the Lord Nelson Hotel. For more information, [click here](#).

16. Finding Health in Illness – Introduction to Mindfulness Meditation

Mindfulness is a way to work directly with the challenges of daily life and the stress and pain of illness, rediscovering a basic sense of healthiness. To learn more about an 8-session course, see attached.

17. Call for video submissions for IHI broadcast

The Institute for Healthcare Improvement (IHI) Pan-Canadian broadcast invites video submissions on the topic of patient safety and quality improvement. For more information, see attached.

18. Moms and babies: Bring your families to the Breastfeeding Challenge and celebration!

Breastfeeding moms and their babies are invited to participate in a global breastfeeding challenge Oct. 11, from 10:30 am to noon at Alderney Landing. For more information, [click here](#).

19. Transplant Atlantic 2008

Capital Health and Dalhousie University present “Transplantation and Donation – Serving the Full Spectrum” from Oct. 15 to 17 at the Lord Nelson Hotel, Halifax. For more information, [click here](#).

20. Foundation lottery winners

The winner of the QEII Grand-a-Week Lottery for Sept. 19 is **Wendy Stroud**.